

# Today

August 2003  
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**Overeaters Anonymous**  
 St. Louis Bi-State Area Intergroup  
 9907-E Gravois Rd.  
 St. Louis, MO 63123  
 (314) 638-6070  
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## Heard Round the Rooms...

At a recent Super Saturday I was moved by several things the speakers said and hope one or two may be moving for you.

The steps are about willingness.

Ask for help w/ God's plan (rather than ask for help with my plan) and then get out of the way. God only asks for availability, not ability.

I used to have a "Let's make a deal God" – I'll go on this diet if you make it worth my while. And there is the "Swearing off God" – I swear I will never eat like that again if you .....

The group is my Higher Power during the difficult times w/ my God.

I am a success today by abstaining.

There are many things beyond my control and comprehension – I can accept them even though I may never understand.

It was time to find a new employer that is not me and not food!

Working the 'WE' of the program is the most important concept.

My humanness reminds me that I need my higher power and the support of others – I cannot accept my defects and mistakes without the help of others.

Always get a second opinion.

God loves me the way I am but doesn't intend for me to stay that way.

The only thing that hasn't changed since coming to OA is my eye color. Physically, emotionally and spiritually I am a completely different person than the one who came through the doors.

~Shared by Neil G.

**What have you Heard Round the Rooms...?**

Most of us write down the words of experience, strength, and hope that speak to us at meetings, Super Saturdays, and Convention.

Why don't you send your favorites to the newsletter to share with others in the area!

E-mail to the editor at  
**stlouisoatoday@hotmail.com**

## BIG BOOK STUDY WEEKEND RETREAT

Friday, August 22nd. 7PM thru  
Sunday, August 24th at noon.

Cost is \$50.00 per person, which  
covers 5 meals, 3 Saturday & 2  
Sunday. Anyone requiring  
anything special to supplement  
his or her food plan should bring  
it. There is a fridge & microwave  
available.

The retreat will be held at a  
member's personal cabin at  
Hidden Valley, approximately 20  
miles west of Cape Girardeau.  
Sleeping arrangements are  
minimal (9 persons); with beds  
assigned first-come-first-choose.  
This is in a locked-gate  
community so reservations  
HAVE to be made in advance.  
There is also a Days Inn in  
Jackson, MO. 14 miles from the  
cabin for people who cannot be  
accommodated at the cabin.

Anyone interested could/should  
call Pat G. at (573) 335-8748  
between 9AM & 10PM for info  
& reservations. Directions will  
be mailed to people after  
reservation money is received.

*All excess monies will go to  
Intergroup and a 7th tradition  
will be collected.*

~Pat G.

### New Literature Items

#### Voices Of Recovery \$9.25

This daily reader contains  
inspirational quotations from OA  
literature along with experience,  
strength and hope written by OA  
members for OA members.  
Pocket-sized, softcover, indexed;  
392 pages.

#### 12 Steps and 12 Traditions on CD \$27.50

The Twelve Steps and Twelve  
Traditions of Overeaters Anonymous  
CDs. New! Find relief from  
obsession, renewed hope and the  
promise of a better life! Hear  
OA's basic text, The Twelve Steps  
and Twelve Traditions of Overeaters  
Anonymous, on four CDs. Great for  
listening while driving or during  
physical  
activities.

#### Bookmarks \$1.00

##### Discontinued Items

- 30 days recovery key tags
- 60 days recovery key tags
- 90 days recovery key tags
- 6 months recovery key tags
- 9 months recovery key tags

*The above changes are in the new  
literature form that was mailed with  
the July newsletters. Please throw  
away old copies. Make copies or  
request them from the OA Office.*

## Calling All Artists

The 2004 Convention will need a  
logo designed for our programs,  
brochures, t-shirts, etc. If you  
would like to submit a design  
please contact Bridget R. ((314)  
426-4238 or [bridgetr@brick.net](mailto:bridgetr@brick.net)).  
You will be entrusted with "The  
Theme" (a closely kept secret  
until the Convention Kick-off at  
the Holiday Booster in  
December), which will be  
determined at the first  
Convention Meeting on August  
23. Logos need to be submitted  
by September 20.

We also need someone(s) to  
make signs for the Convention to  
help participants find meeting  
rooms, registration, Ways and  
Means, etc. If you would be  
willing to give this service,  
please contact Bridget R (see  
above).

Service above the group level not  
only strengthens our individual  
recovery, but also assures that  
OA remains alive and well in the  
St. Louis area.

Be a part of something  
wonderful!!

~Bridget R.

## A Super Saturday Reflection

Feeling better is a choice.... I can choose to have fun and feel good. I can put just a little effort in and God will make miracles happen...

I really didn't want to go... If I had not committed to someone that I would be there I would just have stayed home. It has been a hard summer and I was tired... mentally and spiritually as well as physically. I was in this isolation mode... it hadn't gotten terrible yet, but it was headed that way.

I woke up and just thought, "Forget it! I just won't go." Then the stupid phone rang. She needed me to go. She had had a bad week, too. She was in a crisis and for whatever reason... even though I was not working a perfect program, even though I am not thin... I had been one of the ones God was using to get her through this particularly rough spot... "Dang! I don't want to go!"

"OK... I will meet you there... OK I will try to be on time, but you know how I am."

It wasn't too bad I was there about 1:30 and that I hadn't missed any speakers. I was met at the door by the person at the registration table and told that the person I was meeting was over by the window. I saw her smiling and waving me over; she was sitting by my sponsor.

The speakers were some of my favorite people and I started to relax and just enjoy being there. I even shared and had several people thank me for sharing. I was taking notes and listening and hearing what I needed to hear.

I felt connected... that doesn't always happen.

By the end of the Super Saturday, I was pretty glad I had gone.

Then I went up and introduced myself to the most important person there... the newcomer. We clicked immediately and soon we were on our way to supper to meet the others.

I could see hopelessness changing in her to a glimmer of hope. I could see despair changing to laughter... isolation to friendship. I was reminded of the transformation that has occurred in my life through this program and I wanted more than anything to help her receive recovery too. I wanted SO MUCH to show her that happiness was an option.

The trivia night was a blast. We lost.

How is it that two drunks had the insight to create a program that can take us to a whole new plane of existence? I am SO GRATEFUL that life is not what it used to be. I look at my body and sometimes I wonder why I haven't recovered, why I can't be healed of this disease.

I heard a speaker at a convention one time say, "If you have 50 extra pounds on your body, you have nothing to say that I need to hear." Maybe that is true for that person because she concentrates so much on outward appearances. I could be working a better program. I could be making wiser choices. But it is better for me to keep trying than to give up. It is better for me to keep coming back than to throw up my hands and just quit.

My message for the world is the same and I find it more and more amazing all the time, "God loves me no matter how much I screw up." My life is a miracle. I had forgotten just what a miracle until I met someone who is walking where I used to walk. I don't need to

apologize for my program. I just have to work it, to the best of my ability. With God's help I can.

It's not about the food. I want to heal from the inside out and slowly but surely I am.

~Cindy H.

### Wanted and Needed OA CASSETTE TAPES

You know, the ones you forgot you had! **They may be where ours were...** hiding among the dustbunnies, stacked with CDs or living in desk drawers.

Please return them on a Super Saturday or give them to your Intergroup Rep.

We thank you,  
*Betty S, Krista H., Kathy*

## Young Person's Report

The Young Person's (YP) meeting is growing!!! On average, we have been having at least 6 people per meeting.

The YP meeting is held Sunday, 4:00 pm, at St. Joseph's Hospital, Kirkwood (Mtg. Rm. #2, 1<sup>st</sup> Floor).

I encourage everyone to inform YP in your meetings about the YP group.

If you don't think they'll make that step...give us their phone number or email and one of us will try to contact them.

~Barb S.

### From a Newcomer...

Effectiveness of OA from personal experience so far has been outstanding. I have lost 11 pounds, but much more than that, I can't believe how different I feel on the inside! I feel the hand of my HP in my life everyday. He is truly so good to me. I've been given the tools to deal with my life, even the messy parts.

As far as what I've seen in others, well I am awed every time someone speaks at the meetings. The hope to keep trying to work the program, even when the person strays, is very encouraging. I can be so hard on myself, like "you know you'll mess it up so just mess it up now and get it over with." I just remember all the people I've met so far who show me that it's okay. I really took a lot away from the Super Saturday, especially when Lisa said, "Screw-up is not a noun." I loved that the best. I've never seen so much commitment to a program as I do at OA.

I know this experience could not have emanated just from me alone. It has to come from my Higher Power and my contact with others in recovery. My disease loves for me to isolate and try to handle everything on my own, because I'm so capable.

Why didn't this happen before? I wasn't ready. My self-will was still running its course. It's kind of like that car ran out of gas. More like it crashed and burned! I have to get into another car and I just get to go along for the ride as the passenger. Since I don't have to worry about the driving, I get to enjoy the scenery passing by.

I'm so grateful.

~Karen

### Sadness

I honor you, Sadness.

You are like water

that runs down my body  
and gently falls on Mother Earth.

I do not hold onto you.

I do not reject you.

I honor you, Sadness.

### No title

As you walk through the valley of  
darkness,

do not look for rocks at your feet.

You will not see them.

You are not meant to see them.

~Ruth M.

### Group Of The Month

Every group is different. All have a particular format and strengths.

Would **your group** be willing to share its gifts with the rest of the Bi-State by writing a story for the newsletter? It's a wonderful way for us to enhance our unity and support various groups.

If your group is interested, please contact the newsletter editor via e-mail at

[stlouisootoday@hotmail.com](mailto:stlouisootoday@hotmail.com)

### Dear Sisters & Brothers of OA

Thank you for the service you give to OA. Thank you for all the hard work and service given to the convention each year. I appreciate it.

Today I'm going to be the best person I can be. I thank H.P. for last night's slumber and sleep. I take my walk. I meditate and give an ear to H.P.

As I give my attitude and appetite to H.P., I write my daily food plan down. This enables me to live carefree and enjoy life. I have choices! Today I choose to be abstinent and free from food obsession.

Today I have hope.

H - Hope for a happier, saner life.

O - Only H.P. can provide this for me.

P - Peace and patience is what it provides.

E - Each and every day I start anew, looking for the things H.P. provides - love and peace beyond our wildest dreams.

Love,  
Mary F.

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### Thank You So Much

The contributions to the newsletter have been wonderful and I appreciate your willingness to share your experience, strength, and hope.

~Dawn S., Newsletter Editor

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## Service and Sponsorship

There are two tools that have been playing a big part in recovery: Service and Sponsorship. When I first came to OA, I wrote all the time, I barely used the phone or did service. I just did a lot of writing and reading. That is what I needed at that time. Now I am in a place where I need to do more, use all of the tools, daily. If I want to keep what I have been so freely given, I must do the footwork.

My HP's plan is so much better than mine. At first, I was scared of service. I was afraid I would be intruding or that someone else could do a better job. However, my HP has been gently nudging me to do more. I chose to run for the Board of Trustees at the intergroup level. I was so scared of being rejected, but I prayed about it and talked to my sponsor and other OA's. I put it in my HP's hands. I love the traditions and something was pulling me in this direction. I followed my intuition, and it all turned out the way it was meant to. It is scary reaching out. Sometimes it feels easier to ask for help rather than to ask to give help, but the support of the group eases my insecurities. That's how OA works for me. I trust my HP, sponsor, and other OA's, and do something different. I grow in some way. Even if it doesn't work out the way I want it to, I know that it is all for a greater good.

I still feel frightened: Will I mess up? Ask a stupid question or screw up? Yes, probably, but that doesn't mean I am a screw up; it just means I am learning. Thank you OA for helping me become willing to be teachable. It is the acceptance that I receive from all of you that helps me step outside my self-imposed box. Thank you.

The second tool that has really been helping my program is sponsorship. In addition to renegotiating a plan for discussing my three levels of recovery: physical, spiritual, and emotional, with my sponsor, I have been sponsoring two newcomers. What a blessing. I told one sponsee that we need to talk every day to help him break out of the isolation. Guess what that meant for me: no more E-mail. I needed a daily talk too. I also received the gift of hearing his fifth step. Wow, it brought me closer to my creator too. With my other newcomer, we were discussing step two, and HP. After we talked, it made me realize that I have been attempting to control my food in less obvious ways. I had to

reevaluate my program and ask: "Do I really believe that my HP can restore me to sanity?" The answer is "yes." This brought me to a deeper level of surrender. I am becoming aware of physical, emotional, and spiritual signs of not letting go: clenching of jaws, tense muscles, mental chatter, future scripting, and praying with my mind and not heart, and not listening (to HP and others). All of these discoveries bring me closer to my HP and my true self. Sometimes I am glad that we never recover because this is one heck of a journey.

~Lisa B.

## From the Windy City

In an OA newsletter from Chicago there was a cartoon of a car with a flat tire. "Compulsive eating is like a flat tire - it doesn't matter how it got that way, you just need to fix it."

~From Sue E.

**Everything received by the newsletter editor has been published. If you submitted an article that has not been published, please resubmit. Articles can be submitted to the office or emailed to [stlouisoaatoday@hotmail.com](mailto:stlouisoaatoday@hotmail.com)**  
**Thank you**

### Service Vacancies

- 3 Trustees
- 2 Region Reps
- 2 World Service Delegates
- Ways & Means
- Lifeline
- Social Butterfly
- Young People

### WANTED

#### Guest Newsletter Editors

The newsletter chair is looking for a committee.

If you are interested in being a guest newsletter editor, please contact Dawn S (see back of Where & When for trusted servant phone numbers) or send an email to the newsletter address.

Writing experience not necessary. Access to a computer is a must!

### Reminder

Where & Whens will be published quarterly. Each meeting is responsible for making sure there are enough copies at the meetings. If you need a copy, stop by the office or email the newsletter & we'll send you one.

### New Meetings

No New Meetings  
To  
Announce This Month



### Contacting OA Electronically

Bi-State Fax number:

(314) 638-6071

Intergroup Newsletter E-mail:

StlouisOAtoday@hotmail.com

St. Louis Bi-State Website: [www.stlouisoa.org](http://www.stlouisoa.org)

WSO Website: [www.overeatersanonymous.org](http://www.overeatersanonymous.org)

Region IV website: [www.oaregion4.org](http://www.oaregion4.org)

## Upcoming Events & Business Info

August 7-10

**World Service Convention**  
New Orleans

August 22-24

Big Book Study Retreat  
Cape Girardeau  
Contact: Pat G. (573) 335-8748

September 27

Super Saturday, 9-3:30  
St. Joseph's Hospital, St. Charles

October 17-19

12<sup>th</sup> Annual Fall Retreat  
Pallotine Renewal Center, Florissant

November 15

IDEA Day  
Webster Groves Christian Church

December 6

Maplewood

January - Open  
**OA Birthday Party**

February - Open

To schedule a Super Saturday or other event, contact Lisa M. Any flyers for OA events submitted for dissemination to meetings or for publication in the newsletter must have received approval by the St. Louis Bi-State Area BOT (ask any BOT member).

### Editorial Policy

As suggested by WSO guidelines, newsletters are to be a forum for experience, strength and hope. We encourage and give top priority to original material written by members of this Intergroup.

We reserve the right to edit any and all articles submitted for publication. Submission of article or flyers does not necessarily guarantee publication.

Opinions expressed are those of the writer and not necessarily that of the St. Louis Bi-State Area Intergroup or OA as a whole.

Articles must be received by the Newsletter Chairperson prior to the 20<sup>th</sup> of the month for publication in the following month's newsletter.