

Today

December 2003
Volume 9, Issue 12

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Heard 'Round The Rooms

Only God can quiet an addiction.

It takes courage to be humble.

Sometimes it is like being in "the terrible 2's".

Life is based on borrowed faith from others.

(We) can not use food to push down the insanity.

Throw the whip and stick out the window.

It's not about what "they" think.

I had beliefs, not actions.

I can see now, when before I didn't recognize.

It is easier to stay in, than to get back in.

I couldn't do my laundry, but I could tell you what was wrong with you.

I am a human being, not a human doing.

~Submitted by Betty S.

Holidays

There is an article in December's *Lifeline* about "Abstinent...for the Holidays." I have been thinking of how this program has changed my holidays for the better. I can now look forward to the activities and get out of too much of the expectations, which always were a setup for disappointments. Staying out of the food has allowed me to appreciate the people that are at each occasion, and when I leave the activity I find I don't miss whatever I had not eaten.

I had always felt than enjoying food was the biggest part of enjoying life. OA has taught me that there is so much more of life to enjoy than the food has ever offered.

I am very grateful to have a richer, fuller holiday and the clear change (and help) to stay out of the food that tends to make me and the holidays more stressful and gloomy.

~Connie H.

"We are all faced with a series of great opportunities brilliantly disguised as impossible situations."

~"Today", September 1998

“Meet Me in St. Louis, Louis...”

.... at the *OA Convention - RECOVERY FAIR 2004*. Be sure to reserve **March 26-28, 2004** on your calendars for our annual St. Louis Bi-State Area Convention, to be held at the Four Points Sheraton, St Louis West in Earth City. Treat yourself to a weekend of recovery with a special general session speaker, meetings from morning to evening, lively entertainment, the “Saturday night” auction and a chance to kick up your heels at our annual dance. And, while you are soaking up recovery, you will also be contributing to the continued existence of our Intergroup Office. The convention is the biggest fundraising event we have each year, and the financial health of the office depends on it.

When it comes to putting on a convention this is definitely a **WE** program. It takes many hearts and hands to bring this event to the fellowship each year. You can give the gift of service by volunteering to serve on one of the convention committees. Take a look at the list below and consider offering your time and talent so that we can continue to carry the message to those who suffer from compulsive overeating.

Program Chair - Ethel M., 314-753-0353.

Send Ethel your ideas for topics and speakers. If you think you will have 30 days abstinence by the start of convention, consider volunteering to speak at one of the meetings.

Pre-registration Chair – Aimee J., 314-638-8643

The work of this committee takes place before the convention begins. If you would be willing to help “stuff” registration packets a couple of weeks before the event, please let Aimee know.

Registration Chair - Bill S., 314-638-2529

Bill will be needing volunteers to help set up the registration tables and then staff them throughout the convention.

Convention Memorabilia Chair – Sue E., 314-725-5438

You can help Sue before the convention by assisting her with the sale of t-shirts at the Super Saturdays leading up to the convention or by volunteering to set up and staff the tables with the “memorabilia” that we sell at the event itself.

Publicity Chair - Ruth H., 314-368-1942

Ruth welcomes any ideas you may have for publicizing the convention.

Entertainment Chair - Cindy H., 314-429-1826

Cindy has already extended an invitation in the November newsletter to all the groups to put together a short skit or a song for the Saturday night entertainment. As always - talent is NOT a requirement. The desire to have a good time is the only qualification for this committee.

Huggers and Greeters Chair - Marysia H., 314-631-5990

Do you give and receive hugs at a meeting? Then this is the perfect service position for you. Create an atmosphere of hospitality by joining this committee.

Ways and Means is such a big endeavor that we have 2 committees.

Silent Auction, Cup Raffle and Clothing Sale Chair – Cary F., 618-465-3308

Cary will need lots of help setting up the rooms for these fund-raising events. She will also need volunteers to staff the areas throughout the convention. These activities are a very important part of the fund-raising aspect of the convention.

Saturday Night Auction Chair - Judith W., 314-645-6593

Groups and individuals are encouraged to donate goods and/or services for what has become an annual tradition. Forms will appear in future newsletters to be used to let Judith know what you will be contributing. The proceeds from past auctions have been a very significant contribution towards keeping the office up and running. Judith will also need volunteers to set up the auction items for display during the convention and to assist with the auction itself.

Decorations/Signs - OPEN

We still need someone who would be willing to make signs for the convention. These would include signs for the various rooms, directional signs, signs for tables for registration, memorabilia, etc.

“...together we can do what we could never do alone...” With your help we can look forward to another great convention in 2004!

~Bridget R., Convention Chair

LET FREEDOM RING!

Thanks Higher Power for freedom today to live my life.

Thanks for the peace of mind and sanity that I have today.

Thanks HP for being able to fit into my clothes.

Thanks for the desire and ability to concentrate on life and not just food.

I can Love!

I can Trust!

There is a power that is more than human. I don't know why things happen.

Thanks for not needing not needing to know why.

I don't know HP's plan. I can accept that.

I can love and accept those around me. I don't need to compare myself to them.

I don't need to know what you think of how I live my life. I'll just love you.

All this and more has happened because I am a compulsive overeater.

Thank you Higher Power for my recovery today.

Please help me share your love and hope.

May all of us be on the road to "happy, joyous, and free".

MK (27 years and growing)

Oregon Intergroup Scoop
(Volume 12, Issue 5)

Celebrate
OA's 44th Birthday

at a

"Super Saturday Night"

January 17th
7 – 9:30 p.m.

Creve Coeur
Government Center

(See flyer for more details.)

A Promise

"....From the isolation of food obsession we have emerged into a new world. Walking hand in hand with our friends and our Higher Power, we are now exploring this world, using the great spiritual principles embodied in the twelve steps as a map to guide our way. We gratefully follow in the footsteps of many others who have walked this way before us, and we're gratified to be making footprints of our own for others to follow."

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Step 12, P. 106

From the Editor

Has your Higher Power been tapping you on the shoulder or whispering in your ear to write something to share with other compulsive overeaters in the Bi-State?

Remember that "Today" is our newsletter.

It's one way in which we carry the message to those who still struggle.

It's one way in which we share our experience, strength, and hope with others in program.

It's one way in which we can offer service and help our own recovery.

Starting in 2004 we'll begin covering the Steps and Traditions in each newsletter.

For January's newsletter, I'm extending a special invitation to everyone who would like to share a quote, poem, or article on Step 1.

We also continue to look for "Meetings of the Month", "Heard Round the Rooms" and other submissions. Send in your contributions by the end of December to have them included in January's newsletter.

Happy Holidays and Continued Grateful Recovery in 2004.

~In service, Dawn S.

Service Vacancies

- 2 Trustees
- 2 Region Reps
- 2 World Service Delegates
- Lifeline
- Social Butterfly
- Young People
- Intergroup Secretary

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.

Correction

Friday, 7:30 pm
 "Anthony House"
 (at St. Anthony's Medical Center)
 Conference Room A
 10020 Kennerly Rd.

Contact: Ray (636) 227-1386

Upcoming Events & Business Info

January 17, 7:00-9:30 pm
OA Birthday Party
 (Sponsored by Monday Night Creve Coeur Meeting)
 Creve Coeur Government Center

February 28
Unity Day
 (Sponsored by Newcomers Group)
 St. Joseph's Hospital
 Kirkwood, MO

March 26-28
OA Convention

April – Date/Time TBA
 Edwardsville, IL

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).



Contacting OA Electronically

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St. Louis Bi-State Website: www.stlouisoa.org

WSO Website: www.overeatersanonymous.org

Region IV website: www.oaregion4.org

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 last day of the month for publication in the following month's newsletter.