

Today

January 2004
Volume 10, Issue 1

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Overeaters Anonymous
St. Louis Bi-State Area Intergroup
9907-E Gravois Rd.
St. Louis, MO 63123
(314) 638-6070
Subscriptions \$8.00

Tradition 1

“Our common welfare should come first; personal recovery depends upon O.A. unity.”

The 12 steps of Overeaters Anonymous begin with the words “**We** admitted **we** were powerless over food...” and continue on that theme ending with “...**we** tried to carry this message to compulsive overeaters, and to practice these principles in all **our** affairs.” Is it any surprise that the very first Tradition intended to guide our fellowship is about unity?

Bill W. discovered he had to work with another alcoholic to remain sober. I have tried to do this program on my own and failed. The only way I can be guaranteed a place to recover is for O.A. to remain whole.

Over the years, I’ve learned I don’t have to get my way and don’t have to like everyone in order to recover. I do have to treat everyone and their ideas with respect. I’m not better (or worse) than anyone else in the fellowship. As long as I keep my focus on how I can help others and do God’s will, I do okay. I’m a compulsive overeater who needs all of you to stay abstinent.

Tradition 1 has also taught me a lot about living in the world. Just like in O.A., trying to force my will always gets me into trouble and hurts others. But, when I focus on cooperation and unity within any group or relationship, things go better and I feel more at peace. I can no longer afford to focus on my petty wants in life because they always lead me to the food. I stay abstinent today by keeping my focus on unity with others and with God.

In OA service,
Ethel M.

Gratefully Recovering

For several months I heard people introduce themselves as "grateful" compulsive overeaters and I always thought, "Oh, yeah, right. Yada, yada, yada. Are you hearing what you're saying there?" And then one day I got it! I was thinking about how much better my life is going lately and how much easier it is to be me and I realized that I had my fat to thank for it. For years my fat has been telling me, "Something's wrong with you. Something's very wrong with you," and I agreed that something was wrong and it was that I was disgusting and unacceptable.

But the fat kept nagging until I finally ended up at OA, where I have come to realize that what was really wrong was my misconception that I was in charge of keeping the world turning and making sure that I and everyone in it were "doing it right" so that we would be safe. What a relief to know I'm not in charge, and that God who actually is loves me, wants me to be happy, joyous and free, and is always available to me.

I might never have come to that realization if I didn't have a weight problem that finally brought me to my knees and to OA. I'm grateful to God and to myself for caring about me that much.

~Carole F

I came to OA for the weight loss but stayed for the clothes. Super Saturdays are a great place to shop!

~Betty S.

It Starts With Step One

Today, I feel like crap. Wait, it's not as bad as it sounds. One of the many blessings of this program is that I don't have to react to it. The miracle of it is I don't have to over or under eat about it. I don't have to binge, and then purge in order to feel better. I don't have to figure it out. I can just feel it, and know this too shall pass.

I can't do this on my own. I must depend on my HP, the Steps, the Traditions, a sponsor, and the tools. The steps are what heal my heart and soul. I had to bury myself with bingeing and purging to escape my feelings, my shame, and myself before I came to OA. Now that I have gotten rid of the food, I can feel my feelings. Sometimes this is very scary, but I don't have to do it alone. I realize I am just as powerless over my feelings, as I am over food.

I journal everyday and write out the first three steps. This process has evolved. At first it was, "God, I am powerless over food and my life has become unmanageable..." Then, as worked steps four and five, I realized I am powerless over my fears and resentments too. Next was six and seven; I realized I am powerless over all of my defects. After that came steps eight and nine. I realized I am powerless over other people. I had no control over how others reacted to my amends, and I never will have control over how they live their lives. Steps ten, eleven, and twelve help me realize I am powerless to feel happy, joyous, and free. I cannot experience these things if my life is run on self-will. I absolutely cannot have these things unless I admit I am powerless and turn my life over on a daily basis and work my program to the best of my ability. Then, I get to feel happy, joyous, and free.

For me, it all starts with Step One. I find myself sometimes going to the restroom before I order a meal to mentally rehearse the first three steps in my mind. If it was up to me, I would order everything that's not on my food plan, eat it, and then purge. Today, I don't have to do that. I can remind myself I absolutely cannot do it on my own and I don't have too.

These days, when I write out the first three steps, I write everything that I feel fearful about for that day and admit my powerlessness. It's my desire to control that keeps me in bondage. Once I admit I can't do anything about anything in this entire world, but myself, I am free. However, I am powerless to even change myself without my HP. It is he who gives me the Steps, the Traditions, the tools, a sponsor, and the love of the fellowship. I certainly could not do it alone. Thank you OA for being a wonderful vessel for HP's unconditional love!

-Lisa B.

reality." Please remember that these are the facts, not fiction. I couldn't make some of this stuff up. A first step is a good way to try and accept what has happened.

In December 2002, I lost my job after 17 years with the company. During January and February, my job search proceeded in vain. Anemia (that had been near fatal in 2001) returned in March with internal hemorrhaging, five blood transfusions, and a week in the hospital.

A week before Convention, I was rushed to ER, after dropping my chef's knife, which made a five-inch deep cut in my thigh as well as cutting open my left calf. A week after, an infection set in, and sent me back to ER. This time outpatient surgery cleaned things up and finally I started healing. Yay! Also in the spring, I had an accidental tumble with a box and the neighbor that owned it. At first check it looked like everything was ok. Later that evening I was having more and more pain and trouble breathing. Another trip to the hospital proved that I had three broken ribs. 24 hours (and a chest tube later), I was able to go home.

By this time my severance pay had run out and unemployment was close to running out. With all of my hospital visits, the leftover bill was ridiculous. Through all of this I kept thinking "I can do this... I can do this..."

I spent the entire spring, summer and fall sitting on my couch or lying in my bed, unable to do even the simplest of tasks. It seemed like TV and depression were the constants in my life. The meds I am on make me very woozy and spacey most of the time, and with the depression came that old familiar "I'm not worthy" feeling.

(continued on Page 5)

Step 1
"We admitted we were powerless over food – that our lives had become unmanageable."

First Step

I was going through the holiday cards that I received this year and a few of them had the traditional "family letter" included. You know the drill: people let you know where they took a vacation, how the children are doing, etc. They really are sweet and fun to read.

I was joking with a friend the other day and told her that if I wrote one of those letters and let someone read it, they would pack me off to Losers Anonymous! She told me "Write it down and let at least three people read it. Your life has NOT been much fun this year and that is

January 2004

OVEREATERS ANONYMOUS WHERE & WHEN

Office Hours: M/W/F 9:30 AM - 12:30 PM

St. Louis Bi-State Area Intergroup
9907-E Gravois Road
St. Louis, Missouri 63123
Office Phone: 314.638.6070

WSO #025-09029

Office Fax (24 hr) 314.638.6071
Bi-State Web Page: [http:// www.stlouisoa.org](http://www.stlouisoa.org)
WSO Web Page: [http:// www overeatersanonymous.org](http://www overeatersanonymous.org)
WSO Email: overeatr@technet.nm.org

If you need a more updated list, go to the website for up-to-the-minute information
Please destroy any meeting lists published prior to January 04
All Meetings are open to newcomers!!!

MONDAY

11:00 AM City	SS/BB/SG	SL379	Trinity Episcopal Church 600 N Euclid St. Louis, MO
6:00 PM Outly, IL	#	SL275	Human Support Services 988 N. Market Room 32, Waterloo, IL.
6:30 PM Outly, MO		SL128	St. Andrew Lutheran Church 804 N. Cape Rock Dr., Basement Cape Girardeau, MO.
7:00 PM Outly, IL		SL353	Unity Church 417 Cordelia, Springfield, IL.
7:00 PM Metro-East	#	SL002	Kings House 700 North 66th St., Belleville, IL.
7:00 PM Outly, IL	#	SL326	First Presbyterian Church 600 W. Temple, Jr. High Classroom Effingham, IL
7:00 PM West	#** NC	SL044	St. Joseph Hospital - Kirkwood 525 Couch, Mtg.Rm.#2, 1st. Flr. Kirkwood, MO
7:00 PM Outly, IL	SS#R	SL373	Church of Good Shepherd Corner of Schwartz & Orchard, Carbondale, IL
7:30 PM Metro-East	#R N	SL028	Esic Baptist Church 1000 University Dr., Edwardsville, IL.
7:15 PM St. Char.	# N	SL210	St. Joachim & Ann Care Service 4112 McClay Rd., St. Charles, MO (right rear bldg.)
7:30 PM West	#	SL030	Creve Coeur Government Ctr 300 N. New Ballas Rd. Room 2 (Rear Entrance)

TUESDAY

9:30 AM West	#R #	SL013	St. Mark's United Presbyt Church 601 E. Claymont, Ballwin, MO.
10:30 AM	SS DS	SL365	Zion United Church Of Christ 725 S. Main St., Troy, MO
12 noon Central	SS/BB #R	SL372	St. Mary's Hospital 6420 Clayton Rd., 4 th Floor visitor's lounge
1:00 PM South	#R#	SL003	First Unity Church 4753 Butler Hill Road West of I55
5:00 PM West	# SG/DSC	SL193	Kirkwood Baptist Church 211 N. Woodlawn at Adams, 2nd Fl, Kirkwood, MO.
5:30 PM Outly, MO		SL366	Unity Center Of Columbia 1600 W. Broadway Columbia, Mo.
6:00 PM North	# SS	SL033	St. Peter's Chapel 1425 Stein Rd @ W. Florissant, Ferguson, MO.
6:30 PM Northwest	# #R**SS	SL381	Beautiful Savior Lutheran Church 12397 Natural Bridge Road, Bridgeton, MO
7:00 PM Outly, IL.		SL019	First Presbyterian Church 310 S. University St., Carbondale, IL.
7:00 PM Outly, IL.		SL322	Greenup Carnegie Library 101 N. Franklin, Greenup, IL
7:30 PM South	N	SL074	Holy Trinity Lutheran Church 2030 Union Rd. at Reavis Barracks, Affton, MO.

WEDNESDAY

7:00 AM Central	BB	SL376	Samuel UC Church 320 N. Forsyth Lower Fireside Room St. Louis, MO
10:00 AM North	#R	SL051	St. Mark's Methodist Church 315 Graham Rd., Florissant, MO
11:30 AM Downtown	#**	SL180	909 Chestnut Street call first
12:00 PM Outly, IL	SS	SL354	Laurel United Methodist Church 631 W South Grand Avenue Springfield, IL
1:00 PM Central	SG	SL360	University United Meth. Church 6901 Washington Ave., U City (corner of Trinity-Ring Bell)
1:00 PM West	#** NC	SL312	Geyer Road Baptist Church 504 S Geyer, at Woodbine., Kirkwood, MO basement
6:30 PM Outly, IL.	# SS	SL017	Blessing Hospital- 14th & Broadway, Quincy, IL. 5th Flr Conference Rm
7:00 PM Outly, IL	SS/BB/SG	SL380	First Community Church 14769 N. Illinois Hwy 37 Mt. Vernon, IL
7:00 PM Outly, MO.#R DSC		SL350	Jefferson Memorial Hospital Conf. Rm. B), Hwy. 61-67 at I55, Crystal City, MO.
7:30 PM West	#SS	SL109	St. Paul Evangelical Church 9801 Olive Street Road Rear entrance, Creve Coeur

THURSDAY

10:00 AM North	# N	SL147	Northminster United Pres Church. 1570 Chambers, 1st Floor Dellwood, MO.
5:30 PM Outly, MO.#R		SL298	St. Mary's Hospital Ground Fl Rm-E. 100 St. Mary's Medical Plaza, Jeff. City, MO
7:00 PM Outly, IL	SG#+=#R	SL367	Passavant Area Hospital 1600 W. Walnut Ave, Mtg Rm 1, Jacksonville, IL
7:00 PM Outly IL	SS #R	SL374	Unity Church 417 Cordelia Springfield, IL
7:30 PM St. Charles	#BBR	SL123	St. Joseph Hospital First Capitol Dr, Dr's Dining Room, St. Charles, MO
7:30 PM South SG	#	SL369	OA Office., 9907 E Gravois Rd, Rear Entrance Affton, MO
7:30 PM North		SL377	St. Peters Chapel 1425 Stein Rd. @ W. Florissant, Ferguson, MO

FRIDAY

11:00 AM West		SL375	Creve Coeur Government Center 300 N. Ballas Road Bldg 1 Creve Coeur, MO.
7:30 PM Metro-East	#	SL034	First Baptist Church 300 E. Lorena Avenue Woodriver, IL.
7:30 PM South	SS # #R	SL171	Anthony House (part of St. Anthony's Med Ctr) Room 140, 10020 Kennerly Rd.

SATURDAY

9:00 AM Outly, MO.		SL215	St. Andrew Lutheran Church 804 N. Cape Rock Rd., Basement Cape Girardeau, MO
9:30 AM West	Women #	SL296	Concordia Luth.Ch. (1st Flr. Board Rm. 505 S. Kirkwood Rd.at Woodbine, Kirkwood, MO.
10:00 AM Cent. West	SS	SL035	Webster Groves Christian Church 1320 W. Lockwood, Webster Groves, MO.
10:00 AM South	# SG	SL031	O. A. Office 9907-E Gravois Rear Entrance, Affton, MO
10:30 AM Outly, IL	DSC	SL355	St. John's North Rm. 224, 800 E. Carpenter, Springfield, IL
10:30 AM Outly, IL BB#R		SL368	Passavant Area Hospital 1600 W. Walnut Ave, Mtg Rm 1 Jacksonville, IL
8:30 PM Outly MO		SL378	Emmanuel United Methodist Hwy 49 1 mi S of Hwy Y Viburnum, MO

SUNDAY

10:30 AM Central	#	SL025	St. Mary's Health Cent. 6420 Clayton Rd., Cafeteria Rm 3 Richmond Hts, MO
4:00 PM West	YNGP	SL361	St. Joseph's Hospital. Kirkwood 525 Couch, Mtg. Rm.#2, 1st Flr Kirkwood, MO
4:30 PM Outly, MO.	# SS	SL154	Unity Church 1600 Broadway West, Columbia, MO
5:00 PM Outly, MO DSC		SL357	Capitol Region 1432 Southwest Blvd, Jefferson City, MO
6:30 PM Central	# RFR	SL168	St. Mary's Hospital Cafeteria 6420 Clayton Rd., Richmond Heights, MO

Most Meetings are Non Smoking!!

Meeting Codes: YNG.P=Young People SS/BB/SG = Step Study /Big Book Study/OA&AA Book Study * = Babysitting DSC = Discussion Meeting
NC= Newcomers Meeting 100 = 100 Pounders (+/-); # = Wheelchair Accessible R Wheelchair Restrooms Men = Men's Meeting

Women = Women's Meeting N = Newcomers Session during Regular Meetings RFR = Recovery From Relapse Meeting ** = Open Meeting (observers may attend)

**Intergroup is 1:30 p.m. on the 2nd Sunday of the month
at St. Alexius Hospital, 3933 South Broadway
Except Apr, May, & Jul which will be the 3rd Sunday**

Bi-State Intergroup Officers

(Term expires in September)

Chairperson Cyndy
Vice-Chair Kathy
Secretary **VACANT**
Treasurer Nancy

Board of Trustees

(Term expires in June)

Chairperson (05) Ethel M.
Vice-Chair (04) Rose S.
Treasurer (05) Pat S.
Secretary (06) Lisa B.
Conference (04) Mary Ellen
Office Liaison (05) Ethel M.
Newsletter Liaison (06) Lisa M.
Convention Liaison (04) Rose S.
Special & Open Meetings (06) Lisa M.
Trustee (04) Mary Ellen
Trustee (04) **Vacant**
Trustee (05) **Vacant**
Trustee (06) Ginnie H.

Intergroup Committee Chairs

(Term expires in May)

Answering Service Sharon A.
Cassettes Betty S.
Convention Chair 2004 Bridget R.
D.R.A.C. Jana G.
Lifeline Sue E.
Newcomers Neil G.
Newsletter Dawn S.
Outreach Linda L.
Public Information Dick S.
Retreat 2004 **Vacant**
Social Butterfly **Vacant**
Twelve Step Within **Vacant**
Ways & Means Cary
Young People Jill
Other Offices
Convention Treasurer Brian S.
Convention Vice Chair Marcia B.
Office Manager Linda W.
Literature Ellen W.
Webmaster Michael A.
Region IV Office Jana G.
Region IV Trustee Connie H.
Region IV Chair Teresa Kopel
Retreat Treasurer **Vacant**

Service Vacancies

- 2 Trustees
- 2 Region Reps
- 2 World Service Delegates
- Retreat Chair and Treasurer
- Social Butterfly
- Intergroup Secretary
- Twelve Step Within

Delegate & Region Advisory Committee (D.R.A.C.)
(Region Reps elected in June)

Region Rep (04) Cyndy L
Region Rep (05) Nancy H.
Region Rep
Region Rep

Alternate Mary Ellen S.
Alternate
Alternate Janet H.

World Service Delegate (Elected in November)

(03) Cyndy L
(05) Nancy H.

Vacancy
Vacancy



First Step (cont.)

On Thanksgiving I struggled to think of something to be grateful for and the only thing I could think of was a pair of men that no longer live. Bill W. and Dr. Bob. Those old guys got the ball rolling and I will always be grateful to them and all who have gone before me.

Then came Christmas. There are two people in my immediate family who are dealing with such bad health problems that death is a real possibility. I was as cheerful as I could be, but eventually began to wonder if anything positive was going to happen around me at all.

I woke up today (New Year's Eve) and decided that what I had been told a long time ago was very true: we have a chance to start new each and every day. I wrote my food down and I see that I am eating fairly healthy and have been for some time. The problem is that I am so sedentary that I have put weight on anyway. I am about ten pounds heavier than when I first came to OA. But I can start again today. I have no control over any of this. Someone else wrote the script and pulls the strings. Eventually, I will be able to get some exercise again. All I can do is try to hang on for the ride and figure out the best way to deal with whatever comes my way. I can pray about it and then try and let go of it. That's all I can do.

I am hoping that 2004 is a good year for ALL OF US. I am not the only person who has had problems, but at times it felt like I was. I need to always remember that you are there for me, I just need to ask for and accept help from my brothers and sisters in recovery.

Thank you all for being who you are and for your love and care.
In OA love, Michael A

It Takes More Than The Head

Hello, I'm John "Q"...and I am powerless over food and much of the rest of the spectrum of addictive, self-destructive obsessive-compulsive behavior. AND my life is entirely unmanageable...by me! Eventually, I may end up with more 'Recovery birthdays' than the 50 actual birthdays I have been fortunate enough to celebrate, but we do this Program of Recovery *One Day at a Time...so First Things First.*

On January 16, 1988, I was released from the obsession/ compulsion and began the journey of Recovery. "Go to Meetings, read the Big Book, and don't use...no matter what," were the first pearls of wisdom given to me by someone in the Program. "More will be revealed," was the second (and last) thing this person said to me regarding abstinence.

For the next five years, I followed this advice, and experienced the 'promise' that more would be revealed. I read everything I could find about the Disease of Addiction, Alcoholism, and Dysfunctional Family Systems. In fact, I read about and understood 12-Step spirituality very well...so well that *"I didn't need to read the Big Book any longer...and didn't need to go to Meetings. Don't use no matter what was enough to keep my Program airborne..."* For the next ten recovery birthdays, I satisfied myself by buying the birthday coins at a Recovery store...instead of getting them the old fashioned way...earning them by working the Steps and receiving them from a Sponsor at one's home group Meeting.

If you're reading this, and have some time in the Program, you may well be shocked and horrified at this approach of 'autopilot Recovery'...and you'd be 100% correct in your reaction. If you're a Newcomer, you might still be able to recognize the pure folly of this hollow plan of Recovery.

When the going got tough, this addict got going...using food and compulsive overeating as the substitute 'drug of choice' since beverage alcohol was no longer an option for me. The stuffing of huge quantities of food, along with stuffing all of my emotions, combined to leave me physically exhausted (and 112 lbs. heavier than my previous all-time weight level), mentally confused and befuddled, and morally bankrupt. I hit rock bottom through compulsive overeating just as hard as I ever did with my alcoholism...and I was completely withdrawn, isolated, and alienated from myself, from others (including family, friends, and co-workers), and from my God.

As I turned 50, there was NO cause for celebration...I considered my life over and completely pointless. There was no fire in the belly (no room for it with all of the junk food being consumed) and no reason to spring out of bed each morning (and no ability to spring anywhere since I weighed 302 lbs.) Depressed, filled with fear and anxiety, and emotionally shutdown, I grudgingly accepted the 'suggestion' from my boss to begin a treatment program. I certainly didn't want to move out of my 'comfort zone', but I also knew in my gut that my way hadn't worked and, *"My best thinking got me here (at rock bottom)!"*

(continued on Page 6)

It Takes More Than The Head (cont.)

I was powerless over food, and my life was unmanageable! With that absolute crystal clear *moment of clarity*, I came face to face with the bedrock foundation of the Program of 12-Step spirituality. The problem is mental; the symptom(s) is/are physical; and the cure is spiritual. From here, and ONLY from here does the miracle of Recovery begin.

At the first Meeting I had attended in ten years, I actually shared (something I had almost never done previously), and told the group that I was interested in applying the intellectual head knowledge I had about addiction to my current overweight and compulsive overeating status. Fortunately for me, God (HP) writes straight with crooked lines! The out-of-town couple I just met at the Meeting talked with me afterward and told me that they had both joined OA after first beginning Recovery through another program.

What a concept...following a similar, but very separate and distinct path through the journey of Recovery! I didn't have to translate everything I already knew...I could work the Program directly from my most recent lived experience. Since I was powerless, and my life was unmanageable, I could begin as a Newcomer, and USE the Tools of Recovery...instead of just reading about them!

On May 19, 2003 I waddled into my first OA Meeting weighing 302 lbs., and no one had any trouble recognizing that I was well qualified for membership in this Fellowship. Seven months to the day later I was an out-of-town visitor at an OA Meeting, and the people there wondered why the very lean,

suntanned 177-lb. 'skinny guy' was looking for a meeting for compulsive overeaters. Since the tradition in the Islands is to have the newcomer/visitor share as the speaker, I was able to share my experience, strength and hope about **H.O.W.** (*Honesty, Openness, & Willingness...to do three things: Trust God; Clean House; and Help Others*) this Program works.

I was powerless...and still am. My life was unmanageable...and still is...by me. There is, however, a Power greater than myself Who is NOT powerless and Who DID/DOES work miracles in my life...as long as I can continue to get out and stay out of God's way! Higher Power, the incredible Friends in Recovery I have made, and the Tools of Recovery have given me back my life, and I am so incredibly grateful that I simply had to respond to my first sponsor's request to submit something to the newsletter.

From the launching pad of Step One, my Recovery Rocket achieved lift-off...using the image of food as fuel for the journey along life's path. **Abstinence** through a workable **food plan**; a regular **exercise program**; going to **Meetings** (and sharing from the heart); picking up the 500-lb. **phone** to make outreach calls; **reading** and praying/meditating with Recovery **literature**; **writing** (letters, journal, Step work); having a **Sponsor**; working the **Steps**; doing **service** whenever possible; and respecting **anonymity**...

Such a simple Program...just not so easy to apply and integrate into the rest of our life. We can, however, do it just for today...One Day at a Time.
~John

From the Editor

For February's newsletter, I invite everyone to share a quote, poem, or article on Step 2 and/or Tradition 2.

You never know when your story may be just what another compulsive overeater needs to hear for his/her recovery.

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 January to have them included in February's newsletter.

If you would like a reminder note one week before the due date, send an email to me at: StLouisOAtoday@hotmail.com

~In service, Dawn S.

Wanted for the 2004 Convention

Ways and Means Items: Clothing Exchange – Cup Raffle – Silent Auction – Small Bazaar Items.

Items can be brought to the Convention.

Let's Get the Word Out

Here's our latest Public Information announcement. Maybe other groups would like to use it by changing the meeting info to their local group.
PLEASE PRINT THIS IN YOUR WEEKLY FAMILY CLUB NEWS COLUMN

How many times have you sworn off, made promises and resolutions to stop overeating? Then how many times did you regain whatever weight was lost and more? Many have found that the diets became fuel for the compulsion.

Mark Twain: *"To promise not to do a thing is the surest way in the world to make a body want to go and do that very thing."*

Overeaters Anonymous has a suggested program of recovery from compulsive overeating. It is patterned after AA. It works. No dues, no fees, no weigh-ins. We are self-supporting through our own contributions.

We welcome everyone who wants to stop eating compulsively: 7:30-9:00 pm, every Monday, Esic Univ. Baptist Church, Esic & University Dr., Edwardsville.

For information regarding Overeaters Anonymous, contact the St. Louis Bi-State Area Intergroup, (314) 638-6070; or www.overeatersanonymous.org

JOIN THE EXCITEMENT... TIME IS RUNNING OUT

Excitement is building about the 2004 Recovery Fair. Entertainment will be on Saturday, March 27, 2004, in the evening. We are looking for individual meetings, groups, or individuals to plan and perform a 1 to 2 MINUTE song, skit, comedy act, ballet...on a specific subject (call me about the details). We also need "idea people."

We will be having a planning meeting on Sunday, January 25, 2004, at 1:30 PM probably at the office. Attendance is not mandatory but it would be helpful to have a representative or two from each participating group to help brainstorm and plan the details of the show. If you cannot attend but want to participate, call me prior to the meeting so I can get an idea what specific ideas you have about your part of the show.

We will be having a dress rehearsal on Saturday, March 20 and one earlier in day of March 27 (at the Convention).

Following is a list of the people I have "pretty sure" commitments from. If you think you talked to me and are not on the list below, I am probably having a senior moment and you need to tell me again.

- Sunday Morning St. Mary's - Ethel or Bridget
- Thursday Night St. Charles - Cyndy, LaNae and backup
- Monday Night Edwardsville - Cindy or Janet
- Dawn
- Kaye (We talked at the retreat)
- Monday Night Newcomers St. Joseph's Kirkwood - Lisa B
- Crowell from KC to announce

Other groups that expressed an interest but have not confirmed

- New Me Tuesday South County - Linda or Mary Ellen
- Beth and the gang (we talked at the holiday booster)
- Wednesday Newcomer - LaNae
- Effingham (I spoke to Burly briefly at a Super Saturday about it)
- Omaha Group (Cecilia, I left you a voicemail)

Others I would **LOVE** to hear from

*******YOU*******

Anyone who has ever participated in Entertainment before (you know who you are)

*******YOU*******

Anyone who has never participated in Entertainment before (new blood is always good)

So, if any of this sounds the least bit intriguing, give me a call.

~Cindy H.
Entertainment Chair
2004 OA Recovery Fair

"Outreach Reminder"

If you have any changes to the Outreach List, they are due by April 2004 at the convention.

Send changes to Linda at (email) eglesorl@charter.net

~Linda L.
Outreach Committee Chair

Service Vacancies

- 2 Trustees
- 2 Region Reps
- 2 World Service Delegates
- Retreat Chair & Treasurer
- Social Butterfly
- Intergroup Secretary
- Twelve Step Within

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 office, & we'll send you one.

New Meetings

Tuesday, 6:00 pm

"Lit Up with Literature" Group

Beautiful Savior Lutheran Church
12397 Natural Bridge Road
Bridgeton, MO

[Wheelchair accessible, Step study, OA Literature study, Group discussion]



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

WSO Website: www.overeatersanonymous.org

Region IV website: www.oaregion4.org

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 9:30 am – 4:00 pm

(Sponsored by Newcomers Group)

Trivia Night 6:30 – 9:00 pm

(Sponsored by Bi-State DRAC)

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).

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 by the end of the month for publication in the following month's newsletter.