

# Today

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**Tradition 5: “Each group has but one primary purpose – to carry its message to compulsive overeater who still suffers.”**

**Tradition 6: “An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”**

Let me begin with an amends...I apologize for not getting an article written for Tradition 5 after saying that I would. Thankfully, the only requirement for membership is the desire to stop eating compulsively. If I were required to be flawless to be in this group or to serve it, I would be other there dying of the disease.

Traditions 5 & 6 really go hand in hand. Tradition 5 defines our group purpose – to carry the message. Tradition 6 tells us what we must do to protect our message from getting lost. The examples in the AA 12 and 12 seem extreme to me today. I’m grateful that they went down those difficult roads so we don’t have to. The problems I have seen with these traditions during my time in OA have been much more subtle and difficult to even define at times. The questions at the end of the chapter on Tradition 6 in the OA 12 and 12 really bring home the fine points of these Traditions. In many different ways, they ask us to look deeply to see if we are confusing newcomers with things that are not OA or misusing the wondering connections we have made in OA by using them for financial gain.

Sometimes it is very difficult to maintain these Traditions. OA brings us such full and interesting lives. We want to share our discoveries with the group. I’ve found it difficult to keep my personal spiritual journey and self-discoveries strictly in the OA context. For the times I have slopped over that line, I deeply apologize.

Studying these Traditions has helped me see how important it is to maintain focus, no matter what type of group I am in. For example, my primary purpose at work is to work. When I get caught up in the gossip at work or idle chatter that keeps me from working, I am out of alignment with my primary purpose and HP’s will for me. The result of that activity is guilt and decreased productivity that winds up on a 4<sup>th</sup> step. Maintaining focus in each situation helps me to remain appropriate to the moment and avoid behaviors that HP and I will have to clean up later.

I challenge each of you to take some to study the Traditions to see how they us live cleanly in the world. In my experience, getting abstinent is just about putting down the food. Staying abstinent is about cleaning up the messes and living a clean life so that I don’t want or need to eat compulsively or push life away. I feel deeply grateful for a program and a fellowship that makes that possible.

~In OA love and service,  
Ethel

## Heard At World Service Business Conference

Why do we sponsor? To stay sober!

*Don't stay in the problem, let go and let God.*

**When I'm obsessing – go do something, talk to my sponsor, wash my car, anything that takes me out of the kitchen and out of myself.**

*How do we surrender? Go out and eat some more – I wish you desperation; it's the only thing that brings us to our knees.*

A sponsor told someone who continued to relapse – I can't help you, put down the phone and pray.

*If you still feel ashamed, you haven't done step one.*

**Restless, irritable, discontent, poor me, poor me, pour me that first drink. I remember a little food makes me feel better; what I don't remember is the devastating results of the last binge.**

*Take a newcomer through the steps in the first 30 days before they get comfortable and lost in the fellowship.*

I hope I'm your friend, but I'm your sponsor first.

*I never wake up in the morning regretting being abstinent the night before.*

**You work the steps every time you take a sponsee through them.**

*There are 12 steps, not just 1, 2, 3 and 12.*

Sometimes the best thing to say is nothing and a whole lot of it.

*Recovery is a Discovery.*

**We're in a war against this disease.**

*The most spiritual thing I do everyday is weigh and measure my food.*

I have a low delight level.

*We get to be a leader by following.*

**I have a hokey pokey program, I put my left foot in, I pull my left foot out...**

*We increased the abstinence requirement and more people showed up at Intergroup.*

Humility is accepting your gifts as well as defects.

*I've been working on ego deflation, in depth.*

**GOYA meetings – Get Off Your Ass**

*Service is the rent we pay for being, it is the very purpose of life and not something you do in your spare time.*

~Cyndy L.

## Region IV Convention

The Region IV Convention is coming July 9-11 in Omaha, Nebraska. We would like to invite everyone in the St. Louis area to take the drive to another great convention. Going to the region convention will give you another life to your recovery and will allow you to meet some more people in OA.

There is a group of people planning on renting a couple of vans to make the trip. If riding is not your thing, you can fly Southwest Airlines roundtrip for about \$100.

Come join the fun and get some new and maybe different recovery. If you have any questions, please contact Connie H at [conniehs1@aol.com](mailto:conniehs1@aol.com) or (314) 638-6070. You can save money if you register early!

~Jana G.

### A Prayer

God, you know my heart. You know the feeling of being in your presence is an incredible miracle that I have never felt worthy enough for. I am not worthy. But that does not change your love for me. Thank you for this wonderful fact in my life.

~Anonymous

**July's newsletter will include articles on Step 7 and Tradition 7. Thanks for continuing to share your experience strength and hope with our BiState. Send your contributions via e-mail to**

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

## World Service Business Conference Report

How can I possibly explain the tremendous feelings and experience that you all have given me by allowing me to be your World Service Delegate? I can only explain it as a "Mountain Top" experience, and I don't mean the mundane mountains. It was a life changing and affirming experience. Seven days of opportunity to be with people in recovery doing normal things and also attending to the business of OA. Many of the sessions were heated, but after a vote, we all went out to lunch or dinner and got on with life, whether "our side" won the vote or not. God was in charge, not humans. I had the opportunity of meeting people from England, New Zealand, Australia, Canada and all kinds of places in between. I was on the Twelfth Step Within Committee, and I am on the subcommittee for strengthening sponsorship. It was an enlightening experience.

Last year's committee made up "Planning a sponsorship workshop" and we voted to have it included in the 12<sup>th</sup> Step Within Handbook at its next printing. It is available on the WSO website now. We will work through out the year by e-mail and have already had several back and forth.

There was not only the opportunity for fellowship after sessions and at meals, there were 3 OA meetings per. I loved the fact that when discussions on got really heated, someone went up to the center mic and asked for the Serenity Prayer. It worked, and that is exactly what makes WSBC different than any other business conference that I have attended. Speaking of going up to the mic, I even summoned up enough courage to do that once myself.

We elected 4 Region Trustees and 2 General Service Trustees. Five business motions were approved

and many bylaws were amended. (If you're interested, please refer to the report given at Intergroup.)

Saturday evening there was a banquet, entertainment and a dance. All of it was fun, and I even got up and danced a little. I opted to go to the evening OA meeting. I simply cannot tell you how edifying it is to go to a meeting with people who have 40 years in OA.

Sunday, Connie, Cyndy, another member, and myself went out into the desert to an Indian reservation. We missed the last bus that would be available, so we did not get to see the "city in the sky," but we did have fund and did a little shopping on the reservation.

Again, thank you for allowing me to do this service and have this GREAT experience.

~Yours in OA,  
Nancy H

like I beat myself up when I compulsively overate.

Just as with abstinence, it is my job to commit to change and to continue to work the steps to learn how to let GOD be in charge. When I first became abstinent, it was a commitment to a specific food plan. Every day, I talk to God in the shower. Every day I say I'm a compulsive eater and my life is unmanageable and I ask God to be in charge of the food. I ask him to guide and direct me to make healthy food choices for the body he gave me. One day, the abstinence quit being a struggle and started to feel like the Gift From God that it is.

Every day I also remind myself that the major parts of the unmanageability of life are the grosser character defects I still possess...the ones really causing the pain. Since I'll never be perfect, I do my best each day to act the way God would have me act. In order to do this, I ask him to guide and direct my behaviors, not just my eating behaviors.

This program is a spiritual program. The recovery is spiritual. Getting ready to have God remove the defects involves prayer and meditation. It involves admitting our faults and admitting our failings. Just as we learn to be honest about what goes in our mouths, we learn to be honest about other self-destructive behaviors. If you're on Step 6, I encourage you to read the Step 6 chapters in both the OA and AA 12 & 12s. Discuss this step with your sponsor. Journal. Pray. God will let you know when you're ready.

~Lisa M.

**Step 6**  
**"Were entirely ready to have God remove all these defects of character."**

There is a reason the AA 12 & 12 says, "This is the Step that separates the men from the boys". Many people overlook this step. We forget that, although our defects have served us well in the past, like the food, they have lost their usefulness in our lives. Just like the food, our defects cause us more pain than they used to.

It took me years to **really see** the part about **GOD** removing these defects. As with everything else, I thought I was in charge of it. It was my responsibility to change and I continuously beat myself up when I kept making the same mistakes, just

**Heard Round The Program**

*We can measure our value of the gifts we have found in the program by the amount of sharing we do with them.*

~Submitted by Connie H

### Service Vacancies

- 2 Trustees
- 2 Region Reps
- 2 World Service Delegates
- Intergroup Secretary
- Retreat Treasurer
- 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

No New Meetings



### 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

**July 24** St Charles  
See flyer for details

**July 9-11**  
Region IV Conference  
Omaha, NE  
(See flyer)

**August** (open)  
To schedule, call Lisa M  
or email OA office

**September** (open)  
To schedule, call Lisa M  
or email OA office

**October 1-3**  
OA Retreat  
More info later

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 third week of the month for publication in the following month's newsletter.