

Today

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Inside this Issue

- 1** Tradition 3
- 2** Step 2
Step 3
Crazy Thinking Prayer
- 3** The Metamorphosis Is Complete
Literature Corner
- 4** Business Announcements

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Tradition 3

“The only requirement for OA membership is a desire to stop eating compulsively.”

Thank God for this Tradition! Without it, I probably wouldn't be in OA today. When I came into the meeting rooms, I was a normal weight. People asked me what I was doing in OA. Perhaps they would have asked me not to come back if not for this Tradition. Thank God they did not, and I found recovery.

Some anorexic and bulimic members of our fellowship have felt rejected at times. I find that very sad. The OA 12 & 12 (p. 129) says, “A person can never be too overweight, too underweight, or too normal in weight to be an OA member.” If we turn our backs on the dangerously thin or the morbidly obese among us, where are they to go? The Big Book says the choices without recovery are death or insanity.

I'm also grateful that OA does not discriminate. I feel safe from hate crimes in OA. No one kicks me out for my past transgressions in life. My sponsor knows all my dirty little secrets. She never said you can't come back because you have done x, y, or z.

The power of this Tradition goes beyond membership in OA. A world of love and tolerance opens to me when I translate this Tradition into,

“The only requirement for membership in the human race is being human.” I've spent much of my life separating people into categories: those I like, those I don't like, and those I'm indifferent too. I latched onto those I liked. I judged and rejected those I did not like (generally with no real information about them). And, entirely ignored the vast majority.

Step 7 in the AA 12 & 12 (p. 72) says, “We never thought of making honesty, tolerance, and true love of man and God the daily basis of living.” I never thought of living this way when I was in the food. Now, I want to live to God's full potential. For me, this includes accepting deep in my heart that everyone on the planet is a member of the human race and deserves honesty, tolerance, and love. The literature has taught me that I cannot afford to hold ill will against anyone for any reason. Tradition 3 teaches me love and tolerance that protects me from the poison of anger or hate that would drive me back to the food.

In OA service and love,

Ethel M.

Step 2
Came to believe that a power greater than ourselves could restore us to sanity.

I looked at the insanity in my life. The lies about what I ate...years of eating beyond the point of being full. Eating in isolation as if what I ate alone didn't matter... no one else would ever know...food eaten alone was a freebie...behaving this way while at the same time being a "diet" guru. I probably knew more about any diet than anyone else I knew... both extremes...absolute insanity. Always extreme...extreme busyness...if I couldn't have it all...always perfect...I didn't play...I wouldn't even start for fear of failure.

OA has helped me to realize that though I believed in God, I didn't feel that God was concerned about my eating. Everybody knows that God handles the "big" issues is life, those things that we can't possibly handle ourselves...those things that require something miraculous. Anyway, who needs a "miracle" in their life to control how they eat...certainly not a person that has excelled in so many other areas of life, according to the standards of most.

Hadn't I asked God for willpower...power to say no? But when it didn't happen, I felt it was too small for God and therefore, up to me.

OA has helped me to see that God is concerned with EVERY aspect of my life. He has placed OA and its membership in my life to help me, and it's okay to ask for help. OA has helped me to understand that I had a need to open up to others. I needed to allow others to see that I am human...that I need help and that God can and God will help me...that help will come through others.

Today, I thank God for OA...the program...the people...my sponsor. OA has helped me to develop my faith... my faith in God through others and my willingness to allow God to do the things I cannot for myself, no matter how big, or how small, or how insignificant I may think...TRUST GOD.

~ DJM

Step 3
"Made a decision to turn our will and our lives over to the care of God as we understood him."

Step 3

I continue to try to control my eating, my life, my thoughts. "Let go and let God or my Higher Power". It is so simple.

The difference in this program and other programs for me is the emphasis, the basis, of a Higher Power. The spirituality of this program is awesome! What a wonderful connection to a power greater than myself. I need to believe and I do believe that my Higher Power is strong enough to do anything. I need to turn everything over to my HP - the good and the bad. When I truly do that I have such a sense of serenity. I don't have to do it all. All I have to do is to trust my HP.

~Julie J

CRAZY THINKING PRAYER

God, my thinking is getting crazy again, and I can't change it. If you don't come in and change my thinking, I will continue to suffer these thoughts, and maybe even act on them and cause more pain and trouble.

God, I don't want to suffer, and I'd better not cause any more pain and trouble; so would you come in and change my thinking?

Thank You

From the Editor

For April's newsletter, I invite everyone to share a quote, poem, or article on Step 4 and/or Tradition 4.

Because of some new requirements from the BOT and printer, please send in your contributions by the 30th of March to have them included in April'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.

Writing an Article for the Newsletter

How many times have you considered writing an article for Today? I have considered it many times, but always put it off to the future. "Just for Today" is one of our slogans that has helped me many times. Just for today I will commit to abstinence. Just for the newsletter Today, I will write an article to encourage all who have considered writing and sharing their program, success, and even frustrations to reach out to other OA's. This is a "we" program. By sharing hope, strength, and success, "we" can do this together. Consider writing and submitting your article. This is my first. It helps me to work the program.

~Julie J

The Metamorphosis is Complete

A couple of weeks ago I came home late after a meeting... I was tired and had been pretty discouraged. Winter is hard. Whatever that "Seasonal Affective Disorder" is, I think I have it. I just remember that it had been a rough week and I was dragging my sorry butt home.

The lights were off in the house except for the night lights we have and the lights of our baby box turtle's aquarium. I noticed the weirdest thing in the room with the turtle. The light was kind of flicking or fluttering. I walked into the room and there was the biggest, most beautiful moth I ever saw in my life.



As you may recall, from other articles I wrote for the newsletter, my husband

had brought home the caterpillar two days before the Metamorphosis Super Saturday in St. Charles in September. At the same time we were hearing about the change that can happen to a butterfly I had a caterpillar at my house making a cocoon, getting ready for the change.

I have thought a great deal about that caterpillar over the months since then. Sometimes in my recovery I want to close myself inside a cocoon and escape from the grind of life. From the outside, the cocoon seems a peaceful place of rest. But, in reality, it is where all the work of the change is done. It's when we crawl in, away from distractions... just me and God... and get down to the work of changing that the miracle occurs.

Now, I assumed all along that that was a butterfly being formed inside that cocoon. I have to admit that I was a bit disappointed when it was a moth, not a butterfly. Isn't that just like our recovery process too? We want to write the end chapter. We want to design our beautiful butterfly wings and imagine what life will be like as a butterfly. And what we get to be after the metamorphosis happens is not a butterfly at all but just a stupid old moth. Mind you it was the most beautiful moth I ever saw, but a moth nonetheless. That particular caterpillar turned into a moth because that is what it was born to be. Just as we have the potential to be what we were born to be. Acceptance is the key to being happy with whatever the change brings about. We could sit there all day wishing we had turned into a butterfly and not a moth or we can fly free as the beautiful moth we are.

Is it time? Can I go to the next step? It is really scary. I don't know how to be a butterfly or a moth for that matter I've always been this chubby caterpillar... Is it time to get down to the work of changing... again? I want to be willing to change... but it is SO SCARY.

Freedom... To become... To grow... To change... To fly.

God, grant me the serenity to accept... the courage to change.

~Cindy H.

LITERATURE CORNER

And Now a Word from our Cofounder . . . Five WSBC Speeches by Rozanne S.--CDs

New on CD! Listen, learn and be inspired as Rozanne S. speaks with love and hope to Conference delegates about the history of OA's Traditions; the meaning of anonymity; the importance of principles before personalities; and how service, meetings, recovery and membership attraction and retention impact the future of our Fellowship. Double-CD set. Speeches are from 1994, 1997, 1998, 2000 and 2001.

Price \$11.00

OA Recovery Brochures--CDs

NEW! Program brochures for the newcomer to OA, but also useful for any member wanting inspiration and guidance. Recording includes Our Invitation to You, To the Newcomer, A Commitment to Abstinence, The Tools of Recovery, A Plan of Eating, Questions and Answers, Think First and the OA Promise.

Price \$11.00

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, pocket edition

NEW! This comprehensive work provides a detailed, moving exploration of how OA's Twelve Traditions help members recover and how the Fellowship functions as a whole. Questions after each Tradition are designed to help strengthen your meeting. Softcover; 240 pages.

Price: \$6.50

~Ellen
Literature Chair

Service Vacancies

- 2 Trustees
- 2 Region Reps
- 2 World Service Delegates
- Retreat Chair & Treasurer
- Social Butterfly Chair
- 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

Thursday, 7:00 pm

Community of Christ Church
2790 Highway K
O'Fallon, MO 63366

Upcoming Events & Business Info

March 26-28
OA Convention
(See registration form)

April 17
Edwardsville, IL
(See flyer)

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

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

July St Charles
Date TBA

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.



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