

Today

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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

Our OA Traditions

The St. Louis Bi-State Area Board of Trustees (BOT) occasionally gets questions and concerns about the Traditions. While interpreting the Traditions, upon request, is part of our job, the Traditions are really everybody's job. They are an important part of our program and vital to keeping our meetings strong. They are suggestions that remind us what our priorities are as a fellowship and help us feel safe. They are not about "them" but rather about "us." After all, OA is a WE program—we cannot recover alone.

We generally don't set out to ignore the Traditions, but it happens more than we think. The time we spend at meetings is a small part our week, and many think the Traditions are just about how to operate within OA. In reality, the Traditions are about how to be in relationship with others in meeting rooms, work, or at home. I've heard, "The 12 Steps are suicide prevention. The 12 Traditions are homicide prevention."

A few quick questions may help our meetings and our lives stay on track:

1. Do we behave in ways that enhance the unity of our group?
2. Do we hold regular group conscience meetings, listening to others with respect and trusting a loving God to guide our meetings?
3. Do we welcome all members, regardless of their level of recovery?

4. Do we respect the autonomy of individuals and other groups, while keeping in mind the well being of OA as a whole?
5. Do we focus on carrying the message at meetings?
6. Do we use our meeting time and space just for program issues?
7. Do we support OA with regular contributions of money and service?
8. Do we remember that no one in OA is a professional, keeping in mind that we all need the support of the group?
9. Do we actively participate in service?
10. Do we explain in meetings that we share our own opinions (not that of OA as a whole) and speak only from the "I" when we share?
11. Do we speak and behave in ways that will attract newcomers to OA?
12. Do we place principles before personalities?

We live in such a fast paced world that it is easy to pass over the Traditions in our program of action. We recommend everyone study and live by these principles. The Traditions are not a set of rules to be enforced, but rather suggestions developed through trial and error by the founders of AA. Any time someone ignores the suggestions in the Traditions, the result can affect our unity. Let us all seek to follow the spirit of the Traditions.

~BOT

How to Keep on Keeping On When You Feel Like Giving Up

Sometimes the daily-ness of our disease just tries to get the best of me. I think I have it all together... I am working a good food plan, going to lots of meetings, writing, calling OA friends... basically, working a good program -- when life comes crashing in. It is not so much the big giant crashes but the minor tremors that threaten my serenity.

The most recent problem was last week, when I couldn't figure out what was the matter. I was doing well, but I still felt like crap. I just kept up with my meetings... although I didn't feel like it. I kept calling OA friends... although I was not too motivated to do so. I kept on trying when I felt like giving up... and you know what? I think that really is the answer to the dilemma. No matter how bad it is, just don't give up. Just keep on trying.

In retrospect, I felt like crap all week because of the hormonal changes that happens every darned month. (You think I would know this after forty-three years of life.) Contrary to what my old tapes were telling me, I was not a total failure. I was not hopeless. I was not worthless. I was just hormonal. The miracle is that I didn't just chuck the whole thing and say, "I can't do this anymore." I just kept doing it even though I didn't much feel like it. And that is, for me, a miracle and the real answer to my recovery.

Thinking back on the week, it was really rather miraculous. God made His presence known over and over and over. I won't go into all of the details, but I will give a couple of examples.

Friday night, my brother and sister took me out for my birthday in Highland, Illinois. While we were at the restaurant, a storm blew by that had strong enough winds that about 100 feet from the restaurant 5 telephone poles snapped in half and signs were blown off of businesses nearby. We couldn't even get out of the parking lot of the restaurant because power lines were over the entrance. With God's protection, we were safe and oblivious in the restaurant until the storm was already over.

The Super Saturday was on Metamorphosis, the changes we make in program. All day long people spoke on butterflies and the changes they make. Linda W. told of all the many butterflies that God has sent her. And it dawned on me that only that Thursday I had some program friends over to my house, and when Ron, my husband, got home from work, he had the fattest, greenest caterpillar I had ever seen. It didn't dawn on me until I was sitting at the Super Saturday that particular caterpillar was for me. When I shared about it, one of the friends who was at my house on Thursday began to cry, knowing that it was for her too.

But the story doesn't end there... before I left for the Super Saturday, I couldn't find the caterpillar in the small trashcan Ron had put it in. I was sure it had escaped and was crawling around my house someplace. That night, when I asked Ron where the caterpillar was, hoping he had put it in a jar or something, he said, "It's in that trashcan, see?" The caterpillar had made a cocoon of leaves and was, even as the metamorphosis Super Saturday was happening, already starting to change.

Maybe it is time to let go of my resistance to the change and just continue the miracle to completion this time.

On the way home from the Super Saturday, a program friend was pretty down, and I said, "OK, God, we need a rainbow just to remind us that you're with us." We saw, not one but 4 different pieces of rainbows that had the most vibrant colors I ever saw. The fifth rainbow, I didn't see, but Ron told me about it when I got home. It was a full rainbow that was centered over our home.

If I had given up...well, I didn't, and I'm not going to today either. God is always there; sometimes we just have to be paying attention.

-Cindy H.

October 2003

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
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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 October 03
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
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.
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 Trinty-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 Couer 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.
7:00 PM South	SS # #R	SL171	Anthony House Conference Room A 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 BookStudy/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 May, June, & Aug which will be the 1st Sunday**

Bi-State Intergroup Officers

(Term expires in September)

Chairperson	Cyndy	636.397.3711
Vice-Chair	Kathy	314.865.0650
Secretary	Vacant	
Treasurer	Nancy	314.961.1799

Board of Trustees

(Term expires in June)

Chairperson	(05) Ethel M.	314.753.0353
Vice-Chair	(04) Rose S.	314.275.8412
Treasurer	(05) Pat S.	314.984.0414
Secretary	(06) Lisa B.	636.586.6274
Conference	Vacant	
Office Liaison	Vacant	
Newsletter Liaison	(06) Lisa M.	314.517.5837
Convention Liaison	(04) Rose S.	314.275.8412
Special & Open Meetings	(06) Lisa M.	314.517.5837
Trustee	(04) Mary Ellen	314.892.0559
Trustee	(04) Vacant	
Trustee	(05) Vacant	
Trustee	(06) Vacant	

Intergroup Committee Chairs

(Term expires in May)

Answering Service	Sharon A.	636.464.0928
Cassettes	Betty S.	636.947.3057
Convention Chair 2004	Bridget R.	314.426.4238
D.R.A.C.	Jana G.	314.972.0871
Lifeline	Sue E.	314.725.5438
Newcomers	Neil G.	314.852.7499
Newsletter	Dawn S.	314.330.5967
Outreach	Linda L.	314.894.7659
Public Information	Dick S.	314.968.9696
Retreat 2003	Pat S.	314.984.0414
Social Butterfly	Jeri H.	636.391.3785
Twelve Step Within	Mary Anne P.	618.656.8834
Ways & Means	Cary	618.377.6716
Young People	Vacant	
Other Offices		
Convention Treasurer	Brian S.	314.962.0927
Convention Vice Chair	Marcia B.	314.993.5107
Office Manager	Linda W.	314.638.6070
Literature	Ellen W.	314.652.2913
Webmaster	Michael A.	636.227.9823
Region IV Office	Jana G.	314.972.0871
Region IV Trustee	Connie H.	314.291.7658
Region IV Chair	Jan B.	
Retreat Treasurer	Karen T	618.656.5645

Service Vacancies

- 3 Trustees
- 2 Region Reps
- 2 World Service Delegates
- Ways & Means
- Young People
- Intergroup Secretary

Delegate & Region Advisory Committee (D.R.A.C.)

(Region Reps elected in June)

Region Rep	(04) Cyndy L	636.397.3711
Region Rep	(05) Nancy H.	314.961.1799
Region Rep	Vacant	
Region Rep	Vacant	

Alternate	Mary Ellen S.	314.892.0559
Alternate	Janet H.	618.656.1680
Alternate		

World Service Delegate (Elected in November)

(03) Cyndy L 636.397.3711

Vacancy

Vacancy

Vacancy



If you see errors on this page, please contact the Intergroup Office.

The Gratitude Can

At a recent Board of Trustee’s meeting, one of my own personal fears was confronted. I was at the annual BOT budget meeting. We spent hours talking about how OA functions on a financial level.

When I signed up for the Board of Trustees, I was unaware of any direct responsibilities related to finances. I set my fears aside and went to the meeting.

Dealing with money has always scared me. I have always been afraid that there would not be enough. I have always been extremely frugal in almost every area except anything remotely related to losing weight and food. It was insane; before OA, I would compulsively under spend when it came to buying clothing, gifts, etc, but with food and diet schemes, there was no limit. I spent almost one hundred dollars once to have my body wrapped in ace bandages and put in a plastic suit to lose weight. I offered a friend fifty dollars a pill for her prescription of weight loss medication that was taken off the market because of possible side effects. And then, of course, there was food – I could never worry about the price of one of my late night binges, for that was my mode of survival. When I came to OA, I stopped wasting money on crazy weight loss attempts (i.e. expensive diet bars and shakes that left me hungry, pay and weigh places, laxatives, etc.) and outrageous binges. However, I remained frugal in all other areas. That’s one thing I really liked about OA – the price!

OA – it’s free! Right? When they suggested a two-dollar donation, sure I put in my two dollars, feeling generous, supporting a nonprofit organization and all. I never seriously considered donating even a percentage of the money I had previously spent on my disease. It looked like OA was doing just fine financially. I never thought of costs, such as running a business office to carry the message. I just saw the *meetings* as OA.

Then, I went to the budget meeting. We didn’t even have enough money budgeted to buy a new copier for the OA office. This is how we spread the message. This is how flyers are distributed. A well functioning office is how OA in St. Louis was organized (enough) to help me get to a meeting when I was all alone and desperate a few years ago – and we were scrimping to find dollars for a new copier. We spent hours trying to think of a way to fit this necessary piece of office equipment into our budget while our office employee waited patiently. That’s where the idea of the **Gratitude Can** came in. We would pass the **Gratitude Can** at meetings, in addition to the 7th Tradition basket, to help pay for the copier.

After my experience, my frugal heart broke open, a little, only to OA. (It’s a process.) The first time I put a bill in the basket with a number larger than \$1.00, I had to take a deep breath. I had to trust that HP would always take care of me. (Our fear of people and economic insecurity will leave us. BB pg. 84) Now, I find myself giving bills with double digits on them. I feel better. When I miss a meeting, I make up for it the next time. I am almost embarrassed to admit all of this, but I know OA is my family, so it is okay. I find myself feeling grateful when I give. OA has given me a new life, friends, abstinence, support, love, acceptance, and a loving connection with my Higher Power. The least I can do is support it. When I was spending money on weight loss schemes, I was just making someone else rich. When I was spending money on my binges, I was slowly killing myself. When I give to OA, I am giving to my family, my Higher Power, and myself. I will continue to remember that, especially when the **Gratitude Can** is passed at my meetings.

~Lisa B.

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 stlouisoatoday@hotmail.com
Thank you

Service Vacancies

- 3 Trustees
- 2 Region Reps
- 2 World Service Delegates
- Ways & Means
- Young People
- Intergroup Secretary

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.

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!

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

WSO Website: www.overeatersanonymous.org

Region IV website: www.oaregion4.org

Upcoming Events & Business Info

October 17-19

12th Annual Fall Retreat
Pallotine Renewal Center, Florissant
Registration Deadline: October 10
Commuters allowed if preregistered.
NO ONSITE REGISTRATION!
(See Flyer)

November 15

IDEA Day
Webster Groves Christian Church

December 6

Holiday Booster
Maplewood

January 17

OA Birthday Party
TBA

February 28

Unity Day
TBA

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 prior to the 20th of the month for publication in the following month's newsletter.