



This is a disease, but there is a daily reprieve. *Lifeline 2003*

**2008 IG Board/Committees**

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**VACANCIES:**

Alternate Delegate  
Fundraising/Pop  
Lifeline  
12 Step Within  
Young People's

**Step 6**

We're entirely ready to have God remove all these defects of character.

**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.

**Concept 6**

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous



**We Are Not Alone!!**

Having just returned from the 2008 World Service Conference held in Albuquerque New Mexico during May 5-10, I make that statement forcefully and with much excitement. There were 202 delegates attending the 5 day event from all over the United States and from all over the world. Plus many more OAers were there in helping roles. This event has been the highlight of my service life thus far. Some delegates were saying that we wish we could bottle up the atmosphere and bring it home for our groups to enjoy.

In Tulsa, we have watched the decline of our meetings with much trepidation, but I am a witness to the fact that we can reverse that trend. We have at our fingertips information on attraction rather than promotion. There are also over 150 online meetings registered with WSO and over 30 telephone meetings registered and contributing. Also many OA groups are springing up all around the globe. I kept track of the delegates I met from other countries. Here is the list: Sweden, Spain, Austria, Venezuela, Great Britain, Israel, New Zealand Belgium, Canada, Costa Rica, Australia, and Brazil. France. Stunning isn't it?

We are not alone. While, at times, it may seem that we are swimming



upstream, God is alive and well in Overeaters Anonymous. Many motions were voted on during the business sessions. I will have a full accounting at the June Intergroup meeting. Also I will be extending the hand of OA to each individual meeting during the summer months by personally visiting each group and distributing info about the World Service Conference. *Priscilla L. Rep/Delegate#2*

**Step 6 Prayer from AA Big Book, pg (Paraphrased)**

**God, help me to become willing to let go of all the things to which I still cling. Help me now to be ready to let You remove all these defects, that Your will and purpose may take their place.**

**Quotes from OA 12 & 12 Step 6**

“...because saying we're entirely ready and being entirely ready are two very different things. *Page 53*

“A willingness to change is the essence of Step Six.” *Page 57*

“No longer will we allow fear to keep us from doing what is best for us.” *Page 57*

“We will become wiser, saner, more effective people as we recover from the disease of compulsive eating.” *Page 58*

Next Intergroup Mtg.  
will be held on June 14th  
@ 9:45 @ OA office

June 2008

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Notes from May 2008  
Intergroup meeting:

*A motion to cancel the fall retreat passed. This was done so as not to conflict with the OKCity retreat being held in Coyle, Ok. during October. A different fundraiser will be planned for our area.*

*Summer Convention: flyer completed, OKC contacted, advertising in swing, raffle items also.*

*Relocation Questionnaire 18 responses returned: 13- ok with current office location 4- office not convenient 1- did not apply Suggestion was made to do pro/con list to gain ideas on improving the current location.*

*Kim W. was elected Tape Librarian.*

*The current website was discussed as annual bill was due for payment. It was decided to remain with current provider as \$99/year is a fair rate.*

*Office report: 5 calls received. Amelia new contact person. She will check the answering machine & return calls.*

**Excerpt from OA's new book: Seeking the Spiritual Path**

**“I came into OA to feel good, and, of course, I thought that losing weight would help me feel good. I know no one who says, “I feel good; I think I will change.” No, we all feel bad about ourselves and our lives and that is why we are willing to change. We all believe that by losing weight we will feel better. Yet, one of the saddest days of my life was when I reached my goal weight and realized that nothing had changed except my weight. I was still the same person I had always been, and I would always find something to justify feeling bad – if not the weight, then something else. I was addicted to feeling bad and I used my weight to justify that feeling.....**

**When I first read the Big Book, it struck me that nowhere does it talk about physical recovery, except as a result of God's intervention which comes from living the Twelve Steps. While we have a threefold illness, we have only a spiritual recovery; the physical and emotional recovery comes automatically because of God's will for us.**

**I am no longer in charge of the results of my life, only what footwork I take. The physical recovery, both from my disease of compulsive overeating and my disease of cancer, is in God's hands.**

**The physical recovery is his choice; the spiritual mine.**

*Anonymous from Seeking the Spiritual Path, pages 33-34*

Overheard at the WSC, Albuquerque:

**OA “ACE” – Abstinent Compulsive Eater**

**“There are no big deals, only big deal makers”**

**COMING EVENTS**

July 19<sup>th</sup> OA State Convention - Tulsa, OK  
@ the Hardesty Library

Oct. 17<sup>th</sup> -19<sup>th</sup> OK City Fall Retreat, Coyle, OK

Service Positions Available

*Fundraising/Pop                      Young People's  
Alternate Delegate #2              Lifeline  
12<sup>th</sup> Step Within*

**TO ACCESS VIRTUAL MEETINGS:**

Go the Overeaters Anonymous Website at [www.oa.org](http://www.oa.org). On the main page in the upper right quadrant, second line, it will say telephone or online meetings. Click on this link and then follow the instructions.

Also on our own website [www.tulsaooa.org](http://www.tulsaooa.org) there is a link to the virtual speakers site of the Los Angeles Intergroup. Rozanne S. is listed!

