



OAsis

Tulsa Green Country
Intergroup
4815 S. Sheridan, #111
Tulsa, Oklahoma 74145

September 2008

918-632-0199 www.tulsaoa.org

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

2008 IG Board/Committees

Chair, Karen B. 492-7606
Vice Chair, Pat A. 250-1981
Treasurer, Amelia A. 344-5039
Office Mgr: Evelyn 406-4783
Rep/Del. #2 Priscilla L. 402-8183
Web: Linda T. 625-5094
Tape Library: Kim W. 742-3816
Newsletter: Priscilla L. 402-8183
Prof. Outrch: Lynne M. 491-9510

VACANCIES:

Rep/Delegate #1
Recording Secretary
Alternate Delegate
Lifeline
12 Step Within
Young People's

Step 9

Made direct amends to such people wherever possible, except when to do so when injure them or others.

Tradition 9

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept 9

Able, trusted servants, together with sound and appropriate methods of choosing them are indispensable for the effective functioning at all service levels.



“Change”

I have only been a member of OA for a short while and the differences it has already made in my life have been so positive that I am bursting to share. I've gone through many changes in my life since joining the program, mostly emotional and spiritual. In the last 6 months I've found strengths in myself that I didn't know existed. I'm now committed to making the necessary lifestyle changes to aid me on my way to recovery. In time GOD will help me obtain my recovery at all levels if I just keep the faith and work the program. I've learned to acknowledge and accept the fact that I have a Disease, which will always be a part of my life. That's one of the biggest steps to take. So for now I'll keep coming back until I figure it all out _ which may be never. But that's out of my hands, and in GOD'S. I look at the word “change” and interpret it as follows due to OA:

C = Courage to admit I have a disease: Compulsive Overeating

H = Honesty is a must to work the program, especially the 12 steps.

A = Abstinence is one of the best tools at our disposal to help us manage this disease.

N = Nourishment is what we learn to give our mind, body, and spirits by working the program and using the tools.

G = GOD is the higher power I've learned will listen, and answer my prayers if I just ask. Always remembering that He works on His time schedule and not mine.

E= Encouragement is what we receive from working the program, attending Meetings, providing service, and being a part of an OA family.

Plano OA member, April 1996. Reprinted by permission from “A Blast from the Past” section of Letters of Hope newsletter, a publication of the Dallas Metroplex Intergroup.

COMING EVENTS

Sept 19th-21st
Region III Assembly
Tucson, AZ

Oct 17th-19th
OKC Fall Retreat
Coyle, Oklahoma

November 17th
IDEA DAY
Tulsa, OK

Step 9 Prayer

God, give me the strength and direction to do the right thing, no matter what the consequences might be. Help me to consider others and not harm them in any way. Help me consult with others before I would take any action that would cause me to be sorry. Help me not to repeat such behavior. Show me the way of patience, tolerance, kindness and love. Help me live the spiritual life. Pg 79-80, 83, AA Big Book

September Intergroup Mtg. will be held on Sept. 13th @ 9:45 @ OA office

Strong Meeting Checklist (cont'd)

Notes from August 2008 Intergroup meeting:

Kim W. regretfully announced her resignation as Secretary. Office report: Priscilla L. received one phone call from a lady in Ponca City! Susan Mc. is the phone volunteer for Aug. Meeting attendance is steady to maybe even an upswing. In keeping with Trad. 7, IG voted to send \$25 each to Hardesty Library and the Resurrection Church for "rent." Location of new office lockbox explained. Need chairs for Nov. IDEA day & the "Not a Fall Retreat Event".

- 6. Are sponsors available and identified at the meeting?
- 7. Does the group practice anonymity by reminding members not to repeat who is seen or what personal sharing is heard at the meeting?
- 8. Does the group follow a meeting format?
- 9. Is only OA-approved literature on display and for sale?
- 10. Are group conscience meetings held regularly?
- 11. Are all service positions filled, and is rotation of service practiced?
- 12. Is the meeting information readily available and the WSO informed of all meeting details and changes so that newcomers and visitors can find our meeting?
- 13. Are cross talk and advice-giving avoided?

Reprinted from the Overeaters Anonymous website located at www.aa.org

Message to OA groups outside the Tulsa Metro Area:

**It is still my intent to personally visit all the groups outside the Tulsa area. I enjoy meeting OAers and am looking forward to meeting you all. Let me know how I may be of service to you.
Priscilla Lucius. Rep/Delegate #2
918-402-8183**

Service Positions

The fellowship has need of members to fill several service positions. Also it is not too early start considering a position for next year's intergroup. Remember... Service is slimming and service saves lives!!

The Thursday Downtown Noon meeting has voted to be an open meeting. Location: 1st Baptist Church, 403 Cincinnati; Contact Sally D. 369-3770

Quotes from OA 12 & 12 Step 9

"Before we do the step, most of us dread the thought of going to each person we've harmed, frankly acknowledging our faults, and taking direct action to remedy the damage we did or repay the losses we caused." Page 75

"After making amends, however, those of us who dreaded step nine the most are eager to sing its praises." Page 75

"We no longer need the crutch of excess food because we have discovered a way of life which nourishes us physically, emotionally and spiritually." Page 81