



OASIS



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

February 2008

918-632-0199 www.tulsaoa.org

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

2008 IG Board/Committees

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Newsletter: Priscilla L. 402-8183
Prof. Outrch: Lynne M. 491-9510
VACANCIES:

Lifeline:
12 Step Within:
Young People's:

Step 2

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

Tradition 2

For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Concept 2

The OA groups have delegated to the World Service Business Conference the active maintenance of our worlds services; thus, the World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

COMING EVENTS

Unity Day – Feb. 23
Spring Retreat –April 18-20
Summer Convention- June
In Tulsa



Unity Day - 2008

Saturday, February 23, 2008

9:00 am – 3 pm

Church of the Resurrection

4804 S. Fulton – Tulsa, OK.

\$5.00 suggested donation for workshop

Potluck: Bring a lunch dish to share or \$5.00 for lunch

Activities: Page 132 Saturday morning meeting, OA Unity moment, potluck meal, Jeopardy Game-OA Style, “Ask It Basket” with crosstalk, a raffle & much more. Contact: Karen B., 492-7606



Step 2 Prayer from AA Big Book, pg 59
(paraphrased)

God, I'm standing at the turning point right now. Give me your protection and care as I abandon myself to You and give up my old ways and old ideas just for today.

Spring Retreat - 2008
Spring into Recovery
“Follow the Yellow Brick Road”
The brochures are out and plans are underway for our 2008 spring retreat. If you have never been on this weekend getaway, DO NOT miss!
Workshops, games, relaxation
Speaker, delicious meals.

Ya'll Come

OA's 48th Birthday Celebrated in Style!!

Befitting a joyful celebration, the room was full with party goers, as Tulsa celebrated OA's 48th birthday. Breakfast was enjoyed by those who participated. Breakfast burritos, fruit and tea or coffee was provided for a \$5.00 donation. Gifts were also given to OA and resulted in a much needed influx of money for the treasury! Balloons and party favors competed the day. Let's repeat next year!!

February Intergroup Mtg. will be held on Feb. 9 @ 9:45 @ OA office

Notes from January 2008 Intergroup meeting:

Discussions on OA B'day celebration, Unity Day, Summer Convention and Spring Retreat. Intergroup will host Unity Day @ Resurrection Church. Summer convention will be held at Hardesty Library. Region III trustee wants to visit & hold a Service & Traditions workshop for our area. March or May possible dates. Spring Retreat in April. Chairperson will double check that Lodge will be open & we have reservations.

New Meetings

Catoosa – Tuesday 6-7pm @ The Rock House. call Susan Mc. 343-3903 for directions.

Sand Springs – Wed. 6:30 @ Harry Pratt Library @ 3219 S. 113 W. Ave. call Tammy B. 341-8443/info

Excerpt from Voices of Recovery May 8th page 129

*“At the very first meeting we attended, we learned that we were in the clutches of a dangerous illness, and that will power, emotional health, and self-confidence, which some of us had once possessed, were no defense against it.” **Overeaters Anonymous, second edition, pg 1.***

The only defense I have against the disease of compulsive overeating is a spiritual one. After years in the program, after weight loss, after learning and practicing healthy eating habits, after discovering better ways to react to life’s changes, I must continue to search for and accept guidance from a Higher Power. How many times have I fallen for the mistaken notion that after a few days or months of successful eating and living, I can again take charge of my life? I’ve learned the hard way, by successive relapses and humiliations, that no matter how much better I look, act, or feel, God must always be in charge of my life. My continued recovery depends on the continual maintenance and growth of my spiritual condition. That hasn’t changed from the day I set foot in my first Overeaters Anonymous meeting, and it never will.

FOOD FOR THOUGHT

“JUST FOR TODAY, I WILL BE UNAFRAID. ESPECIALLY I WILL NOT BE AFRAID TO ENJOY WHAT IS BEAUTIFUL, AND TO BELIEVE THAT AS I GIVE TO THE WORLD, SO THE WORLD WILL GIVE TO ME.”

“ACQUIRE THE HABIT OF BEING FAITHFUL TO FRIENDSHIPS AND RESPONSIBILITIES.” Anon.

“BEFORE YOU SPEAK, ASK YOURSELF: IS IT KIND, IS IT NECESSARY, IS IT TRUE, DOES IT IMPROVE THE SILENCE?” Shirdi Sai Baba (1856-1918)

Quotes from OA 12 & 12 Step 2

“Restore me to sanity? I don’t need that. I’m perfectly sane. I just have an eating problem” pg 9

“We have frequently lied about what we have eaten – lied to others because we didn’t want to face the truth ourselves” pg9

“Our true insanity could be seen in the fact that we kept right on trying to find comfort in excess food, long after it began to cause us misery.” Pg 11

“Gradually we came to believe we needed to change” pg 12

“Many of us had asked God to help us control our weight and this prayer hadn’t worked. Later we understood why our pleas for help seemed to fall on deaf ears. What we were really asking God to do was remove our fat while allowing us to go on eating whatever we wanted, whenever we wanted.” Pg 15

“We had to replace our old ideas about God with a faith that worked.” Pg 16

Reprint from the TGCIOA Oasis May/June 1991

I’m Alive!

I firmly believe in the miracles of the program and not the magic of the program. The difference is my expectations.

When I came to O.A., I wanted the magic to make my misery, pain, and weight disappear. What I found, after many years, was the miracle of daily living, sane eating and the acceptance of life as it comes.

Magic is a sleight of hand which makes something appear to happen. Miracles are the profound changes which occur as the result of living these 12 precious steps.

Thanks, H.P. for making me believe I am a program miracle.

