



OASIS



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

April 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
Rec. Sec.: Kim W. 742-3816
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Rep/Del #2: Priscilla L. 402-8183
Web: Linda T. 625-5094
Newsletter: Priscilla L. 402-8183
Prof. Outrch: Lynne M. 491-9510

VACANCIES:

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

Step 4

Made a searching and fearless moral inventory of ourselves.

Tradition 4

Each group should be autonomous except in matters affecting other groups of OA as a whole.

Concept 4

The right of participation ensures equality of opportunity for all in the decision-making process.

COMING EVENTS

Region III – April 4-6
Austin, Texas

Spring Retreat –April 18-20
Camp Wa-Sha-She

WSO Conf. - May 5 - 10
Albuquerque, NM

OA State Convention -
July 19th – Tulsa, OK @ the
Hardesty Library

A Winning Double-header!

2008 Spring Retreat Spring into Recovery Follow the Yellow Brick Road

April 18th, 19th, & 20th
Camp Wa-sha-she

\$85.00 registration fee provides 2
nights lodging and 4 meals from
Saturday thru Sunday breakfast.
See brochure. YA'LL COME!

2008 State Convention Building Blocks of OA

Saturday, July 19, 2008
Hardesty Library
Registration \$20.00
9:00 am – 4:30 pm

Workshop sessions, speaker,
raffle, sharing, fellowship, fun



**Step 4 Prayer from
AA Big Book, pg 67**
(Paraphrased)

**God, help me to
show this person
the same
tolerance, pity
and patience that
I would cheerfully
grant a sick
friend. This is a
sick person; how
can I be helpful to
him? God save me
from being angry.
Thy will be done.**



Intergroup Needs Your Input

OA is unique because it is a fellowship. This means that everyone's thoughts and opinions matter. We participate through group consciences at our meetings, Intergroup, region and WSO.

IG needs your help with the Tulsa Office. Our lease will be up in January 2009. We need to know whether to renew or start looking for a new office. One of the current problems with the office is that it is not handicap accessible.

The following survey is available on line, at the IG office and Monday night meeting. Please take a little time and let us know your thoughts and ideas. Thank you for your service.

Tulsa Green Country IG Survey

1. The current OA office location is convenient for me. YES _____ NO _____
2. The area which would be more convenient is _____.

Comments: _____

3. Did you regularly attend more meetings at the old location on Skelly Drive? Y____ N____
Number of meetings attended per week: _____
Comments: _____
4. What would you change about the current OA ofc?
5. What would you change about any of the meetings?
6. What could Tulsa Green Country IG do to improve your program?

April Intergroup Mtg. will be held on April 12th @ 9:45 @ OA office

Step Four Promise
We are moving beyond the food and the emotional havoc to a fuller living experience. OA 12 & 12 page 44

Notes from March 2008 Intergroup meeting:

Unity Day Care and Share was a success.
Date selected for summer convention and registration fee changed.
Convention will be held on Saturday, July 19th and the registration fee will be \$20.00. Lunch on own.
Pat A. submitted the survey for relocation issue.
Distribution to begin in April Oasis and completed in 4-6 weeks.
IG will purchase a case of the new book, Spiritual Path. A fair markup price discussed.

“One woman described Step 4 this way: “When ink comes out of the pen, poison comes out of your life.” My first sponsor said, “Pour out the stuff you are packing around – the stuff you don’t want to haul around with you one more second. Dump all of the secrets.” I feared this aspect of the process, but my sponsor guaranteed I would never regret it.
The inventory is “of ourselves.” We look ONLY at our side of the street, “leaving the other person out of it entirely,” as the Big Book suggests. Again it isn’t about increasing guilt or shame, it is about taking full responsibility for our side of the street. This is a very empowering step, not intended to make us hate ourselves more. It is like a great “A-ha! Now I understand why that did not work!” It is as if someone turned on a beautiful light in a very dark room.” *Excerpt from “The Inventory That Frees” as reprinted in Oasis, April 2006. Originally from B.W. Region/News, March/April 1998*

Service Opportunities Available
One of the tools in our program is service. A definition of the word serve is; to provide assistance to. The OA program teaches me that assisting the group is also providing service to me. Won’t you think about filling an open service position?
Editor

F. R. O. G.

Fully Rely On God

M. Y O. B.

Mind Your Own Business

K. I. S. S.

Keep It Simple Silly

O. D.A.T

One Day at a Time

Quotes from OA 12 & 12 Step 4

“Writing this inventory is an important process which tests our commitment to the twelve-step program. Page 29

“As we took a look at the past...we began to understand ourselves better” Page 29

“We must change if we are to recover” Page 30

“We are “moving beyond the food and the emotional havoc to a fuller living experience” Page 44

