



# OAsis



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

**August 2008**

918-632-0199 [www.tulsaoa.org](http://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  
Treasurer, Amelia A. 344-5039  
Office Mgr: Evelyn 406-4783  
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Web: Linda T. 247-4597  
Tape Library: Kim W. 742-3816  
Newsletter: Priscilla L. 402-8183  
Prof. Outreach: Lynne M. 491-9510

### VACANCIES:

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

## Step 8

*Made a list of all persons we had harmed and became willing to make amends to them all.*

## Tradition 8

*Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.*

## Concept 8

*The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.*

## COMING EVENTS

Oct 17<sup>th</sup>/19<sup>th</sup>  
OKC Fall Retreat  
Coyle, Oklahoma

**November 2008  
Idea Day**

## Wowser, Wowser, Wowser, What a super 2008 OA Convention!!

Words escape me!! OAers were in attendance from Kansas, Texas, Oklahoma and Arkansas. Everyone said that the workshop sessions were inspiring. Our speakers from Kansas both shared their stories to the delight of those present.

The Friday night kickoff potluck dinner, held at the Church of the Resurrection spotlighted Ginny from Kansas. Her story told of persistence and continued trudging in the program to gain success.

Saturday's speaker, Bertie, provided more than her story, she gave us inspiration with song (and I think I saw some dance as well). Her message told us to not take ourselves so seriously...to enjoy life along the way.

Many thanks to our Tulsa Green Country Intergroup for all the months of planning and hard work. A special thanks to Pat & her mom for sewing all the bags that were given out as registration gifts. Also thank you to Karen B. for allowing her office to become 2008 convention Central in the days leading up to the main event. Many others contributed. You know who you are. **Thanks.**



I put my hand in yours and together we can do what we could never do alone! No longer is there a sense of hopelessness; no longer must we each depend on our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours: and as we join hands, we find love and understanding beyond our wildest dreams. *OA Promise*

Excerpt from Founder's Address by Rozanne S.  
World Service Business Conference 1999

**"Each member is the sole judge of:**

His own eating plan.

His normal weight.

His conception of a Higher Power

It is extremely import to remember the above at all times"

## **How Not To Get Bored With OA Workshop**

*Starting Date: Now*

*Location: Southern Hills Baptist Church*

*56<sup>th</sup> & Lewis Time: 6:30pm*

*This is a summertime departure from the regular relapse & recovery workshop. This workshop will remain open to all. There is no limit on size and no certain materials to study. This will be an opportunity to meet & meditate & discuss with other OAers outside the confines of an OA meeting.*

## Updating E-Mail Addresses

In an effort to save on postage costs, we are attempting to email the OAsis to our members. If you need to be added to the OAsis mailing list, please send your email address to [Cilla@cfaith.net](mailto:Cilla@cfaith.net) or [Karen@pecook.com](mailto:Karen@pecook.com). Thanks

August Intergroup Mtg. will be held on Aug. 9th @ 9:45 @ OA office

## Strong Meeting Checklist

Notes from July 2007 Intergroup meeting:  
Plans were finalized for the summer convention. Discussion centered on raffle ticket pricing, workshop volunteers, book bag giveaways & new mileage reimbursements for speakers. Pop will remain \$1.00 at the convention. A huge floral display will also be raffled off so there will be 5-6 large raffle items. Kim W. proposed we form a committee to study promoting "home groups. Motion passed." Priscilla L. will be the phone volunteer for next month.

1. Does the meeting start and end on time?
2. Are all attending, including newcomers, greeted and made to feel welcomed and accepted?
3. Does the meeting focus on OA recovery through the Twelve Steps and Twelve Traditions?
4. Do we offer our own experience, strength, and hope, sharing the solution we have found?
5. Is the group contributing financially to all levels of OA service as per our Seventh Tradition?

(To be continued next month) from WSO, www.oa.org

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

### FOOD FOR THOUGHT

"As we go thru the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, Humbly saying to ourselves many times each day, "Thy will be done," we are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves. It works...it really does."

### Quotes from OA 12 & 12 Step 8

*"In our days of out of control eating, most of us were so obsessed with food we had little time to develop or nurture effective relationships with other people."* Page 67

*"When we did stop eating compulsively, however, we usually found that our defective ways of dealing with others were a source of pain for us."* Page 67

*"In step eight, we look at our relationships for the purpose of discovering those patterns which have done harm to us and others."* Page 67

*"...we now look with complete honesty at our side of each relationship."* Pg 69

*"We're not doing step eight to make other people feel better or like us better, we're doing it for ourselves, so that WE can recover from compulsive eating."* Pg69

*"If we will pray for the people who have wronged us, pray for them daily, asking God to bless them with all the good things we want for ourselves, we can be freed of our resentments and unforgiveness."* Page 72

**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!!

#### Support Lifeline

Lifeline is OA's meeting on the go.

Give service to this meeting by subscribing to Lifeline. Subscribe to Lifeline for yourself, a friend, a newcomer, a library or a doctor's office.

#### Lifeline – OA's Magazine

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This announcement was directly lifted from my July 07 copy of the Lifeline. If you do not currently subscribe, consider a 1 year subscription. This publication is for our fellowship, by our fellowship and contains insights from both successful and struggling OAers (just like us!). There are old issues at the Intergroup Office on top of the bookshelf in the main meeting room. Help yourself and discover how this publication will aid your program. Editor