



OASIS



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

March 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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VACANCIES:
Lifeline:
12 Step Within:
Young People's:

Step 3

Made a decision to turn our will and our lives over to the care of God as we understood Him...

Tradition 3

The only requirement for OA membership is a desire to stop eating compulsively.

Concept 3

The right of decision, based on trust, makes effective leadership possible.

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
Tulsa, OK



Spring Retreat - 2008
Spring into Recovery
"Follow the Yellow Brick Road"
The brochures are out and plans are underway for our 2008 spring retreat. This is an amazing weekend getaway. Don't Miss!
Workshops, games, relaxation
Speaker, delicious meals.
Ya'll Come



Step 3 Prayer from AA Big Book, pg 63 (Paraphrased)

God I offer myself to Thee – to build with me and to do with me as thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life. May I do Thy will always. Amen

2008 Summer Convention

The Oklahoma State Convention is developing into THE must attend OA event of the year. I am very excited about our guest speaker as well as the event's sessions. My program always improves when I take the time to hear how other OA's are working their programs. The theme of the weekend in July will be "Back to Basics."

Sessions:

- 1. Laying the Foundation: Steps 1, 2 & 3**
- 2. Speaker**
- 3. Interior Work: Prayer & meditation, reading, food plan, writing**
- 4. Exterior Work: Sponsoring, attending meetings, service**
- 5. Help, I'm Blocked...what do I do now?**

March Intergroup Mtg. will be held on March 8 @ 9:45 @ OA office

Notes from February 2008 Intergroup meeting:

Unity Day agenda was discussed with Amelia to conduct the raffle. Much discussion was held on the upcoming OA State Conv to be hosted by Tulsa Intergroup. Registration of \$35.00 with a pot luck lunch or, in lieu of a dish, \$5.00 donation was approved. Payment was also approved for speaker's travel expenses. The State Convention will be at the Hardesty Library in July. Also approved, estimate of expense for the Alt/Del. to attend WSO Conf. in May.

Noon Meetings During The Work Week

Mon., Tues., & Friday
Office – 4815 S. Sheridan Suite #111

Thursday Noon
Downtown – 1st Baptist Church @ 403 S. Cincinnati

Thinking of You

Food obsessed my soul. I felt beaten, shattered, helpless, crying every morning, pacing the floor every night not knowing how to stop. At night I made promises to myself which I meant with all my heart but the next morning I could not keep them. I lived through the hell of diet pills, booze, stomach relaxers, tranquilizers, hypnotism, acupuncture and self-induced vomiting. I was unable to break the pattern of eating and making myself throw up. One night I turned blue from food stuck in my throat. When I came into OA six years ago I was so nervous and afraid I heard only one thing at my first meeting: "How many here have the desire to stop eating compulsively?" Then and there I knew I was not some freak who couldn't pull away from the table or eat only half. My problem had a name: compulsive overeating.....

I believe today that my God lovingly scooped me up and placed me in OA, protecting and guiding me every moment. I am finally growing up and learning how to live. It has not been easy but God's grace is always there just for the asking.

Trusting, believing and expecting have given me the most beautiful freedom I have ever known; freedom to live and to be me. What a joy! *Edited from Lifeline, Sept. 1981 T. C. Marlborough, Mass.*

FOOD FOR THOUGHT

"JUST FOR TODAY I WILL HAVE A PROGRAM. I MAY NOT FOLLOW IT EXACTLY, BUT I WILL HAVE IT. I WILL SAVE MYSELF FROM TWO PESTS: HURRY AND INDECISION."

HEROISM, THE CAUCASIAN MOUNTAINEERS SAY, IS ENDURANCE FOR ONE MOMENT MORE. Geo. F. Kennan, letter (1921)

WE RECOVER BY THE STEPS WE TAKE, NOT THE MEETINGS WE MAKE. Anon.



Quotes from OA 12 & 12 Step 3

"If we want to live free of the killing disease of compulsive eating, we accept help without reservation from a Power greater than ourselves." Pg 19

"From now on, we let go of our preconceived notions about what is right for us" Pg 19-20

"Our primary purpose is to abstain from eating compulsively, and we know that in order to do so we will need help" Pg. 20

"When we falter, we are reminded of our commitment to live by God's will alone, and we trust that the willingness and ability will come if only we ask for them." Pg. 27

Headed for Albuquerque and WSO Conference.....woo hoo!

I would be remiss if I did not comment on the twist of luck..or fate.. that has me, your Editor & Rep/Del.#2, being sent to represent our Tulsa Green Country Intergroup at the upcoming WSO Conference in May of this year in Albuquerque, NM. I am excited, apprehensive, thrilled, awed, etc. to have a chance to attend this meeting. Talk about going "back to basics". This would seem to be it. Normally being speechless is not one of my problems, but when the Intergroup stepped out on faith to okay the estimated travel costs DESPITE our dire financial straits, I was. Thanks. Priscilla L.

