



# OAsis



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

October 2008

918-632-0199 www.tulsaoa.org

## 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. Outreach: Lynne M. 491-9510

### VACANCIES:

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

*"Service is slimming,  
and service saves lives"*

### Step 10

*Continued to take personal  
inventory and when we were  
wrong promptly admitted it.*

### Tradition 10

*Overeaters Anonymous has  
no opinion on outside issues;  
hence the OA name ought  
never be drawn into public  
controversy.*

### Concept 10

*Service responsibility is  
balanced by carefully defined  
service authority; therefore,  
duplication of efforts is  
avoided.*

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

## Service Positions Available for 2008

***Every year all the Intergroup Committee chairs are "up" for renewal. Also some of the two year Intergroup Board positions are open for nominations. If your program needs a boost, why not consider a service position. Remember service can open a doorway to a new path of freedom.***



*Following is a list of the one year committee chairs that are available:*

**Web:** maintains Intergroup web site – tulsaoa.org  
**Fundraising/Pop:** funding for Intergroup events & projects  
**Professional Outreach:** provide information to medical, professionals & the community  
**Lifeline:** pitches OA's magazine in meetings, gathers subscriptions  
**Oasis:** edits our fellowship's monthly newsletter  
**Tape Library:** organizes & maintains audio tape library  
**12<sup>th</sup> Step Within:** reaches out to members in relapse, missing or returning to the fellowship of OA.  
**Young Peoples:** carries the OA message to teens

## COMING EVENTS

**October 17<sup>th</sup>-19<sup>th</sup>** OKC Fall Retreat, Coyle, OK.

**November 15<sup>th</sup>** I.D.E.A. Day Resurrection Church (Monday Nite group chairing)

**November 27** Thanksgiving

**December 08** The Not a Fall Retreat Event (Wed. 5:30 group chairing)

**February 28, 2009** Unity Day (need a chair) Hardesty Library

**April 3-4 2009** Region III Assembly & Convention Oklahoma City, OK

**April 24-26** Spring Retreat Camp Wa-Sha-She Bartlesville, OK

**May 4-9 2009** WSO Conf. Albuquerque, NM

***Following are the two year Intergroup Board positions available:***

**Chair:** presides at all meetings, alternate signer on all financial matters, votes in case of tie. (see bylaws for more duties)  
**Vice-Chair:** perform duties of chair in his/her absence  
**Recording Secretary:** Take minutes at monthly IG meeting & distribute within 7 days to board members, meeting reps & committee chairs: prepares ballots for voting when necessary; when chairperson & vice chairperson are absent, perform the duties of chairperson at monthly IG meeting. (1 year remaining)  
**Corresponding Sec (Office Manager):** maintain list of groups registered, chair office committee, in absence of Rec. Sec will perform those duties.  
**Rep/Delegate #1:** Attends World Service Meetings and/or Region III meetings.  
**Alternate Rep/Delegate:** Attend World Service Meetings and/or Region III meetings when Rep/Delegate #1 or #2 is unable to attend, or when there are sufficient funds to send two delegates & Rep/Delegate#2 is unable to attend. (1 year remaining)

## ***"Recovery Is Not A Mystery"***

**Spring Retreat April 24<sup>th</sup> thru 26<sup>th</sup> 2009**

**This will be a Murder Mystery Weekend with participants discovering Who Dun' It.**

October Intergroup Mtg. will be held on October 11<sup>th</sup> @ 9:45 @ OA office

**Notes from September 2008 Intergroup mtg:**

Discussed the rent increase for the office. Should be a new thermostat coming. It's been COLD during some office meetings!

Under old business, the Not A Fall Retreat event was discussed & it will be held in Dec with service being the theme.

Nominating Committee is Amelia A. and Susan Mc. A 3<sup>rd</sup> member is needed. Contact Karen B. @ 492-7606 or Amelia or Susan.

November 15<sup>th</sup> 2008  
I.D.E.A. Day  
February 28, 2009  
Unity Day  
Spring Retreat April 24-26  
"Recovery is not a Mystery"

Chair made plea for members to discuss IG service & need for participation.

**Slogans**

Let Go & Let God  
Easy Does It  
One Day At A Time  
Keep It Simple  
Act As If  
Easy Does It..But Do It!  
Keep Coming Back, It Works

**The Seven Virtues**

The seven deadly sins are listed in the AA Big Book but what are the opposites? Here is a list of the Seven Virtues which were a part of the same classical tradition:

1. **Fortitude** – willingness to do what was necessary even when afraid
2. **Temperance or Self Control or Self Denial** – doing what was necessary even when our lower natures were complaining it was painful, too hot, too cold, boring, tiring, too long, too hard, too difficult, too sad, etc.
3. **Prudence** – thoughtfulness – we thought about what we needed to do **before** acting.
4. **Justice or Right Balance** – preserving the right kind of balance that produced the good life.
5. **Faith** – the willingness to trust God.
6. **Hope** – a willingness to move out into the unknown, taking things one day at a time, without worry or anxiety, leaving the future outcome in God's hands.
7. **Love** – a way of acting towards other people. Does not mean "liking" someone. God did not tell us that we were supposed to like everyone. He Did ask us to treat everyone around us with love. (<http://hindsfoot.org>)

**The If Onlies...**

The "if onlies" ruled my life. If only I had more money, if only my children were better behaved, if only people liked me, if only I could lose weight & be thin... if only, if only, if only. I lived my life in the if onlies, never in reality. As a result I was unhappy most of the time. Rarely did my expectation of life get fulfilled. I lived in a fantasy land. After coming to OA my life changed. Working the steps brought me out of the land of "if onlies" and into this present, real world. My life is wonderful. I have marvelous children, my money is enough and for the first time I am remaining at a normal weight. Thanks OA!

Food for Thought

Many folks want to serve God; but only as advisors.

A friend is one whom before I may think aloud. Ralph Waldo Emerson

Some minds are like concrete ... thoroughly mixed up and permanently set.

"What is a friend? A single soul dwelling in two bodies" Aristotle

Seeing is believing. Faith is not seeing, but believing.



**Quotes from OA 12 & 12 on Step 10**

"If we are to experience permanent recovery, we will have to repeat, day after day, the actions that have already brought us so much healing" pg 83

"The purpose of step ten is to identify and remove from our path today's stumbling blocks, those manifestations of pride, fear, anger, self-pity, greed, and other emotions which are bringing pain into our lives and keeping us from growing today" pg 84

"We've spent a lifetime learning to do things the old way, so of course the old behaviors will feel much more natural to us at first" pg 89

"More gifts are in store for us as we continue working the program and experiencing the miracle of permanent recovery, one day at a time" pg 90

