

Tulsa Green Country Intergroup
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“At last I found I was not alone anymore.”

The OA Lifeline, 1967

APRIL 2009

Murder Mystery Weekend
Spring Retreat 2009

April 24, 25, 26 (Fri, Sat, Sun)
Camp Wah-Shah-She
Bartlesville, OK
Cost \$80 up to April 21 after \$100



Registration Forms can be found online or at the office!!!!

Sometimes the process of doing Steps Four and Five brings to our awareness more than our character defects. Sometimes we uncover old traumas...Until we begin to deal with them, some of us found that our abstinence was precarious or we continued to feel unhappy, even while we were abstaining and working the Steps. —12 & 12, Pgs. 50-51.



SELF IS THE ONLY PRISON THAT CAN EVERY BIND THE SOUL.—Henry Van Dyke

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- Young People's: Stephanie 809-0707

There are still spots available!!!!

A 4th Step Experience

I just started my step 4 a few days ago. I won't say I fully understand the process or have a great grasp of all the finer points of this step or even the whole program. That's why I have a sponsor who is guiding me thru the steps and I am grateful for that.

I do understand that the 4th step is about clearing away anger and resentments from the past. I had a first hand experience with the burdens of my past coming back to haunt me and it just showed me how important this 4th step is.

A few months ago I wrote a letter that was never intended to be sent, it was just a therapeutic letter to get out all my emotional negativity that I was feeling at that moment out.

However, instead of throwing the letter away or burning it I hid the letter.

Then the person that it was written to accidentally found it and read it. This situation caused so much turmoil for both of us and I felt terrible.

It hit me today that this is the same problem that has always been going on for me. I hold onto my emotional baggage just like I held onto that letter and in the end it will always come back to haunt me and cause pain to those around me no matter how well I hide it or how deep down I put it. It will always come back unless I throw it away. Unless I really get rid of it.

That is the importance of the fourth step...getting rid of negative feelings of the past and being able to move on with out the past coming back to hurt you over and over.

I think God had him find that letter to show me the importance of working the program. Also, on a positive note, because of the drama and pain the finding of the letter caused he started going to al anon which I am so grateful for.

Even though I thought everything in my life had come to an end and my relationship was over and everything was terrible I held onto my higher power and things turned out to not be as bad as I thought they were and good things came from them. —AA Big Book

4th Step.
Made a searching and fearless moral inventory of ourselves.

4th Tradition.
Each group should be autonomous except in matters affecting other groups or OA as a whole.

Fourth Step Prayer

Dear God, It is I who has made my life a mess. I have done it, but I cannot undo it. My mistakes are mine & I will begin a searching & fearless moral inventory. I will write down my wrongs, but I will also include that which is good. I pray for the strength to complete the task.

When you sugar coat the truth, it only leads to truth decay. —Unknown

- April 24-26
- Spring Retreat
- Camp Wa-Sha-She
- Bartlesville, OK
- May 4-9 2009
- WSO Conference
- Albuquerque, NM
- August 26-29, 2010
- OA WSC & 50th Anniv.
- Los Angeles, California

2009-2010

Words to Live By.

Become addicted to constant and never ending self improvement.—Anthony D'Angelo

Happy the man when he has not the defects of his qualities.—Isaac Disraeli

A person shows what he is by what he does with what he has.—Unknown

Walking Through Step 4

Step 4 is an inventory of who we are. It is a list of characteristics, thought and behavior patterns, relationships and events that make us who we are today. This step helps us to learn about ourselves by looking at our strengths and weaknesses, our unconscious habits and unrecognized talents, our unspoken shame, secret delights and hidden passions. The key that we need in order to look at and accept ourselves as we truly are is to do this step without judgment. When we start judging and comparing ourselves to others, then we are not looking at ourselves.

By taking an inventory of ourselves, we must look at both our positive and negative traits. Most of us are accustomed to finding fault with ourselves, or blaming others for our reactions to situations. It is more important to concentrate on our own positive traits first, and then fearlessly look at our negative ones.

Looking at our positive traits first provides us with the opportunity to search out and identify all that is commendable about ourselves. Once we've acknowledged our strengths, then we can use them as the foundation for the new life that we are creating for ourselves. Also, by accepting our positive attributes, characteristics and special talents, it becomes easier to maintain some objectivity as we delve into the not-so-desirable areas of our behavior and attitudes.

Steps 1, 2, and 3 lay the foundation for this fourth step. Without the spiritual basis formed in the first three steps, a searching moral inventory can quickly become a means of self-abuse. If we are not ready to use this fourth step without fear, then we need to go back to the first three steps, and rework them.

These steps are a means of positive change, and are not intended to create guilt or damage our self-esteem. They allow us to observe ourselves as we are, see through our illusions, take care of unresolved issues from the past, make choices and recognize

where to turn to for strength, support, and guidance.

Although it can be frightening to sit quietly and look carefully at ourselves, step 4 can create wonderful opportunities to move our lives into a more positive direction. Until we know exactly who and what we are all about, we cannot know where we are headed. — Connie W.

“Since Step Four is but the beginning of a lifetime practice, it can be suggested that he first have a look at those personal flaws which are acutely troublesome and fairly obvious. Using his best judgment of what has been right and what has been wrong; he might make a rough survey of his conduct with respect to his primary instincts for sex, security, and society. Looking back over his life, he can readily get under way by consideration of questions such as these...”

Taken from STEP FOUR: The 12 & 12

Just One's Thoughts:

Guilt:

I am guilty for:

I am sorry that:

Please forgive me for:

I didn't mean to:

You can do great service by sharing your experience, strength, and hope in this newsletter!!

PLEASE email your ideas to:

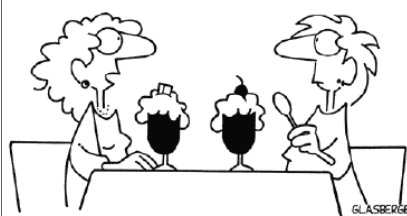
treymelisa@cox.net

The road to success is dotted with many tempting parking places.

A business which takes no regular inventory usually goes broke. Taking commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he can not fool himself about values.

We did exactly the same thing with our lives. We took stock honestly. First, we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered it's common manifestations.

—AA Big Book, Pg. 64.



"If you put a crouton on your sundae instead of a cherry, it counts as a salad."



"Hello, is that over-eaters anonymous?"

Things people would rather do than a 4th step:

- get a root canal
- pull the engine from their car
- clean the septic tank
- smash into the back of a police car
- be in the back seat of the police car when somebody smashes into it
- live with the pain of not doing a fourth step

Taken from: oaciig.wordpress.com