

# Oasis Newsletter

December 2009



## Step 12

*Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.*

*(from Twelve Steps and Twelve Traditions, pg. 99)*

## Meditate On This

When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned.

## Tradition 12

Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

*(from Twelve Steps and Twelve Traditions, pg. 199)*



upon me that I was a free man. Slowly the ecstasy subsided. I lay on the bed, but now for a time I was in another world, a new world of consciousness. All about me and through me there was a wonderful feeling of Presence, and I thought to myself, "So this is the God of the preachers!"

*As Bill Sees It, pg. 2*



One person helping another is a practice as old as humanity. Help is not telling another what to do, or even suggesting it. Help is being there for someone; to share experience, to lend support, to do what needs to be done when a friend's burden becomes crippling. I need the awareness to keep my ego, my advice, my good intentions out of another's life, even though they appear in the guise of help. If I want to help others develop their own strengths and realize their full potential, I cannot do it by telling them what to do.

*(from For Today, pg. 246)*

## In God's Hands

My depression deepened unbearably, and finally it seemed to me as though I were at the very bottom of the pit. For the moment, the last vestige of my proud obstinacy was crushed. All at once I found myself crying out, "If there is a God, let Him show Himself! I am ready to do anything, anything!"

Suddenly the room lit up with a great white light. It seemed to me, in the mind's eye, that I was on a mountain and that wind not of air but of spirit was blowing! And then it burst

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*What lies behind us and what lies before us are tiny matters, compared to what lies within us.*

*Ralph Waldo Emerson*

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*Noble be man,  
Helpful and good!  
For that alone  
Sets him apart  
From every other  
creature  
On earth.*

*Johann Wolfgang  
von Goethe*

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**We're on the Web!**  
[www.tulsaooa.org](http://www.tulsaooa.org)

# Blessings Galore

*Abstinence, pg. 157-158*

Recently I had an opportunity to serve as the leader for an OA meeting I attend. To prepare for my pitch, I wrote a list of the many blessings I have come to enjoy in my two years of recovery in OA. The list is long and growing daily. Here are some of my favorites:

I have learned that in all situations and circumstances, my attitude determines my experiences. I am blessed with the power of choice; an "attitude of gratitude" is the one that serves me best.

I enjoy unconditional acceptance as an OA member, and, in turn, my acceptance of others both in and out of OA has risen dramatically.

My relationships with my husband and children are flourishing in the sanity of abstinence.

"Bad times" help me to grow, and they pass in time.

I have lost forty pounds and am still losing. For the first time in my life I have hope for staying thin as long as I continue to live the steps and use the tools.

Taking life "one day at a time" and turning matters over to H.P. steadily removes fear and worry from my life. I'm learning to distinguish between those things that are my responsibility and those that are not.

I've learned it's okay to depend on others. I can't work this program alone. I need my H.P., my sponsor, and my many OA friends who share their love and experiences of recovery.



I have made a commitment to be good to myself, which includes eating well-balanced and abstinent meals, expressing my feelings readily, making time each morning for meditation and prayer, and regularly attending OA meetings. I've redefined my standards for myself, and now aim for progress, not perfection. I feel good about myself!



I have a steadily improving relationship with my Higher Power. What was once a fear-filled and unpredictable association is now a loving interaction. I am learning the joys of prayer through daily meditation and the Serenity Prayer.

Blessed with priceless serenity I have truly experienced freedom from the bondage of eating compulsively. Each day I become more aware of the plentiful blessings in my life. OA has helped me to enjoy the adventure of living. Thanks to this twelve-step program, my life is memorable, not miserable.

I've redefined my standards for myself, and now aim for progress, not perfection. I feel good about myself!

# The Recovery Is Spiritual

When I began attending Overeaters Anonymous meetings almost ten years ago I really didn't want to do anything. I wanted to eat as I always ate and still lose weight.

I was told that it wouldn't work that way, however, and what I really had to strive for was a "spiritual recovery."

Being an atheist I found those words abhorrent. I heard them as an injunction to become religious in some way.

As was my usual pattern, I ignored such suggestions and joined what I call the OA "diet clubbers." I lost 75 pounds and kept it off by sheer ego, willpower and self-centeredness. I attended many meetings, spoke at marathons and retreats and thought I was practicing the program.

In reality, however, I was as obsessed with food and keeping my weight down as I ever was, perhaps even more. Food was my God and seemed to doom me to a life of white-knuckled abstinence.

Finally, I couldn't stand it any longer. I had heard about hitting bottom in terms of both overeating and weight gain, but here I was, abstaining and thin and feeling no better and perhaps even worse.

I had run out of excuses for my misery. I could not blame my unhappiness on my fatness anymore. Life was not worth living, and if this was what Overeaters Anonymous offered me, then what was the use?

I kept hearing those words, "spiritual experience." Yet I saw no burning bush, heard

no words from anything I could construe as God. I knew only that I was more unhappy than I had ever been. I had come to OA because I thought being thin would make me happy. OA had failed.

When I spoke to my sponsor, he said that OA does not fail if we are *in the program* rather than just talking about how to lose weight. Being in the program, he told me, meant living within the principles of the twelve steps and I could learn how to do that by reading the textbook called *Alcoholics Anonymous*.

For once, I followed directions and eventually came to the chapter titled, "There Is A Solution." What solution were they talking about, I wondered. I thought being fat was my problem, and hadn't that been solved? Then, in the same chapter, I read about "a certain American businessman" who had consulted the great psychiatrist, Carl Jung, for his alcoholism. After a period of treatment, the man believed he had learned so much about the way his mind worked that he was cured. But he was soon drunk again and returned to the doctor, who now told him that he had "the mind of a chronic alcoholic."

For the first time, I began to understand my problem. I realized that the doctor's next words to the alcoholic applied to me: "I have never seen one single case recover, where that state of mind existed to the extent that it does in you."

Dr. Jung had not told the man there was anything wrong with his body. It was



his mind, he said, which was that of a chronic alcoholic. I had the answer now to the question of why I was still unhappy though thin, and barely hanging on to abstinence. I was no longer fat, but I had the mind of a chronic compulsive overeater.

Was there, then a solution?

There was--and is--even for the alcoholic given up as hopeless by Dr. Jung. "This man still lives, and is a free man" says the Big Book. "He can go anywhere on this earth where other free men may go without disaster, provided he remains willing to maintain a certain simple attitude."

What is this simple attitude and how is it attained?

Questioned by his alcoholic patient, Dr. Jung replied that, from time to time, there were occasional recoveries from alcoholism. These were a result of "vital spiritual experiences" which he termed "phenomena." What seemed to take place, according to the pioneering psychotherapist, were "huge emotional displacement and rearrangements. Ideas, emotions and attitudes...are suddenly cast to one side and a completely new set of conceptions and motives

begin to dominate them."

The alcoholics who banded together to form Alcoholics Anonymous did not wait for such phenomena to occur by accident. They created a twelve-step program containing a set of principles which, when followed, bring about the spiritual experience described by Dr. Jung.

So my salvation would not happen on a physical level, I now realized. What had to change was my state of mind. That had been my problem all along: my thinking--the ideas and feelings that defined my personality.

I did not have to figure out how to go about changing my state of mind, nor did I have to leave it to chance. I had before me a specific program of recovery, and all I needed to do was to begin living it.

What joy it has been to know finally what a spiritual experience is and "how it works"! And it does work for me. Slowly, step by step, God is taking over my life, and my state of mind changes.

The symptom was physical, the illness was emotional, the recovery is spiritual.

February 1981

## 2009 IG Board/Committees

Priscilla L., Chair	402-8183
Linda T., Recording Secretary	625-5094
Evelyn, Office Manager	406-4783
Priscilla L., Rep. Delegate	402-8183
Sally D., Alt. Delegate	430-8922
Karen B., Web	492-7606
Kim W., Tape Library	742-3816
Stephanie F., Young People	809-0707
Pat A., Pop	250-1981
Kelly D., Lifeline	902-1170
Judi P., Public Information	728-3186
Donna H., OASis Newsletter	628-0381

### VACANCIES:

Vice Chair  
Treasurer  
Fundraising  
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## December 2009 OASis Newsletter

### Lifeline: New look, added value!

Beginning in November, Lifeline will sport a fresh new look, complete with a more contemporary graphic design, full-color photos and illustrations, and higher quality paper. Readers will also see additional space for stories and a regular section featuring humor. The Datebook section will move to the OA Web site, which will enhance the timeliness of OA event postings.

1 Year, 10 issues \$23.00  
2 Years, 20 issues \$44.00  
3 Years, 30 issues \$63.00



### December 12 — Twelfth-Step-Within Day

Celebrated on December 12 (12/12) each year to encourage OA service boards, meetings and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors.

### LOOKING AHEAD TO 2010

#### 2010

January 16 — OA's Birthday (third Saturday of January)

#### February 27, 11:30 a.m. PST — Unity Day

This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February, at 11:30 a.m. pacific standard time, OA members pause to reaffirm the strength inherent in OA's unity.