

Tulsa Green Country Intergroup
4815 S. Sheridan #111
Tulsa, Oklahoma 74145
918-632-0199
www.tulsaoa.org

“At last I found I was not alone anymore.”

The OA Lifeline, 1967

February 2009

True comfort is to be found in the balance and sanity of abstinence. So deep and pure is this comfort that it is well worth whatever trouble or pain I might have to pass through to attain it.
 —For Today



Always one must ask, “What is the best and most loving thing I can do?” --As Bill Sees It

Recovery in the OA program, besides teaching me how to eat, how to be abstinent, and how to be sane one day at a time, has enabled me to plan and follow through, and do things...
 —Lifeline, March 1998

2009 IG Board/Committees

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 - Rep/Del: Priscilla L. 402-8183
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 - Tape Library: Kim W. 742-3816
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 - Newsletter: Melisa G. 734-5321
 - Prof. Outreach: ???
 - Office Mgr: Evelyn 406-4783
 - Lifeline Rep: Kelly D. 902-1170
 - Fundraising: ???
 - 12 Step Within: ???
 - Young People's: Stephanie 809-0707
- There are still spots available!!!!**

BEEN CALLED TO SERVICE...



I would like you to know that I am going to be the new editor of the Oasis. God called me to do this, although I have never done anything like this before. Just trying to do the next right thing in my life.

I would love to hear any ideas or opinions that you would like to see added. This newsletter is for everyone, so I want it to be useful

to you each month! My email can be found on the back of this issue.

There is a JOT section that can be found in the newsletter this month. It is simply a place to reflect. If you enjoy writing, go ahead!! If you don't, maybe try something new! It is for your own recovery, there are no right or wrong answers!!!

Keep your recovery first to make it last.

Thanks, Melisa

ROUND-UP

Unity Day Workshop!!

Hardesty Library-

8316 E 93rd St (S

Memorial & 93rd)

Saturday - Feb. 28:

9:15 A.M.- 4 P.M.

COST for Workshop:

A suggested \$5 donation is all that is needed!!!

LUNCH will be from 11:30-1.

NO Potluck, brown bag it or go out!!

For more information, call Karen B. at 492-7606.



2nd Step. Came to believe that a Power greater than ourselves could restore us to sanity.

2nd Tradition. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

~ Second Step Prayer ~

Heavenly Father, I know in my heart that only you can restore me to sanity. I humbly ask that you remove all twisted thought and addictive behavior from me this day. Heal my spirit and restore in me a clear mind.

- 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 Conference**
- Albuquerque, NM**
- August 26-29, 2010**
- OA WSC & 50th Anniv.**

U P D A T E S

Words to Live By.

Man's main task in life is to give birth to himself. —Erich Fromm

Don't give up trying to find your way. But do remember that sometimes it takes bending to avoid breaking. —Katinka Hesselink



The Mask



I have this little mask
I wear it every day
It's not my favorite thing to do
But it keeps the pain at bay

I've had this mask forever
It's such a part of me
I can run and hide from you
And the mask is all you'll see

I really do not like it
This mask I wear so much
But it really helps me hide my fears
The tears, the pain and such

The mask I've learned to live with
The pain, I just have not
But I hurt so much inside of me
The mask is all I've got

I'm screaming on the inside
I'm hurt and filled with pain
But when my mask is in its place
You can't tell that I'm insane

It's been the very best of friends
And my greatest enemy, too
When things get tough and I can't cope
The mask I'll show to you

But along into my life
Comes this program called OA
It tries to strip away my mask
and make me live today

I struggle every day
To keep my mask in place
But because of this new program
It no longer fits my face

I want to hold it near to me
This mask I hate so much
But my program just won't let me
Because it makes me stay in touch

My mask has started slipping
It came off just today
It really truly had to
So I could wipe my tears away

My Higher Power does for me
What I could never do
He strips away my mask for me
And He'll do it for you, too

So here it is, my question
I'll ask of you my friend
Can you let your HP take your mask
And allow your pain to end

I know that we can do it
Together we are strong
And with our Higher Power's help
There is nothing we'll do wrong

I give my mask up to HP
The strength He gives to me
Take my hand and walk the path
To the road which sets us free

I know that we can do it
He loves us very much
He's always there to help us
We just have to keep in touch

I am so very thankful
for all the gifts I'm given
My mask is totally stripped from me
And I'm happy to be livin'
— Reprinted from Lifeline, June 1999

Taken from STEP TWO: The 12 & 12

"For all of us—atheists, agnostics, and religious ones alike—coming to believe was something that happened as we began taking actions which others told us had worked for them. Whether or not we believed these actions would work for us didn't seem to matter. Once we took the action and saw it work, we began to believe. Then we tried other suggestions and our lives began to be transformed. As we responded with action to the love we had been shown in OA, the result was a new faith in ourselves, in others, and in the power of that love. We had begun to develop a new relationship with a Power greater than ourselves, and we were ready to move ahead with our program of recovery."

Just One's Thoughts:

Love YOURSELF this Valentine's Day and Everyday:

I love you because..

I love you when..

Thank you for..

I understand that..

I forgive you for..

I appreciate you when..

I want..

Love list found on the OA Houston Website

We can try to stop making unreasonable demands upon those we love. We can show kindness where we had formerly shown none. With those we dislike we can at least begin to practice justice and courtesy, perhaps going out of our way at times to understand and help them. —As Bill Sees It

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

*PLEASE email your ideas to:
treymelisa@cox.net*

PLEASE
SHARE

The 49th anniversary of the first meeting of the first Overeaters Anonymous group was January 19. The very first OA group in Tulsa, the Monday night group, challenges all OA groups and members to make a birthday gift to OA: \$1 for every year in the program for every member. (If you've been in less than a year or two, how 'bout a dollar per month you've been in?)

Make donations to:

Tulsa Green Country Intergroup of OA

4815 S. Sheridan, Ste. 111, Tulsa, OK 74145

Marked OA Birthday Gift.

Show your gratitude for those who founded OA on January 19, 1960, and those who kept it going for 49 years! Give OA a birthday gift!

Gratefully abstaining,
Sally D.