



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

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**Step 6**

Were entirely ready to have God remove all these defects of character.

**Tradition 6**

An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

**Concept 6**

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous



**The Bond of Fellowship is Strong and Growing!**

Take a quick glance to the left and notice that almost all of the available Intergroup service positions are filled! HOORAY!!

There is a new meeting on Sunday afternoons that has enjoyed great attendance from the very first, and, I hear, that attendance is up in other OA meetings also. We need each other, that's for sure.

And...OA sponsored a booth at a health fair held for the employees of Direct TV at 21<sup>st</sup> & Sheridan on June 4th. It was a success with many pamphlets and meeting lists given away. Thanks to Judi P. who organized the event in record time and thanks also to members Stephanie F. and Jon S. who helped man the table. And behind the scenes helpers, too. WHOO HOO!!

The next event on our OA calendar is scheduled for the very first weekend in August. Actually, it will start on Friday night, July 31<sup>st</sup> with a pot luck supper. Our Region III Trustee will share her recovery story. She has been a member of OA for 25 years. On Saturday, August 1<sup>st</sup> there will be a workshop about the foundations of our program. This will "build" upon our convention from last year, "The Building Blocks of Recovery." Look for a flyer with more details soon.

Right after Labor Day on September 11<sup>th</sup>, 12<sup>th</sup> & 13<sup>th</sup> will be the Fall Retreat. YOU DO NOT WANT TO MISS!!!! Hosted by Karen B. with help from the Sunday 5 x 5 meeting, this promises to be a fantastic and fun-filled weekend. Pat A. will be, once again, preparing abstinent meals (I hope) ...and there will be a murder mystery to solve. More will be revealed...

**KEEP COMING BACK**



**Step 6 Prayer from AA Big Book, pg (Paraphrased)**

God, help me to become willing to let go of all the things to which I still cling. Help me now to be ready to let You remove all these defects, that Your will and purpose may take their place.

**Quotes from OA 12 & 12 Step 6**

"...because saying we're entirely ready and being entirely ready are two very different things. *Page 53*

"A willingness to change is the essence of Step Six." *Page 57*

Thank you, Melisa G. for your time and effort on the OAsis. You will be missed as editor. You provided a fantastic service. Sometimes life just throws us a curve ball!

Next Intergroup Mtg.  
will be held on June 13th  
@ 9:45 @ OA office

June 2009

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Notes from May 2009  
Intergroup meeting:

Come toot your horn at  
Intergroup!!

*Discussion continued  
about fundraising ideas  
to help increase our  
prudent reserve.*

*Fall Retreat is scheduled  
for September 11<sup>th</sup> thru  
13<sup>th</sup> at Cam Wah-sha-she  
in Bartlesville, OK. The 5  
x 5 group is considering  
chairing the event.*

*After discussion, it was  
voted that there will not  
be a 7<sup>th</sup> Tradition taken at  
the intergroup meetings*

*The cost of placing a  
door between the rooms  
at the intergroup office  
will be researched.*

*The Region III Trustee  
will be asked to come to  
Tulsa to hold a workshop  
in either October or  
August. Karen B. or  
Linda T. is willing to host  
her in their homes.*

*Spring Retreat was  
attended by 6 people and  
they had a wonderful  
time!*

*Groups are having good  
attendance.*

**Excerpt from OA's new book: Seeking the Spiritual Path**

**“I came into OA to feel good, and, of course, I thought that losing weight would help me feel good. I know no one who says, “I feel good; I think I will change.” No, we all feel bad about ourselves and our lives and that is why we are willing to change. We all believe that by losing weight we will feel better. Yet, one of the saddest days of my life was when I reached my goal weight and realized that nothing had changed except my weight. I was still the same person I had always been, and I would always find something to justify feeling bad – if not the weight, then something else. I was addicted to feeling bad and I used my weight to justify that feeling.....**

**When I first read the Big Book, it struck me that nowhere does it talk about physical recovery, except as a result of God's intervention which comes from living the Twelve Steps. While we have a threefold illness, we have only a spiritual recovery; the physical and emotional recovery comes automatically because of God's will for us.**

**I am no longer in charge of the results of my life, only what footwork I take. The physical recovery, both from my disease of compulsive overeating and my disease of cancer, is in God's hands.**

**The physical recovery is his choice; the spiritual mine.**

*Anonymous from Seeking the Spiritual Path, pages 33-34*

Overheard at the WSC, Albuquerque:

**OA “ACE” – Abstinent  
Compulsive Eater**

**“There are no big deals,  
only big deal makers”**

**COMING EVENTS**

July 31<sup>st</sup> & Aug 1<sup>st</sup> Pot luck & ‘Foundations’  
workshop @ Resurrection Church

Sept. 11<sup>th</sup>-13<sup>th</sup> Fall Retreat, Camp Wa-sha-she  
Bartlesville, Oklahoma

Oct 16<sup>th</sup>-18<sup>th</sup> Region III Fall Assembly  
Albuquerque, NM

Nov. 14<sup>th</sup> IDEA Day (International Day  
Experiencing Abstinence)

**TO ACCESS VIRTUAL MEETINGS:**

Go the Overeaters Anonymous Website at [www.oa.org](http://www.oa.org). On the main page in the upper right quadrant, second line, it will say telephone or online meetings. Click on this link and then follow the instructions.

Also on our own website [www.tulsaooa.org](http://www.tulsaooa.org) there is a link to the virtual speakers' site of the Los Angeles Intergroup. Rozanne S. is listed!

