

OAsis Newsletter

January 2010



Step 1

We admitted we were powerless over food—that our lives had become unmanageable.

(from Twelve Steps and Twelve Traditions, pg. 1)

When I first came to OA I had already lost ninety pounds, but I was struggling and knew I needed help. As soon as I walked through the door to my first meeting, I knew I was in the right place. I thought I had taken Step One that first night--certainly I was powerless over food or I wouldn't be here.

I continued to eat the same way I had been eating. I ate all foods, but limited the quantities of my favorites. I didn't have any binge foods--no, not met. Of course, I still struggled, even though I was working the Steps. I started eating more at meals. As long as it was part of a meal, I was still abstinent, right? I only ate three meals a day.

Eventually, my Higher Power got a message through my food fog. He made me realize that I was playing with fire, still controlling my food. I had not taken Step One.

Amazingly, when I gave up my binge foods, abstinence became easy. The compulsion was lifted. Miracles



happen when we work the Steps honestly!

For today, I will be honest about my binge foods. (from *Voices of Recovery*, pg. 1)

Miracles happen when we work the Steps honestly!

Tradition 1

Our common welfare should come first; personal recovery depends upon OA unity.

(from Twelve Steps and Twelve Traditions, pg. 109)

There are at least three factions of OA. One emphasizes a strict, disciplined food plan. Another professes working the Steps and allowing God to remove the food problem. A third group falls somewhere in between. I know OA members in all three groups who have great

Meditate On This

Look and you will find it--what is unsought will go undetected.

SOPHOCLES

recovery. What is the right way? What is the OA Way? What is the message we are supposed to carry?

The only message I can carry is my own recovery. I do not need to have everyone recover "my way." You need the freedom to recover "your way." The only thing we need to have in common about our recovery lies within the Twelve Steps and Twelve Traditions. We cannot legislate recovery; we cannot even accurately define recovery, but we recognize it when we see someone living it. Let us rejoice when we see fellow sufferers recovering in Overeaters Anonymous, thankful they have found their way. Let us be willing to try a different approach if our way is not working. Let's be open-minded and non-judgmental. The program is broad enough for all of us to do whatever is necessary.

Voices of Recovery, pg. 5

We're on the Web!
www.tulsaoa.org

The Wrong Glasses

I arrived at work this morning, put on my glasses and started trying to read my computer screen and some correspondence on my desk. I started squinting and thought, "Who moved my computer?" So, I moved my computer closer to me. Then I began trying to read the correspondence in front of me. "Why can't I focus on the page I'm trying to read?" I thought as I struggled to see the words before me. After about ten minutes my head started to hurt, my vision became blurry and my eyes started watering. "Why can't I see this morning?" I was becoming more and more exasperated.

With that last thought, I removed my glasses and looked at them. To my surprise as my focus started to clear, I realized I had on an old pair of glasses. I quickly located my news glasses and put them on. Hooray, my vision had returned!

I have found that living outside of the principles and guidelines of Overeaters Anonymous is like putting on the wrong glasses. Life begins to lose focus. The problems associated with not following the twelve steps may not become apparent immediately, and the compulsive behavior may appear gradually. The urges to eat inappropriately may "seem" manageable...at first. However, at some point I have to take off the old glasses and remember what life was like AFTER I came to OA. Once I realize I am powerless over this disease, I quickly put on the new glasses. Clarity begins to return until sanity is restored.

Today, I choose to follow the twelve steps, open my eyes, take off my old glasses and put on the new glasses for a refreshing and renewed vision for my life in OA.

Donna H.

Without Delay

Prior to coming into the Overeaters Anonymous Fellowship in 1976, my life was one of total procrastination. As my compulsive overeating progressed, so did my procrastinating. Accomplishing anything at all was a struggle.

My children were eleven and twelve years old when I came into OA. I always had piles of their clothes that needed to be ironed or mended, but I'd end up ironing what was needed the morning of the school day and often bought new clothes to avoid fixing a hem or replacing a button.

I was restless, irritable, and discontented all the time, yet I continually took on additional projects at church and work, never knowing how to say no. If I did say no, I feared I wouldn't be liked. The more projects I took on, the more I procrastinated. The more I procrastinated, the more frustrated I became. The more frustrated I became, the more I compulsively ate. Always the same cycle that I couldn't get off.

Then I came into OA. It didn't take me long to become abstinent, and hand-in-hand with my abstinence came the beginning of my recovery from procrastination. I remember clearly when a button popped off a sweater and I sewed it on immediately. I felt so good about that simple task. I also began to say no when asked to do things that I didn't have time for. I had come to realize that my self-worth wasn't based on doing whatever was asked of me.

As I learned to take care of myself, to say no when appropriate, to put "first things first," and to work the twelve steps, my procrastination and my other character defects are slowly disappearing. It is difficult to put into words the gratitude I feel towards my Higher Power and the Fellowship of Overeaters Anonymous. The best way I know today is to share it with whomever God puts in my path.

Elyria, Ohio

(from Abstinence, pg.; 156-157)

Trust in yourself. Your perceptions are often far more accurate than you are willing to believe. Claudia Black

Compassion and Kindly Forbearance



The QUALITY OF MERCY is not strained...it is twice blest...it blesseth him that gives and him that takes...it is an attribute to God Himself."

Beautiful words, aren't they? These are the thoughts incorporated in the "We Care" signs at many of our meetings. Yet, do we really understand the meaning of "mercy"? Do we make the spiritual sacrifice necessary to practice this attribute toward each other?

The dictionary defines mercy as "compassionate and kindly forbearance." It isn't easy. It requires the very best we have to offer. It means letting go of resentment, anger, fear and the like. It means reaching out and saying, "I accept you and care about you, no matter what you look like now or how you are acting now."

It's not always difficult to forgive past actions on the part of others (or ourselves, too), but forgiving and caring while we and other OAs continue to be human...well, that's the real test of progress with our program.

What about the member who maintains normal weight but continues to have severe emotional slips? Do we not frequently pull away in fear or impatience? How do we treat the member who comes to OA and is unable to lose any weight? How do we treat the member who has been at normal weight and then returns to overeating? Do our phone calls slacken off as these hapless members break abstinence over and over? Do we smile with our mouths and avert our eyes when we see them at meetings? Do we say to ourselves,

"What's the matter with them? If they really wanted to abstain, they would."

Furthermore, what happens to those who illness has returned, the ones who are regaining weight (or who have never lost any)? Are we full of guilt and shame? Do we lack a sense of self-worth? Do we expect no mercy and acceptance at the hands of our fellow members?

It's easy to accept a member who is abstaining and losing weight and staying on a fairly even emotional keel. But this is no test of our program; it requires no struggle and sacrifice on our part, no practice of compassion and patience.

The real test comes when, despite our best efforts, a baby or friend continues to react violently or to break abstinence repeatedly or to gain some weight.

We need to remember that we're all here because OA is our haven, a place of last resort. We have nobody but each other and no place else to go. Therefore, for one overeater to make another overeater feel guilty or ashamed is the greatest tragedy of all. If we judge one another or make each other feel, in any way, the way we felt in the outside world, we have destroyed what we believe in and defeated our own purpose.

Let us reexamine what Shakespeare meant when he said, "The quality of mercy is not strained." It's rather like

elastic--expanding with the giving and taking, contracting with being withheld.

Mercy is an expenditure of attitude, not of time or money. "It is twice blest...it blesseth him that gives and him that takes" Isn't that remarkable? In this hectic and unsure world, the givers and receivers of mercy will feel only joy and serenity, resulting in a sense of self-worth beyond imagining. Incidentally, for those still struggling with weight loss, the willingness to accept mercy offered is a sure step toward peace of mind.

In the natural scheme of things, some of those now maintaining will regain their weight and some of those now trying and retrying will abstain and maintain their normal weight. Those emotionally upset will even out and some fairly stable will have emotional slips. But none of this is as important as the spiritual growth we attain by being merciful with one another, no matter what our physical or emotional state of being may be.

"Mercy is an attribute to God Himself

July/August 1973

(from Lifeline Sampler, pg. 52)

Celebrate OA's 50th anniversary in style



50 YEARS OF OA RECOVERY

**Los Angeles, CA
August 26-29, 2010**

Experience 50 years of worldwide unity at OA's 2010 World Service Convention (WSC). Its theme, "Now Playing: 50 Years of OA Recovery," reflects the joy found in the physical, emotional and spiritual journey to recovery in OA. Join members for fun and fellowship at the Hilton Los Angeles Airport Hotel in Los Angeles, California USA, August 26-29, 2010. Go to the World Service Convention page on the OA Web site for more information or join the Convention email list at conventioninfo@oa.org.

Hotel reservations are now open! The World Service Office (WSO) does not make lodging reservations, so be sure to reserve your room.

- Hilton Los Angeles Airport Hotel
5711 W. Century Blvd.
Los Angeles, CA 90045 USA
1-800-445-8667 (US/Canada)
1-310-410-4000 (Local/International)
- Group Code: WSC
- URL: www.hilton.com/en/hi/groups/ersonalized/LAXAHHH-WSC-20100809/index/jhtml
- Lodging rates (rates do NOT include taxes, currently at 14.065%)
- Single/Double Occupancy: \$129 USD per night
- Triple/Quad Occupancy: \$139 USD per night
- NOTE: The lodging rate does NOT include meals.

Reservations must be made by August 1, 2010. The rates are available from August 19, 2010 through September 1, 2010.

Need a roommate? Contact the WSO at 505-891-2664 or conventioninfo@oa.org. The WSO will provide you with a list of OA members interested in sharing a room. It is the responsibility of the OA member to contact others on the list and make arrangements with the hotel.

Accommodations require a credit card to guarantee a room. If you do not have a credit card to hold your reservation, a deposit may be required. Please contact Hilton LAX (1-310-410-4000) for instructions.

Cancellations must occur 24 hours before the arrival date to avoid a charge for the first-night's room cost.

Watch for registration information in the January A Step Ahead or online at www.oa.org/world-service/convention.php. Registration begins in January. Registration forms, a schedule of events and workshops, and service opportunities will be available at that time. Questions? Email conventioninfo@oa.org.

Don't miss this opportunity to strengthen your program and friendships.

Make a Date

**Next Intergroup Meeting
Saturday
January 9, 2009
9:45 a.m. at OA Office**

The OA Tulsa Intergroup is a service body of Overeaters Anonymous that carries the message of OA to greater Green Country. This group is comprised of a Board, Standing Committee Chairs and Meeting Reps. Monthly meetings provide members with such services as:

- Website
- Literature
- Meeting Lists
- Retreats
- Workshops
- Community Outreach

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

**12 Week Relapse &
Recovery Workshop
Starting January 18th
Mondays at 6pm**

First 3 meetings are open, the rest are closed
Where:
Southern Hills Baptist Church
56th & Lewis
Contact - Linda T. 625-5094
lindataff@aol.com

**Unity Day
February 27, 2010
Church of the Resurrection**

**2010 State Convention
July 17, 2010
Hardesty Library**

The Church of Resurrection has been reserved for the evening of **July 16th**. The new theme is "Summer Camp 2010: A Way Out Adventure".

**World Service Business
Conference
April 26 — May 1, 2010
Theme: "Half a Century -
One World of Growth"**

Hotel Albuquerque at Old Town
800 Rio Grande Blvd. NW
Albuquerque, NM 87104
505-843-6300 or
1-800-237-2133
Reservation deadline is
April 2, 2010.

The Datebook calendar that used to be part of *Lifeline* has now moved to the OA Web site. The link is at the top right corner of the home page:
<http://www.oa.org/datebook.php>

WEB – The web has been updated with literature pertinent to OA. Group information is welcomed on the web.

LISTEN TO A PODCAST:
<http://www.oa.org/podcast/>
Podcast #16: "To the Man Who Wants to Stop Compulsive Overeating, Welcome."

A Step Ahead Newsletter
A Step Ahead is a free quarterly newsletter for OA members, groups and intergroups. It provides information about issues important to the Fellowship, including descriptions of new and approved literature and specialty items, news from the WSO, and helpful information such as the *Lifeline Monthly Topics*. *A Step Ahead* appears online every quarter, usually in January, April, July and October.

Tulsa Green Country Overeaters Anonymous



Extreme remedies are very appropriate for extreme diseases.

Hippocrates

Go to meetings. Read the Big Book. Get a sponsor. Go to any lengths.

All that? When will I have time for my life?

Make time. Compulsive overeating is a killing disease.

But I'm not that bad.

No, not yet. But this illness is progressive; it gets worse, never better. Abstinence is a new life, not in theory but in practice. It means following suggestions, listening to someone who knows more than I do about living abstinently. It means reading: "Rarely have we seen a person fail who has thoroughly followed our path."

If I want abstinence, and a better life, I have come to the right place.

For today: I have taken the first step. God help me to stay on this new path toward physical, mental and spiritual recovery.

(from *For Today*, pg. 203)

2010 IG Board/Committees

Priscilla L., Chair	402-8183
Sally D., Vice-Chair	430-8922
Karen B., Treasurer	492-7606
Judi P., Secretary	728-3186
Linda T., Rep/Delegate 2	625-5094
Karen B., Rep/Delegate 1	492-7606
Donna H., Web	628-0381
Donna H., Oasis Newsletter	628-0381
Linda T., 12 Step Within	625-5094
Pat A., Literature	250-1981

Vacancies:

Public Information & Public Outreach

Young People

Challa, Pop/Water



**January 2010
Oasis Newsletter**



Ask-it Basket—“How would you respond to a fellow OA member who told you what and how to eat, and who said you weren’t abstinent if you didn’t follow a particular plan of eating?”

www.oa.org/services-for-members/service-body/ask-it-basket-and-archive.php