



# OAsis Newsletter

Tulsa Green Country Overeaters Anonymous

April 2010

## Step 4

*Made a searching and fearless moral inventory of ourselves*

*(from Twelve Steps and Twelve Traditions, pg. 29)*

**“By trying to control others through manipulation and direct force, we had hurt loved ones. When we tried to control ourselves, we wound up demoralized. Even when we succeeded, it wasn’t enough to make us happy.”**

--The Twelve Steps and Twelve Traditions of Overeaters Anonymous, pg. 5.



When eating compulsively, I focused on other people’s problems. It took the focus off me and created a false sense of power. People couldn’t manage their lives without me. “Fixing” other people gave me a false sense of security, much as the huge amount of food seemed to blur all my fears. I believed that this power made people admire, respect, and appreciate me. However, I did not admire, respect, or appreciate myself.

The insanity was in trying to play God for everyone else, then bowing to the god of compulsive overeating when I was alone.

## Tradition 4

**Each group should be autonomous except in matters affecting other groups or OA as a whole..**  
*(from Twelve Steps and Twelve Traditions, pg. 137)*

Today, neither food nor control keeps the fears away.

For today, I choose not to do for others what they can do for themselves. I seek God’s will, make sure my affairs are in order, and turn the outcome of my life and others’ lives over to my Higher Power.

*(from Voices of Recovery, pg. 22)*

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***“Walking hand in hand with our friends and our Higher Power, we are now exploring this world, using the great spiritual principles embodied in the Twelve Steps as the map to guide our way.”***

--The Twelve Steps and Twelve Traditions of Overeaters Anonymous, pp. 106.

What a wonderful way to think of our program: as a map to guide us as we live each day embodying the physical, emotional, and spiritual aspects of our lives.

## Meditate On This

*Whatever you vividly imagine, ardently desire, sincerely believe, and enthusiastically act upon...must inevitably come to pass!*

*Paul J. Meyer*

The Steps and Traditions are the path that takes us on this journey, outlining the elements as a cartographer would, illuminating and guiding our way.

From the First Step, in which I admit my powerlessness, to the Twelfth Step, in which I “practice these principles in all my affairs,” I know what action I must take to continue my recovery. How nice to know that others are stepping the Steps and walking hand in hand with me. Above all, I know that a Higher Power is there beside all of us as we continue on the road of recovery.

For today, may I continue following the OA map as I step forward each day on the road of recovery.

*(from Voices of Recovery, pg. 100)*

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



# Taking The SPIRITUAL PATH

## God Bless the Samaritans

Asking for help sooner has been one of the slowest lessons for me to learn. I know I have resources: the group, the readings, the phone. I know that when I turn my needs over, I will receive a response in God's way, in God's time. So why do I suffer until I'm in tears?

Last month I left Santa Fe, New Mexico, to live in a new log home in an Idaho forest. Great serenity, I thought. No yard work, I imagined. But neither serenity nor lack of yard work was the reality. Wildfires raged on three sides of my home. Seven hundred firefighters were camped three miles away, and a helicopter port was half a mile north. I attended daily fire information meetings. Forest rangers, firefighters and people from local police agencies visited me daily to tell me

how the fires were moving. Twice I received instruction in evacuation procedures.

I had to clear 100 feet of rough, rocky earth on all sides of my home. I worked 11 and 12 hours a day with weed whackers, cutters, rakes and my bare hands. The dense smoke blacked out the sun by midafternoon. Even the dogs coughed. I drove with my headlights on at all times.

Three weeks of this full-time, hard labor combined with isolation got to me. One afternoon, I broke down and cried. My mind slid immediately into a pity pot. I was exhausted, the fire was near, and I was convinced I would lose my home. "Where are the men in my life?" I asked. "Where is my sweetheart, my

son, my brother? I can't keep it up. This is man' work!"

Taking a breath from sobbing, I got a "hit": Turn it over. Ask your Higher Power to take the fear away. Ask for help. So I did. I released the need. I gave it up.

At that moment, I heard a truck approaching. It was a ranger. He saw me working, stopped and walked down to meet me. I was wiping the tears off my cheeks when he said, "Do you need any help out here?" I said yes.

The ranger replied, "I will have 20 Marines here in 30 minutes." They came and did 30 hours of work in less than two hours.

When I hit bottom and cleanly and clearly ask HP to take my problem--be it a life concern, food or fatigue--I always receive an answer. The OA program requires action, which can be simple, sincere words.

God bless the rain that is now falling. God bless the divine teaching I received. God bless each of my OA friends. And God bless the Marines.

*Lifeline, July 2002, pg. 16*

# Walking Toward Serenity

When I was tired and couldn't concentrate, I used to fall back on an affirmation toward life that took the form of simple walking and deep breathing. I sometimes told myself that I couldn't do even this--that I was too weak. But I learned that this was the point at which I could not give in without becoming still more depressed.

"So I would set myself a small stint. I would determine to walk a quarter of a mile. And I would concentrate by counting my breathing--say, six steps to each slow inhalation and four to each exhalation. Having done the quarter-mile, I found that I could go on, maybe a half-mile more. Then another half-mile, and maybe another.

"This was encouraging. The false sense of physical weakness would leave me (this feeling being so characteristic of depressions.) The walking and especially the breathing were powerful affirmations toward life and living and away from failure and death. The counting represented a minimum discipline in concentration, to get some rest from the wear and tear of fear and guilt."

*As Bill Sees It, pg. 92*



*Nothing contributes so much to tranquilize the mind as a steady purpose.*

*Mary Wollstonecraft*



## For Today

*Pg. 305*

I came to OA because I wanted to get well more than I wanted to eat. That is the steady purpose that directs my life today. I place freedom from compulsive overeating before everything else because I do not want to return to the life I had without it. Before OA, the only tranquility I knew was to anesthetize myself with food, an indulgence for which I paid dearly the rest of the time. Nothing could save me from the mental and emotional anguish and confusion of being fat, feeling guilty and hating myself for lack of control.

Today I am not confused about who I am and what I am doing. I am a compulsive overeater, relieved by the grace of God from the obsession, and recovering to this place I call home.

## Going Crackers

I attended my first OA meeting about a month ago. I received my books and listened to other overeaters tell me about themselves. It sounded so easy. I left my first meeting feeling on top of the world. I had admitted I was an overeater.

The next day, after reading OA materials, I made my abstinence circle. I included several foods and habits that triggered my overeating. I was on the road to recovery. I already knew about HP. I had been down that road before with another program and I believe in God and know He controls everything. I know what to do and how to do it.

I attended every OA meeting I could, read literature and prayed. I made amends to people and spread the word. Abstinence was fun. I hadn't lost as many pounds as I had hoped, but at least I weighed less than when I started.

I had gone more than three weeks without chocolate, other than an occasional "diet" bar, which my food plan allowed. I had eaten no other sweets, except the animal crackers that are on my plan, and no second helpings. I had followed my abstinence circle perfectly. I was praising God and feeling proud.

Then my abstinence ended. I had been nervous and upset about people and things that were none of my business. It was not my place to do anything about them, and I couldn't anyway. It was finally lunchtime, and I was very hungry. I ate my sandwich, but once I started eating I could think of nothing else. I wanted more, so I ate a bag of animal crackers. I prayed, asked God for help, then reached for another bag and another and another. Before long, I had gobbled down six or seven bags.

I felt bad, but not bad enough to quit. I rationalized that I had already messed up, so I might as well enjoy. Finally, all the bags of cookies were gone. What had I done? I immediately asked God to forgive me, to take my problems and help me start over.

*Continued on Page 6*

**Recovery in the Country  
Spring Retreat  
April 17th 10am -- 4pm**

Location is 27172 West Highway 33, Sapulpa. Take the Turner Turnpike to Exit 211, turn right on Highway 33 and go 5.5 miles West. White house on the left. About 30 minutes from Tulsa (For additional directions call Linda T. 625-5094)

- \* Cost: \$20 includes lunch --  
RSVP by April 11th to Karen B. (492-7606 / karenbeda@yahoo.com) or mail in attached form. Lunch is provided by our personal chef/caterer Pat A. (contact her if you have food allergies or special needs 250-1981)
- \* Morning: Sponsorship Workshop
- \* After Lunch: fishing, pedal boating, nature walks, porch sitting, horse petting, kite flying, horse shoes, ping pong or indoor board games
- \* Bring: lawn chairs, live bate (if you fish - we have a few rods), kites (if you want to fly one), inside games, paper and pen



**Registration for Recovery in the Country  
April 17, 2010**

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Payment: \_\_\_\_\_

Mail to:  
OA Office  
Karen Beda  
Fountain Plaza  
4815 S. Sheridan, Ste. 111  
Tulsa, OK 74145



# Make a Date

**Next Intergroup Meeting**  
**Saturday**  
**April 10, 2010**  
**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

*Linda T. will report on the Region III Assembly at the April IG Meeting.*

**One-Day Country Retreat**  
**Saturday, April 17, 2010**  
**10 a.m. to 5 p.m.**  
 Country-house of Linda T.

*Information and Registration form on page 4*

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**2010 State Convention**  
**July 16-17, 2010**  
**Summer Camp 2010:**  
**A Way Out Adventure**

**Friday Night, July 16**  
**Pot Luck Supper & Speaker**  
**Church of the Resurrection**

**Saturday, July 17**  
**Hardesty Library**  
**Tulsa**

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**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.*

## SERVICE WITH A SMILE

### Navigating the Rough Spots

In 1997, I submitted an article to "Lifeline" describing my 10 years of abstinence ("Sixties Jeans," March 1998, p. 13). On January 1, 1999, I celebrated 12 years of abstinence and the release of 100 pounds. That earlier article focused mostly on food, abstinence and the joy of physical recovery. The peace and serenity in my life increase the longer I am abstinent. I heard one of our former WSBC chairs say, "Abstinence is the most important thing in my life, without exception" I believe this because if I were to use food when feelings attack, I would be putting food in God's place.

As the years pass, I find it harder to recall the pain of excess weight. To maintain my abstinence, I attend three meetings every week; pray throughout the day; have a sponsor and sponsor others; read and study OA and AA literature; and serve OA at the group, region and world service levels.

The literature tells us we must help other compulsive eaters. This sounds like hard work. Recently, someone showed me this quotation on page 159 in the "Big Book" (3rd ed.): "These men had found something brand new in life. Though they knew they must help other alcoholics if they would remain sober, that motive became secondary. It was transcended by the happiness they found in giving themselves for others." I can honestly say I have reached that stage in my recovery. Many of my closest friends are recovering or struggling members of the Fellowship. In moments when I do not have true peace and serenity in my daily life, I must look at my program and see what I am neglecting to do.

Life is not always easy, and the daily working of my program prepares me for the rough spots in the road. I recently had a serious medical scare. As others have instructed me to do (for example, see "Still Abstinent-Even Through Cancer," Lifeline, January 1999, page 8), I told my sponsor and prayed about my situation. I shared at meetings, including that I had not eaten over the problem and did not intend to eat over it. This is miraculous because before my OA recovery I would fill a wastepaper basket with snack wrappers over a report deadline.

The problem has resolved itself without medical intervention, but I pray that if it had gone the other way, I would have remained abstinent. I pray I will be abstinent and in constant contact with God to my last day. This is a spiritual program, and God is doing for me what I could never do for myself. If I open my mind and heart to My God, I believe the promise on page 164 in the "Big Book" (3rd ed.) will come true for me: "God will constantly disclose more to you and to us." Thy will, not mine, be done.

Anonymous, Atlanta, Georgia USA

Lifeline, July 2002, page 21

## 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
Challa, Pop/Water	



### April 2010 Oasis Newsletter

#### Vacancies:

Public Information & Public Outreach  
Young People

## Keep coming back.



**It works if you work it,  
And you're worth it.**

**Submissions for the Oasis Newsletter are always welcome. Please send your insights, quotes, funny stories, success stories, wisdom, encouragement, etc., to [donna@prayinggirl.com](mailto:donna@prayinggirl.com).**

Continued from Pg. 3

Then I tried to make excuses. "I didn't do anything wrong; it was part of my lunch." But that didn't justify bingeing on the cookies. I had let the cookies have control. I forgot about God and was enjoying the pleasure, so I thought.

Now I know how easy it is to lose my abstinence. I lost my three weeks plus of abstinence over some stupid little cookies. I let my emotions control my actions. I didn't have to lose my abstinence, but I did.

All I can do now is start over and take one day at a time.

*Lifeline, July 2004, pg. 20*