



## Step 2

*Came to believe that a Power greater than ourselves could restore us to sanity.*

*(from Twelve Steps and Twelve Traditions, pg. 9)*

## Meditate On This

*A man wrapped up in himself makes a very small bundle.*

-Benjamin Franklin

**This willingness to act on faith, then, was the key to Step Two.**

--The Twelve Steps and Twelve Traditions of Overeaters Anonymous, pg. 17.

Acting on faith means standing without my defenses to protect me and assuming that my Higher Power will do the right thing for me, will give me what I need if not what I want. Acting on faith means believing my Higher Power will always listen and encourage me when I am in a situation in which I have to take risks. My Higher Power will walk with me through the scary situations and will be with me to the end when the trials are over. That's acting on faith.

*(from Voices of Recovery, pg. 9)*

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## Tradition 2

**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.**

**(from Twelve Steps and Twelve Traditions, pg. 119)**

**"Unity does not mean uniformity. In OA we learn we can disagree with other people on important issues and still be supportive friends."**

--The Twelve Steps and Twelve Traditions of Overeaters Anonymous, pg. 115.

Service in Overeaters Anonymous has taught me many things. Perhaps the most important is that I can love and respect someone with a different point of view. We are members of the same Fellowship; we share the same compulsion. We are both trying to do what is best for OA, and we can "agree to disagree."

Through OA I've learned that we can have different viewpoints on an issue without jeopardizing our friendship. Just because someone disagrees with me doesn't mean that person doesn't love me or want my friendship. I don't have to take it personally. Our group conscience decides an issue. If I don't agree with the decision by group conscience, I can nevertheless learn to live with it. I trust that others also have the good of OA as a whole in mind, and I can learn something. I can learn that not only are there other views than mine, but that they may be right

*(from Voices of Recovery, pg. 58)*

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

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# *The Power to Carry It Out*

Going through my collection of literature recently I came across a pamphlet put out by a local intergroup: "A Food Plan for Recovery." I smiled, remembering what it was like when I came to Overeaters Anonymous in June of 1975.

I accepted that food plan then because I was desperate and it was my last hope. I was told that unless I listened to what my sponsor said and followed that food plan to the letter I would die. I listened and I followed, I "took" the first three steps, was "stepped up" and "graduated" to sponsorship after only one month in OA. I lost more than 110 pounds in ten months.

The years passed, attitudes changed, meetings came and went, I "took" more steps and was working them. So I thought. Then the boom fell, the roof caved in, my life passed before my eyes. Also, the sugar, the starches and the garbage passed between my lips, on come the pounds: 10, 20, 40, 60. How fast could I gain? I was insane, I was powerless and my life was again unmanageable. It was worse than before. I couldn't stop. I woke up saying "Today is the first day of the rest of my life," got into my car and drove to a stop 'n' shop store where I stocked up for the drive to work. I was powerless

and I admitted it as I stuffed my puffy cheeks.

I fought the obsession. I couldn't go on a diet because that was not recovery; it was only a diet. I talked at length with friends and with God. Finally, through prayer and meditation, I knew that only God could make me whole. God told me what to do: Go on a diet and turn your will over. So very simple. I needed to lose weight and I needed to lose my obsession with food.

I had to trust again. I had to give my life over to a Higher Power without reservation. I had to understand that being powerless over my food obsession meant that the power to deal with it had to come from outside myself. That power came from God. God not only gives me the power to diet the weight off, but restores me to sanity.

The key word here is *give*. God *gives* me the power. God won't do it for me; others in the program won't do it for me. Only I can do it for me, with God's help. God does not live my life; I do. From God I receive the strength, the serenity and the way to live it. I have the choice to follow that way or to live my own way.

The OA program is founded upon solid ground. The principles set before us are hard to live by, but if I follow them to the best of my ability they will give me a life of beauty and serenity.

I must be honest with myself, with God and with others, for a lie will surely trip me up and cause me to fall. I must be unselfish, for by giving my gift to others I keep it for myself. I must use the steps to clear my path of emotional impediments (hate, anger, resentment, jealousy, greed), for that is the only way I can continue my progress on "the road to happy destiny."

God has given me another chance: A life of peace and harmony wherein I may eventually recover from my obsession with food.

I do not need a food plan for recovery. I need a food plan to lose weight. For recovery, I need God, the twelve steps and the fellowship of Overeaters Anonymous.

*Lifeline Sampler, April 1981, pg. 125-126*

# Opening Windows



Last summer we started renovating our big, old house. I'd been in OA for three years, had lost eighty pounds, and was enjoying a clean abstinence, one day at a time.

I was excited about getting a new kitchen and bathroom. The old ones were dark and cramped, and I longed to knock down the old walls, put in lots of beautiful new windows, and bring in some sunshine and fresh air.

During the construction I struggled with my eating. It was hard to stay abstinent, I rationalized, because my kitchen was all torn up, and I couldn't cook properly. The stress of the expense of the project and the unexpected delays and complications made it hard for me to meditate and exercise.

When it was completed the house was beautiful, and I was twenty pounds heavier and desperate to find a way back to the serenity I had once enjoyed.

As I struggled, my Higher Power reminded me of the

windows I had needed in my home. I realized that I need to open windows, one day at a time, to work my OA program as well.

When I call my sponsor, it feels as if I've opened a window and let in the fresh morning air. When I take time to read OA literature and meditate, the warm sunshine of understanding shines on my face.

Whenever I go to a meeting, I feel like I'm opening a window that lets me see where I'm going and where I've been.

I used to feel that "working my program" was indeed work. But now it's as easy to me as opening windows--and how much joy, strength, and comfort I get from living with sunshine and fresh air! I realize that I want to use the tools of the program--my beautiful windows--every day.

Minneapolis, Minnesota

*Abstinence, pg. 139*



## The Great Fact

**We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order.**

**But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the great fact for us.**

**To the Newcomer:**

**Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the fellowship of the spirit, and you will surely meet some of us as you trudge the road of happy destiny.**

**May God bless you and keep you--until then.**

*Alcoholics Anonymous, pg. 164*

# The ABC's of OA Workshop!

**SATURDAY, FEBRUARY 27, 2010**

**9:00 am - 3:00 pm**

**Church of the Resurrection**

**4804 S. Fulton -- Tulsa, OK**

**Activities will include:**

**Page 132 Saturday morning meeting,**

**OA Unity moment, speakers,**

**“Ask It Basket”, potluck and**

**bring items for a raffle**

**Contact: Priscilla 402-8183 for more info.**

**\$5 suggested donation for workshop**

**Potluck: Bring a lunch dish to share**

**(or \$5 donation for lunch)**



# Make a Date

**Next Intergroup Meeting  
Saturday  
February 13, 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

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**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*

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**Unity Day  
February 27, 2010**

*Church of the Resurrection  
(See page 4 for more information)*

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

*Country-house of Linda T.  
More information coming soon.*

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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**

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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.*

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## Tulsa Green Country Overeaters Anonymous

### Strong Meeting Checklist

The Strong Meeting Checklist is part of OA's 2008-2013 Strategic Plan. It is not enough to make the public aware that OA exists and can be a solution to compulsive eating; meetings have to be strong and must function effectively for people to "stay for the miracle" and for OA to continue to grow and be there for those who need it in the future. Consider doing an inventory of your OA meeting using the checklist.

- 1. Does the meeting start and end on time?**
- 2. Are all attending, including newcomers, greeted and made to feel welcome and accepted?**
- 3. Does the meeting focus on OA recovery through the Twelve Steps and Twelve Traditions?**
- 4. Do we offer our own experience, strength and hope, sharing the solution we have found?**
- 5. Is the group contributing financially to all levels of OA service as per our Seventh Tradition?**
- 6. Are sponsors available and identified at the meeting?**
- 7. Does the group practice anonymity by reminding members not to repeat who is seen or what personal sharing is heard at a meeting?**
- 8. Does the group follow a meeting format?**
- 9. Is only OA-approved literature on display and for sale?**
- 10. Are group conscience meetings held regularly?**
- 11. Are all service positions filled, and is rotation of service practiced?**
- 12. Is the meeting information readily available and the WSO informed of all meeting details and changes so that newcomers and visitors can find our meeting?**
- 13. Are cross talk and advice-giving avoided?**

*(from the OA website, www.oa.org, Group Support)*

## 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	



**February 2010  
Oasis Newsletter**

Vacancies:

Public Information & Public Outreach  
Young People



**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). Have a Happy Valentine's Month.**