



OASIS



Tulsa Green Country
Intergroup
4815 S. Sheridan, #111
Tulsa, Oklahoma 74145

July 2008
918-632-0199 www.tulsaoa.org

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

2008 IG Board/Committees

Chair, Karen B.: 492-7606
Vice Chair: Pat A. 250-1981
Rec. Sec.: Kim W. 742-3816
Treasurer: Amelia A. 344-5039
Office Mgr: Evelyn 406-4783
Rep/Delegate: Lupe B. 830-2261
Rep/Del #2: Priscilla L. 402-8183
Web: Linda T. 625-5094
Newsletter: Priscilla L. 402-8183
Prof. Outrch: Lynne M. 491-9510
Tape Library: Kim W. 742-3816

VACANCIES:

Alternate Delegate
Fundraising/Pop
Lifeline
12 Step Within
Young People's

Step 7

Humbly asked Him to
remove our shortcomings

Tradition 7

Every OA group ought to
be fully self-supporting,
declining outside
contributions.

Concept 7

The Board of Trustees has
legal rights and
responsibilities accorded to
them by OA Bylaws,
Subpart A; the rights and
responsibilities of the
World Service Business
Conference are accorded to
it by tradition and by OA
Bylaws, Subpart B.

Coming Events

July 19th
OA State Convention

Pecan Room Hardesty Library

Oct 17th thru 19th
OKC Fall Retreat
Coyle, Oklahoma



Building Blocks of Recovery

(From Hut to Palace)

July 18th & 19th

Tulsa, Oklahoma

JULY 18TH – FRIDAY NIGHT WARM-UP

CHURCH OF THE RESURRECTION 4804 S. FULTON

6 PM. HAPPY HOUR, SOCIAL TIME & SET UP

6:30 DINNER BRING A DISH OR DONATE \$5

7PM SPEAKER

SATURDAY – JULY 19TH THE BUILDING BLOCKS OF RECOVERY

LOCATION: PECAN ROOM @ HARDESTY REGIONAL LIBRARY

8316 E. 93RD ST. TULSA, OK

9:15 Registration -\$20.00 at the door

9:30 Opening Remarks, Housekeeping, Speaker Introduction

9:45 Session 1: Steps 1, 2, 3 – Building a Foundation in OA

11:00 Session 2: Key Speaker's Recovery Story

12:00 Lunch – On your own or...

12:15 Brown Bag –Activity for those who stay at the library

1:30 Session 3: Building Materials – Interior & Exterior

3:30 Session 4: I'm blocked – How do I get going again?

4:30 Closing Remarks

Step 7 Prayer from AA Big Book, pg 76

(Paraphrased)

My Creator, I am now willing
that You should have all of me,
good and bad. I pray that You
now remove from me every
single defect of character which
stands in the way of my
usefulness to You and my
fellows. Grant me strength, as I
go out from here, to do your
bidding. Amen.

The following is a sample of a card that can be
used as an outreach piece:

EATING TOO MUCH? CAN'T STOP?

Still Gaining Weight?

Do you want to stop overeating but can't?

Don't want to stop but must?

We Can Help

Overeaters Anonymous

No Dues, No Fees, No Weigh-Ins

Day and Evening Meetings

For info: 918-632-0199

www.tulsaoa.org

Next Intergroup Mtg.
will be held on July 12th
@ 9:45 @ OA office

July 2008

Page 2

Notes from June 2008
Intergroup meeting:

Most of this meeting was dedicated to wrapping up plans for the upcoming OA 2008 convention. Our Green Country Intergroup has been spearheading plans for what promises to be a fun filled & instructive time. Pop was arranged, book bags are being made to be filled with items as a give away to all who register. Arrangements will be made to reserve a hotel room for the speaker. It was discovered that the "money" box at the office had been apparently vandalized. Amelia was authorized to buy a replacement if less than \$100

June 29th For Today

Many people today don't want honest answers insofar as honest means unpleasant or disturbing. They want a soft answer that turneth away anxiety. Louis Kronenberger.

If, as a member of Overeaters Anonymous, I still cannot accept honest answers, I may be sentencing myself to a life of "fat serenity." That may be the price of holding onto self-will, to the need to control food and fat.

In OA, "winners" go to meetings, work the steps, have sponsors, make telephone calls and practice abstinence. Have I been hoping for an easier way? There is none. I am not exempt from the cause-and-effect principles that govern the lives of all people.

For Today: God help me to see the truth about myself – to ask for the help I need and then use it.

June 30th 24 Hours A Day book (paraphrased from AA)

Overeaters are unable or unwilling, during their addiction to food, to live in the present. The result is that they live in a constant state of remorse and fear because of their unholy past and its morbid attraction, or the uncertain future and its vague forebodings. So the only real hope for the compulsive overeater is to face the present. Now is the time. Now is ours. The past is beyond recall. The future is uncertain as life itself. Only the now belongs to us.

Am I living in the now?

If you want to see a change, you have to make a change

Food For Thought

"You can hurt yourself if you run with scissors."

"You should never dive into murky waters."

"It's never too late to learn to play the piano."

"Most of us go to our grave with our music still inside of us."

Quotes from Step 7 – OA 12 & 12

"Having become completely ready to let go of our defects of character in step six, we find that step seven is simple; all we have to do is say a prayer, requesting that God take our shortcomings from us." Pg 59

"Real humility about our character defects carries with it acceptance." Pg 61

"I am this way, and only with your help can I change." Pg 61

"...humility means that we aren't smug when a defect which has long been a part of our lives is removed; we're genuinely relieved." Pg 61

"...we find that God does for us what we could never do for ourselves."Pg 66

