



OAsis Newsletter

Tulsa Green Country Overeaters Anonymous

March 2010

Step 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

(from Twelve Steps and Twelve Traditions, pg. 19)

We now say yes to this Power, deciding from here on to follow spiritual guidance in making every decision.

--The Twelve Steps and Twelve Traditions of Overeaters Anonymous, pg. 19.

Before OA I was an expert on the art of losing weight. I knew how to lose the weight and lose it quickly. Somehow, each time I lost weight, it always found its way back to me. In working a program of recovery in OA, the weight has had to come off much more slowly; I've experienced delayed gratification. In OA I have to allow time for my emotions and spiritual growth to catch up with the difference in body size. I need to earn my weight loss a day at a time, and turn my ever elusive "goal weight" over to the decision of my Higher Power. Through working an OA program, I am able to let go of the weight gracefully, and today, letting go of weight is a by-product of



Tradition 3

The only requirement for OA membership is a desire to stop eating compulsively.
(from Twelve Steps and Twelve Traditions, pg. 129)

my spiritual growth. By maintaining conscious contact with a power greater than myself. I am finally able to feel at peace while abstaining from compulsive eating.

(from Voices of Recovery, pg. 72)

"A person doesn't have to be abstinent to be welcome at OA meetings...In fact, many of us have kept coming back to OA despite problems with abstinence and have found this to be the key to our recovery."

--The Twelve Steps and Twelve Traditions of Overeaters Anonymous, pp. 130-131.

Meditate On This

The more difficulties one has to encounter, within and without, the more significant and the higher in inspiration his life will be.

Horace Bushnell

I am thankful that OA doesn't base its membership requirements on weight, but only on a desire to stop eating compulsively. Sometimes I could only show up at a meeting and contribute to the Seventh Tradition. I cried, nodded, and tried to act as if everything was okay, even though I was falling apart emotionally.

By the grace of my God and my courage not to leave the rooms, something miraculous happened over time. I heard the message of those long-time abstaining members. It didn't happen that one day I did everything OA suggests, but slowly I started to ask the right people profound questions. This eventually led me to the one person who was willing and strong enough to overcome every obstacle I put up to resist recover. It works, no matter what.

(from Voices of Recovery, pg. 177)

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



are like a technical manual or a how-to instruction guide.

Each day I admit I am powerless over food, my husband, my kids, the past, other people, my feelings, plus anything that is bothering me on any given day. I was even "addicted" to diet soda. One day I realized that I was powerless over it. When I admitted that to God, the compulsion was removed.

What To Do about Powerlessness

When I came into Overeaters Anonymous I wanted abstinence more than anything, and of course I wanted it right now. I went to meetings those first few months and complained: Why couldn't I achieve abstinence? I must be no good to anyone at all if I couldn't even quit eating compulsively. Why did it work for others and not me? Wasn't I good enough?

An OA friend explained that we are in the process of growing, of finding abstinence, of learning about ourselves. It is unrealistic to expect instant success. Recovery is many-faceted and takes time, lots of time.

I learned that I had to be will-

ing to be willing: willing to be abstinent, willing to admit my powerlessness, willing to hand my compulsions over to my Higher Power. I prayed, "Lord, give me a willing spirit." After doing this daily for a week, I woke up one morning and it was like a light clicking on in my head. I knew that today was the day. Since that day, through the grace of God, I have been abstinent. It was a gift. All I had to do was receive it. God actually took the cravings, the uncontrolled compulsions away.

The next step for me was to realize that the first three steps of the twelve steps are actually tools for me. They

I was also compulsive about getting on the scale. When I admitted my powerlessness over that, God took it way.

What an adventure step three is--giving it all to God!

I am so thankful for the things I'm learning because Overeaters Anonymous exists.

Lifeline Sampler, August 1981, pg. 127





A Way of Life

“What is Abstinence?” caught my eye in Lifeline. When I read the article I discovered that it wasn’t a summary of OA abstinence wisdom--it was an invitation to submit my own definition. So I suggested to the other members of my group that we get together and share our ideas. It turned out to be a wonderful experience for all of us.

We discovered that abstinence is about living, choosing, accepting, admitting, affirming, turning it over, and trusting God to take care of the results.

Abstinence is enjoying God’s food the way it’s meant to be enjoyed. It’s eating healthy food with a prayerful, surrendered attitude. We allow ourselves to be satisfied with the amount of food we need, instead of the amount we want or think we need.

Living life abstinely is participating fully instead of self-isolation. It’s being free of shame, mortification, and self-condemnation. It’s replacing negative self-talk with positive affirmations,

many times a day, in many ways. It’s being at peace within ourselves, knowing we have done our best. We find that there are no good guys or bad guys. We don’t have to agree with or please everybody. We don’t have to get involved in debates over who’s right and who’s wrong. We can speak our minds and feel at peace. We don’t have to control the other person’s reactions to what we say or do.

In abstinence we can learn to feel good about ourselves. We can love and accept ourselves just as we are. Our freedom from compulsive overeating rests in the hands of each individual’s Higher Power. We live in a daily miracle. We trust our Higher Power to take care of us, even if we get hungry.

We learn that each of us is a special and unique part of God’s picture. We begin to treat ourselves in a different way. Our illusions drop-away and we get in touch with reality. We learn to feel the feelings, face the pain, and deal with it. We discover an inner strength that tells

us that we are worthwhile in spite of what others have told us in the past.

We begin to realize that it is a choice between life and death. Abstinence means choosing life and compulsive overeating leads to death.

Honesty becomes our way of life. We can tell the truth and trust our perceptions. Our wonderful qualities become apparent to us as we accept them and cherish them.

We exercise our right to be here, our right to be respected, and our right to be listened to and understood. We no longer allow ourselves to be victimized by others.

This miracle of abstinence is a message of recovery. It allows us to extend our hearts and hands to those who still suffer. When we are abstinent, we can be truly be present for other people who are in pain.

Ukiah, California

Abstinence, pp. 6-8

Abstinence is about living, choosing, accepting, admitting, affirming, turning it over, and trusting God to take care of the results.

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 with payment by April 11th to Karen B. (492-7606 / karenbeda@yahoo.com)

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 boards games

Bring: lawn chairs, live bait (if you fish-we have a few rods), kites (if you want to fly one), inside games, paper & pen





**Next Intergroup Meeting
Saturday
March 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

**One-Day Country Retreat
Saturday, April 17, 2010
10 a.m. to 5 p.m.**
Country-house of Linda T.
Information on page 4

**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**

**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.*

Abstinence Is...

...the ability to control anger and settle differences without resorting to food or comfort.

...the willingness to pass up immediate pleasure in favor of the long-term goal.

...the ability to stick to a commitment despite heavy opposition or discouraging setbacks.

...the capacity to face unpleasantness, discomfort or frustration without complaint or collapse.

...the ability to make a commitment and stand by it. Lack of abstinence is exploring endless possibilities and giving up too soon.

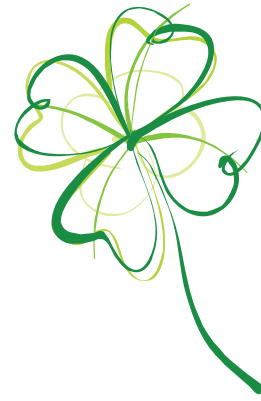
...keeping your word and coming through in a crisis.

...the art of living in peace with that which we cannot change, the courage to change what we can and the wisdom to know the difference.

---Edited and reprinted from Spirit and Hope newsletter, Land Between the Lakes Intergroup, January 2000

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	



**March 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. Have a Happy St. Patrick's Day and Month of March.