



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

May 2008

918-632-0199 www.tulsaoa.org

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

2008 IG Board/Committees

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VACANCIES:
Alternate Delegate
Tape Library
Fundraising/Pop
Lifeline
12 Step Within
Young People's

Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition 5

Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

Concept 5

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.



Traditions Point the Way – A Lifeline Article from August 1993

The twelve traditions are as important to my continued recovery as the twelve steps. I believe that if we continue to uphold the traditions OA will be here for all of us and for many yet to come.

The twelve traditions can be divided into four categories:

Whats, Whys, Do/Don'ts, and Buts.

The Whats are really definitions

Tradition Three tells us what you have to do to become a member of OA – have a desire to stop eating compulsively.

Tradition Five gives us the purpose of an OA group – to carry the message to the still suffering compulsive overeater.

Tradition Twelve states the spiritual foundation of the traditions anonymity, because principles come before personalities

The Whys supply the reasons for certain positions taken by the OA Fellowship:

Tradition One tells why our common welfare comes first – because each member's personal recovery depends on unity.

Tradition Six gives the reason why OA never endorses, finances, or lends OA's name – so that money, property, and prestige won't cause us to lose sight of our primary purpose.

Tradition Ten answers why OA has no opinion on outside issues – to ensure that OA will never be part of public controversy.

The three Do/Don'ts contrast a position the Fellowship takes with one it doesn't:

Tradition Two tells us that we do trust God of our group conscience. We don't have leaders who govern.

Tradition Seven asserts that we do support ourselves monetarily. We don't accept outside donations.

Tradition Eleven tells us that we do remain anonymous at the public level to attract people to the program. We don't promote ourselves or OA.

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Step 5 Prayer from AA Big Book, pg 75
(Paraphrased)

God, I thank you from the bottom of my heart
That I know you better. Help me become aware of
Anything that I have omitted while working
The first five steps. Help me to do what is
Necessary to walk free at last.

COMING EVENTS

May 5 - 10 WSO Conf. In Albuquerque, NM
July 19th OA State Convention - Tulsa, OK
@ the Hardesty Library
Oct. 17th -19th OK City Fall Retreat, Coyle, OK

Service Positions Available

*Fundraising/Pop Young People's
Alternate Delegate #2 Lifeline
12th Step Within*

Next Intergroup Mtg.
will be held on May 10th
@ 9:45 @ OA office

May 2008

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Notes from April 2008
Intergroup meeting:

Busy meeting with majority of time spent on plans for the summer convention. Pat will plan an activity for those remaining "in" with their lunch. Lynne M. has plans under way for alerting the fellowship and the public about the convention. Karen will contact the Resurrection Church about having the Friday night pot luck at that location. Raffle items discussed. Suggestion that individual groups each sponsor a large basket.

It was suggested that we announce at meetings the availability of service positions.

Survey responses are coming in. Results next month. Surveys available at Intergroup office.

Treasurer's report showed an influx of money due to retreat registrations, however no expenses posted yet.

ABSTINENCE is the ability to control anger and settle differences without resorting to food for comfort. From Spirit of Hope newsletter January 2000

Overheard at the Spring Retreat
"Diarrhea of the pen prevents constipation of the mind"
"...and another thing!!"
"I, _____ am willing to work the program."
"Desperate women do not make polite women"

Traditions Point the Way (Continued from page 1)

Each of the **Buts** gives us an absolute rule followed by a clear, specific exception. These three traditions are often misunderstood and misapplied when the whole tradition isn't used:

Tradition Four asserts that each group is autonomous but doesn't act in a way that will affect other groups or OA as a whole.

Tradition Eight reminds us that we are not professionals, but we can employ people to do needed work in the administrative aspects of world service, region, and intergroup.

Tradition Nine tells us that the OA program is not organized – the steps and tools may be worked by every member in any way he or she wants – but we can create service bodies and committees that are responsible to our groups.

The twelve traditions are meant to be applied together as a unified whole at all times in all situations. We create problems for ourselves when we decide to pick and choose which traditions we will use and which we will ignore. We all need the traditions just as much as we need the twelve steps to recover. T.G., Overland Park, KS.

FOR TODAY, PAGE 262

FEAR WEARS MANY MASKS. IT IS WHAT OFTEN LIES BEHIND MY FAÇADE OF SILENT SCORN, PASSIVE REFUSAL, A HALF-DEAD STATE OF NO FEELING. I CAN WRAP THE CLOAK OF FEAR AROUND ME AND SAY NO. NO, I WILL NOT GO. NO, I HAVE NOTHING TO SAY. NO, I CAN'T DO IT.

I CAN REMAIN LOCKED AWAY, OR I CAN REACH OUT, TAKE ACTION. ACTION CAN CHANGE MY OUTLOOK, BREAK THROUGH THE FEAR. AS I DO THE FOOTWORK, I REGAIN CONTACT WITH MY HIGHER POWER AND, WITH GOD'S HELP, COME BACK TO LIFE.

YES, I WILL SHARE AT THE MEETING. YES, I WILL GO TO THE CHILDREN'S SCHOOL PARTY. YES, I WILL GIVE THANKS TO GOD FOR MY RELEASE FROM THE BONDAGE OF FEAR.

FOR TODAY: THE COURAGE TO REACH PAST MY FEAR IS WITHIN ME, BUT IN THIS FELLOWSHIP, I DO NOT HAVE TO MAKE THE TRIP ALONE.

**Quotes from OA 12 & 12
Step 5**

"In step five we are learning a new way of life." Pg 46

"We willingly open our hearts so that a life-changing power can come in and heal us." Pg 46

"We are neither above nor below the rest of the human race; we're a part of it, shaped by the same basic needs and desires as our fellows." Pg 47

"What we need is a loving witness, someone who will keep our confidences and will listen without judging or seeking to fix us." Pg 49

No passion so effectively robs the mind of all its powers of action and reasoning as fear. **Edmund Burke**

Sponsorship: Together We Recover

Editor's Note: I will be leaving on May 7th and flying to the World Service Conference in Albuquerque, NM. I am excited out of my gourd (well, maybe that's a little too much excitement!). Anyway I earnestly covet your prayers, good wishes, and kind thoughts. Please pray that all the delegates travel safely and that we operate in unity for our wonderful OA Fellowship. Priscilla L.