



OAsis

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

January 2009

918-632-0199 www.tulsaoa.org

2009 IG Board/Committees

Chair: Priscilla L. 402-8183
Vice Chair:
Rec. Sec:
Treasurer: Amelia A. 344-5039
Rep/Del: Priscilla L. 402-8183
Rep/Del: **Amelia A.**
Alternate: **Sally D.**
Web:
Tape Library: **Kim W.**
Pop: **Pat A.**
Newsletter:
Prof. Outrch:
Office Mgr: **Evelyn**
Lifeline Rep: **Kelly D.**
Fundraising:
12 Step Within:
Young People's:

**Names in red to be voted on
at January IG meeting
January 10th.**

Step 1

*We admitted that we were
powerless over food - that
our lives had become
unmanageable.*

Tradition 1

*Our common welfare should
come first; personal recovery
depends upon OA unity.*

Concept 1

*The ultimate responsibility
and authority for OA world
services reside in the
collective conscience of our
whole fellowship.*

Coming Events

Jan 19, 2009

OA's 49th Birthday

February 28, 2009

Unity Day

April 3-4 2009

Region III
Assembly & Convention
Oklahoma City, OK

April 24-26

Spring Retreat
Camp Wa-Sha-She
Bartlesville, OK

May 4-9 2009

WSO Conference
Albuquerque, NM

August 26-29, 2010

OA WSC & 50th Anniv.
Los Angeles, California

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

Happy 2009! HAPPY NEW YEAR

Despite the gloom and doom being reported daily, we in OA have much to be happy about. Where else can we find those who think like we do about food? Best yet, where can we find a Power greater than ourselves that can restore us to sanity! (What! Me insane!!) Tulsa Green Country Intergroup looks forward to a busy year starting with Unity Day in February, then the Region III Assembly in Oklahoma City in April, and the Spring Retreat at the end of April which promises to be the best ever. It will be a Murder Mystery Weekend. Doesn't that make you shiver just thinking about it! Don't miss any of the fun, excitement, fellowship and recovery taking place in Overeaters Anonymous! *(Be there or be square.)* Editor



Step 1 Prayer

*God, grant me the
serenity to accept
the things I cannot
change, courage to
change the things
I can, and wisdom
to know the
difference.*

Help Wanted – Positions Available

Intergroup has several openings for anyone wishing to boost their program by becoming involved in service. As a person who USED to have absolutely NO intention of doing OA service, here I am as Chair! How the heck did that happen? Well...my program began to be sort of wishy-washy. You know the feeling. So... I prayed to my Higher Power for help. Suddenly I had this overwhelming desire to work on the OAsis, then I chaired a spring retreat, AND I was selected to attend WSO 2008 in Albuquerque when the other delegate couldn't attend. My Higher Power was doing for me what I was unwilling to do for myself. Service has put my focus on my OA program and recovery. ☺

“Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating.” From the OA Preamble



January Intergroup Mtg. will be held on Jan. 10 @ 9:45 @ OA office

Notes from December 2008 Intergroup meeting:

A new chair was elected while the remainder of the elections were postponed until the January IG Mtg. Priscilla L was voted chair.

Discussion was held on the upcoming lease renewal. A committee was formed to research the different possibilities. Amelia A., Sally D., & Priscilla L. agreed to check with the management and report at next meeting.

Karen B. has agreed to chair February's Unity Day & already has nifty ideas.

Going To Meetings without Going to Meetings

I am a person who sometimes has a problem making it to meetings. Since they are so important to my recovery I have discovered several ways to get a meeting in when I can't make it to the meeting room. Here is what I do:

- **Have a meeting by yourself by reading "Lifeline."** I heard someone say that Lifeline was a meeting in a book. In fact it really is several meetings in a book.
- **Have a meeting by yourself by listening to a Podcast.** I have found, quite by accident, that there are HUNDREDS of meetings on the web. I started out by googling "overeater's podcasts," and "Overeaters Anonymous podcasts." I also found many podcasts at my Itunes store by searching for the same keywords. When I use Itunes I can subscribe to many podcasts and will receive updates as they come available. I can listen to these podcasts on my computer; download them on to my Ipod of mpeg player, or burn a CD. I now have a meeting ANYTIME I need one which is almost always. Right now I am on my way to doing a 60-60 (sixty meetings in sixty days). I can accomplish this with the podcasts.
- **Have a meeting by yourself by reading O.A. Literature.** I can remember the time when there was hardly ANY O.A. literature available. Now we have many books and pamphlets to read.
- **Have a meeting by yourself by writing.** There is something about squeezing my feelings out of my fingertips and onto the keyboard or paper that helps me recover.
- **Call someone in the program when you can.** I have always found people willing to listen and willing to share.

Jon from the Tuesday Noon Group

NEW MEETING
5 By 5
5:05pm til 6pm on
Sundays at the
Intergroup Office
starting January 4th.

FOOD FOR THOUGHT
"FORGIVENESS IS HAVING GIVEN UP ALL HOPE OF HAVING HAD A BETTER PAST" ANNE LAMOTT

Quotes from OA 12 & 12 Step 1

"What all of us have in common is that our bodies and minds seem to send us signals about food which are quite different from those a normal eater receives." *Page 2*

"This mental obsession was something we couldn't be rid of by our unaided human will. Another power, stronger than ourselves, had to be found to relieve us of it, if we were to stop eating compulsively and stay stopped." *Page 3*

"We hid from our pain by eating, so we didn't learn from our mistakes; we never grew up." *Page 5*

Support Lifeline

Lifeline is OA's meeting on the go.

Give service to this meeting by subscribing to Lifeline. Subscribe to Lifeline for yourself, a friend, a newcomer, a library or a doctor's office.

Lifeline – OA's Magazine

This announcement was directly lifted from my December copy of the Lifeline. If you do not currently subscribe, I urge you to consider a 1 year subscription. This publication is for our fellowship, by our fellowship and contains insights from both successful and struggling OAers (just like us!). There are old issues at the Intergroup Office on top of the bookshelf in the main meeting room. Help yourself and discover how this publication will aid your program. **Editor**