

There's no cure for compulsive over-eating, only recovery.

Following is a prayer shared by Bill O:

*I am the place  
where God shines through  
For He and I are one  
not two.*

*I need not fret  
nor fear, nor plan  
He wants me where  
and as I am.*

*And if I be  
relaxed and free,  
He'll carry out His plan  
through me.*

**O. A. IS A ROAD TO RECOVERY**

# WANTED!!

## Recipe

Mary Ann L.  
is still attempting  
to get a cookbook  
together... so...  
please call her with  
your special recipes-  
or send them to me  
(with anything else  
you'd like in your  
newsletter)

Gerri Beth Borcia



## O. A. HOW

## TRY IT,

## IT WORKS!

Throughout the realm of Area 602

The tool we need is the ringing of our phone

From OA friends we need a frequent fix

Of comfort that we never are alone.

What makes the phone ring? Sadly, it is true,

It does not ring itself, it needs a hand

To dial a number, so it can really do

As Alexander Graham Bell had planned.

To prompt the ringing of our phone to start,

The Tools of OA/HOW show us the way:

To get those calls, each member must do their part

By vowing themselves to make four calls a day.

### Region III Sponsor-by-Mail Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

☐ Want a Sponsor by mail.

☐ Willing to be a Sponsor by mail.

Optional Questions:

Phone number: \_\_\_\_\_

Age \_\_\_\_\_ Gender \_\_\_\_\_ Step you have worked up to? \_\_\_\_\_ Married? \_\_\_\_\_

Kids? \_\_\_\_\_ Comments/Hobbies/Special Requests \_\_\_\_\_

Mail completed form to: Heike Ewing,  
Sponsor-by-Mail 3917 E. 26th St Tulsa, OK  
74114-4711

# Support Your Intergroup

## UPCOMING EVENTS:

### TUESDAY

WHAT ABOUT TUESDAY? YOU ASK. WELL I'LL TELL YOU.....

EVERY TUESDAY NIGHT AT 7:00PM IS A NEWCOMERS MEETING!!!

CHECK IT OUT!!! ST. JAMES METHODIST CHURCH  
3255 N. CAMPBELL RM. 6

### SATURDAY

INTERGROUP MEETS EVERY THIRD SATURDAY OF THE MONTH!!

WE REALLY NEED YOU THERE. NEXT MEETING IS SCHEDULED

FOR MAY 21st. THE MEETING IS HELD AT UMC DINING ROOM

AT 10:00AM UNLESS OTHERWISE ANNOUNCED. SEE YOU THERE!!

### A SPECIAL THANKS.....



A VERY SPECIAL THANK YOU TO ALL WHO HAVE SUBMITTED ARTICLES  
FOR THE NEWSLETTER AND RECIPES FOR THE COOKBOOK!!! THEY AND  
YOU ARE APPRECIATED VERY VERY MUCH.

POALA-YOUR LETTER REALLY MADE A LOT OF SENSE TO ME AND I

ENJOYED IT-I HOPE YOU ALL WILL.

THANKS AGAIN!!

WE ALSO WANT TO THANK ALL OF YOU WHO ARE SPONSORING AND DOING SERVICE

WE NEED YOU!!!!!!!!!!!!!!!!!!!!







Recently I got out of a rough period of my life, during which I relapsed. During relapse I've learned more than all the time I've been in OA. That's why I want to share with you something I came to realize, and that is that God gave me free will to do whatever I want with my life. It took me awhile to realize that He *worksthrough* me, but He won't *do it* for me. We're a team. Without God I can't do it, and if I don't let Him work with me He won't do it by Himself.

Having faith alone is a half measure, and as we know, "half measures avail us nothing."

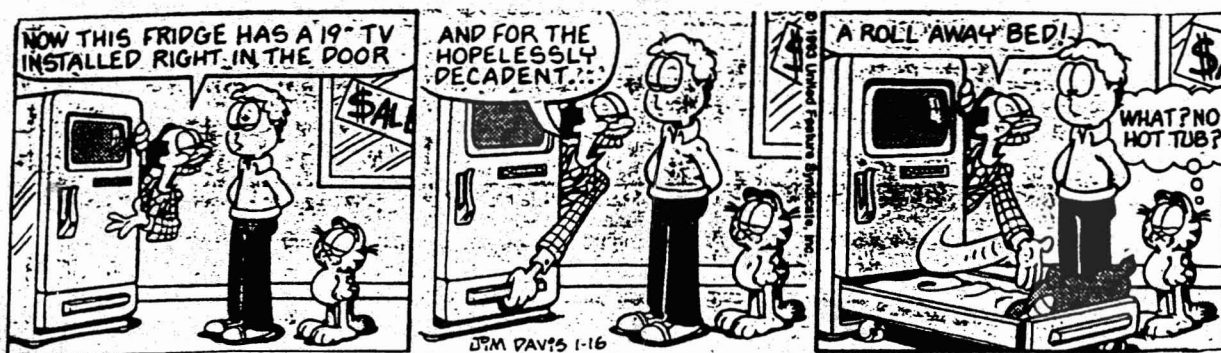
To let God take over my life was an extremely hard job, and it still is, for I have to do it on a daily basis. When I relapsed I couldn't find the willingness to work with my Higher Power, and food only drew me farther apart from Him.

But I kept praying. That's the best (and only) thing I could do! Eventually I got my abstinence back, and now I know that being abstinent is a gift from God. It's like a reward for letting Him in my life.

Relapse was very scary, and I really felt how powerless I am over my life, and how fragile my abstinence is. Today I'm trying to be fully aware of my feelings and work with them, or feel them whenever they come up. Today I carry with my this "healthy" fear that won't let me forget where I came from.

To let God into my life, I had to learn to surrender and be humble. These are actions that I need to take on a daily basis. Yes, I take the action. God gives me the strength, and I work with it. That's why today I know that faith alone doesn't do the job. It's a two way road. I work with God and He works with me!

Paola C.



Time  
for  
OA !!