



STEPPING STONES

August 2019

Your "trusted servants" (Tradition 2) at Greater OKC Intergroup are working to help you and your meetings stay strong to carry the 12 Step message of recovery from compulsive overeating. **Stepping Stones** offers a look at what's going on and how you can become involved. If you have questions or comments, send email to:

intergroup@oaokc.org

You can also use the email address to submit items for the newsletter or to add your name to the email list for info updates.

EVENTS

- **OKC Intergroup meeting:** Aug. 10, 10:30 am., 2800 NW 36th, Suite 210
- **Possible Sponsorship workshop**, Aug. 17 or 18, OKC and-or Norman. Sponsorship Day is suggested to celebrate the role of sponsorship in individual recovery. Two or three people are needed to coordinate this. ***Be on the lookout for email or announcements with more information.***
- **Region 3 2020 planning meeting:** Sept. 21, 10:15 a.m. Listen in at the IG office (2800 NW 36th Suite 210), or call 712-432-3900 Conference Call ID: 418457
- **Fall retreat**, Oct. 18-20, St. Crispin's (near Wewoka, east of Norman)
- **2020 Vision — Focus on Recovery** (Region 3 Assembly/Convention, co-hosted by Tulsa and OKC IGs): March 27-29, 2020, Embassy Suites, Tulsa

Are your meetings represented at Intergroup? Everyone is invited to attend. Each meeting needs that connection to the service body, and the service body benefits from the representation of each group. Together we get better!

JOIN THE FUN FOR AN INCREDIBLE JOURNEY

It's almost Region 3 convention time in Oklahoma again. 2020 Vision — Focus on Recovery will take place March 27-29, 2020, in Tulsa. And for the Saturday night entertainment, we're reviving "The Incredible Journey of Dot," a musical skit first performed at Region 3 conventions in OKC in 2003 and 2009.

Who remembers the song and dance skit about Dorothy (we call her Dot) and her incredible journey from misery to hope, from relapse to surrender and then to true recovery??? (We know some of you remember, because YOU WERE IN IT!) The songs are still cute, funny, and so apropos.

Pat G and Allison B took the skit to Tulsa's July Intergroup meeting. Lyrics were handed out and the skit was explained. Everyone sang along and had a good time. By the time we sang "surrender, acceptance, well, this is the answer. The First Step is a girl's best friend!" we had 4 Tulsa volunteers excited to participate!

We need OKC volunteers, too — the more the merrier! If you've ever wanted to help put on a show, this is your opportunity. Allison and Pat are ready to help anyone with even the faintest desire to be on stage fulfill that dream. The tunes are familiar, the dance steps simple and fun, and all the words are on CUE CARDS!!! Willingness to have fun in front of others is more important than acting experience or singing ability.

If this sounds like something you want to be part of, send email to intergroup@oaokc.org or contact Allison at 405-821-9089 or adoc@hotmail.com. Rehearsals will begin in the fall, and participants can get recordings of the music and dances to help you learn at your own pace.

Remember, what happens at R3 stays at R3, so come kick up your heels and warble along with us on this incredible journey with Dot!

Have you heard? Speaker meeting gets strong support

After the success of the July 21 Speaker Meeting, in which Cathy C. shared her story of recovery in OA, some have asked if this will be a monthly event. Nothing was set as of July 30. The person who organized the July event said it's as simple as setting a date, finding a speaker and getting the word out. She encourages another person to step up to provide the service. If interested, send email to intergroup@oaokc.org.

Also, don't forget these opportunities to raise your voice and share your story:

OKC IG Speaker List: A minimum of six months of abstinence is desired. To learn more or get your name on the list, send email to intergroup@oaokc.org.

Region 3 Available Speaker List: People with at least a year of abstinence can sign up using this link: <https://forms.gle/jZPTSGAq2W4dGMG66>.

WSBC 2019 recap

More than 180 delegates from the U.S. and 16 other countries gathered in Albuquerque, New Mexico, May 6-11 for OA's 58th annual World Service Business Conference. The theme was "Growing Our Membership Worldwide." Workshop titles included: How Attractive Are We to New Members?; Keeping Members Engaged; Social Media: KISS (Keep It Super Simple); What Up? Attracting Young Persons; Multiplying Recovery: Virtual vs. F2F. Delegates also participated in "Each One Reach One, Every Day: Carrying the Message of Hope," an interactive forum that focused on sharing and carrying the message of recovery to newcomers and returnees. Also during Conference, a special Seventh Tradition was collected for OA's general fund totaling \$6,252.

For information about WSBC voting results, read the 2019 Wrap Up Report. Find it at oa.org/documents under "World Service Business Conference: Frequently Used Documents." The WSBC 2019 Final Conference Report will be available online in late August.

OA's New Definition of Abstinence and Recovery

OA approved the following statement to better define abstinence and recovery.

"The WSBC 2019 accepts the following definitions:

1 Abstinence: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

2 Recovery: Removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program."

DID YOU KNOW?

The suggested contribution at meetings is now \$5, although this continues to be only a suggestion; there are no dues or fees for OA membership. According to a message from the WSO treasurer in the Third Quarter 2019 "A STEP AHEAD" newsletter, the decision to increase the suggested meeting contribution was made in February 2019 by the Board of Trustees.

The treasurer wrote: "One US dollar in 1970 is equivalent to \$6.59 today, but inflation is not the only reason for increasing the suggested contribution to \$5. OA's rapid growth since the 1970s has finally cooled. Our statistics and surveys show that we have maintained a level membership base for the past 10 years, and this cooling has caught up with the world service budget. The board has responded already by implementing many cost-saving initiatives

and working carefully with the WSO managers to reduce expenditures. Trustees have worked to spread awareness of our Seventh Tradition needs among the Fellowship by publishing articles in A Step Ahead and submitting reports to WSBC delegates. But, even with these efforts, we are only making ends meet. ... With your contributions, the WSO is not only expected to support the current Fellowship but also to raise awareness so those who still suffer can find OA when they are ready. These endeavors cost money and are more reliant on technology than they were even a decade ago, when the suggested meeting contribution was last increased to \$3. ... While \$5 may not be possible for all our members, it may be possible for some, and what better place to share your generosity? Your contributions not only support your group but are also passed on to support all service levels. Each level will benefit from an overall increase in contributions."

To read the entire message from the WSO treasurer, go to A STEP AHEAD newsletter at <https://oa.org/members/service-resources/a-step-ahead-newsletter/>

In case you missed it

The State Convention in June drew a full meeting room to share experience, strength and hope. Larry K from Chicago shared his experience of recovering from compulsive overeating using the 12 steps as presented in the Big Book.

These were among one attendee's takeaways that have aided recovery:

- Recovery comes from working the steps — the practical program of spiritual action. Meetings, literature, telephone — even sponsorship and a plan of eating — are tools. They are not the program of spiritual action that leads to recovery.
- Strong meetings focus on studying the steps and sharing experience, strength and hope related to working the steps.
- The only requirement for OA membership is a desire to stop eating compulsively. I don't have to be working the steps to be a member. At the same time, I should not be surprised that I have not been freed from compulsive overeating if I'm not working the steps. RECOVERY COMES FROM WORKING THE STEPS!
- Even if I currently am unwilling or unable to work the steps, if I identify as a compulsive eater/overeater, I'm better off being in the program and using the tools to the best of my ability than I would be going it alone. That's because I'll be around the answer when I become willing. HOWEVER: The risk is that I'll get enough relief from using the tools that I will forgo working the steps and miss the promises of true recovery.