



STEPPING STONES

June 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

- **Monthly OKC IG Meeting:** June 8, 10:30 am at the IG office, 2800 NW 36th, Suite 210
- **State OA Convention:** June 14-15 in OKC (see related article and attached flyer)
- **Region 3 2020 planning meeting:** June 22, 10:15 a.m. Listen in at the IG office (2800 NW 36th Suite 210), or call 712-432-3900 Conference Call ID: 418457
- **Region 3 Assembly/Convention (OKC is co-hosting this event in Tulsa):** March 27-29, 2020, Embassy Suites, Tulsa

Raffle Items needed for convention. Have something gently used that you would like to donate to raise money to help carry the message? Bring donations to IG Office or send email to intergroup@oaokc.org to find out other ways you get your items included. Donations of gift cards, OA literature, journals, self-care items—even cash — can be packaged into attractive raffle items.

Oklahoma State OA Convention: “Build Your Big Book Foundation”

For more than 20 years, Oklahoma has had a summer OA convention, hosted in alternating years by the Oklahoma City or Tulsa intergroup. This year, it’s in OKC!

“Build Your Big Book Foundation” and strengthen your recovery June 14-15 at **St. Paul’s Episcopal Cathedral, 127 NW 7, OKC**. An OA member with 18+ years of abstinence, Larry K from Chicago, will share his story and lead a study of how to recover from compulsive overeating using the 12 steps as presented in the Big Book.

You can support this great event by attending, by sharing in the potluck meal Friday and the catered lunch Saturday and by donating raffle items and buying raffle tickets.

Looking for a service opportunity? Setup is at 3:00, come and help setup.

Friday, June 14—registration 5 pm; potluck meal 6 pm; speaker & program 6 to 9 pm.

Saturday, June 15—registration 8 am; program 9 am to 4 pm, with speaker, breaks, raffle (buy tickets) and a catered lunch (no extra fee).

Suggested donation (pay at door)—Friday \$10; Saturday \$15; or give what you can.

Questions? Contact Allison B (405-821-9089, adoc55@hotmail.com) for potluck suggestions, **catered meal reservations** and other details.

Read more about the speaker and program as well as directions for getting there on Page 2.

Afterward: Saturday night, all are invited to join the convention hosts for dinner with the facilitator, at a local restaurant, to be announced. (Pay your own way.)

Raise your voice / Share your story

OKC IG and Region 3 seek OAs to share experience, strength and hope.

IG Speaker List: Intergroup is making a speaker list for OKC area events. 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, who are willing to carry the message within the rooms, are encouraged to sign up using this link: <https://forms.gle/jZPTSGAq2W4dGMG66>. Applicants can choose a special focus, indicate how far they are willing to travel, and provide a little information about themselves. R3 includes Oklahoma, Texas, New Mexico, Utah, Colorado, Arizona and Nevada. *Spread the word and do service!*

A little more about the STATE CONVENTION

The guest speaker, Larry K. from Chicago, has more than 18 years of abstinence and has maintained a large weight loss. On Friday evening and throughout Saturday (June 14-15), he will both tell his personal story of recovery and lead us through the Big Book's discussion of the nature of the disease and the proven, workable method for recovery from it.

Long-term recovery from compulsive overeating and disordered eating behaviors is possible. The cycle of relapse and weight gain, surrender, recovering abstinence for a time, but then losing it again, DOES NOT have to keep happening.

OA members who have long-term abstinence and weight loss report that they fully surrendered to the facts of their diseased body and mind. They stopped the cycle of forgetting what happens when binge foods are consumed and then being powerless to stop once the cycle began. They learned the simple formula for not starting the cycle again today, one day at a time. In order to fully surrender, and to access a power greater than their own to keep them surrendered, they had to have a spiritual awakening. One day at a time, a compulsive overeater can maintain the spiritual awakening and be free of the phenomenon of craving and the obsession of the mind.

The AA Big Book explains the nature of the malady. The physical, emotional and spiritual aspects of the disease of alcoholism are outlined in The Doctor's Opinion, Bill's Story, and the first three chapters. These symptoms are present in all addictions, including the addiction to food, dieting, and disordered eating behaviors.

The rest of the 12 steps are discussed in the remaining chapters, just as the founders of AA worked them in the 1930s. Completing the steps and continuing to use them is the way to maintain the spiritual awakening that prevents starting the cycle.

Simple, right????!?!?!?! Well, come to the convention and find out! See the flyer with all the details. Call with any questions. Donations at the door, please pay what you are able. Everyone interested is invited.

Remember, one of the paradoxes of the program is that in order to keep your recovery you must give it away. So, by attending the convention, you can help Larry stay abstinent. He needs to give it away to us!

OA on Instagram: https://instagram.com/overeatersanonymous_official/

OA Podcast resource: <https://www.owltail.com/podcasts/3620-overeaters-anonymous>

Become a **Region 3 Speaker:** sign up at <https://forms.gle/jZPTSGAq2W4dGGM66>

Big Book OA Study authored by Lawrie C: <http://oabigbook.info/basicpage.html>

In case you missed it

The Spring Retreat at St. Francis of the Woods in mid-May was an amazing example of how it doesn't take large numbers of participants and good weather for a recovery event to be successful. A dozen OAs gathered, which made it easier to stay in the spacious, comfortable lodge rather than trek back and forth to the learning center when the rains came. Within a loosely structured format, speakers shared great information. One favorite handout described important differences between "trying" and "being willing." Another showed resources for recovery available at oa.org. Even with such a small group, the raffle raised a nice sum for the retreat fund. Someone who had questioned whether a spring retreat was needed this year (since OKC is hosting the convention in June) ended up attending, and God showed her the answer: YES! People seemed willing to set aside their ideas of what a retreat *should* be and just let God work. Sincere thanks to all attended and-or supported the retreat in any way.

Step 6 – “Were entirely ready to have God remove all these defects of character”

Tradition 6 - “An OA. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”

Spiritual Principle: WILLINGNESS

12TH STEP WITHIN

The compulsive eater who still suffers isn't always a newcomer or someone outside the program. Those who have been around a while can also struggle. **How can you carry the message within OA?** Set a reminder on your phone to **make a 12th step call on the 12th** of every month. Such a small gesture could make a big impact! 12th on the 12th – or any other day of the month.

AV4U Recorded Phone Meetings: Meetings are recorded M-F, plus Sunday Special Edition. In order to access the recordings at any time of the day, dial 712-432-5203; Meeting ID: 876148#; to hear latest meeting press 0#.

Podcasts can also be found at <https://www.avision4you.info/7am-daily-meeting-podcast/> (you may need to sign up as a member first)