



# STEPPING STONES

[intergroup@oaokc.org](mailto:intergroup@oaokc.org) **Contact us with:**

- Question or comments
- Join the mailing list
- Information for Intergroup or the newsletter
  - Stories
  - Summaries/ take-aways from conferences

## UPCOMING EVENTS:

- **Next IG Meeting:** May 11, 10:30 [1-408-638-0968](tel:1-408-638-0968), Enter meeting ID: [379056799#](tel:379056799#)
- **OKC 2019 Spring Retreat** May 18-20, St Francis of the Woods
- **Oklahoma State Convention** - OKC June 14-15, St. Luke's Episcopal Church
- **Region 3 2020 phone meeting** Sat, June 22, 10:15 am, 712-432-3900 Conference Call ID: 418457
- **Region 3 Assembly / Convention** (with help from OKC IG) March 27-29, 2020 Embassy Suites, Tulsa

## Resources:

- OA OKC: <http://www.oaokc.org/resources.html>
- OA Bookstore <https://bookstore.oa.org/>
- Region 3 <http://www.oaregion3.org>
- Tulsa OA <http://www.tulsaoa.org/>
- A Vision For You phone meeting: [www.avision4you.info](http://www.avision4you.info)

## SERVICE OPPORTUNITIES:

*Any of these opportunities are a great way to expand your recovery network and thus strengthen your program*

**Intergroup Rep:** Carry the message back to your home group by becoming an Intergroup Rep. We need representation particularly from outlying areas. If you are interested in staying in the "know" and spreading the word, please consider being a representative for your group. Can't make it to OKC for the monthly meeting? Dial-in at [1-408-638-0968](tel:1-408-638-0968), Enter meeting ID: [379056799#](tel:379056799#)  
Make sure you are on the IG Rep Distribution List so that we can send you news throughout the month.

**OKC 2019 Spring Retreat:** If you are interested in offering service, please state your willingness when you email [intergroup@oaokc.org](mailto:intergroup@oaokc.org) with your RSVP.

**Oklahoma State Convention:** If you are interested in offering service drop us an email: [intergroup@oaokc.org](mailto:intergroup@oaokc.org)

**Raffle Items needed.** Have something gently used that you would like to donate to carrying the message. Bring donations to IG Office.

**Committee Member for Region 3 Assembly / Convention:** If you are interested in offering service call in on **Sat, June 22, 10:15 am**, 712-432-3900 Conference Call

## OKC Intergroup going virtual!!!

We will be **testing** at next OA Meeting, Saturday May 11, 10:30

Call in: [1-408-638-0968](tel:1-408-638-0968), Enter meeting ID: [379056799#](tel:379056799#)

## Great News for Groups and OA Newcomers

### New Comer Pamphlet

**Where Do I Start?** OA's NEW Newcomer Pamphlet is now available at [bookstore.oa.org](http://bookstore.oa.org) for just \$1 each

Greet newcomers with a **single attractive pamphlet**, helping them to get started and feel welcome to OA.

The new 32-page pamphlet (#705) titled **Where Do I Start?** Has everything a new-comer needs to know, draws from the pamphlets in the former New-comer **Packet** while **eliminating the repetition**.

# EXPERIENCE, STRENGTH, HOPE

Early in my 30-plus years in OA, I regularly attended retreats, conventions and other special events. In recent years, I've gotten out of that habit. So agreeing with a program friend to attend the Dallas convention in late April was outside of my comfort zone. I had to overcome my resistance to the cost, schedule (other things I would miss while there), location and some anxiety about sharing a room with people who aren't members of my family. I also had mixed feelings about the format, with most of the sessions involving a single OA member sharing his experience, strength and hope in working the 12 steps of Overeaters Anonymous using the method described in the Big Book of Alcoholics Anonymous. I was familiar with this speaker and his approach and knew it worked. Still, I feared learning more about it would cause me to feel defensive about my own ways of working (and struggling with) the program. I feared I might end up discouraged rather than encouraged.

Since I had paid my registration and made a commitment to roommates, I followed through in attending.

And I am grateful beyond my ability to fully express.

Words and actions that have stayed with me since the convention include:

-- I can work the steps on my struggles and resistance. An honest 10th Step will reveal causes, effects and what to do.

-- Honesty without compassion can be cruel. Compassion without honesty can kill.

-- Do I want a recovery meeting or a support meeting? Recovery meetings are action meetings. People at recovery meetings work the steps and carry the message.

-- Frustration is often anger that I don't want to label honestly. Failure to deal with it (anger, frustration or however I identify it) leads to resentment. Resentment that is not dealt with leads to self-pity. That's where depression and hopelessness can really take hold.

-- It is important for me to remember that "excitement" is one of the dangers mentioned on the last page of the Big Book's Into Action chapter. Excitement and energy are good -- to a point, as with all things. I have to remember to temper even my hope and excitement and enthusiasm, so I can keep pace for the long haul. What's that other word on that page? Discipline. Oh yes. "We let God discipline us in the simple way we have just outlined," the Big Book states, after the instructions for Steps 10 and 11.

It's amazing the difference a little willingness, open-mindedness and honesty makes!! I've heard it many times and believe it more today: WILLINGNESS is the key. Willingness comes from prayer, and from continuing to pray, suit up and show up until it comes. I'm learning that I also need to keep praying, suiting up and showing up after willingness comes.

Dare I hope that this convention will turn out to be one of those pivotal moments in recovery, when God is able to break through my resistance and excuses so that I respond with action and faith? I guess I will find out -- one day, one choice, one action at a time. God's will, not mine, be done.

---Anonymous