



*I hear, I forget
I see, I remember
I do, I understand*

Chinese Proverb

All too often I want to understand something before I do it. This line of thought may originate in the part of my mind that wants to be a perfectionist, or it may originate in the part of my mind that wants to slip into denial. I was told when I first got in the Program to "utilize" rather than "analyze" the Steps.

I am very adept at rationalizing how (or not) things are going to work (or not). I can make tons of excuses, and I can justify every thought or action that I take. When I use the steps on any situation, it helps me get my thinking straight and into action. The action offered in the step work gets me on the right track with God and with the human race.

I used to sponsor a person who was always asking me "Why." "Why? Why? Why?" I heard it so much that it

started to sound like whining to me. It does not make any difference! That is one question that God has never answered for me. He will; however, answer Who, What When, Where, and How because that is the direction in which my recovery lies.

I hear lots of things in meetings and from Program people that I forget. I see results that people are getting, and I remember. I utilize the Steps and take the action they require of me and I truly understand how beneficial they are to me and the people in my life.

They are a gift that has been given to me to pull myself out of the muck and mess that I can get myself into. They teach me how to live the way that God would have me live. I never cease to be amazed. My relationships are much better. I am on as good as terms as possible with all people. I don't hate myself anymore because I can't wrest the satisfaction out of life the way I want life to be. God's way is much better than mine. I would

have never known that had I failed to do the Steps.

-KH, League City

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ANONYMOUS



®

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OAsis Board Elections

What a blessing it is to have a safe and welcoming place to come for meetings, sponsorship sessions and quiet time!

We all love and appreciate the OAsis Club. The Club is maintained not only with our 7th Tradition donations and memberships, but also through the service efforts of its Board and other volunteers. And it is almost time to elect members for next year's OAsis Club Board of Directors.

Being a Board member is a wonderful form of service to OA and our fellows. It's also a fantastic way to develop closer friendships with other Board members and strengthen ties within OA. The commitment includes attendance at the monthly meeting on the second Saturday of each month. The officers are President, Vice President, Secretary, Assistant Secretary, Treasurer, and Assistant Treasurer. There is also a committee chair position for Operations and Maintenance. While some current members will be running for re-election, all positions are open for nominations. We will be completing the slate of nominees at our September meeting on September 12. If you are interested in running for any position, we must

have your nomination before that meeting. You can nominate yourself or another Club member as long as the following qualifications are met.

Per our By-Laws, "To be eligible for election to the Board of Directors, a candidate must be a dues-paying member of the Club who is committed to practicing an abstinent recovery program as of the date of the annual meeting of the membership at which he or she is to stand for election."

Please consider whether you'd like to take this service opportunity. Ask any of our Board members about their positions and the duties involved. The current Board is posted below and also in the Club with phone numbers and e-mail addresses:

President:	Marilyn M
Vice President:	Dawn G
Secretary:	Annette S
Asst. Secretary:	Kelly C
Treasurer:	Amy W
Asst. Treasurer:	Vacant
Ops & Maint:	Lenna M

Oasis Club Membership: A Twelfth Step

What is the Oasis Club?

The Oasis club is many things to its members:

- First and foremost, it is a safe, convenient meeting place for OA meetings.
- It is Houston's only facility entirely dedicated to OA activities.
- It is an ideal meeting place for sponsors/sponsees.
- It is quite a safe place to mediate.
- Simply, it's a place any club member can come to use anytime.

Why join the OAsis Club?

- Membership helps to keep the Club open and available for meetings.
- Members may have a key for easy access to the Club.
- And...to enjoy the benefits listed above!

Oasis Club dues:

Annual \$55.00
Semi-Annual \$30.00

The Oasis Club needs your support to keep supporting OA! Dues may be placed in the 7th Tradition basket in the dues envelope available at the Club, or mailed to Oasis Club: Vice President – Membership, 5645 Hillcroft, #102, Houston, TX 77036

Around Town

The Oasis Club Monthly meeting is the second Saturday of the month at the Oasis Club, 5645 Hillcroft, Suite 102 at 9:45 AM.

HMI Quarterly Meeting

2009 Meetings

August 15 & November 21

Oasis Club, 10 am

Recovering OA Men & Women Retreat

Holy Name Retreat Center

August 8 -10, 2009

www.passionist.org

Fall 2009 Region III

Assembly & Annual Convention

Albuquerque, NM

October 16-18, 2009

www.oaregion3.org

Watch the OAhouston.org website for upcoming workshops and events

When I came into the OA rooms, I was overwhelmed with thoughts of food. I could not concentrate in office meetings. I had begun to hate anyone who stood between me and the food I wanted to sneak and eat. I was seeking a therapist, because I thought I was going crazy. I would make my favorite sweets and then eat until I was sick. I would throw the remainder out and then get it out of the garbage and start eating it again. I would be crying and disgusted with myself but unable to stop. I felt like the "friend" food had always been to me had turned on me and was trying to kill me. My blood pressure, triglycerides, cholesterol and thyroid production were all out of whack. I slept more than I wanted to, but couldn't muster the energy to get up and do anything. My self esteem was at a serious low ebb.

At my first meeting, I heard all these people sharing their struggles with food. They sounded just like me. What a revelation, I was no longer alone! And I heard of people who had what they called "neutrality" with food. I was so happy to learn that I had a disease and wasn't insane, that there was a solution! I cried all the way home that night. During the meeting they said "keep coming back," so I did. I

have not missed that particular meeting in almost 5 years, unless I was out of town or very sick. I love walking into the room. I feel a sense of welcome and release that I've never found anywhere else.

I've had my ups and downs, but I always came to the meetings no matter how I felt or what I'd eaten. Recently, I received a chip for 9 months of continuous abstinence. Everyone cheered for my victory. Many hugs were exchanged after the meeting, along with words of encouragement and congratulations. I would never have believed that I would be celebrating 9 months of freedom from binge eating before I found OA, or that I'd be as healthy as I am. Now, I believe that most anything is possible, and I'm trying new things - because for the first time in years, I think I'm worth it.

If you're on that slippery slope, keep coming back because, as we say at the end of our meetings, "It works if you work it, and you're worth it!"

- Shirley P, Houston, TX

Promise # 9: Our whole attitude and outlook on life will change.

I'm Rose-2 a compulsive overeater and alcoholic. And, by the Grace of God and people within and the rooms of OA and AA I am alive and well today.

For the past 28 years and seven months I have been coming to just about any sort of 12-step recovery meetings in order to stay alive and somewhat sane: One day and a time and sometimes one moment at a time. Within the past couple of years I run into a statement that has revolutionized my life and affairs. The statement is: **WHAT'S BOTHERING ME TODAY?** That statement has brought any and all of the former issues that use to send me into extra food into writing and dealing with what's going on in my life today. Whatever going on in my life that makes me feel uncomfortable, scared, gitty, and/or hungry.

Being a seasoned citizen who has a degree in creative writing at times all I need to do is write. And, whatever is going on-on the inside of me will surely come to a head if I just continue to write.

Writing assuages whatever ails me on the inside.

-Rose-2, Houston, TX

Journaling Questions

- ☀ **What does working the program mean to me? Am I working the program honestly?**
- ☀ **What is holding me back from taking the next step?**
- ☀ **Am I sponsoring? If not, what's preventing me from taking that on?**
- ☀ **Do I hold OA members to the same standards as non-program people or do I unfairly expect more of them because they are supposed to "know better?"**

I attended the 10 a.m. Meeting today, at the Bayland Community Center.

They are sharing on Step One, from the Twelve and Twelve of Overeaters Anonymous.

I am reminded of my sponsor, who so kindly told me: "Irma, don't get stuck on Step One. when you walk in the door of any Twelve Step meeting, you are already working Steps One, Two, And Three: you are admitting you are powerless over your compulsion, you are coming to believe that a Power Greater than yourself can

restore you to sanity, and you are making a decision to turn to this power for help, as you attend the meeting.

It is so true. When I attend a meeting, I know I will not be able to binge when I get home. Just for today, the strength and hope of the people in this meeting grant me a reprieve from my compulsion.

When I lose my fear and self-importance, and share exactly where I am in my compulsive overeating program, I am able to share my food plan with my sponsor, with friends in program, and in my journal. I can see exactly what I am doing right, where I need to change, and what I must do.

The suggestions on the Twelve Steps and Twelve Traditions become my spiritual guidelines, and I only ask of my Higher Power to teach me to look at myself with loving kindness and compassion.

And when I am able to look at myself with compassion, without guilt, without fear, without shame, I am able to extend these same actions to my fellow members in OA. Doing the best we can, as we are right now, following a program of physical, emotional, and spiritual recovery.

*In OA love,
-Irma M*

One Person

Nothing was truthful in my life before OA. If people knew the truth, I'd have a ruined reputation. Then I told one person the truth: "I can't stop vomiting after I eat. I've done it so often to rid myself of food that I can't stop. I do it so I can go and eat more. I've used laxatives and enemas and stuck my finger down my throat so many times and I can't stop. And the real insanity is that I've begun drinking alcohol, lots of it at a time, to try and stop. I don't know what to do!"

Little did I know that the one person I shared that private, secret, intimate information with would direct me to an OA meeting. "There's an ad in the paper for Overeaters Anonymous meetings. Maybe you should go." So I went. I called the number in the paper and talked to a woman who suggested I come early to the meeting so she could prepare me for what to expect. And then for the next hour, I wept as I heard experiences like mine. I heard strength from strangers of how they were addicted to the same insane way of living I had been living. I listened as I learned of a disease called Compulsive Overeating.

I don't recall particulars about the meeting or faces in the chairs that night five

years ago. My brain was fogged with the mess I'd made of myself. I did know that I had to keep coming back. I admitted powerlessness and made a decision somehow. That was my very first day of abstinence from forced vomiting. I've been abstinent from that insane behavior every day for five years. I still have the thoughts occasionally, but working the program is my recovery.

How did that happen? I only know that being at the OA meeting had an effect on me. I began to change. The tiny glimmer of hope began to shine in me. The transformation wasn't forced. The transformation was miraculous. The miracle didn't happen in a blaze of lightening, but through the process of believing, sharing, becoming teachable and open-minded, being reachable, experiencing honesty (finally real honesty with myself and with God and with others who understood), and grasping at willingness... then I began to experience a relief, a sense of recovery, a lightness called serenity.

I didn't make this happen. I let it happen. It took a long time. It had taken a lot longer to hit rock-bottom misery, so taking a long time was okay. I stopped gaining weight. My clothes began to

fit looser. I began to feel worthy. Eventually, I had many days of abstinence in a row from the insane eating that fed my disease. OA saved my life and renewed my faith in humanity and restored sanity to my marriage. It works when I work the program of recovery. It will work for anyone who works it.

Twelve steps. Eight tools. Beautiful promises. Experiences shared. Strength gained. Hope gathered. A force of nature? A miraculous program? A gift of recovery? A new way of living? I'm grateful to have said "Yes" when one person showed me the way to OA.

-Karen A., Houston, TX

Helpful OA Acronyms

N.U.T.S. Not using the Steps

S.L.I.P. Sobriety Losing its Priority

F.E.A.R. False Evidence Appearing Real

A.C.T.I.O.N. Any Change to Improve Our Nature

D.E.N.I.A.L. Don't Even Notice I Am Lying

S.T.E.P.S. Solutions to Every Problem Straight

The Twelve Traditions

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

2. For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

3. The only requirement for OA membership is a desire to stop eating compulsively.

4. Each group should be autonomous except in matters affecting other groups or OA as a whole.

5. Each group has but one primary purpose - to carry its message to the compulsive overeater who still suffers.

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

7. Every OA group ought to be fully self-supporting, declining outside contributions.

8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press,

radio, films, television, and other public media of communication.

12. Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

The Twelve Concepts of OA Service

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

2. The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

3. The Right of Decision, based on trust, makes effective leadership possible.

4. The Right of Participation ensures equality of opportunity for all in the decision-making process.

5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws Subpart B.

8. The Board of Trustees has delegated to its Executive Committee the responsibility to

administer the OA World Service Office.

9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.

12. The spiritual foundation for OA service ensures that:

A. no OA committee or service body shall ever become the seat of perilous wealth or power;

B. sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;

C. no OA member shall ever be placed in a position of unqualified authority;

D. all important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;

E. no service action shall ever be personally punitive or an incitement to public controversy; and

F. no OA service committee or service board shall ever perform acts of government, and each shall always remain democratic in thought and action.