

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - JULY 2013

Bringing the Steps Home

A yearlong celebration of the OA Steps through the words of our member groups. As we walk this miracle program, let's share our experience, strength, and hope with the Steps in our newsletter. Each month a new article will open our minds and hearts to the wonders of abstinence through the Steps of OA. - Knowing we have more than 12 groups, we will assign special articles throughout the year to enhance our reading enjoyment.



The only difference
between
stumbling blocks and
steppingstones
is the way in which we use
them

7th Step

By
South Hills Saturday
OA Workbook

Finding I am a blessing

As blessings go, this Spiritual Gift of Humility was not what I expected or could even comprehend when I first began this journey. It was there to behold in the 7th Step Prayer but my hardened eyes and broken spirit could not see its beauty.

7th Step Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me the strength, as I go out from here, to do your bidding. Amen.

Alcoholics Anonymous, p. 76

When seeking miracles, very few would seek out humility and fewer still would attempt to build their life on its principle. The fact is I am a wonderful gift of my Higher Power and He rejoices in my being. The power I gave up in attempting to control my disease is now put to bringing the beautiful massage of my Higher Power's love to the world and that in doing this I fulfill who I am and ever wanted to be.

Who knew Humility was so cool!

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Tri-County Intergroup
Group # 09163
PO Box 14324
Arlington, TX 76094

Monthly Intergroup minutes
are available at
www.oa-tricounty.org

Tri-County Information
Line
817-303-2888

Looking Up is a monthly publication of the OA Tri-County Intergroup. The opinions expressed here are those of the author and not of OA Tri-County Intergroup or OA as a whole. Editor reserves the right to edit material submitted.

OA Responsibility Pledge:

*Always to extend
the hand and heart
of OA to all who
share my
compulsion, for this,
I am responsible.*

Contact the editor:
[newsletter@oa-
tricounty.org](mailto:newsletter@oa-tricounty.org)

Looking UP

Join us at TCI as we make 2013 the year for

Spiritual Awareness in OA

The Principles in the Twelve Traditions

(as listed in the Service, Traditions and Concepts Workshop Manual)

Tradition 1:	Unity
Tradition 2:	Trust
Tradition 3:	Identity
Tradition 4:	Autonomy
Tradition 5:	Purpose
Tradition 6:	Solidarity
Tradition 7:	Responsibility
Tradition 8:	Fellowship
Tradition 9:	Structure
Tradition 10:	Neutrality
Tradition 11:	Anonymity
Tradition 12:	Spirituality

My Commitment to Program

To live my life fully, I will commit to the Spiritual Principles of the Steps...



Cut out and make it your bookmark for your Spiritual readings...

Don't forget to make your reservations

TCI Annual Retreat - November 1-3
Led by Region 3 Trustee
with 17 years in program sharing :



Price \$110.

For information call

Jaclyn at 817-292-2010 or 817-996-8711
Linda at 817-737-2527 or 817-896-1706

TCI Summer Workshop - JULY 13, 2013

Sponsorship: How to Get One - How to Be One.

Registration begins at 12:30 PM and the workshop will run until 4:30 PM.

For information please contact Linda B. 817-377-9691

Come and enjoy the fellowship - bring a friend to celebrate our abstinence together!

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I am loved by my Higher Power and that love is there for me to share with others. I have both purpose and value and my gift to my Higher Power is to be a messenger of His great love. All of the past pains of humiliation are sifted away like sands in the hourglass and a new more wonderful me emerges filled with the joy of being needed.

Of course you already see I am still the child and you know that there are many steps to go before I am there, but now I have something to offer and that is what has sparked the completeness of me. I stand before you humble knowing that what I offer is a gift from my Higher Power and it is good.

*Anonymous
South Hills OA Workbook Meeting*

Looking UP

What part has service in OA played in my recovery?

While the OA tools, and particularly the 12 steps, got me on the road to recovery, I believe service is what keeps me on that road. I may be able to sustain some discipline on my own for a time, but most things require buddy support for me to keep on track. My sponsor helped me get started, but passing on the message through service has been most rewarding in program. Whether it is sponsoring someone, making outreach calls and email messages, showing up for meetings and sharing--whatever way I get out of myself to reach out to another just gives me more of a reprieve from my innate, overwhelming selfishness that got me into compulsive eating in the first place. My preoccupation with self led to selfish, self-centered thoughts, self-hatred, and selfish compulsive eating. The more I serve others, the less room for self--THAT is a good thing! My daily prayer is to surrender to God and leave my powerlessness at God's feet and pick up His Power to serve others. The more I think of others and how I can share with them, the happier I am. What better way to keep in recovery? Serving others is my goal.

Diane B.

South Hills Saturday Meeting

An additional thought:

The subject of Service brings to my mind a story of a little boy whose mother was tucking him in bed one night. He was afraid of the dark and begged her to stay there with him. The mother said, "Don't be afraid. You know God is right here with you." The child replied, "Yes, but I need someone with skin on." *When we do service, we are being someone "with skin on" to act as tangible representation of that Higher Power helping us one day at a time.*

Diane

In Gratitude for Continuing Support

We have gratefully received donations
from the following groups:

***Bethel HOW, Waco and
South Hills***

Step 7

Humbly asked Him to remove our shortcomings.



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Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS					
Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	6:00 PM	Waco - DePaul Center 301 Londonderry, Waco	Big Book Study		254-260-1258
MONDAY	7:00 PM	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	Abstinence	Billie	817-460-3083
MONDAY	7:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Literature: Step / Tradition of the Month	Happy	817-370-7207
TUESDAY	Noon	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA 12X12 writing / AA Big Book	Happy	817-370-7207
TUESDAY	6:00 PM	Stephenville - <i>Cross Timbers</i> - First Presbyterian Church 1302 N Harbin Drive, Stephenville, TX 76401	Literature / Topic	Pat	254-485-0921
TUESDAY	7:00 PM	Richland Hills - United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #110	Big Book Study	Rachel	817-595-3044
WEDNESDAY	1:30 PM	OA Step & Tradition - New World United Methodist Church, Room 28, 2201 N. Davis Dr., Arlington	OA Literature	Gwenne G	682-429-7990
WEDNESDAY	6:00 PM	Waco - DePaul Center 301 Londonderry, Waco	Big Book Study	Anna Kay	254-498-6898
WEDNESDAY	7:45 PM	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	HOW Closed meeting	Billie	817-460-3083
THURSDAY	6:45 PM	Fort Worth - Bethel HOW - Bethel Methodist Church (corner of Southwest Blvd. & Vickery) RING DOORBELL ON DOOR TO THE RIGHT OF THE SANCTUARY 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	817-692-7180
THURSDAY	7:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Voices of Recovery / OA 12X12	Happy	817-370-7207
SATURDAY	9:00 AM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA Workbook	Happy	817-370-7207
SATURDAY	Noon	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	Literature	Billie	817-460-3083
SATURDAY	Noon	Daily Reprieve, Euless - United Memorial Christian Church 1401 N. Main Street, Euless, TX 76039	Step Study / Big Book	Margie M. Pat M.	972-310-3636 817-864-9888
SUNDAY	4:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Writing, Steps and Literature	Happy	817-370-7207

Tri-County Intergroup meets at 10:30 am the first Saturday of every month at the Wesley House, 3321 West Park Row Dr., Arlington, Texas 76013

last change 3/1/2013