

# Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - SEPTEMBER 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

## *9th Step*

*By  
South Hills OA 12X12  
writing / AA Big Book*

## *The Miracle*

### *Allowing Step 9 to Free Me*

When I first came to OA, I read the Steps and said I can do all of these except Step 9. There's no way I can make amends to my ex-husband after all he put me through. But I was desperate so I started working the steps anyway. I was willing to get what 1-8 and 10-12 offered me but I would do without Step 9.

Then my life began to change. God gave me the gift of abstinence and I started to lose weight. I stopped eating my binge foods and as a result I recognized that miracles happen in this program. I prayed and felt connected to God like never before. After Steps 4, 5, 6, and 7; I felt more emotionally healthy than I felt after all the therapy I had ever had up until then.

Now I was getting closer to Step 9. Still not willing to do it in spite of all the miracles I had witnessed in my OA life. I made my list for Step 8 and acted as if I were willing. That Step lasted for months. After I realized that I selfishly wanted the promises that come after working Step 9, I became honestly willing.

Now the actual amends had to happen. I wrote out every word I wanted to say to all the people I was going to make amends to including my ex. I read it all to my sponsor and she gave me thumbs up.

*Continued on Page 3*

## **2013 TRI-COUNTY INTERGROUP BOARD**

Chairperson: Terri Beth  
Vice-Chair: Gwenne G.  
Treasurer: Joy S.  
Secretary: (open)  
DMI Liaison: (open)  
Public Relations: Jaclyn  
Newsletter: Bill J.  
Telephone: Margaret  
Retreat: Jaclyn  
Workshop: Linda  
Web Master: Betsy  
WSO Delegate 1: Terri Beth  
WSO Delegate 2: Gwenne G.  
Region 3 Rep 1: Terri Beth  
Region 3 Rep 2: (open)

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

**Monthly Intergroup minutes  
are available at  
[www.oa-tricounty.org](http://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*

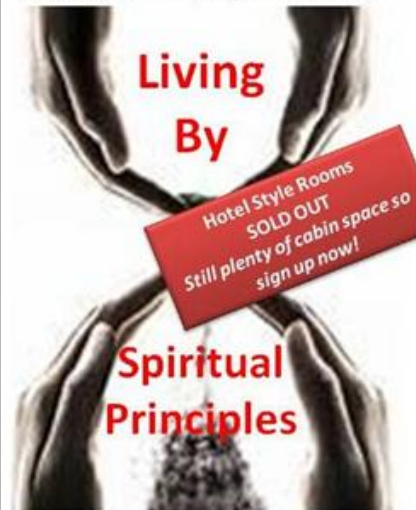
*Spiritual Awareness in OA*

The Principles in the Twelve Steps		My Commitment to Program	
<i>(as listed in Step Twelve of The Twelve Steps and Twelve Traditions of Overeaters Anonymous)</i>		<i>To live my life fully, I will commit to the Spiritual Principles of the Steps...</i>	
Step One:	Honesty		
Step Two:	Hope		
Step Three:	Faith		
Step Four:	Courage		
Step Five:	Integrity		
Step Six:	Willingness		
Step Seven:	Humility		
Step Eight:	Self Discipline		
Step Nine:	Love for others		
Step Ten:	Perseverance		
Step Eleven:	Spiritual Awareness		
Step Twelve:	Service		

*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

## *The Promises from pages 83-84 of the Big Book.*

*If we are painstaking about this phase of our development, we will be amazed before we are half way through . . .*

- 1. We are going to know a new freedom and a new happiness.*
- 2. We will not regret the past nor wish to shut the door on it.*
- 3. We will comprehend the word serenity.*
- 4. We will know peace.*
- 5. No matter how far down the scale we have gone, we will see how our experience can benefit others.*
- 6. That feeling of uselessness and self-pity will disappear.*
- 7. We will lose interest in selfish things and gain interest in our fellows.*
- 8. Self-seeking will slip away.*
- 9. Our whole attitude and outlook upon life will change.*
- 10. Fear of people and of economic insecurity will leave us.*
- 11. We will intuitively know how to handle situations which used to baffle us.*
- 12. We will suddenly realize that God is doing for us what we could not do for ourselves.*

*Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.*

# Looking UP

## *The Miracle - Continued from Page 1*

I started making what I considered the “easiest” amends with the kindest people on my list. Then more miracles started to happen. For example, after hearing my amends, my oldest son told me that those actions I regretted were actually things that made him stronger and that he held no ill will toward me about them. I was floored. I reminded myself, however, that all the people I would talk to would not necessarily have that reaction and I needed to prepare myself for that possibility. My amends continued with everyone appreciating me being honest with them and showing me great acceptance and love. I still couldn’t see myself talking to my ex. I must point out that during this time I was drawing out my amends over a period of a few months. I think this was part of avoiding the scariest amends I had to make.

Finally I got the nerve up to talk to my former husband. I knew I needed to start the sharing with intelligent wording or he would blow me off as saying something stupid. I didn’t know what to say so I asked God to tell me exactly what to say. I didn’t really ask. I demanded it from God so that I could go through with this. As I was driving to his house, God answered me and gave me the exact words to get me started. I told my ex everything I regretted and he kindly told me that he could tell I put a lot of effort into it. He didn’t respond with anger or say that there was a lot more I needed to be sorry about. He remained calm and respectful.

After I left I felt the weight of the world lifted from my shoulders. The promises were starting to come true. This program really worked. I hope others will work Step 9 with an optimism that I lacked at first. Miracles do happen.

*Anonymous*  
*South Hills OA 12X12 writing / AA Big Book*

### ***In Gratitude for Continuing Support***

We have gratefully received donations from the following groups:

***Richland Hills, Arlington Group***

#### ***Step 9***

***Made direct amends to such people wherever possible, except when to do so would injure them or others.***



# Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - SEPTEMBER 2013

Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS					
Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	6:00 PM	<b>Waco - DePaul Center</b> 301 Londonderry, Waco	Big Book Study		254-260-1258
MONDAY	7:00 PM	<b>Arlington</b> - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	Abstinence	Billie	817-460-3083
MONDAY	7:30 PM	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Literature: Step / Tradition of the Month	Happy	817-370-7207
TUESDAY	Noon	<b>Fort Worth</b> - 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	<b>Stephenville</b> - <i>Cross Timbers</i> - First Presbyterian Church 1302 N Harbin Drive, Stephenville, TX 76401	Literature / Topic	Pat	254-485-0921
TUESDAY	7:00 PM	<b>Richland Hills</b> - United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #110	Big Book Study	Rachel	817-595-3044
WEDNESDAY	1:30 PM	<b>OA Step &amp; Tradition</b> - New World United Methodist Church, Room 28, 2201 N. Davis Dr., Arlington	OA Literature	Gwenne G	682-429-7990
WEDNESDAY	6:00 PM	<b>Waco - DePaul Center</b> 301 Londonderry, Waco	Big Book Study	Anna Kay	254-498-6898
WEDNESDAY	7:45 PM	<b>Arlington</b> - 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	<b>Fort Worth - Bethel HOW</b> - 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	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Voices of Recovery / OA 12X12	Happy	817-370-7207
SATURDAY	9:00 AM	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA Workbook	Happy	817-370-7207
SATURDAY	Noon	<b>Arlington</b> - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	Literature	Billie	817-460-3083
SATURDAY	Noon	<b>Daily Reprieve, Euless</b> - 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	<b>Fort Worth</b> - 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