

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - OCTOBER 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

10th Step

By

*South Hills Voices
of Recovery / OA
12X12*

Step 10 - Living Beyond Guilt

Step Ten is like enjoying a spiritual shower every day. As I take a personal inventory throughout the day, I'm mindful that I'm seeking to reach a balance that aligns me with God's will. Seeing the good and the bad in my actions gives me a more accurate picture of where I am and, therefore, allows me to be at my best to serve. For many, making amends promptly keeps them from going over and over the situation until they are tempted to rationalize their bad behavior. It helps to check out your thinking with another person if in doubt. Bottom line: assessing oneself requires perseverance, that steady persistence, which is the principle behind Step Ten.

The issue we face is identifying those actions that require amends and those that don't. Having bad feelings about someone is not a wrong that needs an amends. Acting on those feelings is a different matter, however. Feeling angry can cross the line into Step Ten when actions are based on that anger. Try looking at your actions from your personal point of view. If someone did that to you would you hope to receive an expression of regret and/or an intention to change from the person who did it?

Continued on Page 2

2013 TRI-COUNTY INTERGROUP BOARD

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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)

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The Continued from Page 1

Some compulsive overeaters have said “I’m sorry,” about everything all their lives. Step Ten’s “I’m sorry” looks different. It’s the communication that you intend to change your behavior and regret what you’ve done. There’s a difference. It’s a meaningful difference. Often people are quick to say sorry in the hope that the issue will disappear and the other person will get over it just as quickly. Saying “I’m sorry” too many times makes the action lose meaning and effect. Your credibility evaporates. Amends on the other hand are not made loosely. They are sincere and heartfelt. The listener hears a description of the wrong that convinces him/her of the veracity of the amends.

No room for guilt with this step because we are expressing our regrets promptly throughout the day as they arise. Feeling guilty denies God’s power of mercy and forgiveness. In my opinion, however, there is nothing wrong with shame. Shame is the immediate reaction to sensing that we’ve done something we regret. Guilt is the depressive state we linger in after shame. From my understanding, Step Ten is to be done before the guilt sets in.

Anonymous
South Hills Voices of Recovery / OA 12X12

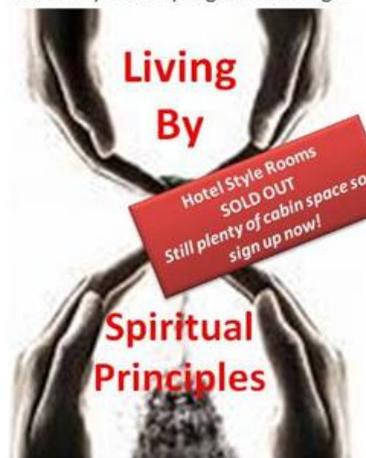
*Join us at TCI as we make 2013 the year for
Spiritual Awareness in OA*

The Principles in the Twelve Traditions		My Commitment to Program
<i>(as listed in the Service, Traditions and Concepts Workshop Manual)</i>		<i>To live my life fully, I will commit to the Spiritual Principles of the Steps...</i>
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	

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

Looking UP

New wording for the OA Preamble

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating.

We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

The changes highlighted:

Our primary purpose is to abstain from compulsive **overeating** and to carry **this the** message of recovery **through the Twelve Steps of OA** to those who still suffer.

***The delegates at the
2013 World Service
Business
Conference
approved a change
of wording for the
OA Preamble. When
reading the
Preamble in OA
literature, please
note the following
change to the last
sentence. This
change will be
incorporated as***

***literature
is
reprinted.***



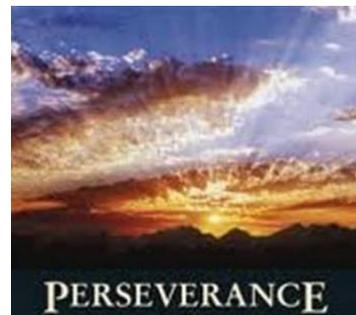
In Gratitude for Continuing Support

We have gratefully received donations from the following groups:

South Hills, Bethel HOW

Step 10

Continued to take personal inventory and when we were wrong promptly admitted it.



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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 - Cross Timbers - 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