

# Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - AUGUST 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

## *8th Step*

*By  
OA Men's Group  
Anonymous*

## *I have a Friend*

### *The reality of Step 8*

This "List" was very fresh in my mind the day I walked into the rooms. It was in fact branded on my conscience and it continued to burn fiercely allowing my shame to surface, especially when I was forced to encounter one of the 'harmed'. I lived a life of bondage and if these Spiritual Steps required sackcloth and ashes - so be it. The pain of continuing on in misery was beyond my tolerance.

***Made a list of all persons we had harmed, and  
became willing to make amends to them all.***

The first miracle was that God put this "List" way down in the Steps so I had time to realize exactly what He meant for me to do.

Yes I was a normal compulsive and attempted my first amends even before reading the 1st Step. You can imagine the comical tragedy this provided my sponsor as I came back weeping and bewildered. He taught me a wonderful lesson that evening - you have two choices: you can follow the Steps and find recovery or you can go back out and do it on your own - either way I will continue to love you. I chose the Steps and started the 1st Step in earnest. The List would have to wait.

The day came when my sponsor requested I find pencil and paper for my List. By this time a good deal (not all) of my ego had been purged and I picked up a small scrap and wrote down the names. I did not need the reason next to the name and I listened carefully now to my sponsor to make sure this part of my recovery went well.

*Continued on Page 2*

## **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 Concepts of OA Service		My Commitment to Program	
<i>(as listed in The Twelve Concepts of OA Service pamphlet)</i>		<i>To live my life fully, I will commit to the Spiritual Principles of the Steps ...</i>	
Concept 1:	Unity		
Concept 2:	Conscience		
Concept 3:	Trust		
Concept 4:	Equality		
Concept 5:	Consideration		
Concept 6:	Responsibility		
Concept 7:	Balance		
Concept 8:	Delegation		
Concept 9:	Ability		
Concept 10:	Clarity		
Concept 11:	Humility		
Concept 12:	Guidelines		
(a) Selflessness; (b) Realism; (c) Representation; (d) Dialogue; (e) Compassion; (f) Respect		<i>In fulfillment of my program I offer my hands to the rest OA in needs of abstinence...</i>	

*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


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

## *I have a Friend - Continued from Page 1*

Here is his advice and words of wisdom.


 **Amends is not saying you're sorry.** It is rebuilding a bridge of love between two very special people in God's kingdom. The essence of this wonderful program is to make me a part of the world my Higher Power created and I cannot be involved in His world without connecting (or re-connecting) with the ones He sent into His world with me.

 **Time now truly belongs to God.** It is not ours to force the issue. It is ours to be prepared when God puts the individual in front of us.

 **The essence of Step 8 is Brotherly Love.** It is not built for guilt removal but for offering ourselves to those we love.

It is here that my sponsor guided my thoughts and meditations. He brought me to a place of availability where I could be present for those who are part of my life's journey. What a beautiful gift. Sackcloth and ashes were cast aside for open arms, and I was fully free to be the "me" I always wanted to be.



Now I had a lot of mending of the past to do and indeed there is a real need to come clean with those we reconnect with, but something special happens when you await the miracle of Step 8 - when you become willing.

 First and foremost you offer the new you to the person standing there - not the broken wreck they lived with for so long. This transformation (Steps 1-7) builds a person that someone can choose to connect with and that you can be proud of.

*Continued on Page 3*

# Looking UP

## *I have a Friend - Continued from Page 2*

-  Yes, it continues to be important to sweep away the pain of the past but now it has reason - to build a better, more loving relationship.
-  Even in cases where direct amends are not possible you can remain at rest in the gentle arms of the Lord knowing that He guides you now and will provide everything you need to be whole and alive in His kingdom.

I found my list many years later and looked on it with tear-soaked eyes. Each name no longer held the pains of the past but the joy of today and the gift of Brotherly Love. Thank you, Dear Lord, for the gift of Step 8. Oh and thank you, sponsor, for guiding me to this wonderful garden of love.

*Men's Group - Anonymous*

## *A Step 8 Story*

I had a little trouble with this Step. My first list had 189 names on it! I thought I owed amends to any and every one I had ever hurt or felt anger toward, because I felt my anger had hurt our relationship. I came to believe that was another form of insanity, driven by a panicky need to immediately right every wrong I believed I had committed. But that list just sat there. I acted on only one of the amends that needed to be made.

Gradually, as I grew in the program, I realized I had only imagined that I owed direct amends to so many. I came to believe that although I had indeed harmed many there was no way I could make amends to everyone on my list. My sponsor helped me see that even though I might have felt badly toward some people and institutions, that didn't necessarily qualify as a "wrong" for which amends were owed. My list shrank considerably and I began to filter out the chaff, leaving behind the real stumbling blocks in my life.

My sponsor put it like this: figure out the people and events that continue to haunt you... your ghosts... the ones that keep coming back. Those are the things and people that belong on your Eighth Step list. This was doable and also made sense to me.

It took several months for me to recognize my ghosts but, like my sponsor said, they kept coming back. When I was confronted with a memory for the second or third time, I put that on my list. Those were the things I needed to do something about. The other 100+ things had been resolved by time, maturity, or God. I had to let them go or I would never get my real work done. Now my Step 8 list met both criteria of the step: a list of all persons I had truly harmed and those to whom there was a real possibility of making amends.

*Anonymous  
Looking Up August 2008*

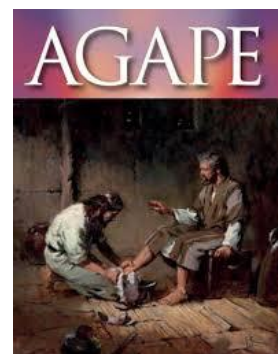
### *In Gratitude for Continuing Support*

We have gratefully received donations from the following groups:

Richland Hills, Stephenville,  
Daily Reprieve, and South Hills

#### *Step 8*

*Made a list of all persons we had harmed, and became willing to make amends to them all.*



**Brotherly Love**

# Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - AUGUST 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