

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - DECEMBER 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

12th Step By South Hills Sunday - Writing, Steps and Literature

Finding Miracles in the 12th Step

The 12th Step reminds me I have to have something in order to give it away. If I don't have a spiritual awakening I can't guide someone else towards recovery. How do I get the spiritual awakening? For me it is the process of working through the steps with another person as a guide. As much as I want to do it by myself I can't. I lack the ability to be honest with myself.

I don't like to ask for help but the 12 Step process requires me to be different, to get out of my comfort zone, to take actions that are uncomfortable and work against my nature. It starts when I acknowledge I am powerless and that I must find a Power that can help me. Daily contact with that Power is essential.

The wonderful thing is I get to decide what my Higher Power is. Learning to pause, to think, and invite my Higher Power into everything, my food, my thoughts, my actions, and my relationships - all of my life. A willingness to be and do differently.

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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

Keys to the Kingdom

He gave me my soul back

In reading, "The Keys of the Kingdom" in the Alcoholics Anonymous Big Book, I came across a section that really caused me to stop and think. This alcoholic had been told by her doctor that her case was hopeless and then gave her a copy of the then brand new Alcoholics Anonymous book to read. Upon reading it she says,

"Here was hope. Maybe I could find my way out of this agonizing existence. Perhaps I could find freedom and peace and be able once again to call my soul my own."

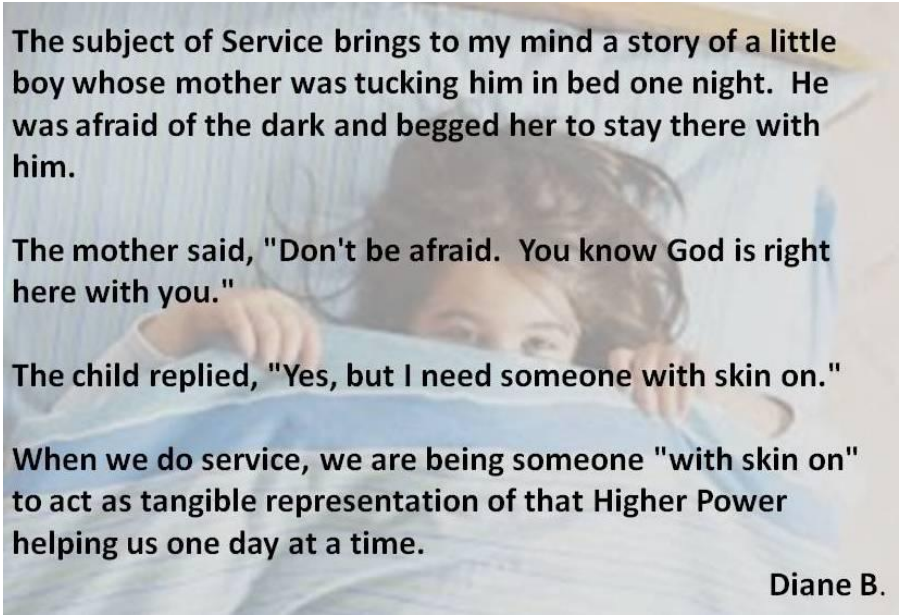
This was and is what OA still offers me. There is a way out of that agonizing existence of compulsive overeating. I do not have to be trapped in it one moment longer. That freedom, that peace that I so desperately longed for can be mine - is mine - when I accept the truth about myself and this disease and turn to God in my helplessness. Then I can call my soul my own.

Many people do not know what it is like to truly not be able to live with yourself because you see yourself as totally untrustworthy. I don't think we consciously think about the need

to trust ourselves. We know that in order to have a relationship with others we must trust them. Well, we also have a relationship with ourselves. And if I let myself down time and time again, that is what the Big Book calls demoralization and it eats at the very core of who I am.

So, I am untrustworthy because I am suffering from a disease that is cunning, baffling, and powerful. It is too much for me. BUT - and this is the turning point - there is one who has ALL power. That one is God. Only in finding God and developing my relationship with Him and living according to His directions (the principles of the program) can I begin to trust myself because only then do I become trustworthy.

He takes my helplessness, my powerlessness and gives me back my 'self' - my soul. With God and my soul, I am able to walk in that freedom and that peace I so desperately yearned for and could never reach.



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 B.

Thanks and have an abstinent day!

Kathy W.

Looking UP

In Gratitude for Continuing Support

We have gratefully received donations
from the following groups:
Richland Hills

Step 12

Having had a spiritual awakening as a result of these Steps, we tried to carry this message to compulsive eaters, and to practice these principles in all our affairs.



Finding Miracles (Continued from Page 1)

I have learned, if I turn to food to fix me instead of my Higher Power, I will get another opportunity to go through that situation again and again until I learn. Learning that it is easier to be abstinent and trust my Higher Power, than to try to control and fight my food obsession. To let go and let my Higher Power. I have found that my Higher Power is always with me and that something can be learned from any situation if I look for it.

Learning to reach out and help others and guide them through the steps. I stopped watching soap operas a long time ago. Real life is so much more interesting and rewarding. To watch people change and grow spiritually and to see the miracles that take place as they move through the process of the 12 Steps. To know we are never alone if we are willing to pray and to reach out to others.

This program is so much more than getting my food under control and having a thin body. It's about facing daily living problems with sanity, grace, peace and serenity. It's being there for others and encouraging them. It's about an attitude change: instead of what can I get out of it, what can I give and how can I be of help to God and others. It is being available to others. It's about being committed and giving away what I have been given. It starts with taking small steps, going to meetings, sharing, making calls, leading a meeting and encouraging others to do the same. It's about being a part of a fellowship where we all want the best for each other.

***Anonymous - South Hills Group Sunday
Writing, Steps and Literature***

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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 <i>Closed</i> <i>Meeting</i> | 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 | Pat M. | 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 |
| CLOSED MEETINGS - Meeting marked "Closed Meeting" are for OA Members only. | | | | | |
| Tri-County Intergroup meets at 10:30 am the first Saturday of every month at the Wesley House, 3321 West Park Row Dr., Arlington, | | | | | |

last change 11/15/2013