

# Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - NOVEMBER 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

## *11th Step*

*By*

*Beth El  
HOW Group*

## *Living a New Kind of Life With Step Eleven*

Through the steps of Overeaters Anonymous, especially Step Eleven, I have learned to live a new kind of life, one free of obsessions about overeating food and other harmful behaviors. When I stopped listening to the advice of friends, family members, and weight-loss gurus and turned to my Higher Power for guidance, I not only lost weight but also resentments I held toward those who offered solutions to my dilemma and also toward myself for my lack of self-control over food consumption.

Through practicing daily prayer, meditation, reading program literature and journaling as well as attending meetings and maintaining contact with other program members, I am better able to hear the message I searched for all my life in all the wrong places. The time I spend with my Higher Power each morning is a vital part of my everyday life. When one of those days comes along and I rush about, forgetting to take this time for myself, I quickly notice a difference in how I feel and remediate the omission as soon as possible. I love knowing that I can always restart my day.

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

Chairperson: Terri Beth  
Vice-Chair: Gwenne G.  
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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)

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## *Living - Continued from Page 1*

Equally important is the time I devote to reconnecting with my Higher Power at the end of the day. I try to recognize any “slips” I have made in my behavior for the day and attempt to make amends to myself or others for them. As I retire for the night I go over my gratitude list; this practice works better than counting sheep or sleeping pills.

### *TCJ Annual Retreat*

*May your time be filled with peace and serenity  
as all Tri-County members keep you  
in our collective prayers...*

### *You are there for me*

*The day begins and  
All of life is there for me.  
Peace-filled now,  
You fill my soul with joy.*

*Awakened to the love and  
Feeling the presence of You,  
Life is beautiful  
With each touch of Your gentle love.*

*The day awakens and  
All the possibilities come alive.  
Softly now, almost a whisper,  
You touch the center of my heart.*

*Time begins and  
Life reshapes its reality.  
Sharper now,  
You capture the center of my mind.*

*Bill J.*

Today I believe that although I am not perfect, I am a worthwhile and lovable person. The daily moments of solitude with my Higher Power have enriched my life beyond measure and enabled me to become the happy, confident person my Higher Power always wanted me to be.

*Gail K.*

*Beth El HOW Group  
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## *Seeking His Guidance*

*Empowerment of the 11th Step*

In the chapter “Into Action” in the Big Book, it talks about how vital maintaining a fit spiritual condition is to our recovery. It reminds us that alcohol, and for me food, is a subtle foe. I am not cured but have a daily reprieve contingent on the maintenance of my spiritual condition. Then it says, “Much has already been said about receiving strength, inspiration, and direction from Him who has all knowledge and power.

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If we have carefully followed directions, we have begun to sense the flow of His Spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense. But we must go further and that means more action. Step Eleven suggests prayer and meditation.” WHAT???? What about all the times I have been directed to pray in the previous steps? Doesn’t that count? To me, the fact that prayer and meditation are separate from several other steps asking us to pray, means that the 11th step involves something different.

I see the other steps focusing on powerlessness, surrender, facing reality in my life, cleaning up my past and making things right. It is as if a bulldozer has come plowing through the dump of my life. Prayer was a part

of the process but in Step 10 a daily inventory and the making of prompt amends have set me on a path for daily living that doesn’t require a bulldozer. Instead I need a guide for the new road ahead. This is a place I have never been before but God knows the way.

By daily prayer – speaking to God, acknowledging His authority over me in this new life and my willingness to follow Him – and by meditation – listening to God, simply placing

myself in His presence for the assurance of His love and care for me – I am going beyond the “Help me!” prayers I used so often when plowing through the emotional, physical, and spiritual dump my life had become when eating compulsively. Now I am seeking His guidance, direction and presence as His servant; ready, in my own small way, to bring His presence into the world that I come in contact with on a daily basis. I am going to the living food and water to eat and drink and be refreshed and to pass that on to those I will rub shoulders with in the next 24 hours. This not only keeps my “dump” cleaned out, it is life-giving to a hurting world, especially to my fellow compulsive eaters. The pain of continuing on in misery was beyond my tolerance.

*Kathy W. - Beth El HOW Group  
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## **In Gratitude for Continuing Support**

We have gratefully received donations from the following groups:

***South Hills, Richland Hills, Granbury***

### **Step 11**

***Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will and the power to carry that out.***





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