

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER NOVEMBER 2015

The Joys of OA Community

A yearlong exploration and witnessing of how, together, we can do what seemed impossible to us alone. Of all the joys of the recovery process, having community continually adds to our potential recovery and eases the process of gaining abstinence.



*This month sponsored by
Member of TCI
Intergroup*

My OA Community's Love The gift of the 11th Step

*I attempted to pray and only heard
the vanity of my voice.*

*I bowed down to meditate, groveling in brokenness,
and cried my frustration
into the void.*

*I wanted so much to be connected to my God
but remained alone and afraid.*

Until the moment I met you, I was lost.

In sharing my experience, strength and hope I must state that many have traveled this God given world without the frustrations my journey contains. The fact remains that I was lost and my only salvation was a community of saints seeking relief from the compulsion of overeating. For it was in your gentle and loving arms that I found my way back to the warm embrace of my Higher Power.

If you asked me my most favorite steps they would be 6th and 7th because it was there, with your support and encouragement, that I rebuilt the man who had been lost to his disease. But if you asked me the goal of my step journey it would be the 11th. For it was to find the embrace of a loving God that allowed me my bottom, and the most wonderful miracle of finding the rooms of OA.

Continued on Page 2

2015 TRI-COUNTY INTERGROUP BOARD

Chairperson: Joy S.
Vice-Chair: Terri Beth
Treasurer: Betsy H.
Secretary: Charra
DMI Liaison: (open)
Public Relations: Jaclyn
Newsletter: Terri Beth
& Joy S.
Telephone: Mary Lou
Retreat: Jaclyn
& Carolyn D.
Workshop: Carolyn D.
Web Master: Ron C.
WSO Delegate 1: (open)
Region 3 Rep 1: (open)

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

My OA Community Continued

As I move through the adventure of recovery, I now have the daily joy of taking time to talk to and listen to my Higher Power. It took all of the preceding steps to help me find the power of prayer and meditation and it took my OA community to stand with me and support my journey.

I remember sitting in a heated argument of vociferous philosophizers stating that God was personal and separate from the social construct. They were sure they didn't need anyone. I heard in their diatribe the hollow sounds of my lonely prayers before you took me in and gave me hope.

The community we form is the true gift only a Higher Power could provide, to be shared so others can find the joy of abstinence we have found in these rooms.

I heard the first trembling steps of a newcomer and understood my Higher Power's love.

I shared a moment of my life with another and realized God not only heard me but smiled.

I wanted so much to be a part of the gift of this wonderful program.

I realized I was in my Higher Power's arms and more than that, I could be His gift to another.

Of all the prayers and all the meditations, it is the communal gift of sharing and caring that I find at the center of my Higher Power's love.

Thanks from a grateful member

OA Steps (1-12) Meditation and Prayers

<http://www.oasv.org/member-support/oa-steps-1-12-meditation-and-prayers>

First Step Prayer

Dear Lord,
I admit that I am powerless over my food addiction.
I admit that my life is unmanageable when I try to control it.
Help me this day to understand the true meaning of powerlessness.
Remove from me all denial of my addiction.

Alternate Prayer

Today, I ask for help with my food addiction. Denial has kept me from seeing how powerless I am & how my life is unmanageable. I need to learn & remember that I have an incurable illness & that abstinence is the only way to deal with it.

In Gratitude for Continuing Support

South Hills Group, Bethel UMC/HOW

The Concepts of Service Humility

There are spiritual principles for all who serve. See the OA pamphlet on the 12 Concepts if you desire further explanation



Looking UP

OA Steps (1-12) Meditation and Prayers *Continued*

Second Step Prayer

Heavenly Father,
I know in my heart that only you can restore me to
sanity.
I humbly ask that you remove all twisted thought &
addictive behavior from me this day.
Heal my spirit & restore in me a clear mind.
Alternate Prayer
I pray for an open mind so I may come to believe in a
Power greater than myself.
I pray for humility & the continued opportunity to
increase my faith.
I don't want to be crazy any more.

Third Step Prayer

God,
I offer myself to Thee
To build with me & to do with me as Thou wilt.
Relieve me of the bondage of self, that I may better do
Thy will.
Take away my difficulties, that victory over them may
bear witness to those I would help of Thy Power, Thy
love & Thy way of life.
May I do Thy will always!

Alternative 3rd Step Prayer:

Take my will & my life,
Guide me in my recovery,
Show me how to live.

Fourth Step Prayer

Dear God,
It is I who has made my life a mess.
I have done it, but I cannot undo it.
My mistakes are mine & I will begin a
searching & fearless moral inventory.
I will write down my wrongs, but I will also
include that which is good.
I pray for the strength to complete the task.

Fifth Step Prayer

God,
My inventory has shown me who I am, yet I ask
for Your help in admitting my wrongs to
another person & to You.
Assure me, & be with me, in this Step, for
without this Step I cannot progress in my
recovery.
With Your help, I can do this & I will do it.

Sixth Step Prayer

Dear God,
I am ready for Your help in removing from me
the defects of character which I now realize are
an obstacle to my recovery.
Help me to continue being honest with myself
& guide me toward spiritual & mental health.

Seventh Step Prayer

My Creator,
I am now willing that you should have all of
me, good & bad.
I pray that you now remove from me every
single defect of character which stands in the
way of my usefulness to you & my fellows.

*Steps 8 through 12 to be presented in the
December Newsletter. If you would like a
full copy of these prayers in PDF format,
please contact the newsletter editor.
newsletter@oa-tricounty.org*

Looking UP

Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS

Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	7:00 PM	Arlington - City on a Hill	Speakers, Step Studies, Literature	Mary Lou B.	817-287-9940
		City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120			
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	11:00 AM	Saginaw Overeaters Anonymous Meeting	Open	Rita	817-353-5829
		Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179			
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	7:00 PM	Richland Hills - United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #104	Literature meeting	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	Robbie R.	817-201-5004
THURSDAY	6:45 PM	Fort Worth - Bethel HOW - Bethel Methodist Church (corner of Southwest Blvd. & Vickery)	HOW	Patrice	817-692-7180
		RING DOORBELL ON DOOR TO THE RIGHT OF THE SANCTUARY 5000 Southwest Blvd. Fort Worth, TX 76116			
THURSDAY	7:00 PM	Arlington - City on a Hill Church City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120 - <i>child care is available</i>	HOW	Lisa	682-438-9160
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	Big Book Study with writing	Happy	817-370-7207
SATURDAY	Noon	Arlington - City on a Hill City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	Literature	Blythe	(817) 300-4329
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

Tri-County Intergroup meets at 10:30am the first Saturday of every month. The meeting will alternate between New World United Methodist Church, 2201 N Davis Dr, Arlington 76012 at 10:30 am in Room 28, and South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133

2015's Intergroup meetings will be held as follows: Nov 6, retreat; Dec 5, South Hills; Jan 9, New World

last change 11/12/2015