

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - AUGUST 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
TCI Board Member*

Harvesting the Gifts of Community

We are given a very special gift when we first walk into the doors of OA. Not just a new chance at life, but a community that cares and understands. For me it has become a part of the fabric of my life. To be in community is to be alive.



To feel community is the experiential part of our program from the very first days. That first meeting where fear held sway yet I felt I had found a home. The sense of hope as I began to share my journey with my sponsor. The first time my experience shown in the eyes of a newcomer I shared with. Each experience confirms that my OA community is real and that I am where I belong.

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Tri-County Intergroup
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Arlington, TX 76094

Monthly Intergroup minutes are
available at
www.aa-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@aa-tricounty.org

Looking UP

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. 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 wretch 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.

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.

Member of Men's Group
Looking Up August 2013

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In Gratitude for Continuing Support

Richland Hills Group - South Hills Group - Euless Group

The Concepts of Service

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



Harvesting continued from Page 1



To participate in community is the desire part of our program and can grow as deep and as rich as we are prepared to work the 12 Steps. Vowing to allow God to heal in the 3rd Step, letting go in order to find a new way of life. Sharing the past in the 5th Step so that its pain can be placed where it belongs. Committing to a new pathway for life in the 7th Step to be a part of God's world. And sharing a part of me in the 12th Step, becoming the program for another. There is real treasure to be found in this journey of love and service and it is a simple 12-Step walk.

To harvest community, only one more thing remains to be done. Allow the experience of healing and the desire of commitment to blossom in your heart. The mystery / miracle / hidden treasure / glorious wonder is that opening your heart to the joy of the program opens all of God's world to you and those you share this journey with.

*I came to you broken and afraid. You held me while I wept.
I asked you to show me love. You guided my pathway through the Steps.
I sought out a new life with God. You rejoiced in my success.
I now find tears of joy welling up within. You are my community and I am home.*

Anonymous

Service is Vital to Our Own Recovery

Here Are 100 Opportunities to fill your heart and secure your abstinence

We are still looking to finish this list to 100... Maybe you have a service idea we can include in our list... Still need 20 or so good ideas!

<i>Your focus:</i>	<i>Service you can perform</i>
Ensure the Health of Your Group Meeting	18. Show up.
Ensure the Health of Your Group Meeting	20. Serve as group leader.
Ensure the Health of Your Group Meeting	21. Volunteer to be a speaker.
Ensure the Health of Your Group Meeting	22. Volunteer to get speakers for your meeting.
Ensure the Health of Your Group Meeting	23. Share your experience, strength, and hope at meetings

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Tri-County Intergroup of Overeaters Anonymous Workshop

Saturday, September 12, 2015

1:00pm to 4:00pm

Registration starts at 12:30pm

*Join us for a Plan
of Eating and the
Happiness of
Recovery*

Tri-County Intergroup OVERTAKERS ANONYMOUS MEETINGS

Day & Time	City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY 7:00 PM	Arlington - City on a Hill City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	Speakers, Step Studies, Literature	Mary Lou B.	817-287-9940
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 Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179	Open	Rita	817-353-5829
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) RING DOORBELL ON DOOR TO THE RIGHT OF THE SANCTUARY 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	817-692-7180
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: Aug 1, South Hills; Sept 12, New World; Oct 3, South Hills; Nov 6, retreat; Dec 5, South Hills; Jan 9, New World

last change 7/11/2015