

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - MARCH 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.

3rd Step

*By
Richland Hills*

REBEL WITHOUT A CAUSE

Made a decision to turn our will and our lives over to the care of God as we understood Him...

I find it ironic that I volunteered to write about Step 3. Despite all my years in program I struggle with this step. I keep taking back my will especially in regards to my food. The literature tells me that I have to surrender my will to the God of my choice. I don't know why it is so hard for me since I have a loving Higher Power that thinks I am worthwhile and important. Nevertheless, I continue to play God even though it has not worked for me. So today I am looking for a new beginning – that decision that God is going to direct my life instead of me directing it.

I don't wish to lose control any longer through bingeing because that act separates me from my Higher Power and places me in a living hell where that old enjoyment over food eludes me. I have a spiritual sickness which blocks me off from God through the fear, resentment, guilt and remorse caused by self will. Self will run riot has made me miserable and the cure is the spiritual principle of surrender, which means I have to give up fighting. Deciding to trust God instead of food is a complete turnaround in attitude because I am changing from a material orientation to a spiritual one.

Continued on the next page

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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.*

Looking UP

(Continued from Page 1)

I guess I am a rebel at heart since compulsive overeating is a classic form of rebellion, but I am not happy in the role of rebel. And I know that whatever plan HP has for me in life does not include compulsive overeating. Today I need to act out of faith rather than rebellion because my recovery depends upon my releasing fear and trusting God. I need to decide that I want God to direct my life and that I want those things (like rebellion) to be removed that are blocking me from my Higher Power. Freedom from the bondage of self is what I am asking for in Step 3 so that I can begin to live my life on a spiritual basis.

Take a moment and think about sharing your experience, strength and hope...

Good for your journey, and one of the benefits of being part of this wonderful program.

*Email your article to:
newsletter@oa-tricounty.org*

Living in Step 3, means learning to live spiritually one day at a time. Turning my will over to God is a way out of my day-to-day misery. It means that if I have the faith to turn over what I want to God, I will be given what I need. If I have faith in HP, I can turn my weight over to that Power as well. I can take action – by abstaining and taking the steps – and leave the results to my HP. For today, HP is my source from which I seek the knowledge of what's best for me. I seek true wisdom in following God's will for me in every aspect of my life. May I find freedom and exuberance as I follow God's path.

**Anonymous
Richland Hills**

In Gratitude for Continuing Support

We have gratefully received donations from the following groups:

***Granbury, Richland Hills,
Primary Purpose***

Step 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

*Faith
is seeing light
with your heart
when all your eyes
see is darkness*

*One thought that always helped me with this step.....
It is only one step and it is into the arms of my Savior!*

Looking UP

In what tangible ways can I communicate with God?



I talk to God, I think and write to God, I sing to Him, I dream to Him, I pray to God, I cry to God, I laugh to God and sometimes I scream. There are times I dance and rejoice with God and other times when I sit, open a book and read to Him, and even other times when I curl up in a ball to be silent

with Him.

I constantly communicate with Him. That is why I know He is closer than a brother to me. He knows my thoughts before I do. That comforts me because He completely accepts me; the real me. I believe he loves me for me.

I also believe God communicates with me. He talks to me when I take the time to meditate. He sings to my heart when I take walks outside, or sit on my porch and listen to the birds and the wind in the trees. God's smile fills my heart and communicates His love whenever I feel the sun's gentle rays on my face. I also believe He talks to me through other people and everyday life situations.

God is always here for me. Ever ready, ever willing to share Himself and His perfect will with me. I just have to keep looking up and honestly share the most genuine parts of myself with Him and those I come in contact with.

Emerald C.
South Hills, Saturday
Writing, Steps and Literature

Looking UP

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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 - Cross Timbers - 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 Closed meeting	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	Margie M. Pat M.	972-310-3636 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 10:30 am the first Saturday of every month at the Wesley House, 3321 West Park Row Dr., Arlington, Texas 76013

last change 2/19/2013