

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER – DECEMBER 2017

Recovery Means Freedom

Each month a member will provide the experience, strength and hope of their journey so far in OA. From newcomer to friends with years of abstinence, the miracle of this program continues to work if we work it!



*This month sponsored by
Daily Reprieve, Eulless*

Life to its Fullest

I can remember the moment when the pain of life hurt so much I had to choose a different pathway. I still embrace the first moments, as I walked into the rooms of OA, when fear melted off me, replaced by a sense of acceptance. These two moments are locked securely into my brain and have become a precious symbol of choice.



compulsion.

I no longer play with the notion of whose thought it was to turn from depressive destruction towards the help of the 12 Steps. It no longer matters how I got here. Just that I stayed to find a solution for living life without my dreadful

Each step gently guided a broken man towards a way of living that was more valuable than the disease that brought me to the rooms of OA. Step by step, I gave my Higher Power the ability to show me a life of love and service that feels so much better than the dark moments just before I came to OA. It is hard work breaking down old habits and pesky shortcomings, but step by step I found something to replace the defects that blocked me from happiness. The promises became my road signs to progress and life began to take on a glow of excitement and real hope. It is possible to live without the pain and anguish of compulsion.

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Tri-County Intergroup
Group # 09163
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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

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Step by step, I became the man I was always meant to be and it felt good. There are easier pathways to travel but none I have found that transform me and give me such great hope. There is an unwritten gift within the program. Those we find within the rooms do not demand results or compliance. They embrace each precious being wherever they are on their journey. Beyond the acceptance shown that first day, the continuing love—no matter what—is a gift beyond measurement that this man needed to find his way out of disease.

For the first ten steps, it seems to be a process of inner construction, transforming the old me into a better man. The 11th step gives me a moment to embrace the fullness of life, centered on my Higher Power rather than a boy cringing in pain. But it is in the 12th step that the fullness of life explodes to fill all I can see and beyond.



Having had a spiritual awakening as a result of these Steps...

These words looked mystical at the beginning of the journey.

Now, fortified by the commitment to the previous steps, they explode with empowerment beyond my wildest dreams.

To live life in service and love. To give before asking, receiving more than expected. It is a daily reality for those who awake to a God-centered life. ***...we tried to carry this message to compulsive eaters, and to practice these principles in all our affairs.*** I sought relief from my pains. The gentle hands of OA showed me so much more.

The 12 Steps are a journey towards wholeness, completing the quest begun in pain. They transform my life so that it can be lived to its fullest. It is upon completing the 12 Steps that I got a real glimpse of life to its fullest. A life that empowers me and fills me with great joy. Thank you OA, thank you God.

*Anonymous
Daily Reprieve, Eulless*

*In Gratitude for
Continuing Support*

*Grapevine Group
South Hills
New Beginnings HOW*

*Freedom from lack of
purpose*

Freedom

*For many of us, freedom came
when we took Step Three and
turned the entire problem over to
our Higher Power.¶ — OA
12&12, p. 20 This freedom
continues to grow with each step.*

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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.

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
Looking Up Dec 2013*

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Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS

Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
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	7:00 PM	Richland Hills - City Point United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #104	Literature meeting	Rachel R.	817-595-3044
TUESDAY	7:00 PM	Arlington - City on a Hill City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	Speakers, Step Studies, Literature	Sherri G.	817-461-4053
WEDNESDAY	7:00 PM	Eules - United Memorial Christian Church 1401 N. Main Street, Eules, TX 76039	Big Book, Voices of Recovery	Tammy G.	(817) 995-3895
THURSDAY	Noon	Grapevine OA - First United Methodist Church 421 Church St Grapevine, TX 76051 Brick Thrift Store across the street from the GV First Methodist Church. Park on south side of building, enter thru double glass door, Conf Room C, on right.	Meeting leader chosen topics from OA 12X12, Big Book and OA Literature	Judith D.	682-313-8484
THURSDAY	6:45 PM	New Beginnings HOW - St. Paul Lutheran Church 1800 West Freeway Fort Worth, TX 76102	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	HOW	Lisa	682-438-9160
THURSDAY	7:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA & AA Literature	Happy	817-370-7207
FRIDAY	11:00 AM	Saginaw Overeaters Anonymous Meeting Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179	Womens Focus	Deb R.	682-802-0391
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	10:30 AM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Men's focus, all welcome - Topic/discussion	Dan	925-577-8636
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, Eules - United Memorial Christian Church 1401 N. Main Street, Eules, TX 76039	Step Study / Big Book	Margie	972-310-3636
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

2017's Intergroup meetings Arlington 1/6/18

remaining: Fort Worth 12/2

last change 11/14/17