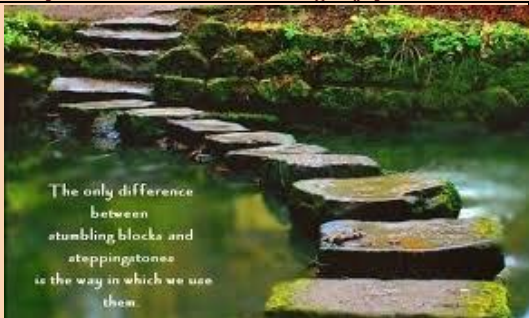


# Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - FEBRUARY 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.

## 2nd Step

By  
OA Step  
&  
Tradition  
Group

## Coming

STEP TWO - Came to believe that a power greater than myself could restore me to sanity.

- (1) I came
- (2) I came to
- (3) I came to believe.

**I came** to OA in 1980. In another 12-step program **I came to** and realized that I can't fix the addicts in my family and that I also am an addict. My substance of choice might be different than theirs, but my compulsion led me to insane behavior. The biggest lesson I learned was the only person I can change is I, and I have to have the willingness to take what it takes to recover from my three—fold disease, physically, mentally and spiritually.

But, it took many months in both programs before **I came to believe**. You see I had become an agnostic somewhere between my

*Continued on the next page*

## 2012 TRI-COUNTY INTERGROUP BOARD

Chairperson:	Terri Beth
Vice-Chair:	Gwenne G.
Treasurer:	Joy S.
Secretary:	(open)
DMI Liaison:	(open)
Public Relations:	Jaclyn
Newsletter:	Bill J.
Telephone:	Margaret
Retreat:	Jaclyn
	Margaret
Workshop:	Linda
Workshop:	Rachel
Web Master:	Betsy
WSO Delegate 1:	Terri Beth
WSO Delegate 2:	Gwenne G.
Region 3 Rep 1:	Terri Beth
Region 3 Rep 2:	Jaclyn

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.*

# Looking UP

*(Continued from Page 1)*

childhood, when I had faith in God and was active in organized religion, and 33 years ago when I had that belief restored. When the "slings and arrows of outrageous fortune" occurred in my life, such as the death of a child, I turned away from religion and blamed God for many years (where was he when

I needed him?) I had become a very unhappy and bitter person.

All I had to do was to "let go and let God" govern my life again. I had to start praying and meditating. I couldn't do that at first, because I was fearful he might let me down. Then, as God does, he started to prove to me he is always listening to my pleas for help and points me in the right direction.

*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*

Cases in Point:

- 1) I lost a job, and was worried about finances. A dear relative was coming to visit from out of state, and we didn't have much food in the house. My son also lost his restaurant job, and brought home an abundance of groceries donated by his former employer.
- 2) A few months later I was elected to be a delegate to the World Service Business Conference in Los Angeles (the first delegate from the then new Palm Beach County Intergroup). I was full of fear and anxiety until everything started falling in place, pushing me like "wind beneath my wings". I gave my sponsor more excuses why I couldn't go. I didn't have a ride to and from the airport. (Her son would transport me.) I didn't have a dress for the Saturday night banquet and dance at the hotel. (She let me borrow a beautiful gown of hers that was just my size.) I would be alone for this venture. Wrong. My daughter, that same week, was attending the NA conference in Los Angeles. My son, in the Navy, was being assigned to Hawaii and was flying from Los Angeles to Pearl Harbor that same week. They both wound up sharing my room and we had time together between my business sessions.

God wanted me to have that first Conference experience. It changed my life. ***I came to believe*** that God does indeed direct my life if I ask him to.

*Yours in love and service,  
Gwenne G., OA Step & Tradition Group*



**Miracles in Recovery**

*Join us to hear speakers  
sharing their experience,  
strength, and hope.*

*Intergroup update and Q&A  
session also!*

Saturday March 2<sup>nd</sup> 2013  
Registration begins at 12:30  
Workshop from 1:00p to 5:00p

South Hills Christian Church  
3200 Bilglade Road  
Fort Worth, TX 76133

**For information please contact Linda B. 817-377-9691**

# Looking UP

*References to topics found in the first 164 pages of the book, Alcoholics Anonymous*

ACCEPTANCE	14
ANGER	64, 66, 111
COMPASSION	108
DISEASE	21, 23
EASY DOES IT	135
FEAR	67, 68, 115, 116
FREEDOM	62,
HONESTY	58, 115
HUMILITY	12, 13, 63, 73
INSANITY	24, 37, 38, 57
INVENTORY	64-71
JEALOUSY	82, 119, 131
MEDITATION	86-88
PATIENCE	67, 82, 90, 111, 118, 123, 125, 127
PRAYER	63, 67, 70, 75, 76, 79, 80, 82-87
RECOVERY	1-164
RESENTMENT	64-66, 117-119
SELF KNOWLEDGE	7, 36-39
SELF-WILL	60-62
SERENITY	68
SEX	68-70, 124, 134
SLIPS	35, 120, 139
SPIRITUAL EXPERIENCE	25, 27, 44, 47, 128, 130, 157
STEPS	59-60
WILLINGNESS	12-14, 26, 28, 46, 47, 53, 57, 58, 60, 69, 70, 76, 79, 93, 118, 124, 152, 153, 158, 159, 162

*Looking Up Clip and Pray!*



**"The Texas Twelve Step"**

**2013 Convention**

**February 22-24, 2013**

Dallas OA Convention 2/22 – 2/24.

Convention Hospitality Room open

Friday 2/22, 3:00 pm – 10:00 pm

Saturday 8:00 am – 10:00 pm

\* \* \*

If you can work an hour or two please

contact Darlene [214-252-0914](tel:214-252-0914);

[liesner6522@att.net](mailto:liesner6522@att.net)

Darlene needs

set up help Fri. 12:00 – 3:00 pm

and tear down help Sun. 12:00 – 2:00.

## ***In Gratitude for Continuing Support***

We have gratefully received donations from the following groups:

(please see March Newsletter)

### ***Step 2***

***Came to believe that a Power greater than ourselves could restore us to sanity.***



# Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - FEBRUARY 2013

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> 301 Londonderry, Waco	Big Book Study		254-260-1258
MONDAY	7:00 PM	<b>Arlington</b> - Trinity United Methodist Church, Wesley House 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 3200 Bilglade Road, Fort Worth, TX 76133	Literature: Step / Tradition of the Month	Happy	817-370-7207
TUESDAY	Noon	<b>Fort Worth</b> - 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	<b>Stephenville</b> - <i>Cross Timbers</i> - First Presbyterian Church 1302 N Harbin Drive, Stephenville, TX 76401	Literature / Topic	Pat	254-485-0921
TUESDAY	7:00 PM	<b>Richland Hills</b> - United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #110	Big Book Study	Rachel	817-595-3044
WEDNESDAY	1:30 PM	<b>OA Step &amp; Tradition</b> - New World United Methodist Church, Room 28, 2201 N. Davis Dr., Arlington	<b>New Time and Place as of Jan 2, 2013</b>	Gwenne G	682-429-7990
WEDNESDAY	6:00 PM	<b>Waco - DePaul Center</b> 301 Londonderry, Waco		Anna Kay	254-498-6898
WEDNESDAY	7:45 PM	<b>Arlington</b> - 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	<b>Fort Worth - Bethel HOW</b> - 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	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Voices of Recovery / OA 12X12	Happy	817-370-7207
SATURDAY	9:00 AM	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA Workbook	Happy	817-370-7207
SATURDAY	Noon	<b>Arlington</b> - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	Literature	Billie	817-460-3083
SATURDAY	Noon	<b>Daily Reprieve, Euless</b> - 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	<b>Fort Worth</b> - 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 (**entrance is in the rear of the building**).

last change 1/5/2013