

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - APRIL 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

4th Step

*By
Stephenville - Cross
Timbers*

The Weight of a Lead Pencil

I felt the sweat bead up on my upper lip. In the darkness I searched for the reason for the terrible anxiety. The nightmare, still festering in the back of my mind but lost to reality, had stolen slumber and the lingering fright tightened my muscles and bade me to scream out at the terror.

There on the nightstand, luminated by the green digital numbers of the clock was my white "OA For Today" book. Its soft reflection in the darkness gave pause to my fear as I realized I was not lost but still held gently in the arms of my Creator.

I cannot say all dread left me in that moment but it is not necessary to make up stories. I still trembled when I picked up the yellow pad and pencil. Following my sponsor's advice I wrote out the 3rd Step Prayer and then, with an abandon only the first three steps could miraculously engineer, I laid out my painful past between the lines of the tear soaked paper.

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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

Weight (continued)

My past did not go away. It did not change. But it no longer wakes me in the darkest parts of the night to torment me. My wholeness was not yet complete and there was more to do, but the pages of yellow paper now held the painful burdens that my Creator never wanted me to carry by myself. If someone asks me about the 4th step I see now only the miracle of God's forgiveness in the actions taken.

So search deep and leave no stone unturned. Fearlessly plod through the painful memories and see them for what they are. The past.

Many years later I spoke with an interesting soul on this journey of life. They listened to my journey and spoke of how they dealt with life each day. They had never carried the past and you could see in their joyful eyes that they had been spared the dark miseries of the nightmares I suffered. Having found recovery through the Steps I did not feel jealous but a wonderment of how God looks after every one of His loving creatures. For me He created a program of recovery and abstinence so that I could find the joy that is waiting for each of us who chooses.

It is nice to know that I have a special place in the loving arms of my Higher Power. I am special and He has provided a special program to bring me true joy. Still not too sure as you look out into the darkness? Pick up a pencil and follow the 4th Step. It could be the best action you have ever taken.

*Anonymous
Stephenville - Cross Timbers*

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Courage

Courage

There is magic in courage,
wrapped up in a box of love,
kept amazing by an air of free-floating trust.

The courage I've seen in OA
continues to give me the magic I need
to find my own courage.
To be wrapped around
such a loving group of people
is the most beautiful bow
I've ever seen.
Amazing sharing
takes amazing trust.
It floats throughout and elevates all.

D.L. reprinted from LIFELINE, July 2001.

If you are looking for Courage or any other topic to help your recovery - check out our website - you will be glad you did!

<http://www.oa-tricounty.org/newsletter-archive/#.UUo2LVfDkbY>

Share the Whole Story

To the newcomer, one day of freedom from compulsive overeating often seems unattainable. Even struggling compulsive overeaters who have been in the program for a while may begin to give up because the handle on abstinence is eluding them. The pain, confusion, disappointment, frustration and failures become overwhelming and take their toll. Such people feel lost and slide even further down into the pit of despair. Maybe they make one last try. They make their way to a meeting, along with the newcomers, and what do they hear?

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Share (continued)

Maybe the leader tells a glowing story about abstaining from compulsive overeating for a number of years. She speaks about her substantial weight loss; she says that she is emotionally better off than ever before; she has turned everything over to God, she says, and He takes care of everything.

In the audience is the newcomer who doesn't even know what abstinence is. And the struggling overeater, who last binged on the way to the meeting who can't get a picture of turning over anything to "God." Can they relate to what is being said? Probably not - the distance between them and the leader is so discouragingly far. How could they ever reach the level the leader speaks about? Will they come back? Probably not. They leave saying, "Maybe for these people, but never for me."

When we lead or share, are we remembering to tell the whole story? Are we taking ourselves back to the newcomer days or the times of our near-disastrous struggles with our disease? Do we share about how half measures availed us nothing? Do we share all about the entire journey - failings as well as the successes? Look at the whole process. We were wounded then, we are healing now. We were discouraged, yet we became encouraged. We had been in the valley, but we became convinced that the height of the mountain was attainable.

The change came sometimes slowly for us, and sometimes quickly, but it did come. There was a lot of pain, but gain, too. There was hope. There was help. Even in tears, there were cheers from our fellows. They were always there, and they always will be. There will be new faces among the old, but the spirit will be the same.

Any one of us may give the first message, maybe the only message that newcomers or suffering overeaters hear. Help them to stay with us. Help them to keep coming back. We need them.

From "A New Beginning"

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In Gratitude for Continuing Support

We have gratefully received donations from the following groups:

Richland Hills and South Hills

Step 4

Made a searching and fearless moral inventory of ourselves.



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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 3/1/2013