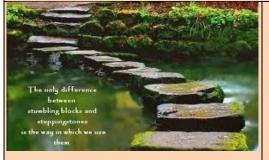
TRI-COUNTY INTERGROUP NEWSLETTER - MAY 2013

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.



5th Step

By South Hills Saturday Writing, Steps and Literature

The weight of the world had been lifted

Tell someone about all my misdeeds from the past? You can't be serious. That's what I thought when I first read Step 5. No one wants to hear about the horrible things I've done. They won't be able to stand it. I can barely tolerate remembering them. Many have haunted me for decades.

Yet, I was determined to stay abstinent. That was the driving force behind my becoming willing to speak to another human being. Being abstinent had become the most important thing in my life since I found OA. So far, I had sincerely admitted how powerless I was. It took two seconds to assess my life as unmanageable. I definitely wanted sanity. I knew I was a control freak and now had to let God have control. I had no problem writing down my history in spite of the fact that my list was long and detailed. But, but, but...to let the words be verbalized? I had procrastinated on this Step for months.

Continued on the next page

2013 TRI-COUNTY INTERGROUP BOARD

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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.

If you are looking for **Procrastination** - or any other topic to help your recovery - check out our website - you will be glad you did! http://www.oa-tricounty.org/procrastination

Procrastination

The Someday Syndrome Someday, some way. Someday my prince will come. Mañananot today. I'll start tomorrow...or Monday...or January 1st. Today is shot any way. When I am thin.

Sound familiar? Ah but. Someday this disease will kill me. And someday can bring good OR bad. OA is not a program of tomorrow. It is about today and the power Of the present moment.

Today is the first day of the rest of my life. Today is where the past has meaning. Today is where the future is shaped. I am in today, this minute -which is the only true realty. My footing is in the present and my enjoyment is now. The time of my life is now.

There is no waiting for a payoff for the day my ship comes in. For what I can do someday, I can do today. Yesterday is a memory and tomorrow is not here. I have everything I need to live today. For each day that I live well, I am well. Just for today.

And while you are at it....

Drop a note to <u>newsletter@oa-tricounty.org</u> and get your copy of the Newsletter sent electronically! - You will be glad you did!

Weight (continued)

I called my sponsor. I took baby steps by telling her the "not so bad" stuff first. She just listened and listened as my view of the gravity of my wrongs took on larger proportions. This person was not gasping in disbelief. She did not confirm what I viewed as the severity of my wrongdoings. She just calmly conveyed that she heard what I said.

Little by little I started to feel liberated. Finally, I knew I had to tell her the worst thing I ever did. The thing only two other people in the world knew about. The thing that had tormented me for 30 years. I did it. I verbalized this "atrocity".

She said, "God has already forgiven you for that."

I couldn't stop crying because I believed her. The weight of the world had been lifted from my shoulders. I actually could accept and move on from my past. What a gift! My Step 5 fears had been eliminated.

Anonymous South Hills Saturday Writing, Steps and Literature

5th Step: A List Too Long

It could be hundreds of pages or it could be one or two. It is too long.

It could be in outline form or detailed analysis. It is too long.

Chronological or topical - It is too long. Pencil, pen or yes even cassette tape. It is too long.

TCI Summer Workshop - JULY 13, 2013

Sponsorship: How to Get One - How to Be One.

Registration begins at 12:30 PM and the workshop will run until 4:30 PM.

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

Come and enjoy the fellowship - bring a friend to celebrate our abstinence together!

TCI Annual Retreat - November 1-3 Lead by Region 3 Trustee with 17 years in program sharing :



Price \$110. Registration start s in June. For information call Jaclyn 817-292-2010 or 817-996-8711.

(Too Long Continued)

Every 4th is just too long.

Too long held inside festering and creating a world of confusion and guilt. Too long barring true relationship with those we want so desperately to love.

Too long filling each moment with hatred we despise. Too long removed from peace and love and yes from our Higher Power. Too long.

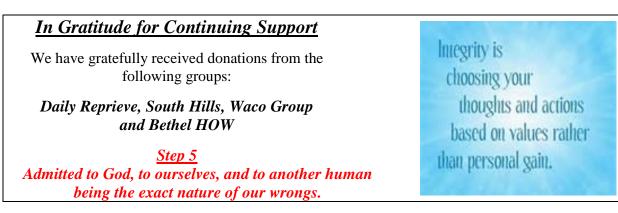
I fully understand that this wonderful program touches each of us differently, but this is and continues to be the central miracle for me. The letting go of the past in the 5th Step. I had always believed in a merciful God but understood He could not forgive me. My past held me too long in its grip of fear and guilt and shame and failure that I could not see the truth. It was not until I followed this 5th Step fully and exactly that I found the release I had sought all my life.

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Gently my sponsor guided me though the process. First to read my step in a silent church of my choice to my God. Then to find a quiet place and read it to myself. Finally we met and he listened - not judging - not trying to change me - not attempting to suggest a better way. He listened as I poured the past out on the floor between us.

I am truly free. Not just emotionally, not just physically but completely free. I know fully that the rest of the 12 Steps are important and integral to my spiritual awakening but the lock that held me from freedom had been sprung and my spirit soured to new heights of true delight. I was free. Only one question is necessary. Has it been too long waiting to complete this wonderful Step?

Looking Up July 2010



TRI-COUNTY INTERGROUP NEWSLETTER - MAY 2013

Day & Time		Tri-County Intergroup OVEREATERS ANONY City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	6:00 PM	Waco - DePaul Center	Big Book Study		254-260-1258
MONDAY	0.00 PM	301 Londonderry, Waco	Big Book Study		254-200-1258
MONDAY 7:00		Arlington - Trinity United Methodist Church,		Billie	817-460-3083
	7:00 PM	Wesley House	Abstinence		
		3216 West Park Row Drive, Arlington, TX 76013			
MONDAY		Fort Worth - South Hills Christian Church	Literature: Step /	Happy	817-370-7207
	7:30 PM	3200 Bilglade Road, Fort Worth, TX 76133	Tradition of the Month		
TUESDAY	Noon	Fort Worth - South Hills Christian Church	OA 12X12 writing /	Нарру	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133	AA Big Book		
TUESDAY	6:00 PM	Stephenville - Cross Timbers - First		Pat	254-485-0921
		Presbyterian Church	Literature / Topic		
		1302 N Harbin Drive, Stephenville, TX 76401			
TUESDAY	7:00 PM	Richland Hills - United Methodist Church		Rachel	817-595-3044
		7301 Glenview Drive, North Richland Hills 76180	Big Book Study		
		Room #110			
WEDNESDAY 1:30 P	1.20 DM	OA Step & Tradition - New World United	OA Literature	C C	682 420 7000
	1:30 PM	Methodist Church, Room 28,	OA Literature	Gwenne G	682-429-7990
		2201 N. Davis Dr., Arlington Waco - DePaul Center			
WEDNESDAY	6:00 PM	301 Londonderry, Waco	Big Book Study	Anna Kay	254-498-6898
WEDNESDAY 7:		Arlington - Trinity United Methodist Church,	HOW Closed meeting	Billie	817-460-3083
		Wesley House			
	7:45 PM	-			
		3216 West Park Row Drive, Arlington, TX 76013			
		Fort Worth - Bethel HOW - Bethel Methodist	HOW		
	6:45 PM	Church (corner of Southwest Blvd. & Vickery)		Patrice	817-692-7180
THURSDAY		RING DOORBELL ON DOOR TO THE RIGHT OF THE			
		SANCTUARY 5000 Southwest Blvd. Fort Worth, TX			
		76116			
THURCOAN	Fort Wor	Fort Worth - South Hills Christian Church	Voices of Recovery /	11-	017 070 7007
THURSDAY	7:30 PM	3200 Bilglade Road, Fort Worth, TX 76133	OA 12X12	Happy	817-370-7207
SATURDAY	9:00 AM	Fort Worth - South Hills Christian Church	OA Workbook	Hanny	817-370-7207
	9:00 AM	3200 Bilglade Road, Fort Worth, TX 76133	UA Workbook	Happy	817-370-7207
SATURDAY		Arlington - Trinity United Methodist Church,	Literature		
	Noon	Wesley House		Billie	817-460-3083
	110011	3216 West Park Row Drive, Arlington, TX 76013			517 100-5005
		Daily Reprieve, Euless - United Memorial	Step Study / Big Book	Manal- M	070 010 0404
SATURDAY	Noon	Christian Church		Margie M. Pot M	972-310-3636
		1401 N. Main Street, Euless, TX 76039		Pat M.	817-864-9888
SUNDAY	4:30 PM	Fort Worth - South Hills Christian Church	Writing, Steps and Literature	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
Tri-County Intera	roup meets	at 10:30 am the first Saturday of every month at the	Wesley House 3321 W	Vest Park Ro	ow Dr., Arlingtor
county mere	, sup moots	Texas 76013		. Sor I din Itt	