

Looking UP

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.



The only difference
between
stumbling blocks and
steppingstones
is the way in which we use
them

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

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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

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 reality.
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 newsletter@oa-tricounty.org 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 “atrocious”.

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!

Looking UP

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

(Too Long Continued)

Every 4th is just too long.



Price \$110.

Registration starts in June.

For information call Jaclyn

817-292-2010 or 817-996-8711.

*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 through 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 soared 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

In Gratitude for Continuing Support

We have gratefully received donations from the following groups:

***Daily Reprieve, South Hills, Waco Group
and Bethel HOW***

Step 5

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



Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - MAY 2013

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 - <i>Cross Timbers</i> - 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