

# Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - JANUARY 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.

## First Step

By  
*Daily Reprieve  
Group, Euless*

### *I remember...*

I remember the work and strain that went into believing that I was all right and the world was broken.

I remember the pain of hiding my own feelings deep inside lying to myself about what I really was.

I remember the utter destruction at the moment I gave up trying and gave into my disease of compulsive overeating.

I remember and I smile because it was in this deep and utterly painful self-honesty that I found my way home to OA.

It is easy these days to live one day at a time and work on my abstinence; not perfect, but a wonderful gift of progress rather than perfection. The sense of ease comes from the first gift of the program found in the most unlikely of places - the 1st Step.

*We admitted we were powerless over food  
- that our lives had become unmanageable.*

*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](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)*

When I first read the words of the 1st Step, I saw only gloom and doom. But that was indeed what filled my heart and soul. I had reached into the depths of the dark abyss called a life and saw only pain. So why not take an onerous step that talked of powerlessness! Just about a perfect reflection of the failure that was me.

Little did I know of the gentle hands guiding me so lovingly to this miracle. My first sponsor helped me beyond any possible repayment when he informed me that I was to read only the first word of the 1st Step. Then, after reflection, I was to attend my next meeting for my next assignment.

As the world fled by and my feelings continued to create whirlwinds in my mind; the word "WE" centered itself in the solid ground before me. I already knew the cataclysmic devastation of "alone". I was given a gift of profound grace. WE are not alone and we do not need to fight the darkness by ourselves.

As the days of my new life find grace and joy and even excitement, I fondly look back on that first moment of the miracle and the gifts given so freely by my brothers and sisters on the journey.

The Self-Honesty of the 1st Step continues today in every aspect of my living. I no longer hide in shadows of fear and I remember the first lesson of the guide sent by my Higher Power to watch over me that first meeting. I am not alone and I need not be afraid.

*A member of the Daily Reprieve Group, Euless, TX*

## ***In Gratitude for continuing Support***

We have gratefully received donations from the following groups:

***South Hills; Daily Reprieve, Euless***

*Honesty*

## ***Step 1***

***We admitted we were powerless over food - that our lives had become unmanageable.***

# Looking UP

## *Who Belongs in OA?*

In Overeaters Anonymous, you will find members who are extremely overweight - even morbidly obese - moderately overweight, average weight, underweight, still maintaining periodic control over their eating behavior, or totally unable to control their compulsive eating.

OA members experience many different patterns of food behaviors. These “symptoms” are as varied as our membership. Among them are:

- Obsession with body weight, size and shape
- Eating binges or grazing
- Preoccupation with reducing diets
- Starving
- Laxative or diuretic abuse
- Excessive exercise
- Inducing vomiting after eating
- Chewing and spitting out food
- Use of diet pills, shots and other medical inventions to control weight
- Inability to stop eating certain foods after the first bite
- Fantasies about food
- Vulnerability to quick-weight-loss schemes
- Constant preoccupation with food
- Using food as a reward or comfort

Our symptoms may vary, but we share a common bond:

*We are powerless over food and our lives are unmanageable.*

This common problem has led those in OA to seek and find a common solution in the Twelve Steps, the Twelve Traditions and the eight tools of Overeaters Anonymous.

*Looking Up January 2005*

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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 - Cross Timbers</b> - 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	Chrystyna	214-202-6993

Tri-County Intergroup meets at 10:30 am the first Saturday of every month, Trinity United Methodist Church, 3216 West Park Row Drive, Arlington, TX 76013 in "Wesley House"

last change 1/2/2013