

Looking Up

First Things First

Step Four:

Made a searching and fearless moral inventory of ourselves.

Tradition Four:

Each group should be autonomous except in matters affecting other groups or OA as a whole.

Concept Four: (Equality):

The right of participation ensures equality of opportunity for all in the decision-making process.

Disclaimer

Personal stories express the experience, strength, and hope of the individual member and not of OA.

Thank you for your generous 7th Tradition Donations:

Eulless
Arlington Groups
South Hills

Tri-County Intergroup, Fort Worth, Texas

Information Line: 817-303-2888

Turning and Returning

I am returning to OA—again. I never left completely. I'm still on a meeting list because I received text messages reminding me of every single meeting. Four times a week, each week, a boxed message showed up on my screen. How technical and cold it seems for some people. As I write these words, I'm grateful for each "black and white box" I've received over this last year. Reminder texts are an underestimated, simple tool for outreach. I confess I'm guilty of taking each one for granted—until recently. At first, the reminders caused me a few seconds of pause. Because that's all I needed to read, decide, and click off the text and go about my life. I repeated to myself, "how sweet she is sending me these texts. I need to call her." I never did call. I did feel a slow shift. Privately, I admitted my exhaustion. Holding up my self-imposed distance is hard and tiring. I heard a regular echo circling within my heart, "please don't stop. Don't forget me. I want the texts!" My excuses were melting and revealing my secret, growing hunger to return home again. For me, the black and white reminder texts changed into an unforeseen lifeline of love and remembrance. Even though it took months for me to show up for a meeting, I always knew one person remembered me. Regardless of how methodical and boring sending reminder texts may be, these reminders joined together into one long, comfort chain circling around my heart. A chain helping me come home again.

Sharon B.

Steps 4, 5, 6

- No one is going to do a perfect inventory.
- It is an honor to take someone's 5th step. It comes from a hurt person, not a bad person.
- We did the best we could with the knowledge we had.
- I will never know who I was, only what I wanted others to know or what I did.
- If I didn't get my way yesterday...I feel resentment.
 - If I don't get my way today...I feel anger.
 - If I don't get my way tomorrow...I feel fear.
 - (What's in common? Getting my own way!)
- Resentment is re-feeling.
- Don't let me see me as I see me...I'm not that bad.
- Don't let me see me as others see me...I'm not that good.
- Please let me see me as You see me...because that's what I really am.
- We are not bad people trying to get good. We are sick people trying to get well.
- Before OA, my two favorite exercises were jumping to conclusions and climbing the walls!

Excerpt from the compilation of Region III
Workshop sayings from March 1, 2014

4th Step Prayer: Dear God, it is I who has made my life a mess. I have done it, but I cannot undo it. My mistakes are mine and I will begin a searching and fearless moral inventory. I will write down my wrongs, but I will also include that which is good. I pray for the strength to complete the task.

Step Four - from an Abuse Survivor

I remember as a young adult being afraid to find out who I was. My friends all seemed to know who they were and liked themselves. I was petrified of the truth. I was afraid if I learned the truth about myself that I would die in that instant of revelation. Little did I know that there was a factual reason for my fears, and I did not learn that reason for another 20 years. I need to remember when dealing with fellow members that they may have complicated histories of abuse that damaged them to such an extent that they are incapable of surrendering to the process of discovery. They are still welcome in OA. *They may never become physically abstinent; it doesn't matter.* What matters is that they belong just as much as I do. This is their home where they can be themselves, as much as they are able.



If you suspect that you may have a complicated history of childhood abuse issues that perhaps triggered your compulsive overeating, I am here to listen and to share my experience, strength, and hope with you. Step Four is never easy and for an abuse survivor, it is a cruel journey of reliving abuse as an adult. It took 10 years for me to learn who I am, but I lived those 10 years one day at a time. I want you to know that I did it and not only did I survive, but I also came out victorious over my past despite the bitter truths that I learned in the process.

I worked Step Four multiple times in this program. The last one was devoted entirely to my abuse history. You may wonder what I could have possibly done “wrong” as a child in that situation. You are right. I didn’t do anything wrong. But I did have a large part in the problems that enveloped me as an adult. *I had believed what I had been told.* Over and over, I believed the adults who “cared” for me. And I had continued believing those lies as an adult, well into my 40s.

As a member of OA, I chose to look at those beliefs one by one because I really wanted to know who I was despite my fears. It was painful. It was emotionally bloody. I cried a lot. But I survived. That’s right. I survived the initial abuse, and I survived the reliving of it. I kept what I liked and left the rest, as they say. It broke my heart to learn that those whom I had worshipped as a child were my abusers. I went through all the stages of that grief and loss, including anger, acceptance, and finally, years later, forgiveness. I did not do this work alone. I gathered a support group that included my immediate family and two different 12-step groups with whom I had learned to be truly intimate. These people I really trusted.

When the time came, I shared my Fourth Step with both of my sponsors. I felt I needed two people to hear this story. When I was done reading, we all cried, and they loved me and thanked me for trusting them. They are still my sponsors today, so many years later. I have been imperfectly abstinent for 9 years and maintaining this loss of my former self for around 15.

Betsy H.
New Beginnings OA/HOW

STEP FOUR

“Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.”

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 begged me to scream out at the terror.

There on the nightstand, illuminated 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 fears 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 pick 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.

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.

Member, Cross Timbers Group, Stephenville



WACO OA GROUP ANNOUNCES:

NEW MEETING (MASKS REQUIRED)

Thursdays, 5:30 – 6:30 PM
Crestview Church of Christ, Room C12
7129 Delhi Rd
Waco, TX 76712

"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."

Virtual Meetings

Sunday	4:30 pm	South Hills Christian Church OA # 51282 Free Conference Call, dial 760-548-9061 No access code For assistance, contact Jaclyn 817/996-8711 or Nancy 678/882-4488
Sunday	6:00 pm	Epworth UMC, Arlington OA # 56964 From Zoom App, meeting ID# 394-680-626, Password: 183267 For assistance, contact Ashley 817/688-4563
Monday	6:00 pm	Central UMC, Waco OA # 50529 From Zoom app, meeting ID# 288-451-3232, Password: changes to current date in this format: 1-25-21 OR 2-1-21, and so on. For assistance, contact Beth 254/715-2521
Tuesday	12:00 pm (noon)	South Hills Christian Church OA # 41132 Free Conference Call, dial 760-548-9061 No access code For assistance, contact Jaclyn 817/996-8711 or Nancy 678/882-4488
Tuesday	6:30 pm	Richland Hills OA # 51841 Dial in # 505-144-0847, Password: hope For assistance, contact Andrea 717/614-9131
Wednesday	10-10:45am	TENNIE, Shades of Hope Zoom dial in #346-248-7799, meeting ID# 823 5702 0585, password 476552
Wednesday	11:00 am	Whitney OA # 56299 This is a small group, presently 2 members and they use phone calls. For assistance, contact Cindy 214/600-1158
Thursday	12:00 pm (noon)	Grapevine OA # 54878 From Zoom App, meeting ID# 202-154-656, Password: 1212 For assistance, text Judith 682/313-8484
Thursday	6:45 pm	St Paul Lutheran – New Beginnings OA/HOW OA # 45896 From Zoom app, meeting ID# 863 0813 9163, Password: 678432 For assistance, contact Patrice 817/692-7180
Thursday	7:30 pm	SHCC OA # 26280 From Zoom App, meeting ID# 922 016 4765, Password: ODAT2015 Phone number: 1 (346)-248-7799 For assistance, contact Amber 817/798-6289
Saturday	9:00 am	SHCC OA # 46989 Free Conference Call, dial 760-548-9061 No access code For assistance, contact Jaclyn 817/996-8711 or Nancy 678/882-4488
Saturday	11:00 am - 12:30pm CST	Harlan <i>Line by Line Big Book Study</i> Dial In # 346-248-7799, meeting ID# 853-3089-5657, password 164758 Any questions, email: harlanbigbookstudy@gmail.com

Non-Real-Time (NRT) meetings are now available on the [Find a Meeting](#) module on oa.org. Go to <https://oa.org/find-a-meeting/?type=0> and click on the Non-Real-Time tab. Since NRT meetings do not have a specific day and time associated with it, you can search through the “Additional search options” by open/closed, language, special topic, and special focus.

Upcoming OA Events

[Dallas Area Virtual Meeting List](#)

[OA Virtual Region e-Workshop Series](#)

June 12, 2021 - DMI Virtual **Convention**

July 17, 2021 – **Tri-County Workshop** on the interconnection between the tools and the steps.

Tri-County Intergroup Meeting Dates for 2021:

4/10, 5/1, 6/5, 7/10, 8/7, 9/11, 10/2 (workshop),
11/6 (during retreat), 12/4, 1/8/22

SAVE
THE
DATES!

RETREATS and
WORKSHOPS

2021 TRI-COUNTY INTERGROUP BOARD

Chair:	Jackie H.
Vice-Chair:	Dana A.
Treasurer:	Joy D.
Secretary:	Rachel R.
Liaison to DMI:	(open)
Liaison from DMI:	Dianne
Public Relations:	Terri Beth M.
Newsletter:	Betsy H., Joy D.
Telephone:	Mary Lou B.
Retreat:	Jaclyn D.
Workshop:	Charra W.
Web Master:	Ron C.
WSO Delegate:	(open)
Region 3 Rep:	Jackie H.

7th Tradition Donations

In this time of the unprecedented absence of face-to-face meetings of OA, the following information is provided to assist you in making 7th Tradition donations to support the primary purpose of spreading the message of recovery through the 12 Steps of OA to the compulsive eater who still suffers.

Whether you're donating to a group meeting, or if you are a guest, you may make your check/money order payable to "Tri-County Intergroup of OA" or Just "OA," and indicate which meeting is to receive your donation. Please mail your donation to Tri-County Intergroup of OA, P O Box 331703, Fort Worth, TX 76163. If you are donating for a group, please provide the name and location of your group, not just the group number.

"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."