

May 2021

# Looking Up

## First Things First

### Step Five:

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

### Tradition Five:

Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

### Concept Five: (Consideration):

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

### Disclaimer

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

Thank you for your generous 7<sup>th</sup> Tradition Donations:

Grapevine  
South Hills  
Richland Hills  
South Hills Tuesday  
Noon

*Tri-County Intergroup, Fort Worth, Texas*

*Information Line: 817-303-2888*

## With God Guiding My Life

With God guiding my life, there is joy *beyond* my limited imagination. Before working through Step 5 and the other Steps in OA, I had NO IDEA that I could learn to paint, or that I would ever travel to Europe, or that I would rise to the level of professionalism that I attained, or that I would have a stable safe home of 30+ years, two children, and four grandchildren. I did not know that I could responsibly own a pet. I had NO IDEA. Nothing from my past proved that I could do or have these things. It was only through trusting God with my food and life that I walked, one day at a time, into an unimaginable life. The things that have been given to me were only for other people, in some life lived in the magazines or on the screen, or in my neighbor's or coworker's homes, and I did not know how they were attained; I thought they were just lucky. The things and gifts did not exist for me because I was not lucky, and I was not born into money. Hope sprang up on the afternoon of the day I worked Step 5. A new sky opened above me that let in light like I had never seen. A new breeze surrounded me that lifted my spirit. A new breath filled my lungs, but I was too giddy to understand what this thing was. I felt free but I did not know what freedom meant. I still had NO IDEA what lay ahead. I walked to my car, mystified at these new feelings, drove home, and started a new life. I was not just lucky. I worked hard, trusting God and the program with my life. I kept doing the next right thing; I stopped doing wrong things. I made decisions and choices of my own. I listened with new ears to my own heart. Each day was better than the one before because I was in recovery. Recovery – that state of rebuilding. Even though I had accidents, missteps, mistakes, and problems, I was and am still in recovery and God is still guiding my life.

Betsy H.  
New Beginnings OA/HOW

Step 5 - Thank God for sponsors for me to admit the exact nature of my wrongs. I hear at meetings: If I'm not part of the problem, there is no solution!

Terri Beth  
South Hills Christian Church

### **Fifth Step Prayer**

God,

My inventory has shown me who I am, yet I ask for your help in admitting my wrongs to another person and to you. Assure me, and be with me, in this Step, for without this Step I cannot progress in my recovery. With your help, I can do this & I will do it.

### *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 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 although my list was long and detailed. But, but, but...to let the words be verbalized? I had procrastinated on this Step for months. 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 2 other people in the world knew about and the thing

that had tormented me for 30 years. I did it. I verbalized this "atrociousness". 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 could accept and move on from my past. What a gift! My Step 5 fears had been eliminated.

*Joy D., South Hills Saturday  
Writing, Steps and Literature*

### *Sharing about my Faults*

I have no trouble doing this! Sometimes I do it too much, but with a newcomer, or at least a new sponsee, who is embarrassed and ashamed to be writing and sharing answers to questions, it is critical that I share some of my experience with those same issues. I can hear the relief in their voice, the shock that someone else did the same thing. They laugh and shyly say, "really"? It's a joy to hear those responses, to know that I just helped someone the way I was helped. It's also important for me to share intimately about sexual abuse issues. I feel called to talk about that issue in an open, accepting environment so that the monsters and ghosts can come out of the closet.

*Betsy H.*

STEP FIVE

## The Program's Transforming Jewel

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It was a room that could be found anywhere, without special accoutrements or elaborate amenities. Just a room—except for an incredibly special miracle. The room held a meeting of unique people who knew just how deeply I hurt. They laughed and joked around, and I was aghast at the horror of once more walking into a place I never belonged. It was then that a gentle, oh so desired hand reached out and drew me in. “Welcome to our meeting ...”

I was present at my first meeting of OA. Little did I know how significant this room would become? In those first few moments, a special jewel of the program shined for me and displayed all the wonderful beauty of acceptance. The meetings of OA are located where the gifts of the program can do their greatest good. They stand open to the world so that downtrodden travelers can find a place where healing and recovery can begin. If nothing else ever happened in a meeting of OA, the world would proclaim it as a true blessing for all humanity.

The jeweled colors that are the gift of acceptance warmed and changed into hope and faith as I listened to the experiences of those who had pierced the veil of recovery before me. The gentle waves of assurance that this pathway could really work for me filled my tired soul and patiently waited until I could choose to follow a new pathway in life.

Two enormously powerful events were contained within the room for me to discover. A message of hope and a guide. It is not for me to say that only a room could deliver these gifts from my Higher Power. It is only personal experience that is shared, not grand philosophies held in dusty books. This room contained the stories of hope shared freely and a man who agreed to show me the joy he found in abstinence. There were to be many tools, steps, and traditions to follow on this pathway of recovery, but it was in this room that my journey began.

It is a room like any other room, without special accoutrements or elaborate amenities. I know what I will find within before I open the door. My heart races a bit with anticipation of the jeweled gift that awaits my entrance. The excitement today is personal, for I have been selected by my group to be their greeter. Maybe, just maybe, I will get to see the miracle of the finding in the eyes of a newcomer.

The jewel of the OA meeting has once again transformed and become the gift of service to another. The final gift contained within the rainbow of gifts found in this wonderful enclosure. I never knew that such wonder could be part of my life. I didn't realize that in giving I would receive, no matter how many times it had been preached to me. It took a special room filled with incredibly special people to show me the glory of my Higher Power's true message of love and service.

Enter this meeting and open your eyes to the beauty of the program captured in this special space. The eternal message of abstinence is there, shining as a jewel gifted to those who choose to enter.

Wednesday Eules Group  
Anonymous



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

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## 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 *Line by Line Big Book Study*  
Dial In # 346-248-7799, meeting ID# 853-3089-5657, password 164758  
Any questions, email: [harlanbigbookstudy@gmail.com](mailto: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**  
8 am to 5 pm with 7 am meditation hour  
\$25 registration  
See flyer mailed along with this newsletter.

July 1, 2021 – Senior Synergy **Expo service opportunity**  
8:30 – 1:30, Will Rogers Exhibits Hall  
This is an in-person service opportunity unless participants are notified otherwise.

**Volunteers needed to sit at the OA booth.** Contact Terri Beth or Jaclyn.

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

**Tri-County Intergroup Meeting Dates for 2021:**

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

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