

June 2021

Looking Up

First Things First

Step Six:

Were entirely ready to have God remove all these defects of character.

Tradition Six:

An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Concept Six: (Responsibility):

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

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:

Richland Hills
New Beginnings
OA-Waco
South Hills

Tri-County Intergroup, Fort Worth, Texas

Information Line: 817-303-2888

Accepting God's Gifts *(God doesn't owe me any gifts)*

Some believe that only certain special people can have, or are worthy of, spiritual experience. I do not believe this as I believe the spiritual is in everyone and it is this aspect of our beings that makes conscious contact with our creator whether we are aware of it or not and whether we want it or not. My experience was that my spirit was stunted because I had too much pride, arrogance, and self-reliance. It doesn't matter why, except the very thing that helped me cope while growing up was the very thing that broke my defiance as an adult. My strength became my weakness, and my weakness became my strength. This was the spiritual experience for me. I'm human, one among many, and if I can have a spiritual experience to the extent that it becomes the most important aspect of my life, then all can.

Betsy H.

I am grateful that I don't have to be holy to have a spiritual experience although when I first came in the program, I thought I was plenty holy, I just couldn't stay on a diet. Well, the "not being able to stay on a diet" part was part of my negative attitudes that reduced me to such a state that I would be ready to have a spiritual experience. I needed some humility, and that process of ego deflation started the minute I came through the doors of OA and has been ongoing ever since. That is good since Bill says it is the foundation upon which my spiritual experience rests.

And that spiritual experience is not a one-time thing. It happens in the living and the working of the 12 Steps in all my affairs. Why? Because it means I let God into my life to guide, direct, and empower me. THAT is a spiritual experience.

Kathy W.

Sixth Step Prayer

God,

I am ready for your help in removing from me the defects of character, which I now realize are an obstacle to my recovery. Help me to continue being honest with myself and guide me toward spiritual and mental health.

Entirely ready to have a defect removed means that I'm sick to death of myself and my behavior. Until I am that sick of a defect, so sick that it feels like death, I keep using it, not really realizing how much it is hurting me or others because I am usually in a state of denial. My defects have unfortunately killed relationships, killed love, killed hopes and dreams. The Step doesn't say "wished to" or "wanted to" or "asked to." For me, those are half-measures. The Step says, "were entirely ready." The moment I become entirely ready is the same moment that the defect is removed because it is at that moment that I have finally let go.

It's been my experience that when I truly let go, then there is no place else for a defect, or anything else, to go except to God. One example that haunts me has to do with my children. I used to yell at my children a lot. I was so frustrated all the time. I hated myself; I felt trapped; I had no love, tolerance or kindness for anyone, not even my children. One day, my son looked at me and asked, "Mom, why are you so mean?" When I saw the look on his face and heard the sweet sad tone of his question that was it. That was the moment I let go; I became entirely ready for God to change me because I could not do it myself. Another character defect that was removed was feeling superior, or self-righteousness. The first time I became aware of this problem was in high school because I lost some

incredibly good friends because of it. I couldn't help myself though. I kept on practicing it. I was always right. I really thought I was smarter than most people and that my being right was only common sense. Everyone should realize it. It wasn't until I was in my 40s that I saw what my judgment did to someone. I saw the crushed look on her face when I condemned her through scorn. I saw that I had hurt her and the crush of all the people I had hurt over the years came down on me hard. It was at that moment that I let go; that I became entirely ready to be different.

The same was true with my overeating. I kept practicing it, knowing it was hurting me, was going to kill me if I didn't change, but I could not change through my own will alone. I kept eating until I hurt myself so badly that I gave up the struggle to change. I let go of the idea that I had the answers. I grow at the speed of pain and the pain of practicing my character defects is what leads me to my higher power in a state of total willingness.

A member from
New Beginnings group

STEP SIX

GOD REMOVED MY

I never thought I could have one moment of happiness unless I could eat exactly what I wanted, when I wanted, how much I wanted and never gain weight. That was because I could not imagine my life without overeating. While it had me in its tight grip, I too was holding on to it for dear life because I had nothing to take its place. Nothing to fill that hungry emptiness I was trying to stuff "full enough", but never succeeded. Then one day I realized I could not do it anymore. I could not try one more diet or weight-loss product or believe one more promise about losing weight. I was done. And then I heard about OA. At my first meeting I heard what I had never heard before – I had a disease! I was not a bad person, I was sick! But at that meeting I also felt what I had never felt before – acceptance. I received acceptance exactly where I was, not after I had lost the weight and could fit back into my "skinny" clothes to be a part of the group. I was accepted now. The acceptance astounded me. And then I began to receive phone calls from people I had only met a time or two! This encouraged me to make a phone call too – to ask someone to be my sponsor.

Gradually, my life began to change as I responded to the loving, caring, and sharing I was receiving. Sometimes I experienced those things the hard way, through tough love and hearing hard truths I did not always want to hear; through abstaining no matter what; through taking the steps over and over and trusting God with the results. Sometimes these qualities were expressed by the simple transparency and honesty of each person sharing at a meeting. They laid their lives open for me to read and see with what I could identify and what I could find that might work for me too. Over the years, the countless hours of selfless loving, caring, and sharing in many OA meetings, on retreats, on the phone, or through emails, have enabled me to let go of my grip on food even as God removed my obsession for it.

Kathy W.

I guess I am a rebel at heart since compulsive overeating is a classic form of rebellion, but I am not happy in the role of rebel. And I know that whatever plan HP has for me in life does not include compulsive overeating. Today I need to act out of faith rather than rebellion because my recovery depends upon my releasing fear and trusting God. I need to decide that I want God to direct my life and that I want those things (like rebellion) to be removed that are blocking me from my Higher Power. Freedom from the bondage of self is what I am asking for in Step 3 so that I can begin to live my life on a spiritual basis.

Excerpt from sharing
from North Richland Hills Group member

This wonderful transformative program is finally wrapped in a blanket of love - being touched so deeply by the gift of our Higher Power we find purpose. This purpose gives every morning meaning beyond disease, trial, or tribulation. We are alive within our inner being and we have a gift that will expand our joy and usefulness. It is true that disease blocks the flow of life and love. Once removed as a barrier our life sours and we find new heights of love in the day-to-day adventure of sharing our joy. And to be in a community of travelers that "***trudge the Road of Happy Destiny***" (Big Book Page 164) is one of the most wonderful gifts of the 12 Step Journey - we not only have support we have help we can provide - but we can also give back what we received.

We awake to the gift of our Higher Power and in awakening we see Him there every moment of our lives. We no longer question the past or worry about tomorrow. We rise and shine with the love that has been given and impart our special message of joy as we pass it on to the next beautiful being we meet. To our fellow OAers we gladly give service, and we expand our circle of love outward to all creation of our Higher Power. This is the most amazing part of the journey because it no longer matters who or what - we have love to give and every time we remain in the 12 Step Process, we gain more joy. "***He has commenced to accomplish those things for us which we could never do by ourselves.***" Big Book page 25.

For it is in giving that we receive...

If you told me, on the day I arrived, that the solution was to love others I would have laughed at you then cried. Through my disease I was blocked from joy and in despair - I would have only seen another broken promise at solace. You didn't. You took me in and held me and loved me until I could find my way back into the arms of my Higher Power. You promised me things that each day you proved to be true, and you gently awaited the miracle to bloom within my soul. I now understand what a wonderful miracle you are and how much my Higher Power must love me to bring so many together for this one lonely soul crying out for abstinence. Thank you deeply for walking with me on the path set by our Higher Power.

Anonymous

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

Tri-County 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

- 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

- 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# 283 565 1317 and passcode 441395
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

FACE-TO-FACE OA MEETINGS - MASK REQUIRED

Sunday – Arlington - 6:00 PM Epworth Church 1400 S Cooper St. Arlington, TX 76013 Behind Starbucks.	Thursday – Waco - 5:30 PM Crestview Church of Christ, Room C12 7129 Delhi Road, Waco, TX 76712 (Also Monday via Zoom)
Tuesday – North Richland Hills - 7:00 PM City Point United Methodist Church 7301 Glenview Drive, North Richland Hills, 76180 Questions? Call Rachel at 817-595-3044	Thursday – Waco - 5:45 PM Central United Methodist Church 5740 Bagby Ave, Waco, TX 76712 OA Steps and/or Traditions Study Questions? Call Beth at 254-715-2521

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.

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. See flyer.

Nov. 5-7, 2021 – **Tri-County Retreat** Glen Rose, Texas. See flyer.

Tri-County Intergroup Meeting Dates for 2021:

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

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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.