

July 2021

Looking Up

First Things First

Step Seven:

Humbly asked Him to remove our shortcomings.

Tradition Seven:

Every OA group ought to be fully self-supporting, declining outside contributions.

Concept Seven: (Balance):

The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by tradition and by OA Bylaws, Subpart B.

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:

South Hills
Arlington
South Hills Tuesday
Noon

Tri-County Intergroup, Fort Worth, Texas

Information Line: 817-303-2888

Step Seven (Surrendering)

Step 7. Humbly asked God to remove our shortcomings.

We make a lot of surrenders in OA. In Step 1, we finally surrender to the facts—we can't get over compulsive eating by ourselves. In Steps 2 and 3, we surrender to the idea that there's something more powerful than our own wills, and that we need spiritual direction to get better. In Steps 4 and 5, we surrender any notion that we were blameless in the mess we've made of our lives. In Step 6, we took one last look at the truth of our lives and said, yes, we are ready to have removed those defects of character that got us into this compulsive-eating mess in the first place. So now comes Step 7, the actual removal. The action of Step 7 isn't just in the asking, however. Yes, we must ask God, "Take this, please." But we also have to take the action of letting go of whatever we're holding onto. Sometimes we balk at doing so. We can ask ourselves two questions:

- ▶ Do the people I know in OA who've gone through Step 7 act like Godbots? Or are they choosing to exercise free will in a spiritual way?
- ▶ Do I really want life to suck, to die young, and to be in mental, spiritual, and physical agony for however many days I have left?

When we put it squarely like that, it's not much of a choice. We have to let go of, to surrender, our defects if we want to lead a sane and happy life. No matter what, though, anything is likely better than where we've been. Anyway, this is a very low-risk proposition. If letting go of our defects doesn't ultimately work out, we've lost nothing except maybe a few pounds. We can always go back to being miserable...

Seacoast OA July 2013

Seventh 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.

Impatience. This is a character defect that comes up whenever I do a 4th step. Over the years I have gotten better about how I deal with it. Waiting at a stop light, in the bank or at a store used to cause anger to boil up, especially when someone with a full basket goes to the express lane. What a waste of energy, thinking I'm more important or deserve to be treated differently. Because of the 12 steps, I'm not zoned out. I can simply feel the feeling and recognize that I am equal to others. There is no reason to voice my opinion or be rude. I stop, breathe deeply, and wait my turn. I often say a prayer for others around me. We all want to rush somewhere or hurry on to the next chore. These situations are a chance for me to change and be a better human. I can reconnect with HP. These situations give me a chance to practice change. I thank God for giving me patience and serenity.

Happy

At a meeting, we read and shared about OA Steps 6 & 7. My children had recently shared the following quotations with me, and they were helpful as I considered these steps for myself. I hope you will like them also.

"Instead of indulging in comfort food, indulge in:

comfort Meditation,
 comfort journaling,
 comfort walking,
 comfort talking,
 comfort manicures,

comfort reading,
 comfort yoga,
 comfort hugging."
 ---Karen Salmonsohn

"No matter how many mistakes you make or how slow you progress, you are still way ahead of everyone who isn't trying."
 ---quote from #MorningMotivation

"Nothing ever goes away until it has taught us what we need to know."
 ---Pema Chodron

"Attract what you expect,
 Reflect what you desire,
 Become what you respect,
 Mirror what you admire."
 -- source not given

"We must be willing to let go of the life we planned so as to have the life that is waiting for us."
 --Joseph Campbell

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."
 --Thomas A. Edison

Thinking of you today, wishing you a peaceful, hopeful, and abstinent day.

Carolyn D

If I look back, I see a world that held me shackled in remorse and disease. If I look forward, I see a world that I can truly participate in. If you had told me this was the real power of the 12 Steps when I first arrived broken and in pain, I could not have believed you.

Anonymous

STEP SEVEN

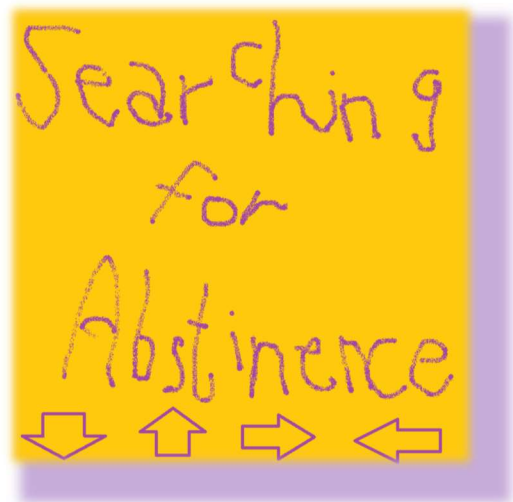
Finding True Abstinence

I walk into the room and see old, young, male, female, morbidly obese, anorexic, bulimic, black, white, height-weight proportionate, and every other type of person. Such is the slice of society that is haunted by the disease of compulsive eating. What are these people talking about? All I know is that I am here because my body is telling me something is not right. My mind is telling me something is not right. And my heart is telling me something is not right. Little by little I start to hear stories and examples from others that describe my life exactly. What is it about this group of people that makes them know me so well? How do they know my secrets? Can I really tell them what is going on in my life? Not yet. I want to hear more. This one ate constantly when no one was around. That sounds like me. That one has eaten so much that she has thrown up before. I've done that. People at work have commented about how much that person eats. That has happened to me. This one tries to be perfect in all areas of her life. I'm exhausted from doing the same. Even this guy has planned trips through his favorite fast-food restaurants in a way that makes their employees think he is buying for two instead of one. I do that all the time. OK, now I'm seeing a connection.

Others identified the specific shortcomings about themselves and asked a higher power to take them away. Yet braver ones listed people in their past with whom they needed to set things right and then set about doing it.

They described at this point gaining a freedom and serenity that they had never known before. I wanted that but there was more. They described how every day they continued to make things right with people and to ask in prayer for help. Finally, they talked about serving others in so many ways that I lost count. The service that stood out clear was that they were in a unique position to help people like me. Now I was getting a picture of how these twelve steps they read at the beginning at every meeting actually could lead me to a solution to the core causes of my food problem. Physically, I realized there were, indeed, certain foods that triggered my compulsive eating. Emotionally, I discovered how I let my past dictate much of my current feelings surrounding compulsive eating. Spiritually, I could overcome anything if I turned to a power greater than myself. And so, my journey began seeking help in these rooms of OA.

Anonymous -
South Hills Voices of Recovery



"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# 851-4964-0368, Password: 330219 <i>UPDATED!</i> 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 <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
<u>FACE-TO-FACE OA MEETINGS - MASK REQUIRED</u>		
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](#)

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

Oct. 2, 2021 - **Tri-County Virtual Workshop**. Topics and speakers to be determined. Stay Tuned!

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

Volunteers needed for set up and tear down.

There will be no salad bar due to Covid restrictions. Please plan ahead!

There will be a clothing boutique!

Tri-County Intergroup Meeting Dates for 2021:

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.