

December 2021

Looking Up

First Things First

Step Twelve:

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Tradition Twelve:

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Concept Twelve: (Guidelines):

Concept Twelve is too long to reprint here but it reminds us that the foundation for OA service is spiritual in nature.

Disclaimer

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

Contact the Editor

Please send articles or submissions for the newsletter to newsletter@oa-tricounty.org

Tri-County Intergroup, Fort Worth, Texas

Information Line: 817-303-2888

The Walk – Twelfth Step at Work

And the greatest of these is Love...

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

I awake to the gift of my Higher Power and in awakening I see Him there every moment of my life. I no longer question the past or worry about tomorrow. I rise and shine with the love that has been given and impart my special message of joy as I pass it on to the next beautiful being I meet.

To my fellow OAers I gladly give service, and I expand my circle of love outward to all creation of my Higher Power. This is the most amazing part of the journey because it no longer matters who or what - I have love to give and every time I remain in the 12 Step Process, I gain more joy. "He has commenced to accomplish those things for us which we could never do by ourselves." (Alcoholics Anonymous, page 25.)

For it is in giving that we receive...

If you told me on the day that 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 as 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 for walking with me on the path set by my Higher Power. Anonymus

Twelfth Step Prayer

Dear God, my spiritual awakening continues to unfold. The help I have received I shall pass on and give to others, both in and out of the Fellowship. For this opportunity I am grateful. I pray most humbly to continue walking day by day on the road of spiritual progress. I pray for the inner strength and wisdom to practice the principles of this way of life in all I do and speak. I need You, my friends, and the program every hour of every day. This is a better way to live.

Walking Through the Door

It was a room that could be found anywhere, without special accoutrements or elaborate amenities. Just a room—except for a very 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 very 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. Yet, this is a transformational jewel and there is more to be gifted within these hallowed rooms.

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 very 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 very special room filled with very 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

STEP TWELVE



Too much time on my hands?

I am rarely bored, so it is not much of a problem these days. I am intrigued by the theory that boredom comes from self-centeredness and thinking too much about myself. It is the child's cry to be entertained, which moves the focus off of self, but may not necessarily move it onto something worthwhile. It may just be a distraction. And it is passive. It is wanting the world to come to me rather than taking myself out into the world. When I discovered my passion for art after becoming abstinent, I no longer got bored because I had something to do, something I cared about, and something I was obsessed with. I was not good at it, and I had to be taught how to draw and paint but I needed to be able to express myself through art to the world. I felt I had an important message to leave for others. It's about love of all kinds, for self, others, nature, creation, God. Compulsively eating covered up my feelings and I had no idea who I was or what I wanted to do. Becoming physically abstinent allowed me to feel my feelings, examine them, clean up my past, and move forward. It wasn't about my job, which I was good at no matter how much I weighed. It was about me, the real me, the one that had been buried for so long that I didn't even know she existed. The process of working through Steps Four through Nine revealed the me behind the curtain of excess weight. I had always liked that person, but I did not know how to let her exist, so I didn't really know what she felt. She was like a character in a secret garden who did not know how to escape. She was covered up with prickly thorns, hidden by weeds and untended flowers and shrubs. Her body was trapped and only a miracle could set her free. That miracle was Overeaters Anonymous. I'm glad I found OA but I'm even more glad that I continue to strive for physical abstinence one day at a time. There is too much to lose if I don't and I don't ever want to be lost again.

Betsy H.

I like to explain to the grandkids that being bored is good because then they can use their imaginations and being able to imagine will provide them with a lifetime of entertainment.

Rozanne Went Walking

The following are excerpts from Rozanne's Story

One crisp January day I was walking down the street with my very overweight neighbor, chatting as we both pushed our babies in strollers. I remember telling her about my problem and my solution, never once intimating that she had the same problem. Finally, she was so intrigued; she coaxed me into telling her the name of the organization. I told her; then said, "But I know you won't be interested." "Oh yes, I am," she said. "I think I need it too." At that moment, the fellowship of Overeaters Anonymous was born. On January 19, 1960, we held the first OA meeting. We struggled along. Praying for guidance, I did expect a miracle. In December 1975, the miracle happened. I was sitting in a Big Book study group. The leader began paraphrasing the first sentence of Chapter Three: "Most of us were unwilling to admit that we were real compulsive overeaters." Suddenly, I knew what was wrong with me. I had not fully conceded to my innermost self that I was a compulsive overeater.

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Working the Steps
is like walking into
the arms of God.

Walking Through the Door

I didn't realize it at the time but when I walked through the door into my first OA meeting, I was giving service, to myself and to others. That's the great thing about service, it helps me. Service of any kind makes me feel better about myself. I am basically, a selfish, self-centered person. Service and thinking about and doing for others are my cure for self-centeredness.

Phone calls when I think food sounds like a good idea are a great service. I can pick up the phone and contact someone. Outreach calls can be as simple as, "I was thinking about you and wanted to wish you an abstinent day." When I was into self-pity and my two children were driving me crazy, I would call a member who had eight children. After listening to her for a few minutes, I would get off the phone grateful I only had two. When I was upset with my husband, I would call someone who was single. Listening and remembering the problems of being single, I could be grateful for my own problems. Coming to meetings, listening, just being present, abstinent, or not. Sharing struggles or victories, identifying with others, not comparing. When I don't want to go to a meeting, a sponsor told me, is when I really need to go. I leave grateful for my own life. Giving hugs or just saying "keep coming back" is service.

Carrying the message to the compulsive overeater who still suffers is the basic purpose of our Fellowship; therefore, it is the most fundamental form of service. Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery. Members who are new to OA can give service by getting to meetings, putting away chairs, putting out literature, talking to newcomers, and doing whatever needs to be done for the group. Members who meet the abstinence requirement can give service beyond the group level in such activities as intergroup representative, committee chair, region representative or Conference delegate. There are many ways to give back what we have so generously been given. We are encouraged to do what we can when we can. "A life of sane and happy usefulness" is what we are promised as the result of working the Twelve Steps. Service helps to fulfill that promise. As OA's responsibility pledge states: "Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible."

Anonymous

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
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 New Beginnings OA/HOW
Meeting ID# 283 565 1317, password 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 – Check Mask Requirements!

Sunday – Arlington - 6:00 PM
Epworth Church
1400 S Cooper St. Arlington, TX 76013
Behind Starbucks. Mask required.

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
Mask required.

Saturday – Arlington – 12:00 Noon
City on a Hill Church
1140 Morrison Dr.
Fort Worth, TX 76120

**TALKING HONESTLY
IS THE KEY
TO HEALING**

Upcoming OA Events

Tri-County Intergroup Meeting Dates:

12/4, 1/8/22

Region 3

The 2022 Spring **Assembly** (no Convention) will be virtual. The Fall **Assembly/Convention** will be October 28-30, 2022, in-person in Denver.

WSBC

The World Service Business Conference (**WSBC**) will be in Albuquerque, April 25-30, 2022.

The World Service Board of Trustees will shrink from 17 members to 12 members. Trustee Liaisons will handle the additional duties. Region Trustee and General Service Trustee positions will disappear. The WSO calendar will move off Facebook back to oa.org. Some new pamphlets are available in the OA bookstore. A sponsorship survey is circulating for all members. In January, **Lifeline 2.0** will be a blog on oa.org. The WSO contact for each hybrid meeting should go to oa.org>Find a Meeting>Important New Info>How to Register a New Hybrid Meeting.

SAVE
THE
DATES!

RETREATS and
WORKSHOPS

2021 TRI-COUNTY INTERGROUP BOARD

Chair:	Jackie H.
Vice-Chair:	Dana A.
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Liaison to DMI:	(open)
Liaison from DMI:	Dianne
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Workshop:	Charra W.
Web Master:	Ron C.
WSO Delegate:	(open)
Region 3 Rep:	Jackie H.

Participate!



In gratitude for your generous donations:

Richland Hills
South Hills

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 simply "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 only the group number.