

September 2022

Looking Up

First Things First

Step Nine (Love):

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition Nine (Structure):

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept Nine: (Ability):

Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

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

A Step 9 Love Story

In step 8, I identified 4 people I had harmed by my past behaviors or actions which I needed address. With the support of my sponsor, I handled 3 of them in a timely manner: Two were a “living-amends”: commit to be of service/available to a relative in order to improve our relationship in the present, and to donate to food drives (human or animal) to remind myself of the money I stole from people for my binge food over the years. The third was directly to a family member, explaining what I’d done and why I was apologizing. The person barely recalled the incident, and they accepted my amends easily.

The 4th one? Not so easy. It involved something I stole from a childhood friend; something I still had in my possession 40 years later. The item stayed in a box, moved with me several times, but never came out of the box. Only I knew it was there. And my Higher Power. And now my Sponsor. Not only must I make amends for the theft – I must now return what I stole. What?!

The friend lived out of state, so I knew it wouldn’t happen for a while, but I was afraid. I prayed quite a bit. Fear was a constant feeling whenever I thought about it. But my Sponsor kept me focused on the reason for the amends and helped me write a letter to read to this person, should the occasion arise. I wrote it and put it in my G-d box.

As G-d would have it, the situation arose a few months later. The friend was traveling back to NJ for a family function, and I was invited. Anxious, I went to the event, letter, and item in my bag. I asked the friend in advance if we could find private time to “catch up”.

At some point, we went for a walk, and I pulled out the letter. I read it aloud, explained about the 12 Step program, apologizing for what I did and pulled the item out of my bag. After handing it to her, I stood there in silence. I saw tears in her eyes and the first thing she said was “My dad made that piece for me”. Mortified, I waited for the street to open wide and swallow me up. She then surprised me by giving me a big hug, saying how grateful SHE was to see her dad’s artistry again. I started crying, as did she.

Continued on Page 2

Continued from Page 1

What she did next is truly the miracle of this program. She gave the item back to me. She said how proud she was of me and that I should keep the item, and display it, as a reminder of my recovery, and my willingness to change. An overwhelming sense of relief and peace came over me.

That amends experience showed me that my HP is with me every step, every day, that I am willing. The one secret I thought I'd take to my grave; I now share about at meetings. The fear of being found out, the fear of being judged – gone. This friend and I don't see each other often, but we have a bond now that we never had before.

PS – 2 years later, she reached out and asked if I still had the item. Of course I did, it was standing on a bookcase. She was happy to hear that and explained she now had a young granddaughter, who would enjoy the item, but only if I was willing to give it away. I answered, "What the address?". I sent it immediately. If not for Step 9, that item would still be hiding in that box in my closet, and a young girl would never know her great-grandfather's handiwork.

*Fran S.
Hackensack NJ Friday Night OA/HOW Meeting*



The Spiritual Principle of Love

I don't think I'm alone when I say that I put off doing a 9th Step for some time. I was afraid of the reactions from my loved ones, to whom I did my 9th Step. I was afraid of being misunderstood and rejected. How could I even begin to think that I wondered? These were my family members – most significantly my children. Still, the fear was real and almost paralyzing.

It was a difficult process "unpacking" all of the feelings around the events that lead to my needing to do a 9th Step. I had to surrender and having the willingness to work the steps to begin with. For 27 years after walking away from OAHOW, I buried those painful feelings and was too scared to take a closer look at my part in what my disease had caused me to do as a mom of three children. And any attempt at pulling back the curtain to take a closer look at my part in those events lead me right back to the food. So, I avoided looking and compulsively overate anyway.

Having come back to OAHOW after all those long years away, I knew the only way to keep my abstinence and remain in recovery was to work the steps, and that included Step 9. And so I did. Both the 4th Step and then the 9th Step were, for me, the most difficult but ultimately the most freeing steps I worked (and continue to work). I felt real humility for the first time that I can remember. I know that those steps are meant, among other things, to do just that because I played the resentful "victim" most of my life. Once I did my 9th Step the healing began, owning only what was mine to own without blame and cleaning up "my side of the street" expecting nothing in return except the continued gift of abstinence. Fortunately, in my case, my 9th Step was accepted with love and forgiveness not only given to me through grace, but also given to myself - something I could never remember doing.

Since then, I have become a Step sponsor. I humbly try to use my experience, strength and hope to help others "unpack" their bags. Doing so helps keep me honest, open, and willing. And only by God's grace have I come to know this "new freedom and new happiness" as a result of working the steps. A promise realized.

*Kathy K.
Houston TX Tuesday Night OA/HOW Meeting*

Talk or Action?

Page 187 from As Bill Sees It is about making amends. I remember hearing in a movie the line, "Sorry don't mean sh*t to a tree." That is, saying I'm sorry is virtually meaningless unless it is followed by clear action demonstrating a desire to be different. My mother always made my brother and me say we were sorry to each other. I guess she could then absolve herself of any responsibility in the matter. It never took into consideration that he was bigger, stronger, a male, and insincere. He would immediately resume the bullying behavior. My mom often told me that he didn't mean it (to hurt me) or that I was imagining things. So I knew at an early age that saying, "I'm sorry," was valueless. When I started making amends in OA, I had hope of being absolved by my victims but that only happened with a few people. It is one of the things that helps me maintain a lifestyle where I don't need to make amends. But it was disappointing to have many amends/apologies fall flat. I think those were the situations where I was no longer in contact with the victim so there was no way for me to demonstrate my changed behavior. My amends probably sounded like shallow apologies. It was also a clear indication that amends are for me, not for them. For those in my immediate family, changing my behavior has meant more than words. It's difficult with my children because I cannot change the hurtful past that affected their lives, and I may never feel forgiven by them. Again, I must remember that is not the point. I concentrate on today and being the best wife and mother that I can be. And the results are that I have close relationships with my spouse, my kids, and grandkids. Most days, that is all I need and want.

Betsy H.
New Beginnings OA/HOW

Step 9 Shares

- ✚ It's God's turn to work the Steps. I'm an incest victim but I don't dwell on that today. I remember the good stuff. That's God that healed me. I don't make any amends without talking to my sponsor first. I get stuck on something and go back and do a One, Two, Three on it. I love this Step because it makes me feel so good afterwards.
- ✚ God puts in front of me what I need to do. An amends to my self – not being around unhealthy people.
- ✚ We got to laughing . . .
- ✚ It's real hard when someone points a finger at me.
- ✚ Do you ever take home these baggies full of half-finished conversations? My family deserves better than leftovers.
- ✚ In God's time, not mine.
- ✚ Dignity - after I've made an amends, it helps me to have dignity where I didn't before.
- ✚ There's never a right or wrong – God will show me where the line is.
- ✚ If I pray about it first, it will be okay.
- ✚ I thought it was either one person's fault or the other person's fault. I carry the sick feeling around in my stomach until I see my part.
- ✚ Because I didn't take responsibility for myself, I let other people down. I need to listen and learn. I look forward to doing Step Nine.
- ✚ Procrastination is very destructive to honesty.
- ✚ At the same time I'm making amends to me, I'm making amends to God.
- ✚ I was being held hostage within myself.
- ✚ One of the things that come with Step Nine is spiritual truths and knowing them when they come along. I knew right from wrong before, but I always made excuses. It has to do with hurting myself.



Change the things I can

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 Crestview Church of Christ, 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	12:00 pm - 1:30 pm 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

FACE-TO-FACE OA MEETINGS – Check Mask Requirements!

Sunday – Arlington - 5:00 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.	TALKING HONESTLY IS THE KEY TO HEALING



Upcoming OA Events

Tri-County Intergroup Meeting Dates:

Sep 10, Oct 1, Nov 5, Dec 3

Workshops

Virtual Region: 2nd Sunday Workshops

<https://oavirtualregion.org/2nd-sunday-of-the-month/>

Tri-County OA: October 1 – more details to follow – save the date!

Health Fairs - contact Jaclyn 817-996-8711

Oct. 12, City of Fort Worth Health/Safety Fair

Retreats

McKinney Care & Share: 19th Silent Retreat – Sept. 30 – Oct. 2, All Saints Camp & Conference Center – Lake Texoma

Register here:

<https://docs.google.com/forms/d/e/1FAIpQLSePtS1T2fq-R8N6w2IT-blLNeij-TfKEllh6WkmJ-SxxGIPIw/viewform>

Tri-County OA: Nov. 4-6, Glen Rose Camp, Glen Rose, Texas in the heart of the hill country

<http://www.aa-tricounty.org/tri-county-aa-fall-retreat-2016/>

SAVE
THE
DATES!

RETREATS and
WORKSHOPS

2022 TRI-COUNTY INTERGROUP BOARD

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In gratitude for your generous donations:

Arlington
South Hills
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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 simply "OA," and indicate which meeting is to receive your donation.

Please mail your donation to Tri-County Intergroup OA, P.O. Box 662, Hurst, TX 76053.

If you are donating for a group, please provide the name and location of your group, not only the group number.

