

# LOOKING UP

NOVEMBER 2023

[HTTP://WWW.OA-TRICOUNTY.ORG/](http://www.aa-tricounty.org/)

## STEP 11 (SPIRITUAL AWARENESS)

Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

## TRADITION 11 (ANONYMITY)

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

## CONCEPT 11 (HUMILITY)

Trustee administration of the World Service Office should always be assisted by the best standing committees, executive staffs and consultants.

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

To contact the Editor: Please send articles or submissions for the newsletter to:

[newsletter@aa-tricounty.org](mailto:newsletter@aa-tricounty.org)

## SPIRITUAL AWARENESS

- THIS PROGRAM HAS GIVEN ME THINGS I NEVER HAD: FAITH, COURAGE, HOPE. IT CHANGED MY LIFE.
- SOMETIMES I THINK MY HIGHER POWER IS NOT HEARING ME, BUT THAT'S ME TRYING TO RUSH THINGS.
- MY WILL GOT ME TO ALL THE WRONG PLACES. THERE'S NOTHING I CAN'T DO ONE DAY AT A TIME WITH THE HELP OF MY SPONSOR, MY HIGHER POWER, AND EACH OF YOU.

## HOW DO I MAKE THE CONNECTION?

- I CAN FEEL MY HP WHEN I WANT TO.
- WHEN I LET GO AND LET GOD. WHEN I TRUST.
- READINGS ON THE TOPIC OF MY CONCERN.
- OUTSIDE.
- WHEN I'M NOT IN THE FOOD THE CONNECTION IS THERE.
- WHEN I DON'T TAKE BACK MY WILL.
- IN RETROSPECT.
- THROUGH LIFE.
- WALKING INTO MY FIRST MEETING.
- WHEN I PUT FOOD ON THE SCALE OR IN THE MEASURING CUP.
- KEEPING MY MOUTH SHUT.

[RESOURCES FOR MEN - CLICK HERE](#)

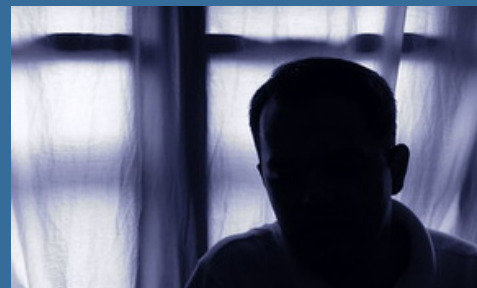


# SURRENDER

- I HAD TO GO THROUGH THAT PSYCHIC CHANGE THE BIG BOOK TALKS ABOUT.
- IT WAS A RELIEF ABOUT THE FOOD AS WELL AS THE EMOTIONS. IF I DON'T DO THE PROGRAM, I'LL JUST GO BACK TO THE FOOD.
- THERE'S ALWAYS ANOTHER MEAL COMING, EVEN IF IT'S NOT COMING UNTIL TOMORROW.
- THERE'S NO BETTER PLACE FOR ME THAN OA.
- ALL THE WORK HAS TO COME FIRST OR "GRADUALLY THINGS GET WORSE." LIFE WILL BECOME UNMANAGEABLE. IT GETS WORSE, NEVER BETTER.

## GUIDELINES FOR ANONYMITY IN THE DIGITAL WORLD

A GOOD IDEA TO REMEMBER ABOUT ANONYMITY IN ALL ENVIRONMENTS, DIGITAL OR OTHERWISE, IS TO NEVER SHARE ANYTHING THAT YOU WOULD NOT WANT TO APPEAR ON THE FRONT PAGE OF THE NEWSPAPER. WHILE YOU MAY KEEP THE ANONYMITY OF OTHERS, YOU CANNOT ENSURE THAT OTHER PEOPLE WILL KEEP YOURS.



## HUMILITY

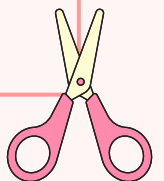
HUMILITY IS BEING HUMBLE, NOT PROUD OR HAUGHTY, NOT ARROGANT OR ASSERTIVE. I LIKE THE DEFINITION I LEARNED IN THIS PROGRAM: I AM IN A RIGHT RELATIONSHIP WITH MY HIGHER POWER. MY TRUST CONTINUES TO GROW. HUMILITY ALSO MEANS BEING IN A RIGHT RELATIONSHIP WITH OTHER HUMANS, ESPECIALLY IN THE PROGRAM.

CHARRA W.





## My Thanksgiving Day Gratitude List



It's just  
another  
Thursday.

# DELIVERANCE

“I wanted to be fixed by surgery but I was afraid. Because of OA/HOW my life has been worth living. The program has given me people who genuinely care. I know I'm on the right track. I know people are praying for me.”

“I didn't know I had taken it back, and that happened before the food slipped. I am now writing everyday. Worry is a dubious luxury of other people. I've been praying for the return of the excitement of recovery and it is happening.”

“I gave up my abstinence over a wearing situation. I gave up. It made everything worse. The situation is ongoing. I had been holding back because of fear. I was in my head, reacting. I wasn't turning it over. I'm having a new beginning. One Day at a Time I am delivered.”

“I was on a trip. I couldn't weigh and measure. I am so grateful to have been delivered. I have to turn over everything to my Higher Power. I can be kind, gentle, and compassionate with my family members and they will feel that. I have to be on point and available. I need to be able to think clearly. We have been delivered. The wisdom I have gained is never taken away. I receive deliverance everyday.

# STEP ELEVEN

## MY EXPERIENCE

I think about Step Eleven and how to do it. I like the suggestion for using a God box. I haven't used one in years, but they were extremely helpful to me in the beginning. I had a coke can in my desk at the office. I needed something with sharp edges so I wouldn't try to fish the problem out again. I began stuffing in just the name of the person, place, or thing that was bothering me. Once I let go, I could go on with my work without negative emotions getting in the way and I didn't have to stuff my face with food. The one I had at home; I took sayings out of instead of putting them in. There were short prayers, slogans, or sayings that I would use for the day to meditate on. In the beginning my only prayers were the Serenity Prayer and the Lord's Prayer. I am not religious, and prayer seemed like a hypocritical act. Over time, my conception of a higher power that wasn't the group or the Steps began to take shape and I started to pray for a few minutes every day. I also meditated daily for about 45 minutes. I have always valued meditation over prayer. It is more important to me to listen to God than to tell God my worries. I figure God knows what my worries are; it's important that I say them so that I know what they are, but it is not important for me to focus on them, continually asking God to intervene. Taking time to listen to God, through nature, people in meetings, art, my family, work, my sponsors, and finally my internal self, a God of my understanding evolved. This entire process has taken more than 20 years. I'm not saying that's good or bad; God has always been with me, and I have always known that. The change is that God is now a part of me in a way that I never felt before. Today I pray every morning and my sponsor reminds me that prayer doesn't change them; it changes me.

Betsy H.

# HOW HAS SERVICE STRENGTHENED YOUR PROGRAM?

## SOME REGION 3 MEMBERS RESPONSES:

- It keeps me involved, humble, willing to make mistakes
- It gets me out of myself and focused on others
- I'm hooked on service because it gives me my "fix" and quells the restlessness, irritability, discontentment
- Working with others keeps me committed and abstinent, regardless of whether my sponsees stay abstinent or not
- I stay committed instead of giving up after 5 minutes
- I see things differently, learn to surrender and accept life as it is
- Forces me to be vulnerable and honest with myself and others
- I learn how to function and be fully present in these rooms
- It keeps me busy, gives me something to do other than focus on self
- It's the "juice" - when I give service, I get to feel Higher Power inside me
- I study the Traditions and gain a new awareness that is truly life-changing
- I've learned that I'm not responsible for everything - I get "right sized" in my responsibilities
- I get hooked on Intergroup, I get to know the people and love them and want to stay involved
- My service commitments become more important to me than the temptation to use food
- I learn that I am a competent, capable, worthwhile person - part of my spiritual awakening
- Service strengthens my Hope, Honesty, Willingness, Open-mindedness, Acceptance, Persistence, Spirituality, Faith, Courage, Humility, Love

# EVENTS

## Intergroup Meetings

Dec. 2	Election of Officers	Chair, Vice Chair, Treasurer, Secretary
Jan 2024	Appointment of Committee Chairs and Delegates/Rep (made by the new board)	<p>WSO Delegate(s) [2-yr term]            Region 3 Representative [2-yr term]            Newsletter            Public Relations            Retreat            Telephone            DMI Liaison            Website            Workshops            Zoom Coordinator</p>

## Health Fairs - contact Jaclyn 817-996-8711

Discover Waco – November 11 – 9am to 4pm – TCI attending (9820 Chapel Rd. Woodway, Waco)

## Retreats

Nov 3 – 5	Sponsored by Tri-County Intergroup Glen Rose Camp, Glen Rose <a href="#">Flyer Click Here</a> – registration open	Scholarships Available – see flyer Clothing Boutique All Weekend
-----------	---	---

## Workshops and Marathons

2023 OA Virtual Intergroup Phone Marathons – [Click Here](#)

## Assemblies, Conventions, and Conferences

Mar 1-3, 2024	<a href="#">OA Virtual Region 2024 Convention</a> - There is a Solution
May 7-11, 2024	<a href="#">OA WSBC</a> - We All Belong - Welcome to OA

# TRI-COUNTY MEETINGS

MEETING LIST WITH MAPS - [CLICK HERE](#)

Day	Time	Details	Contact
Sunday	4:30 pm In Person	<a href="#">South Hills Christian Church (SHCC), 4133 Bilglade Rd., Fort Worth, TX 76133</a>	Jaclyn 817-996-8711 or Nancy 678-882-4488
Sunday	4:30 pm SHCC OA # 51282	Free Conference Call, Dial 760-548-9061, No access code	Jaclyn 817-996-8711 or Nancy 678-882-4488
Sunday Arlington	5:00 pm In Person	<a href="#">Epworth Church, 1400 S Cooper St., Arlington, TX 76013, Behind Starbucks</a>	Rhonda 817-480-7904
Monday Waco	6:00 pm Waco OA # 50529	Zoom dial in #346-248-7799, Meeting ID# 944 1103 3877, Password r3cover	Zoom: Margie D. 435-705-8632 Beth 254-715-2521
Tuesday	12:00 (noon) SHCC OA # 41132	Free Conference Call, Dial 760-548-9061, No access code	Jaclyn 817-996-8711 or Nancy 678-882-4488
Tuesday	6:30 pm Richland Hills OA # 51841	Dial in # 505-144-0847, Password: hope	Andrea 717-614-9131
Tuesday N Richland Hills	7:00 pm In Person	<a href="#">City Point United Methodist Church 7301 Glenview Dr., North Richland Hills, TX 76180</a>	Rachel 817-595-3044
Thurs Grapevine	12:00 (noon) OA # 54878	Zoom dial in #346-248-7799, Meeting ID# 202 154 656, Password 1212	Mary K. 972-891-2830
Thurs Waco	5:30 pm In Person	<a href="#">Crestview Church of Christ, Room C12 7129 Delhi Road, Waco, TX 76712 Community Center in the back</a>	Beth 254-715-2521
Thurs	6:45 pm OA/HOW # 45896	Zoom dial in #346-248-7799, Meeting ID# 283 565 1317, Password 441395	Patrice 817-692-7180
Thurs	7:30 pm SHCC OA # 26280	Zoom dial in #346-248-7799, Meeting ID# 931 7134 2743, Password r3cover	Kristin 817-308-2670, or triczoomOA@gmail.com
Sat	9:00 am SHCC OA # 46989	Free Conference Call, Dial 760-548-9061, No access code	Jaclyn 817-996-8711 or Nancy 678-882-4488