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Tri-County Intergroup
Group# 09163
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Monthly Intergroup Meeting
Minutes are available at
www.aa-tricounty.org

Tri-County Information Line
(817) 303-2888
www.aa-tricounty.org

LOOKING UP is a monthly publication of the OA Tri-County Intergroup. The opinions expressed here are those of the author and not of the OA Tri-County Intergroup or OA as a whole. Editor reserves the right to edit material submitted.

Seventh Tradition Donations

Give as if Your Life Depends On It. OA's Seventh Tradition tells us that we are fully self-supporting through our own contributions. After paying group expenses (rent, literature, supplies) and maintaining a prudent reserve (determined by group conscience), OA suggests that groups distribute the remaining funds as follows:

60% : Tri-County Intergroup
Billie Stamp
1513 Tyler
Arlington, TX 76012

30% : OA WSO
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*OA Responsibility Pledge:
Always to extend the hand
and heart of OA to all who
share my compulsion; for this,*

Looking Up

Tri-County Intergroup Newsletter March 2011

The Walk

Part 3 - I Live

The day after... The bright lights are taken down and the wrapping paper is swept from the gutters. The day dawns cold and grey. It is the next day in the life of...

I look up to heaven and with feeble voice request one boon. Do not make this miracle of recovery a fleeting moment of peace and joy.

To live this journey of recovery is to live within the world that defined my disease – not above or apart from, but right in the middle of all that once tore at my soul. In fact it is said by those with much greater experience, that it is just this reality that proves the miracle of the program.

"You will not regret the past nor wish to shut the door on it."

Big Book page 83-84

Can I truly become part of the whole of life and still remain within the cocoon of the initial relief of recovery?

The past was so deeply buried in my embarrassment that I needed help to even identify it. He gave me a sponsor and the Steps. The regret was so palpable and every time I stood in front of one who has been in the path of my destruction I cringed. He provided a way to rebuild bridges based upon love. The future felt as if it held only new pains and failures. He asked me to do one thing – pass on the message received.

My life, because of the miracle of this most wonderful program, is to be the vessel for another to find peace. (Here is a little hint about the real world and those "normies" – their life is one of service too.)

So I reach out with trembling voice and tell my story including my experience, strength and hope. Not to find relief but to just maybe be the first words of the miracle heard by another on the journey. And then I let it go – a gift tossed on the wind and directed by someone much better at managing life and needs. The program is not to separate but to participate as the instrument of God's Love.

So find a crack on the guttered street with all the refuse of life and dig your roots into the worn soil. You have a power that will make your flower grow and become a miraculous beacon to the next soul in need of His care. There is a true and lasting miracle in this program – it is you.

Part 4 - I Learn

I was told by someone much smarter than I that Truth enters into the head, travels through the heart, and finds rest in the soul. I needed this wisdom more for my faltering first steps within recovery than for any philosophical construct of life.

My sponsor also said that if I was one of the few who witnessed a burning bush, I would still need to understand the process of learning Truth. There were no bushes for me but I have received a miracle of much greater value – the ability to learn.

I learned that the promises were both real and ever expanding. That this journey of love and service in OA is so much more than finding peace within. It is becoming peace others find.

I learned that every creature is loved by my Higher Power and that I could share in that love without pain of disease. When I let go of my petty complaints and asked for His Will, I found the ability to love without expecting return and this great gift completed my freedom to live within this world.

By the way, if this message seems impossible there might be two reasons.

1 – You are unwilling to let go of anger and/or resentments.

2 – You just believe I am a fool and the world is not this way.

In either case these are wonderful subjects to bring up with your sponsor. It was how I learned.

I learned that my true joy was when my soul was at peace, and this happened when I sought His guidance in life rather than my own. My head and even my heart could not hold a candle to the peace of soul that comes from living the principles of these 12 Steps.

And so I wondered once... If the soul is the proper place for Truth why didn't our Higher Power make that the organ for capturing Truth in the first place?

My granddaughter was caught on tape singing a song about her room to her grandmother. As she pranced around singing of all her toys and shiny baubles she interspersed her love for God as if He were the closest of friends. She had heard the stories of God's love in her mother's lap. She had participated in the warm hugs of friendship and community at church. As these realities of Head and Heart sank in, her soul opened to a friendship that will fulfill her true joy.

The Truth is, I believe deep within my soul, that God wants us to find him and on our own so we can truly feel the great power of His love.

Now if you still need a miracle to convince you these words have wisdom, remember they come from a thick headed old codger who cannot learn new tricks. God will find a way into your soul if you are just willing to learn.

Anonymous

Message from a Meeting

When I was in my disease, I didn't just want food, I actively sought it out. Therefore, I must commit that same level of energy and commitment to the program and working the Steps.

If your group would like to receive a copy of the Treasurer's report, please attend the monthly Intergroup meeting.

Please send **newsletter submissions** to bethelhow@gmail.com, including thoughts for the day, journal entries, step writing, Lifeline articles, and the like. If you would like to **receive this newsletter via email**, please send an email with the subject line "Subscribe" to bethelhow@gmail.com

Bethel UMC Group Recipe Book

75 pages of recipes that are free of sugar, white flour and other common "trigger foods," low in fat and free of refined carbohydrates, without skimping on flavor! Sections include breakfast, salads, vegetable sides, pork, beef, poultry, seafood, vegetarian & vegan main dishes, sauces & dressings, desserts and more. **To order, email bethelhow@gmail.com**

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