

LOOKING UP

An OA Tri-County Intergroup Newsletter
March 2006



2006 Tri-County Board

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**Tri-County Intergroup
Group 09163
PO Box 14324
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OA Responsibility Pledge
Always to extend the hand and
heart of OA to all who share my
compulsion – for this I am
responsible.

A Spiritual Awakening

Eureka? Of course! What a concept! Wow! The light bulb just came on! Shoulda had a V-8! What phraseology do you use when you finally “get” something? I used to use all of these words and others. It wasn’t until recently, though, that someone in OA enlightened me with two words to utter instead: “Spiritual Awakening.” Hmmmm...I’ve heard these words the whole time I have been in program, but it never occurred to me that this is what they meant.

To me, a novice to spirituality, faith, “religion”, et cetera, a “spiritual awakening” was the vision of God Himself glowing in a gauze of light before me. Oh, my heavens! I’ve never felt I had a spiritual awakening. In fact, although I begged my Higher Power to help me to see and believe that He was with me, in the same breath I asked that it not be physically. I believe my HP speaks to me through my conscience, but I didn’t want to be fearfully overwhelmed with ethereal “visions”. Ironically, however, I was missing the other ways my Higher Power was showing Himself to me. I wasn’t seeing that every time I was honestly introspective and learned something about myself, or decided to positively change my behavior, or applied someone else’s experience strength and hope appropriately to my life, or finally “got” something I was spiritually awakened. I was coming closer to my HP. I was living the twelfth step even more fully than I realized. What a concept!

I recently had what I now know to be a spiritual awakening. It was a troubling realization upon which I have much to ponder and explore. I recognized many years ago in program that my biggest trigger emotion is loneliness, followed immediately with boredom. I eat to keep from feeling lonely and/or bored. I eat to cover the pain of not only being lonely but the hurtful belief that others must see me as unlovable since no one apparently wants to spend time with me. Otherwise, I wouldn’t be lonely. Then, while someone else was sharing her feelings of also eating when lonely, I had a spiritual awakening. It occurred to me that I was not willing or able to feel the emotions of shame, guilt, disgust, and regret that came after I stuffed the loneliness feelings with food.

Wow! I needed a big ol’ glass of V-8 for that one! This was a powerful spiritual awakening for me. Why do I set myself up for damaging feelings that I know will come after compulsively eating just to keep from feeling an emotion that, in all honesty, is not really as damaging? Does this play into my core issue of “insignificant”? Has this just become a comfortable habit that I can now overcome? Will the feelings and behaviors subside now that I realize them? Are other factors involved that I haven’t uncovered yet?

I don’t have the answers yet. I do know, however, that calling this a spiritual awakening rather than just plain old introspection gives me a more supportive belief that I will learn the answer. I just have to keep working my program of recovery to the best of my ability. This and all other spiritual awakenings will eventually become the miracle. Wow!

Carolyn, *LETTERS OF HOPE*, March 2002

Did You Realize...

...if you started saving right now...putting aside just \$3 a week...you would have the money for the October Tri-County Retreat (\$85 – October 13-15, 2006) by the end of swimsuit season?

TRI-COUNTY MEETINGS

MONDAY				
6:30 pm	Fort Worth - Bethel Methodist Church 5000 Southwest Blvd.	HOW	Wendy	(817)472-6943
7:00 pm	Arlington - Trinity United Methodist Church 3216 West Park Row Dr. & Norwood, Wesley House	Abstinence	Billie	(817)460-3083
7:30 pm	Fort Worth - South Hills Christian Church 3200 Bilglade	Step Study/ Literature	Happy	(817)370-7207
TUESDAY				
6:00 pm	Granbury - Acton United 5678 Highway 4 (Triangle)	HOW		(817)326-3893
6:00 pm	Weatherford - Campbell Hospital 713 E. Anderson, Basement Conference Room		Lori	(817)341-3990
7:00 pm NEW!	Arlington - Unity Church of Arlington 3525 S. Bowen (in white building near recycle bin)		Velda	(682)552-5770
7:00 pm	N. Richland Hills - St. Johns Hall (the center building) 4101 Frawley Rd., between Glenview & North Hills Mall	HOW	Barbara S.	(817)284-4258
WEDNESDAY				
12:00 noon	Fort Worth - King of Glory Lutheran Church Corner of Sandy Lane and Brentwood Stair		Gay	(817)275-1085
6:30 pm	Arlington - Trinity United Methodist Church 3216 West Park Row Dr. & Norwood, Wesley House	Literature	Billie	(817)460-3083
THURSDAY				
6:00 pm	Granbury - First Christian Church Hwy. 377 towards Stephenville	HOW		(817)326-3893
6:30 pm	Fort Worth - Bethel Methodist Church 5000 Southwest Blvd.	HOW	Wendy	(817)472-6943
6:30 pm	Cleburne - St. Marks United Methodist 1109 W. Henderson		Ann	(817)556-9739
7:30 pm	Fort Worth - South Hills Christian Church 3200 Bilglade		Happy	(817)370-7207
FRIDAY				
Noon NEW!	Arlington - Unity Church of Arlington 3525 S. Bowen (in white building near recycle bin)		Velda	(682)552-5770
SATURDAY				
9:00 am NEW!	Weatherford - Trinity Lutheran Church 1500 W. Ball	HOW	Kim	(817)594-5405
9:00 am	Fort Worth - South Hills Christian Church 3200 Bilglade	Step Study/ Writing	Happy	(817)370-7207
9:30 am	Granbury - Acton United 5678 Highway 4 (Triangle)	HOW		(817)326-3893
10:00 am	Colleyville - Highland Meadows Christian Church 2600 Hall Johnson Road, Room 205	Wheelchair Access	Gloria	(817)545-9296
10:30 am	Tri-County Intergroup - 1 st Saturday of each month Trinity United Methodist Church in Arlington 3216 West Park Row Dr. & Norwood, Wesley House	Board Meeting	Margaret	(817)303-5405
12:00 noon	Arlington - Trinity United Methodist Church 3216 West Park Row Dr. & Norwood, Wesley House		Billie	(817)460-3083
Seventh Tradition Donations				
OA's Seventh Tradition tells us that we are fully self supporting through our own contributions. Following the 60-30-10 plan, with the money you collect from meetings, ensures that OA continues to operate at all levels. After paying your group expenses (rent, literature, supplies) and maintaining a prudent reserve (determined by group conscience) OA suggests that you distribute the remaining funds as follows:				
60% to Tri-County Intergroup Treasurer Tri-County Intergroup PO Box 14324 Arlington, TX 76094		30% to World Service OA World Service Office PO Box 44020 Rio Rancho, NM 87174-4020		10% to Region III Rhonda Jordan Region III Treasurer 2004 Surrender Ave. Austin, TX 78728