

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - JUNE 2013

Bringing the Steps Home

A yearlong celebration of the OA Steps through the words of our member groups. As we walk this miracle program, let's share our experience, strength, and hope with the Steps in our newsletter. Each month a new article will open our minds and hearts to the wonders of abstinence through the Steps of OA. - Knowing we have more than 12 groups, we will assign special articles throughout the year to enhance our reading enjoyment.



6th Step

By
**Betsy H. of
Bethel UMC HOW**

Entirely is the real way to joy

Entirely ready to have a defect removed means that I'm sick to death of myself and my behavior. Until I am that sick of a defect, so sick that it feels like death, I keep using it, not really realizing how much it is hurting me or others because I am usually in a state of denial. My defects have unfortunately killed relationships, killed love, killed hopes and dreams. The Step doesn't say "wished to" or "wanted to" or "asked to." For me, those are half-measures. The Step says, "were entirely ready." The moment I become entirely ready is the same moment that the defect is removed because it is at that moment that I have finally let go. It's been my experience that when I truly let go, then there is no place else for a defect, or anything else, to go except to God.

One example that haunts me has to do with my children. I used to yell at my children a lot. I was so frustrated all the time. I hated myself; I felt trapped; I had no love, tolerance or kindness for anyone, not even my children. One day, my son looked at me and asked, "Mom, why are you so mean?" When I saw the look on his face and heard the sweet sad tone of his question that was it. That was the moment I let go; I became entirely ready for God to change me because I could not do it myself.

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2013 TRI-COUNTY INTERGROUP BOARD

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Tri-County Intergroup
Group # 09163
PO Box 14324
Arlington, TX 76094

Monthly Intergroup minutes
are available at
www.aa-tricounty.org

Tri-County Information
Line
817-303-2888

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













OA Responsibility Pledge:

*Always to extend
the hand and heart
of OA to all who
share my
compulsion, for this,
I am responsible.*

Looking UP

Join us at TCI as we make 2013 the year for

Spiritual Awareness in OA

The Principles in the Twelve Steps		My Commitment to Program
<i>(as listed in Step Twelve of The Twelve Steps and Twelve Traditions of Overeaters Anonymous)</i>		<i>To live my life fully, I will commit to the Spiritual Principles of the Steps...</i>
Step One:	Honesty	
Step Two:	Hope	
Step Three:	Faith	
Step Four:	Courage	
Step Five:	Integrity	
Step Six:	Willingness	
Step Seven:	Humility	
Step Eight:	Self Discipline	
Step Nine:	Love for others	
Step Ten:	Perseverance	
Step Eleven:	Spiritual Awareness	
Step Twelve:	Service	

Cut out and make it your bookmark for your Spiritual readings...

Don't forget to make your reservations

TCI Annual Retreat - November 1-3
Led by Region 3 Trustee
with 17 years in program sharing :



Price \$110.

For information call

Jaelyn at 817-292-2010 or 817-996-8711
Linda at 817-737-2527 or 817-896-1706



"I have metal fillings in my teeth. My refrigerator magnets keep pulling me into the kitchen. That's why I can't lose weight!"

oasouthbay.org/humor.htm

TCI Summer Workshop - JULY 13, 2013

Sponsorship: How to Get One - How to Be One.

Registration begins at 12:30 PM and the workshop will run until 4:30 PM.

**For information please contact Linda B.
817-377-9691**

Come and enjoy the fellowship - bring a friend to celebrate our abstinence together!

Looking UP

Entirely (Continued)

Another character defect that was removed was feeling superior, or self-righteousness. The first time I became aware of this problem was in high school because I lost some very good friends because of it. I couldn't help myself though. I kept on practicing it. I was always right. I really thought I was smarter than most people and that my being right was just common sense. Everyone should realize it. It wasn't until I was in my 40s that I saw what my judgment did to someone. I saw the crushed look on her face when I condemned her through scorn. I saw that I had hurt her and the crush of all the people I had hurt over the years came down on me hard. It was at that moment that I let go; that I became entirely ready to be different.

Step 6

Were entirely ready to have God remove all these defects of character.

The same was true with my overeating. I kept practicing it, knowing it was hurting me, was going to kill me if I didn't change, but I could not change through my own will alone. I kept eating until I hurt myself so badly that I gave up the struggle to change. I let go of the idea that I had the answers. I fell, literally, and at the same moment reached for the hand of my higher power to save me.

I grow at the speed of pain and the pain of practicing my character defects is what leads me to my higher power in a state of total willingness.

Betsy H.

Bethel UMC HOW

Looking Up JUNE 2013

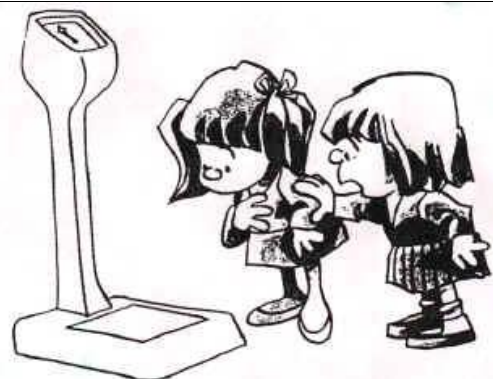
In Gratitude for Continuing Support

We have gratefully received donations from the following groups:

South Hills

Step 6

Were entirely ready to have God remove all these defects of character.



"Don't step on it . . . it makes you cry."

oasouthbay.org/humor.htm

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Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS					
Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	6:00 PM	Waco - DePaul Center 301 Londonderry, Waco	Big Book Study		254-260-1258
MONDAY	7:00 PM	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	Abstinence	Billie	817-460-3083
MONDAY	7:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Literature: Step / Tradition of the Month	Happy	817-370-7207
TUESDAY	Noon	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA 12X12 writing / AA Big Book	Happy	817-370-7207
TUESDAY	6:00 PM	Stephenville - Cross Timbers - First Presbyterian Church 1302 N Harbin Drive, Stephenville, TX 76401	Literature / Topic	Pat	254-485-0921
TUESDAY	7:00 PM	Richland Hills - United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #110	Big Book Study	Rachel	817-595-3044
WEDNESDAY	1:30 PM	OA Step & Tradition - New World United Methodist Church, Room 28, 2201 N. Davis Dr., Arlington	OA Literature	Gwenne G	682-429-7990
WEDNESDAY	6:00 PM	Waco - DePaul Center 301 Londonderry, Waco	Big Book Study	Anna Kay	254-498-6898
WEDNESDAY	7:45 PM	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	HOW Closed meeting	Billie	817-460-3083
THURSDAY	6:45 PM	Fort Worth - Bethel HOW - Bethel Methodist Church (corner of Southwest Blvd. & Vickery) RING DOORBELL ON DOOR TO THE RIGHT OF THE SANCTUARY 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	817-692-7180
THURSDAY	7:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Voices of Recovery / OA 12X12	Happy	817-370-7207
SATURDAY	9:00 AM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA Workbook	Happy	817-370-7207
SATURDAY	Noon	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	Literature	Billie	817-460-3083
SATURDAY	Noon	Daily Reprieve, Euless - United Memorial Christian Church 1401 N. Main Street, Euless, TX 76039	Step Study / Big Book	Margie M. Pat M.	972-310-3636 817-864-9888
SUNDAY	4:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Writing, Steps and Literature	Happy	817-370-7207

Tri-County Intergroup meets at 10:30 am the first Saturday of every month at the Wesley House, 3321 West Park Row Dr., Arlington, Texas 76013

last change 3/1/2013