

LOOKING UP

Tri-County Intergroup Newsletter • June 2009

2009 TRI-COUNTY INTERGROUP BOARD

Chairperson: Rachel R.
(817) 595-3044
(817) 272-7509

raroriro@sbcglobal.net

Vice-Chair: **Open**

Treasurer: Billie S.

Secretary: Sarah

Parliamentarian: **Open**

DMI Liaison: **Open**

Public Relations: **Open**

Newsletter:

Betsy H. and Molly H.

bethelhow@gmail.com

Literature: Maria G.

(817) 870-5070

Telephone: Margaret D.

(817) 303-5405

Retreat & Workshop

Co-chairs:

Beth M. & **Open**

Master:

Marilee & Earnest B.

Delegate: **Open**

Alternate: Billie S.

Tri-County Intergroup

Group# 09163

P.O. Box 14324

Arlington, TX 76094

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.

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

Prayers of the Program

Big Book, Step Three

God, I offer myself to you – to build with me and do with me as you will. Relieve me of the bondage of self, that I may better do your will. Take away my difficulties, that victory over them may bear witness to those I would help of your power, your love, and your way of life. May I do your will always!

Big Book, Step Four (when I am disturbed by the conduct/symptoms of others)

God, help me to show this person the same tolerance, pity and patience I would cheerfully grant a sick friend. This is a sick person. How can I be helpful to them? God, save me from being angry. Your will be done. Amen.

Big Book, Step Five

God, I thank you from the bottom of my heart that I know you better. Help me become aware of anything I have omitted in discussion with another person. Help me to do what is necessary to walk as a free being at last. Amen.

Big Book, Step Six

God, help me to become willing to let go of all the things to which I still cling. Help me now to be ready to let you remove all of these defects from me, so that your will and purpose may take their place. Amen.

Big Book, Step Seven

God, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character that stands in the way of my usefulness to you and my fellow man. Grant me strength as I go out from here to do your bidding. Amen.

Big Book, Step Eight

God, help me to become willing to sweep away the debris of self-will and self-reliant living. Thy will be done for this person as well as for me. Amen.

Big Book, Step Nine

God, give me the strength and direction to do the right thing, no matter what the consequences may be. Help me to consider others and not harm them in any way. Help me consult with others before I take any action that would cause me to be sorry. Help me to not repeat such behavior. Show me the way of patience, tolerance,*kindliness and love, and help me to live the spiritual life. Amen.

Big Book, Step Ten

God, remove the selfishness, dishonesty, resentment and fears that have cropped up in my life right now. Help me to discuss this with someone immediately, and make amends quickly if I have harmed anyone. Help me to cease fighting anyone or anything. Show me where I may be helpful to someone else. Help me react sanely and normally; and not be cocky or afraid. How can I best serve you? Your will (not mine) be done. Amen.

Big Book, Step Eleven

Big Book suggestions regarding prayer and meditation, and for those interested in religious themes:

1. Make no request in prayer for yourself only.
2. Never pray for your own selfish ends.
3. Select and memorize a few set prayers that emphasize the principles of the steps.
4. Ask your religious leader about helpful books and prayers that emphasize the principles of the steps.
5. Be quick to see where religious people are right.
6. Make use of what religious people have to offer.

When I am afraid

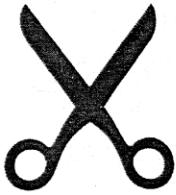
God, remove my fears from me and direct my attention to what you would have me be. Amen.

When I am aware of my defects and seeking God's help to change

God, mold my ideals in this particular area of my life, and help me to live up to them. What should I do in each specific matter? Guide me, God, and give me strength to do right. Amen.

Tri County Intergroup meets at 10:30 a.m. the first Saturday of every month at
Trinity United Methodist Church, 3216 West Park Row Drive, Arlington, in "Wesley House."

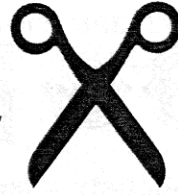
Please send newsletter submissions to bethelhow@gmail.com
Thoughts for the day, journal entries, step writing, Lifeline articles, etc.



Prayers of the Program

Continued from front page

Cut along the dotted lines, and you can carry these prayers with you throughout the day!



Prayer for Night

God, forgive me where I have been resentful, selfish, dishonest or afraid today. Help me not to keep anything to myself, but to discuss it all openly with another person. Show me where I owe an apology and help me make it. Help me to be kind and loving to all people. Use me in the main stream of life, God. Remove any worry, remorse or morbid reflections, so that I may be of usefulness to others. Amen.

Prayer for Day

God, direct my thinking today so that it may be divorced of self-pity, dishonesty, self-will, self-seeking and fear. God, inspire my thinking decisions and intuitions. Help me to relax and take it easy. Free me from doubt and indecision. Guide me through this day and show me the next step. God, give me what I need to take care of any problems. I ask all this so that I may be of maximum service to you and my fellow man. In the name of the one who has all power, God as I understand Him. Amen.

The Serenity Prayer (full text)

God grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
As it is, not as I would have it;
Trusting that He will make all things right
If I surrender to His Will;
So that I may be reasonably happy in this life
And supremely happy with Him
Forever and ever in the next.

The Prayer of St. Francis

Lord, make me a channel of thy peace;
that where there is hatred, I may bring love;
that where there is wrong, I may bring the spirit of forgiveness;
that where there is discord, I may bring harmony;
that where there is error, I may bring truth;
that where there is doubt, I may bring faith;
that where there is despair, I may bring hope;
that where there are shadows, I may bring light;
that where there is sadness, I may bring joy.

Lord, grant that I may seek rather to comfort than to be comforted;
to understand, than to be understood;
to love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to eternal life.
Amen.

I Put My Hand In Yours

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

My Recovery Comes First – C.I., New York, NY, Reprinted from Lifeline, March 1994

I was in an airplane a few years ago, and the flight attendant announced the safety instructions, "In the event of an emergency, if there is a reduction in cabin pressure, oxygen masks will drop down. If you are travelling with a child, first put the mask on yourself, and then put one on your child." "How selfish!" I thought, "You should take care of your child first." But then I realized it wasn't selfish. It was practical. If you don't take care of yourself, you won't be able to take care of anyone else. And you're both in danger of perishing. It reinforced what I had felt about my program from the time I had entered. Service is the bedrock of the program. I sponsor people, work at the Intergroup level, and volunteer at meetings. By helping other people I help myself most of all. Despite that, I cannot jeopardize my recovery by putting anyone else's before my own. If I lose my recovery because I am trying to help someone else, then I can't help either one of us. And if I lose myself in the disease, I may never come out.

TCI WRITINGS

The Fort Worth Bethel OA/HO Group held a meeting on Step 7. Each person wrote on a card a character defect they would like to have removed, then participants put the cards in a box, shook it up, and passed it around. Each person drew a card, (not their own), and shared their experience, strength and hope regarding how they were able to overcome that defect, or how they might use humility in overcoming it, remembering that it's ultimately the Higher Power's job to remove the defect. At the end of the meeting, all participants put the cards back into the box and left them there, for God. Here are the results:

To overcome compulsiveness, use willingness.

To overcome closed-mindedness, walk in someone else's shoes.

To overcome negative thinking, ask myself, "what is positive about the situation?"

To overcome selfishness, be aware of my motives.

To overcome self-aggrandizement, learn to laugh at myself.

To overcome projecting, play through the entire situation in my head, admit my powerlessness, and wait for the surprise from my Higher Power.

To overcome being dependent on others' approval, ask if my actions are in alignment with my HP's will and ask my HP for approval.

To overcome vanity and superiority, turn them over to my HP.

To overcome being self-critical, talk nicely to myself.

To overcome self-doubt, invite my HP into my day and thank my HP for my gifts.

To overcome rebellion, realize that I cannot fight a disease and that I don't have the answers.

Seventh Tradition Donations

OA's Seventh Tradition tells us that we are fully self-supporting through our own contributions. For 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 World Service Office
P.O. Box 44020
Rio Rancho, NM
87174-4020

10% : Region III
Juda Smith
Region III Treasurer
10517 Goldenrod Ln.
Midwest City, OK 74868

Give as if Your Life Depends On It.

An updated
Treasurer's
Report will
appear in the
July edition of
Looking Up.

Monthly Treasurer's Report and Intergroup Meeting Minutes are available at www.oa-tricounty.org

Tri-County Website
<http://www.oa-tricounty.org>

If you want to receive the electronic version of this newsletter, please send an email with the subject line "Subscribe" to bethelhow@gmail.com

Intergroup News

Can your group co-host a workshop? Contact Workshop Chair Terri Beth M. for more information.

Literature Available from Intergroup

Tri-County Intergroup has a library of literature available for purchase by any OA group. To order literature for your group, please contact Literature Representative Maria at (817) 692-6405.

Beyond Our Wildest Dreams

Twelve Steps & Twelve Traditions

For Today

Lifeline Sampler

Voices of Recovery

Health Fair Materials

Newcomer Kit

Sponsor Kit

Meeting Changes

The Wednesday night Arlington meeting is changing to a H.O.W. format. This group meets at 7:00 p.m. every Wednesday at Trinity United Methodist Church, Wesley House, 3216 West Park Row Drive, Arlington, TX 76013

The Saturday meeting in Grand Prairie has closed. Check the meeting list on the back page of this newsletter for alternatives.

Bethel UMC Group Recipe Book

60 pages of recipes, including portion sizes. Send \$5.00, name and address to: Molly Horn, 3634 Eldridge St., Fort Worth, TX 76107 or email bethelhow@gmail.com for a FREE digital copy.

Recovery Connections

compiled by the Daily Reprieve Group, Euless, Texas

OA Telephone Meetings List
http://www.oa.org/pdf/phone_mtgs.pdf

OA Online Meetings List
<http://www.oa.org/pdf/OnlineMeetingsList.pdf>

iTunes OA Podcast
http://www.oa.org/get_podcast.htm

Use iTunes to search for OA Podcasts and related links, including readings, long-timers share experience, classic OA speakers, special speaker events and more.

Los Angeles Area Intergroup Virtual Speaker's Bureau
<http://www.oalaig.org/html/speakers.php>

Order audio recordings related to 12 Step Fellowships, including OA
<http://www.gstl.org/>

APATHY

The world is a dangerous place to live; not because of the people who are evil, but because of the people who don't do anything about it.

Albert Einstein

Think, think, think!

If you can be humble, you'll learn faster.

TRI-COUNTY INTERGROUP OVEREATERS ANONYMOUS MEETINGS

5/20/2009

MONDAY				
6:00 pm	Granbury - Acton United Methodist Church, Adult Ed. Bldg., Rm. 202A 3433 Fall Creek Hwy (HWY 167S) Granbury, TX 76049		Rene	(817) 219-3270
6:45 pm	Fort Worth - Bethel Methodist Church 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	(817) 377-0189
7:00 pm	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013	Abstinence	Billie	(817) 460-3083
7:30 pm	Fort Worth - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Step Study/ Literature	Happy	(817) 370-7207
TUESDAY				
Noon	Fort Worth - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Commitment/ Writing	Happy	(817) 370-7207
6:00 pm	Stephenville - First Presbyterian Church 1302 N Harbin Drive Stephenville, TX 76401	Literature/ Discussion	Pat	(254) 485-0921
6:30 pm	Weatherford - All Saints Episcopal Church (white house on corner) 133 S. Waco Street Weatherford, TX 76086	HOW	Susan	(817) 694-8801
7:00 pm	Arlington - Covenant United Methodist Church 3608 Matlock Road Arlington, TX 76015 (between Arbrook & Mayfield)		Dianne	(817) 980-3013
7:00 pm	North Richland Hills - St. Johns Hall (center building) 4101 Frawley Dr (between Glenview and North Hills Mall) NRH, TX 76180	Step Study/ Literature	Keith	(817) 692-1641
WEDNESDAY				
12:00 pm	Fort Worth - King of Glory Lutheran Church 1659 Sandy Lane @ Brentwood Stair Fort Worth, TX 76112	Literature	Gay	(817) 275-1085
1:00 pm*	*SPANISH Must request in advance. Call Gay, (817) 275-1085			
7:00 pm	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013	HOW	Billie	(817) 460-3083
7:00 pm	Tarrant County Men's - Ste. 608, Radio Shack shopping center 4105 State Highway 121 @ Cheek-Sparger Bedford, TX 76021	Men's Group	Keith	(817) 692-1641
THURSDAY				
6:45 pm	Fort Worth - Bethel Methodist Church 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	(817) 377-0189
6:30 pm	Cleburne - St. Marks United Methodist 1109 W. Henderson Street Cleburne, TX 76033		Roxy	(817) 641-5020
7:30 pm	Fort Worth - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Big Book Study	Happy	(817) 370-7207
FRIDAY				
12:00 pm	Arlington - Covenant United Methodist Church 3608 Matlock Road Arlington, TX 76015 (between Arbrook & Mayfield)		Katie	(82) 438-1851
12:00 pm	Waco - St. Alban's Episcopal Church 305 North 30 th Street Waco, TX 76710		Faye	(254) 678-3420
SATURDAY				
9:00 am	Fort Worth - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Step Study/ Writing	Happy	(817) 370-7207
12:00 pm	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013	Twelve Promises	Billie	(817) 460-3083
12:00 pm	Eules - United Memorial Christian Church 1401 N. Main Street Eules, TX 76039	Step Study/ Big Book	Rosalie	(817) 355-5070
SUNDAY				
4:00 pm	Arlington - Millwood Hospital @ Randol Mill Road 1011 N. Cooper Street Arlington, TX 76011	Newcomer/ Literature	Rachel	(817) 595-3044

* **LOOKING FOR A SPANISH MEETING?** Call Gay, (817) 275-1085