

LOOKING UP

TRI-COUNTY INTERGROUP NEWSLETTER - APRIL 2011

THE WALK PART 5 - I GROW

It was told to me that the 6th and 7th Steps allow a person to rebuild their life in a new and dynamic way so that they can go through life free and at peace. As I joyfully rushed to complete these two steps, I entered the "reality of the desert" and realized that this was going to mean a great deal of inner work.

Before I began, my sponsor made sure I heard and took to heart the following:

Humility is the lack of humiliation...

I suppose it would be nice if all the steps were guided events where sponsors and friends could provide clear paths and guidance. It is a fact that my sponsor stood by me throughout my entire journey but he was quick to point out that I now needed to stand for what I was to be - a man.

Starting with Steps 6 and 7, the journey becomes personal and seems to require a good deal of individual thought, effort and choice. No two people will find the same path through the desert or even the same answers to life's questions. That seems to be evident in all the wonderful expressions of Higher Power. But these two steps allow the process to come to full relationship with ourselves and our Higher Power so that we can stand strong and free.

What my sponsor wanted me to understand as I began this part of my spiritual journey was that I could no longer accept another's point of reference for my relationship with my Higher Power. I needed to make it personal and take full ownership of my actions.

(Continues on the next page)

2011 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

The Walk (cont)

What has been most stimulating is my growth. After a few 24s, I have had the wonderful realization that my learning about myself and my relationship with my Higher Power is a beautiful and lasting

gift that truly brings peace to my life.

There was a part of my disease that made me tell the world (and myself) how broken I was. It fed off the pain in my heart and the disgrace of my humiliation. The 6th and 7th

Steps showed me that this is just not part of my Higher Power's world for me or for anyone. This meant a good deal of work and effort but I now stand without humiliation and I rejoice.

Anonymous

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! Selections include breakfast, salads, vegetable sides, pork, beef, poultry, seafood, vegetarian and vegan main dishes, sauces, dressings, desserts and more.

Tri-County Intergroup Workshop

Stepping into Summer

Come and grow your program and enjoy the continuing growth of your fellow OA'ers

Where:

Fort Worth - South Hills
South Hills Christian Church
3200 Bilglade Road, Fort Worth, TX 76133

When:

Saturday May 14th
Intergroup Meeting from 10:30 'til 11:30
Stepping into Summer Workshop
from 1:00 'til 4:30

What to bring:

Your donation - \$'s or Clothing
Your 12 and 12
Pen and paper for the workshop
Your friend - share the joy!
Your Lunch (if you come to Intergroup)

Suggested Donation
\$5.00 per person
or \$8.00 for TWO



SWAP your CLOTHES or
make a donation

Have some fun and maybe
find just the right outfit to
make your summer special

For More Information:

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TRAVEL TIPS FROM BETSY H.

Summertime means the adventure of travel!

I've traveled abstinely all over the United States, Germany, Austria and Switzerland since I started in the Program in 1997. Here are some of the things I've learned to do to take care of myself and my abstinence while away from home.

- I take at least one OA daily reader and OA wallet pamphlet, a food journal and phone numbers. I try to find an OA meeting where I am going. I try to maintain my morning routine (prayer, meditation, reading, writing, calling or emailing).
- I can ask for what I need. If I do not ask for it, I certainly won't get it.

CAR TRIPS:

- I take a small cooler with my breakfast foods at least. They are the hardest to find and usually the meal that starts my day well.
- I take my favorite diet drinks and water, keeping a six-pack in the car.
- I take my napkins, paper towels, food storage containers, flatware, salt & pepper, and bags for my recyclables and trash.
- I plan my stops to coordinate with my meal times.

NOTICES:

- ❖ *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 newsletter@oa-tricounty.org*
 - **We need your words!**
 - **All submissions are welcome: Journal Entries, Articles, Thoughts for the Day, etc.**

ANY TRIP:

- One-cup servings of carrot or celery sticks in baggies (keeps three days w/o refrigeration)
- Grains that travel well (Triscuits, WASA, crackers, pita bread, whole wheat tortillas)
- Packets of Walden Farms zero-calorie salad dressing (<http://waldenfarms.com>)
- My own sweetener
- Extra packs of sugar-free gum
- Proteins that travel well (packs of tuna fish, string cheese, etc.)
- My favorite teas
- I call ahead to the hotel and ask for a room with a mini-fridge and microwave
- If I don't have enough vegetables, I can stop at a grocery store and buy a pre-made vegetable tray
- On flights, I take my own food. If I run out or forget, I can buy abstinent meals at the airport after I have gone through security and then take them on the plane.

Betsy H. July 2008

LOOKING UP

Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS				
Date & Time	City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY				
6:15 PM	Granbury / Acton Acton United Methodist Church, Adult Education Building, Room 202A 3433 Fall Creek Hwy (Hwy 167S) Granbury, TX 76049		Leah	817-219-2393
6:00 PM	Waco St. Alban's Episcopal Church 305 North 30th Street, Waco, TX 76710	Big Book Study	(pager)	254-260-1258
7:00 PM	Arlington - Trinity 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 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 South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Reading & Writing: Big Book	Happy	817-370-7207
6:00 PM	Stephenville - Cross Timbers First Presbyterian Church 13023 N Harbin Drive, Stephenville, TX 76401	Literature / Topic	Pat	254-485-0921
WEDNESDAY				
Noon	Fort Worth - King of Glory King of Glory Lutheran Church 1659 Sandy Lane @ Brentwood Stair, Fort Worth, TX 76112	Literature: Step / Tradition of the Month	Lucy	817-275-0144
7:00 PM	Tarrant County - Men's Group Ste 608, Radio Shack Shopping Center 4105 State Highway 121 @ Cheek-Sparger, Bedford, TX 76021	Men's Meeting	Keith	817-692-1641
7:30 PM	Arlington - Trinity 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) 5000 Southwest Blvd., Fort Worth, TX 76013	HOW	Patrice	817-692-7180
7:30 PM	Fort Worth - South Hills South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Big Book Awakening	Happy	817-370-7207
SATURDAY				
6:00 PM	Fort Worth - South Hills South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA Workbook	Happy	817-370-7207
Noon	Arlington - Trinity Trinity United Methodist Church, Wesley House 3216 West park Row Drive, Arlington, TX 76013	Literature	Billie	817-460-3083
Noon	Eules United Memorial Methodist Church 1401 N. main Street, Eules, TX 76039	Step Study / Big Book	Amanda	817-776-3030
SUNDAY				
4:15 PM	Arlington - Primary Purpose Pantego Bible Church, Room 103 8001 Anderson Blvd. Fort Worth, TX 76120			
4:30 PM	Fort Worth - South Hills South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Writing, Steps and Literature	Karen or Chrystyna	817-370-2055 214-202-6993
Tri-County Intergroup meets st 10:30 am the first Saturday of every month, Trinity United Methodist Church, 3216 West park Row Drive, Arlington, TX 76013 in "Wesley House"				