

# Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - JULY 2011

## *From Albuquerque with Love*

### **Delegates Report of the 2011 World Service Business Conference April 27 through April 30, 2011 in Albuquerque, New Mexico**

Thank you for giving me the opportunity to serve as a delegate to the 50<sup>th</sup> World Service Business Conference of Overeaters Anonymous.

I would like to give some background information about the annual business conference. The 2011 conference had 180+ voting members, comprised of 16 trustees and about 170 delegates and 2 alternates. We were from ten regions all over the world. We sat by region and rotated positions at the tables at each session. Lucy and I, being from Texas, sat with delegates from Region 3, which includes Arizona, Colorado, Nevada, New Mexico, Oklahoma, Utah and Outstates Intergroup (Scottsbluff, Nebraska and Torrington, Wyoming). Our Region 3 had the largest percentage of intergroups represented.

The business sessions encompassed three days, Wednesday, Thursday and Friday. Sessions began at 8 a.m. and, minus lunch break, lasted until late afternoon.

All delegates are assigned to a World Service committee on which they serve for a year. One of the trustees also serves on each committee. I was assigned to the Web/Technical Committee. Most of these committees meet two or three times at conference (before and after the business sessions). There are regular OA meetings and workshops sandwiched in also, but we found we had very little time to attend those.

I will let Lucy share with you about what votes were taken during the business sessions. I have three very important highlights to share with you: (1) I met and chatted with the lovely lady from nearby Abilene, Texas, who is our Region 3 trustee. She is available to come and be our keynote speaker at our annual November retreat at Glen Rose; (2) I met and exchanged email addresses with a delegate from the Dallas Metro I.G. that should facilitate communications between our two intergroups; and (3) Being on the web/tech. committee on the world service level could be an asset for us in the future, as it may be possible in the future to tie in with OA World Service website and save us some money. The Web/Tech. committee is having Skype conference calls on a monthly basis to map out and implement plans for assisting intergroups worldwide in establishing and maintaining their individual websites with our help. This is a work in progress. I'll keep you posted on the work of this committee.

I had hoped we would visit the World Service Office in nearby Rio Rancho, NM, but no trip was scheduled. Also, I had hoped to see Rozanne S., O.A. founder, with whom I served in the 80's on the International Committee. She was not well enough to attend. This conference officially voted to call her our founder, and a call was made to inform her of our decision.

*The Annual Tri-County  
Intergroup Retreat is coming!  
Mark your calendars for  
November 4-6, 2011*

Respectfully Submitted  
Gwenne G., Chair

Tri-County Intergroup and WSBC Delegate

### **2011 TRI-COUNTY INTERGROUP BOARD**

Chairperson:	Gwenne G.
Vice-Chair:	Terri Beth
Treasurer:	Billie S.
Secretary:	Betsy H.
Parliamentarian:	(open)
DMI Liaison:	(open)
Public Relations:	Jaclyn
Newsletter:	Emanuel B. Andi R.
Telephone:	Margaret
Retreat:	Betsy
Workshop:	Terri Beth
Web Master:	Betsy
Delegate:	Lucy
Alternate:	Billie S.

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

**Monthly Intergroup minutes  
are available at  
[www.aa-tricounty.org](http://www.aa-tricounty.org)**

**Tri-County Information  
Line  
817-303-2888**

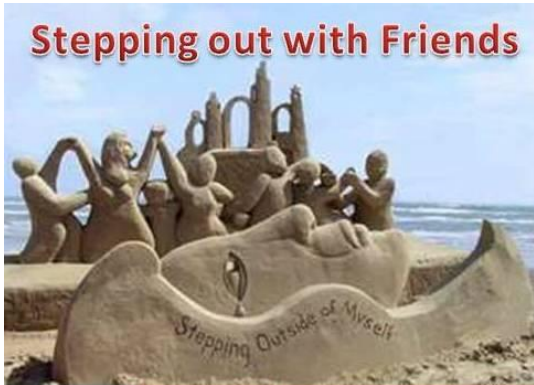
Looking Up is a monthly publication of the OA Tri-County Intergroup. The opinions expressed here are those of the author and not of OA Tri-County Intergroup or OA as a whole. Editor reserves the right to edit material submitted.

*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

## Stepping out with Friends



Sculpture by sandy feet <http://www.sandyfeet.com/>

## Reaching Across from Waco

Like the ancestors of this Brazos Valley city, the Waco OA Group has always seen the need to reach out and help their neighbor find abstinence. From as far back as the 1980's an OA group has existed and a general theme of recovery has carried through the years with a focus on OA Literature and the 12 Steps.

Meeting places like Pioneer Savings & Loan, Western Heights Baptist and the Church of the Holy Spirit still bring back fond memories to many in the group who have been a part of Waco OA history. St. Alban's Episcopal Church, now the home of the Monday night meeting, is filled with the wonderful Texas spirit of friendship and a neighborly love that fosters great Abstinence.

For the last three years, the group has focused on three things - OA Literature, Fellowship and Sponsorship. To long time members this disease is a life and death proposition and the group is their way of maintaining abstinence and passing on the message they received. The quiet acknowledgement of weight loss maintained by many of the members helps the newcomer see the solution and stay for the miracle.

So come on down and sit a spell. You will not only feel at home in the fertile valley of Waco you will feel the wonderful pioneer spirit still alive since the early days. Service and Tradition Workshops along with ongoing small group Step Studies right out of the OA Workbook infuse this group with solid abstinence that can only help support those seeking the same. There is good OA here to hear and see.

After the meeting, the friendship continues to invite both new and long timers to open up. Solid sponsorship, ready with an open hand, is seen each evening and the room fills with a warm sound of true caring. Newcomers stay because they feel welcome and they are guided to the Steps by supporting hands.

Times change and the Waco Bridge is no longer used for Chisholm Trail cattle drives but it still reaches across and connects the people of the valley. The same can be said about the Waco OA Group. It is the bridge formed by OA approved Literature and the 12 Steps that connect old and new members alike to abstinence.



Your Intergroup Roving Reporter

## The Walk Part 8 - I Give Back

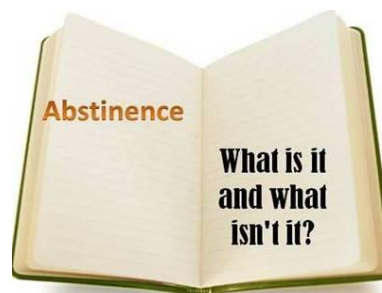
*And the greatest of these is Love...*

This wonderful transformative program is finally wrapped in a blanket of love - being touched so deeply by the gift of our Higher Power we find purpose. This purpose gives every morning meaning beyond disease, trial or tribulation. We are alive within our inner being and we have a gift that will expand our joy and usefulness.

It is true that disease blocks the flow of life and love. Once removed as a barrier our life sours and we find new heights of love in the day to day adventure of sharing our joy.

And to be in a community of travelers that "*trudge the Road of Happy Destiny*" (Big Book Page 164) is one of the most wonderful gifts of the 12 Step Journey - we not only have support we have help we can provide - we can give back what we received.

*(Continued on next page)*



August 20th Saturday  
from 1 to 4,  
register at 12:30 PM

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

Tri-County Intergroup Workshop

We will have  
speakers and  
do some writing.  
So bring pen and  
paper.

If you want, bring  
a White Elephant  
for the raffle.  
\$5.00 suggested donation.



For more information contact  
Terri Beth [alacko01@att.net](mailto:alacko01@att.net) - 817-292-8188  
Jaclyn [adaiches@sbcglobal.net](mailto:adaiches@sbcglobal.net) - 817-292-2010

# Looking UP

## Why I'm Here

*It's just another day they say;  
A chance to start anew;  
Get up, suit up, show up;  
Pray, write, meditate;  
Think; don't think too much;  
Take it easy and let go.*

*Just do it.  
Don't sweat it.  
Make a call.  
Don't pick up the food.*

*Take me with you my friends.  
Wherever you go I'm with you.  
When I'm here, I'm there too.  
You're in me and I'm in you.*

*We are on this journey together,  
Whether in this room or elsewhere.  
We are all part of the same Great One,  
The One who guides us all.*

*I cannot survive without my friends here.  
I cannot survive without being here.  
I cannot survive without O.A.*

Betsy H.

## In Gratitude for continuing Support

We have gratefully received donations from the following groups:

**South Hills  
Arlington Trinity  
Group 09163  
Fort Worth - Bethel HOW**

**Step 7  
Humbly asked Him to  
remove our shortcomings.**



### **Big Book Study Phone Meeting**

We meet for 1 hour Monday thru Friday at noon.  
Conference call in number is: 712-432-3900

Participant access Code: 956915#

*Join our local member Zeb in this exciting new Phone meeting listed on O.A website*

Playback number: 712-432-3903 (to hear latest recorded call)  
Participant access Code: 956915#

## The Walk (cont)

We awake to the gift of our Higher Power and in awakening we see Him there every moment of our lives. We no longer question the past or worry about tomorrow. We rise and shine with the love that has been given and impart our special message of joy as we pass it on to the next beautiful being we meet.

*Your Intergroup Roving Reporter would like to schedule an interview with your group. Please email newsletter@oa-tricounty.org or call 817-355-1816*

If you told me on the day I arrived that the solution was to love others I would have laughed at you then cried. Through my disease I was blocked from joy and in despair - I would have only seen another broken promise at solace. You didn't. You took me in and held me and loved me until I could find my way back into the arms of my Higher Power. You promised me things that each day you proved to be true and you gently awaited the miracle to bloom within my soul. I now understand what a wonderful miracle you are and how much my Higher Power must love me to bring so many together for this one lonely soul crying out for abstinence.

To our fellow OAers we gladly give service and we expand our circle of love outward to all creation of our Higher Power. This is the most amazing part of the journey because it no longer matters who or what - we have love to give and every time we remain in the 12 Step Process we gain more joy. **"He has commenced to accomplish those things for us which we could never do by ourselves."** Big Book page 25.

***For it is in giving that we receive...***

***The Annual Tri-County  
Intergroup Retreat is coming!  
Look for Flyers at your meeting!***

Thank you deeply for walking with me on the path set by our Higher Power.

Anonymous

# Looking UP

Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS					
Day & Time	City-Group Name - Address		Subject	Contact	Contact Phone
MONDAY	6:30 PM	<b>Granbury / Acton</b>		Leah	817-219-2393
		Acton United Methodist Church, Adult Education Building, Room 202A 3433 Fall Creek Hwy (Hwy 167S) Granbury, TX 76049			
MONDAY	6:00 PM	<b>Waco</b>	Big Book Study	(pager)	254-260-1258
		St. Alban's Episcopal Church 305 North 30th Street, Waco, TX 76710			
MONDAY	7:00 PM	<b>Arlington - Trinity</b>	Abstinence	Billie	817-460-3083
		Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013			
MONDAY	7:30 PM	<b>Fort Worth - South Hills</b>	Literature: Step / Tradition of the Month	Happy	817-370-7207
		South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133			
TUESDAY	Noon	<b>Fort Worth - South Hills</b>	Reading & Writing: Big Book	Happy	817-370-7207
		South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133			
TUESDAY	6:00 PM	<b>Stephenville - Cross Timbers</b>	Literature / Topic	Pat	254-485-0921
		First Presbyterian Church 1302 N Harbin Drive, Stephenville, TX 76401			
WEDNESDAY	Noon	<b>Fort Worth - King of Glory</b>	Literature: Step / Tradition of the Month	Lucy	817-275-0144
		King of Glory Lutheran Church 1659 Sandy Lane @ Brentwood Stair, Fort Worth, TX 76112			
WEDNESDAY	7:00 PM	<b>Tarrant County - Men's Group</b>	Men's Meeting	Keith	817-692-1641
		Ste 608, Radio Shack Shopping Center 4105 State Highway 121 @ Cheek-Sparger, Bedford, TX 76021			
WEDNESDAY	7:30 PM	<b>Arlington - Trinity</b>	HOW Closed meeting	Billie	817-460-3083
		Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013			
THURSDAY	6:45 PM	<b>Fort Worth - Bethel HOW</b>	HOW	Patrice	817-692-7180
		Bethel Methodist Church (corner of Southwest Blvd. & Vickery) 5000 Southwest Blvd., Fort Worth, TX 76013			
THURSDAY	7:30 PM	<b>Fort Worth - South Hills</b>	Big Book Awakening	Happy	817-370-7207
		South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133			
SATURDAY	9:00 AM	<b>Fort Worth - South Hills</b>	OA Workbook	Happy	817-370-7207
		South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133			
SATURDAY	Noon	<b>Arlington - Trinity</b>	Literature	Billie	817-460-3083
		Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013			
SATURDAY	Noon	<b>Daily Reprieve, Euless</b>	Step Study / Big Book	Amanda	817-776-3030
		United Memorial Christian Church 1401 N. Main Street, Euless, TX 76039			
SUNDAY	4:15 PM	<b>Fort Worth - Primary Purpose</b>	Literature	Renaë	817-905-0613
		Pantego Bible Church, Room 103 8001 Anderson Blvd. Fort Worth, TX 76120			
SUNDAY	4:30 PM	<b>Fort Worth - South Hills</b>	Writing, Steps and Literature	Karen or Chrystyna	817-370-2055 214-202-6993
		South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133			

Tri-County Intergroup meets at 10:30 am the first Saturday of every month, Trinity United Methodist Church, 3216 West Park Row Drive, Arlington, TX 76013 in "Wesley House"

last change 6/24/11