

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - AUGUST 2011

Stepping out with Friends



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

Strong Foundations Build Strong Abstinence

In 1988 the South Hills Christian Church opened a Thursday night meeting slot for youth and OA to help those who had been attending another meeting closing down in the area.

The O-Anon meeting format and the Young Peoples Meeting did not gain traction. It was the right heart but the wrong time and soon the room stood empty.

It was then, in grand OA tradition, a few OAers volunteered and re-opened the group as a Big Book and Literature Study Group and the *Thursday One Day at a Time Group* was started.

For those who have traveled to the South Hills Christian Church in Fort Worth you already know this open and inviting place is conducive to great meetings. But this was not to be just another meeting. From the very beginning the group took on a life and character that would serve OA and its members well over the years. The search of the literature for continuing and sustainable Abstinence and Recovery began in 1988 and continues today.

Weekly the AA and OA literature along with tape study series like “Joe and Charlie” come to life and enrich the members and their friends. Currently the group is on a wonderful journey exploring the Big Book.

Over the years the group has read through every OA book along with AA’s Big Book and 12X12 line by line sharing as they seek a deeper understanding of this wonderful miracle of recovery and abstinence. That is the key and the essence of the group’s culture - a commitment to the wisdom found in the literature to guide their daily journey in OA.

It shows in the carpools gathering members and attending workshops and conventions together. It shows in the love for newcomers when they drop their deep studies of literature to welcome and support those seeking help. It shows in the smiling faces as length of abstinence and time in program are celebrated each week. It shows and, if you drop by, you too will feel the tradition and the wonderful abstinence found in this group.

(Continued on Page3)

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**

**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

Retreat Survey Results

1st Choice

2nd Choice

Topic for Retreat:

Abstinence & Maintenance

Doing the Footwork
Higher Power
Working the Steps



Method of Presentation

Outside Speaker – whole weekend

Workshop Style



Budget: Two-thirds of the respondents said \$100-\$200

Cost Proration: 90% of respondents said it was important to offer if possible

Food Offerings: 90% of respondents said it was important to ask for fresh fruit and whole grains but otherwise stay within offerings of the camp



Free Time:

60% of respondents said they need 2 hours of free time
20% of respondents said they need 3 hours of free time
20% of respondents said they need 1 hour of free time

Gym Facility:

90% of respondents said it was not important

The results are in and the Tri-County Intergroup has spoken...

- *We truly love our retreats and we are focused on Abstinence.*
- *We want to hear the message from others*
- *And it is not cost it is companionship!*

Additional Survey Results

will be presented in the September issue of Looking UP

*Congratulations to our
2 Retreat Survey Winners!
Ron C.
and
Linda B.*

In Gratitude for continuing Support

We have gratefully received donations from the following groups: ***South Hills and Primary Purpose***

Step 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

Looking UP

Strong Foundations...

There is an ebb and flow in life that can be seen in every community and the Thursday One Day at a Time Group is no different. A foundational core of women maintains the base of the group and new members including men and minorities bring wonderful diversity to those seeking to understand the program. As OA has matured so has the group. They strive for unity and common solution leaving the question of food plans to the individual.

They have always known that OA is the last house on the block for many and while some may leave they believe they will come back after seeking easier softer ways. Therefore they open the doors every Thursday evening and pull out some chairs. They are there - they are OA - and they care for the next one reaching out for a solution to compulsive overeating.

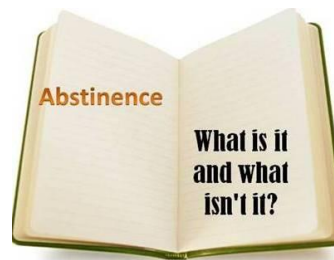
Your Intergroup Roving Reporter

BLAST FROM THE PAST

Abstinence and Action

I absolutely agree that it avails me absolutely nothing to know something unless I'm willing to take the ACTION that is indicated by that knowledge. When I was in relapse, I still knew what the Big Book says... but knowing it didn't help a thing as long as I refused to do my part and follow the clear-cut directions in the book.

The same is true when I pray for abstinent thoughts and feelings. I trust that God can and will give me the wherewithal to be abstinent, but unless I put that faith to work and ACT on the abstinent thoughts and feelings He gives me, I am wasting the gift.



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 - 817-292-8188
Jaclyn adaiches@sbcglobal.net - 817-292-2010


This isn't a program of contemplation and wishful thinking. It is a spiritual program of trust and action. There is no such thing as being zapped abstinent while continuing to shove binge food into my mouth. I can't think myself abstinent either, although it's certainly not for lack of trying. The only thing that works for me is to relax, surrender, and let God give me a feeling of peaceful detachment from food. Once that feeling comes, then it is up to me to take the next right action and follow my food plan

Dana - Looking Up August 2007

| | |
|---|--|
| STRENGTH IN RECOVERY Fall Retreat | |
| DETAILS | For more information call: Billie at (817) 460-3083 or Margaret at (817) 277-8706 |
| November 4-6, 2011 Glen Lake Camp at Glen Rose Registration \$95 |  |

Looking UP

Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS

| Day & Time | | City-Group Name - Address | Subject | Contact | Contact Phone |
|------------|---------|---|---|-----------------------|-------------------------------|
| MONDAY | 6:30 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 |
| | | Waco St. Alban's Episcopal Church 305 North 30th Street, Waco, TX 76710 | | | |
| MONDAY | 6:00 PM | Arlington - Trinity Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013 | Big Book Study | (pager) | 254-260-1258 |
| MONDAY | 7:00 PM | Fort Worth - South Hills South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133 | Abstinence | Billie | 817-460-3083 |
| MONDAY | 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 |
| TUESDAY | 6:00 PM | Stephenville - Cross Timbers First Presbyterian Church 1302 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 |
| WEDNESDAY | 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 |
| WEDNESDAY | 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 |
| THURSDAY | 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 | 9:00 AM | Fort Worth - South Hills South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133 | OA Workbook | Happy | 817-370-7207 |
| SATURDAY | Noon | Arlington - Trinity 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 | Amanda | 817-776-3030 |
| SUNDAY | 4:15 PM | Fort Worth - Primary Purpose Pantego Bible Church, Room 103 8001 Anderson Blvd. Fort Worth, TX 76120 | Literature | Renaë | 817-905-0613 |
| SUNDAY | 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 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