

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - OCTOBER 2011

Stepping out with Friends



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

In reaching out to help we find solace

A group with a history of being part of the solution

Today the meetings of the **Sunday Primary Purpose Group** are filled with studies of the AA Big Book, OA Brown Book, AA and OA 12X12, along

with readings from the two OA devotionals to help deepen the program's experience, strength and hope. Year by year the group delves into the wonders of our 12 Steps to Abstinence and provides a moment in the week for a special kind of contemplation.

About 5 years ago this meeting was started by two of its founding members out of a growing need for a Sunday meeting in the area. Its focus was on the AA Big Book and newcomers to the program. Selecting the

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

CPC Millwood rehabilitation center also provided a concrete sign of the power of OA for those within the facility.

During the early years a line-by-line reading and re-reading of the AA Big Book helped to build a loyal following, and after the second read-through of the Big Book, other OA and AA literature were introduced to bring about some variety.

Growth was good at the Millwood location but time and the needs of the host rehabilitation center brought on mounting challenges. Coming in to find no room available and even having to go the nearest Starbucks to hold the meeting began to challenge the serenity so greatly sought in the meeting. When meetings were moved to the facility's cafeteria at dinner preparation time, it became apparent that change was in order.

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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:	Joy S.
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.

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TriCounty Intergroup Board and Committee Positions

Current	Appointed or Elected	Term of Office	Abstinance Required	Brief Description	Current Member
Board Positions					
Chairperson	Elected / January	1 Year	6 Months	Preside over meetings, set agendas and oversee the "management" of Intergroup. Co-sign on bank account.	Gwenne G.
Vice Chair	Elected / January	1 Year	6 Months	Serve in absence of chair and assist chair in duties. Help new meetings get started and maintains current list of meetings, contacts, etc.	Terri Beth
Secretary	Elected / January	1 Year	6 Months	Record and report minutes, keep past minutes. Maintain list of Board Members and contact information.	Betsy H.
Treasurer	Elected / January	1 Year	6 Months	Maintain bank account, submits monthly financial statement, oversee mailbox and mail distributions.	Billie S.
Sub-Committee Positions					
Telephone	Elected / January	As Needed		Maintain telephone contact service for TCI, answering calls for info about OA and referring callers to fellow OAers for assistance.	Margaret
Retreat	Elected / January	1 Year		Organize the annual retreat with the assistance of a committee.	Betsy
Parliamentarian	Elected / January	1 Year		Help TCI maintain order and be productive at meetings through the use of Robert's Rules.	OPEN
DMI Liaison	Elected / January	1 Year		Attend monthly DMI IG meetings to exchange newsletter and other information.	OPEN
Workshops	Elected / January	1 Year		Plan and hold OA workshops for the local area.	Terri Beth
Delegates	Elected / January	2 Years	1 Year	Attend World Services and Region III conferences and report activities of these bodies.	Lucy And Billie S.
Public Relations	Elected / January	1 Year		Handle requests for information about OA and distribute information through health fairs, newspapers, and other public means of communication.	Jaclyn
Web Master	Elected / January	As Needed		Maintain TCI's webpage.	Betsy
Newsletter	Elected / January	1 Year		Compile and distribute monthly TCI Newsletter - Looking Up.	Joy S.
Intergroup Representative	Appointed by their home meeting/ on their time table	Determined by home meeting	Determined by home meeting	Represent home meeting at TCI and act as a liaison between Intergroup and the home meeting, providing communications between the two bodies.	Maybe YOU!

We would love to see some new faces and hear some new voices in the Tri-County Intergroup (TCI). Nominations occur in November with elections following in December. Come to a meeting and find out what we do. Visiting an Intergroup meeting does not mean you are committing yourself; in fact there is a requirement that you attend 3 Intergroup meetings before you can take a position.

Of course you are busy. You probably already have many obligations, but this is not a lifelong commitment. It does not require public speaking skills or an administrative degree. It just requires YOU in whatever capacity you are willing to serve. TCI positions are listed here. If any of these interest you, feel free to contact a current member for further information.

As they say, "to keep what you have, you have to give it away" and service to TCI is one way to do just that. Tri-County Intergroup usually meets at 10:30am on the first Saturday of the month (check the Calendar on the TCI website (<http://www.aa-tricounty.org>) at Trinity United Methodist Church, 3216 West Park Row Drive, Arlington, TX 76013 in "Wesley House".

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In reaching out.... Continued

Like all other OA traditions, they shook off the fear and moved ahead one step at a time. A search for a new facility was started and in the spring of 2011 the meeting was moved to its new location at Pantego Bible Church - the right space and atmosphere for the group to grow and flourish.

Even here, growing pains mark the measurement of their resolve. The first rooms provided were inundated with youth programs and little in the way of tranquility. Then the Church allowed them to move up to the main building where the rooms are wonderful but the main doors are locked so a door-person and a phone link needed to be instituted. Through it all they found what was desired - a sense of solace and quiet gratitude so together they could find a solution to our disease.

The move has changed attendance but the core of the group and a continuing influx of new members seeking a solution will do what time and perseverance did five years ago - grow and nurture this meeting place of abstinence.

Here is what has not changed: Come into the rooms and find a welcoming hand ready and willing to help. Sit down and listen to the long term experience, strength and hope and find the fulfilling empowerment that is the key to OA's purpose. Join in and become part of the miracle we all find when we truly seek out the OA path of recovery.

So if you are looking at a bright Sunday afternoon and wondering how to fill it, here is a suggestion: Mosey on over to the **Sunday Primary Purpose Group** and spend a little quality time. Your heart and soul will thank you for the quiet peace you will find.

Your Intergroup Roving Reporter

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	

*It is time to start
planning for your
next year's
progress in
abstinence.*

*What better way
than on a Retreat
with friends!*

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In Gratitude for continuing Support

We have gratefully received donations from the following groups:

Primary Purpose, Sunday King of Glory Acton Group

Step 10
Continued to take personal inventory and when we were wrong promptly admitted it.

A Blast from the Past

As Bill Sees it *A New Life*

Is abstinence all that we are to expect of a spiritual awakening? No, abstinence is only the bare beginning; it is only the first gift of the first awakening. If more gifts are to be received, our awakening has to go on. As it does go on, we find that bit by bit we can discard the old life - the one that did not work - for a new life that can and does work under any conditions whatsoever.

Regardless of worldly success or failure, regardless of pain or joy, regardless of sickness or health or even death itself, a new life of endless possibilities can be lived if we are willing to continue our awakening, through the practice of OA's Twelve Steps

Reprint from Oct 2008 Looking Up



Tools for Abstinence

- ❖ Stay away from that first compulsive bite; take Step one daily.
 - ❖ Attend OA Meetings and functions regularly and get involved.
 - ❖ Progress is made ONE DAY AT A TIME.
 - ❖ Use the 24 Hour plan.
 - ❖ Remember, your disease is incurable, progressive and potentially fatal.
 - ❖ Do first things first
 - ❖ Don't Become too tired
- ❖ Eat at regular hours - according to your food plan
 - ❖ Use the telephone (not just after a binge, but before and during, too).
 - ❖ Be active - don't just sit around. Idle time will kill you.
 - ❖ Use the Serenity Prayer.
 - ❖ Change unproductive routines and patterns.

*These are not in order or comprehensive.
They are but suggestions and items to put in your own OA tool-bag.*

From Oct 2008 Looking Up

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Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS					
Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	6:30 PM	Granbury / Acton		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	Waco	Big Book Study	(pager)	254-260-1258
		St. Alban's Episcopal Church			
		305 North 30th Street, Waco, TX 76710			
MONDAY	7:00 PM	Arlington - Trinity	Abstinence	Billie	817-460-3083
		Trinity United Methodist Church, Wesley House			
		3216 West Park Row Drive, Arlington, TX 76013			
MONDAY	7:30 PM	Fort Worth - South Hills	Literature: Step / Tradition of the Month	Happy	817-370-7207
		South Hills Christian Church			
		3200 Bilglade Road, Fort Worth, TX 76133			
TUESDAY	Noon	Fort Worth - South Hills	Big Book Study	Happy	817-370-7207
		South Hills Christian Church			
		3200 Bilglade Road, Fort Worth, TX 76133			
TUESDAY	6:00 PM	Stephenville - Cross Timbers	Literature / Topic	Pat	254-485-0921
		First Presbyterian Church			
		1302 N Harbin Drive, Stephenville, TX 76401			
TUESDAY	7:00 PM	Richland Hills	Big Book Study	Shannon S.	714-625-9106
		United Methodist Church			
		7301 Glenview Drive, North Richland Hills 76180 Room #110			
WEDNESDAY	Noon	Fort Worth - King of Glory	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	Tarrant County - Men's Group	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	Arlington - Trinity	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	Fort Worth - Bethel HOW	HOW	Patrice	817-692-7180
		Bethel Methodist Church (corner of Southwest Blvd. & Vickery)			
		5000 Southwest Blvd., Fort Worth, TX 76013			
THURSDAY	7:30 PM	Fort Worth - South Hills	Big Book Awakening	Happy	817-370-7207
		South Hills Christian Church			
		3200 Bilglade Road, Fort Worth, TX 76133			
FRIDAY	7:30 PM	Fort Worth	Big Book Study	Shannon S.	714-625-9106
		Wedgewood Baptist Church - Counseling Center			
		5522 Whitman Ave., Fort Worth 76133			
SATURDAY	9:00 AM	Fort Worth - South Hills	OA Workbook	Happy	817-370-7207
		South Hills Christian Church			
		3200 Bilglade Road, Fort Worth, TX 76133			
SATURDAY	Noon	Arlington - Trinity	Literature	Billie	817-460-3083
		Trinity United Methodist Church, Wesley House			
		3216 West Park Row Drive, Arlington, TX 76013			
SATURDAY	Noon	Daily Reprieve, Euless	Step Study / Big Book	Margie M. Pat M.	972-310-3636 817-864-9888
		United Memorial Christian Church			
		1401 N. Main Street, Euless, TX 76039			
SUNDAY	4:00 PM	Fort Worth - Primary Purpose	Literature	Rena	817-905-0613
		Pantego Bible Church, Room 103			
		8001 Anderson Blvd. Fort Worth, TX 76120			
SUNDAY	4:30 PM	Fort Worth - South Hills	Writing, Steps and Literature	Chrystyna	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 9/27/11