

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - DECEMBER 2011

Stepping out with Friends



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

*When Two or more
are gathered...*

Two new groups have been formed and OA is better because of their old school but gentle hand of service.

On Tuesday at Richland Hills' United Methodist Church and on Friday at Fort

Worth's Wedgewood Baptist Church two new groups meet to bring the empowerment of the OA program.

The month fills those attending with AA Big Book and AA 12X12 studies with one meeting each month set aside for stories from the AA Big

Book. Like many grounded meetings, each week 1/2 of a chapter of the message that began our recovery is shared.

Tradition brings many wonderful flavors to our groups all the while keeping the central principles of OA intact. These two meetings are infused with the old school recovery traditions:

- Come and listen to the message of hope for your first 30 days of abstinence.
- Get truly connected to the program by finding a sponsor and connecting with other members of the group.
- Make a commitment to the 12 Steps of Recovery.

In these two groups, if you want a phone number all you need to do is ask. They are not passed out on pieces of paper but given person-to-person to begin the process of connecting your recovery journey to others. Focusing on the words from the Big Book each week helps assure it is the program's message this is delivered, and through it all a light air of friendship and fellowship is nurtured making this an hour of peace and fellowship.

(Continued on page 2)

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

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

When Two or more ... (Continued)

The founder of these two groups spent a year attempting to find a room that could be used. As seems to be the way on our journey, at the point of giving up the doors opened and she started two meetings at once. We have all been part of these coincidences of our Higher Power - when you least expect it He responds.

Taking this as a sign she has dedicated to bring both meetings to life. She first spoke with her sponsor, a very old tradition for those seeking a deeper abstinence. She then got involved with other service work including Intergroup, and now she opens two doors on Tuesday and Friday to continue her journey of abstinence.

Each Tuesday and Friday two doors open and newcomers along with those struggling with food and those happily abstinent enter seeking the continuing miracle. Here, if two or more gather, OA will be shared and recovery will be spoken.

For those who have been part of this journey you know the real miracle of these rooms - someone in need of our experience, strength and hope awaits us in Richland Hills and Fort Worth.

Want to be part of the beginning of the miracle? Want to stretch your abstinent wings and help another along the pathway we have come to love? Take an hour from your Tuesday or Friday schedule and visit one of these rooms. You might just find what you were looking for.

Your Intergroup Roving Reporter

Have a story about the annual retreat? Why not take the time to share it with your friends here at Looking UP.

You never know when you can be the one to pass on the miracle of our program.

In Gratitude for continuing Support

We have gratefully received donations from the following groups:

Donors will be listed in January issue...

Step 12

Having had a spiritual awakening as a result of these Steps, we tried to carry this message to compulsive eaters, and to practice these principles in all our affairs.

Looking UP

Cleaning House

By Glenn C

**Kneeling on the tile floor,
with the nail of her index finger
she carefully scratches off three stubborn green spots
ignored from the past.**

**Lifts the family pictures on the piano
the souvenirs of New Mexico on the mantle
with the buffalo and St. Francis statue
and wipes away three weeks of dusty memories.**

**Arm muscles straining
she scrubs the black stria
of aluminum pots
left by pressured movement.**

**With studied swiftness
she wields the vacuum across floors
removing the dirt and detritus
of our daily grind.**

**I should imitate her.
Clean house
dwindle defects
make room**

for a larger grace.

Author's Note: I was in a recent meeting of my home group, Primary Purpose that meets at the Pantego Bible Church on Sunday afternoons, and the leader had us reading from Step Two in *Twelve Steps and Twelve Traditions*. One sentence struck me and I knew I needed to spend some time meditating on it and maybe writing a poem about it. It is on p. 32 – "***The fact was we really hadn't cleaned house so that the grace of God could enter us and expel our obsession.***" Like many of us, I have had struggles with faith, mistakenly thinking that it means intellectual assent. But after years in recovery I have discovered that working the steps and using the tools of recovery has helped me remove some of the junk clustered around my own pride and desire for control. When I do this, I make room for my Higher Power. It has been not so much a "road to Damascus" flash as a slow and quiet infiltration. I guess that is what that "larger grace" is.

Glenn C.

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	Big Book Study	(pager)	254-260-1258
MONDAY	7:00 PM	Arlington - Trinity Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	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	Big Book Study	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
TUESDAY	7:00 PM	Richland Hills United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #110	Big Book Study	Shannon S.	714-625-9106
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
FRIDAY	7:30 PM	Fort Worth Wedgewood Baptist Church - Counseling Center 5522 Whitman Ave., Fort Worth 76133	Big Book Study	Shannon S.	714-625-9106
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	4:00 PM	Fort Worth - Primary Purpose Pantego Bible Church, Room 103 8001 Anderson Blvd. Fort Worth, TX 76120	Literature	Rena	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 8/21/11