

# Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - JULY 2012



Start your own journey to serenity today by joining with all of us at Tri-County OA Intergroup in a monthly meditation as we prepare for the Annual OA Retreat.

## *July Meditation*

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace.

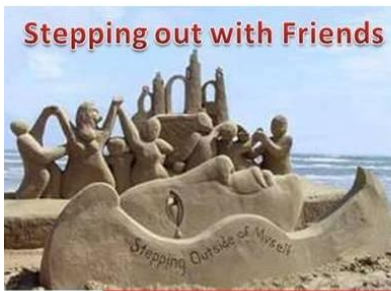
BB p83

## *Good BB Reading*

Promise, 53, 177, 179, 201, 234, 258, 359, 362, 377, 556

Promised, 13, 176, 193, 206, 256, 257, 309, 363, 377, 444, 490, 539

Promises, 5, 38, 84, 148, 177, 198, 362, 375, 377, 472, 494



## **Stepping out with Friends**

How about a visit from the Tri-County Intergroup Roving Reporter....

We would love to come to your group and write an article sharing the experience, strength and hope within your group. Just contact [newsletter@oa-tricounty.org](mailto:newsletter@oa-tricounty.org) and we will be happy to schedule a visit.

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

## **2012 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.oa-tricounty.org](http://www.oa-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

*In grateful humility I am writing something from my heart.*

*To my special OA Friends*

Thanks be to God, six years ago today (June 8th) I began my journey of abstinence from my trigger foods of sugar desserts, and I have thanked God all day for that life-altering gift. After this many years, I still am amazed that this is really "me," the sugar addict that I know I am.

ONLY God could have shut my mouth all the times sugar has been in my presence the past six years, yet He removed my desire most of those times and removed my ACTING upon the occasional desires during spiritually weak times. One day at a time. For that, I am truly humbled knowing that only His Grace plus those wise folks who originally started this program, the 12 steps, your very important support at our meetings, and the calls in between are responsible.

What would I do without your love and acceptance, your wise words, your examples, your service in leading meetings/intergroup/newsletters/literature purchases/sponsorship/etc., and your continued encouragement? I know for certain that I am only one compulsive bite away from oblivion, that hopeless pit where I once was trapped before OA.

Please know that on this day, I am especially grateful for you, and I am sending, along with my prayers of thanksgiving, special prayers for each of you to receive blessings "beyond your wildest dreams!"

With love and prayers,  
Diane B

## *In Gratitude for continuing Support*

We have gratefully received donations from the following groups:  
*South Hills, Bethel HOW, WACO*  
*- King of Glory*

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



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## Subscribe to Print Lifeline

*Lifeline* magazine is published 10 times a year and is available in two versions: a 30-page printed magazine and an electronic online magazine, called *e-Lifeline*. Both contain the same content. *The March/April and September/October issues are 34 printed pages.*

**Annual subscription price for the printed version of *Lifeline* magazine, which you receive in the mail, is \$23.00 in the US.**



Discover the experience, strength and hope of recovery!

[Subscribe to or renew \*Lifeline\* magazine in print](#)

## Special from Looking UP

Any TCI group or individual submitting an article for *Looking Up* will be entered into a drawing to receive one of two free 1 Year subscriptions to *Lifeline*.

Articles must be submitted by **October 1st 2012** for inclusion in the drawing.

Winners will be announced at the **TCI Annual Retreat**.

*Share your experience, strength and hope and you might just receive one full year of *Lifeline* free.*

Here is a special reminder to do extra Twelfth Step work by reaching out to those within our fellowship. What can I do as an individual to carry the OA message through emotional recovery? Here are some ideas discussed during the 2011 WSBC Forum:

- Emotional actions demonstrate recovery and help me to have what others want
- No matter the roller coaster of emotions, we have to stay abstinent
- Stabilizing the emotional highs and lows helps me to stay balanced
- My emotional recovery keeps me out of everybody's business
- I am the message carrier, not the message. Study the steps.
- My emotional recovery speaks for itself, and others see it demonstrated
- You can't go around it, you have to go through it
- I am no longer a ping pong ball - I am consistent
- Emotional balance is about learning how we feel, we find our voice instead of suffering and we achieve freedom from fear.

With best wishes for recovery,  
Region III Twelfth Step Within Chair

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Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS					
Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	6:00 PM	<b>Waco</b> - St. Alban's Episcopal Church 305 North 30th Street, Waco, TX 76710	Big Book Study	(pager)	254-260-1258
MONDAY	7:00 PM	<b>Arlington</b> - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	Abstinence	Billie	817-460-3083
MONDAY	7:30 PM	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Literature: Step / Tradition of the Month	Happy	817-370-7207
TUESDAY	Noon	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Big Book Study	Happy	817-370-7207
TUESDAY	6:00 PM	<b>Stephenville</b> - <i>Cross Timbers</i> - First Presbyterian Church 1302 N Harbin Drive, Stephenville, TX 76401	Literature / Topic	Pat	254-485-0921
TUESDAY	7:00 PM	<b>Richland Hills</b> - United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #110	Big Book Study	Rachel	817-595-3044
WEDNESDAY	10:00 AM	<b>OA Step &amp; Tradition</b> - Arlington Steak House (west dining room) 1724 West Division St., Arlington, TX 76012-3717	<b>NEW</b> OA Literature	Gwenne G	682-429-7990
WEDNESDAY	7:00 PM	<b>Tarrant County</b> - <i>Men's Group</i> 3401 Scenic Hills Drive Bedford, Texas 76021	<b>new location</b>	Keith	817-692-1641
WEDNESDAY	7:45 PM	<b>Arlington</b> - 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	<b>Fort Worth</b> - <i>Bethel HOW</i> - Bethel Methodist Church (corner of Southwest Blvd. & Vickery) 5000 Southwest Blvd., Fort Worth, TX 76116	HOW	Patrice	817-692-7180
THURSDAY	7:30 PM	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Big Book Awakening	Happy	817-370-7207
SATURDAY	9:00 AM	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA Workbook	Happy	817-370-7207
SATURDAY	Noon	<b>Arlington</b> - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	Literature	Billie	817-460-3083
SATURDAY	Noon	<b>Daily Reprieve, Euless</b> - United Memorial Christian Church 1401 N. Main Street, Euless, TX 76039	Step Study / Big Book	Margie M. Pat M.	972-310-3636 817-864-9888
SUNDAY	4:00 PM	<b>Fort Worth</b> - <i>Primary Purpose</i> - Pantego Bible Church, Room 103 8001 Anderson Blvd. Fort Worth, TX 76120	Literature	Rena	817-905-0613
SUNDAY	4:30 PM	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Writing, Steps and Literature	Chrystyna	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 6/20/12

*Check it out - New Wednesday Meeting!  
OA Step and Tradition  
The first meeting will be held on July 11, 2012*