

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - OCTOBER 2016

The Tools of OA Recovery

Each month a new article will open our minds and hearts to the wonders of a specific tool and how it supports our recovery. With only 9 tools, we will assign special articles throughout the year to enhance our understanding of our program.



*This month sponsored by
South Hills, Seeking the
Spiritual Path*

Center me

*I seek to be whole
and use each step to
bring me closer to the
universal truth.*

*My Higher Power
can and will fill my
life with peace.*

*I need only center
my life on acceptance
and abstinence.*



A Quiet Place

When the hectic adventure of the first 10 Steps had fully taken hold of my life. When the power of the program to find recovery became a daily part of my existence. I wondered what would be next. I knew, in the deepest part of my brain, that the honeymoon could not last. In fact a part of my disease screamed out at me, taunting me—telling me the program would eventually fail and I would once again find my misery.

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Tri-County Intergroup
Group # 09163
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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.*

Contact the editor:
[newsletter@aa-
tricounty.org](mailto:newsletter@aa-tricounty.org)

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Nine Tools Of Recovery

<https://www.aa.org/newcomers/tools-of-recovery/>

The OA Board of Trustees has approved an [abridged version](#) of the Tools of Recovery that can be read at meetings.



Living in the Solution:

The 12 Steps

November 4th - November 6th, 2016

Glen Lake Camp at Glen Rose

Sponsored by

Tri-County OA Intergroup

*In Gratitude for
Continuing Support*

South Hills

*Fear of people and of
economic insecurity will
leave us.*

The Promises

*Are these extravagant
promises? We think not. They
are fulfilled among us -
sometimes quickly, sometimes
slowly. They will always
materialize if we work for them.*

*Join us at our "gently-used" clothing
sale during the retreat.*

OA members come in all sizes and shapes. If you have clothing that you can no longer wear, donate it at the retreat. For \$1.00 each, you can buy items in your new size.



Paula will oversee the sale and will be accepting items on Friday night as well as on Saturday.

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Julie's Bio

Tri-County OA Fall Retreat November 4 thru 6, 2016
*New Speaker with 35+ years in program,
finding God's way to happiness through
the 12 Steps*



Julie R. has been a member of OA since 1981, with over two years of back-to-back abstinence, and is maintaining a 152 pound weight loss. She said that she began overeating at age 8 because she didn't know how to handle life but eventually the food didn't work anymore.

Julie is 5'2" with a top weight of 300 lbs, tried every diet and purging. Julie lived with the hard time of surrendering to her higher power but when she finally did, she has been able to maintain abstinence. She says she is no longer a cheat, liar, manipulative, hateful and depressed woman. She left the rooms several times and had horrific relapses. A key has been to repair the damage she caused to her husband, kids, family, friends, work, and others.

Julie lives a spiritual life as a result of living in steps 10-12. She works a rigorous program and weighs and measures all her food. Her program now empowers her life and her joy.

The 12 Steps:

Blast off to a New Life

November 4th - November 6th, 2016
Glen Lake Camp at Glen Rose

Julie R

In recovery and matters to her Creator

<http://avision4you.info/media/876148-1446989409.mp3>

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I suppose that my sponsor, who by this time had become something of a wizard—seeing things I could not—saw the shadows of confusion and doubt in my eyes. Oh, I was happy and dancing through recovery with the brightest of smiles but he had a way to see through to the truth of me.

“You cannot expect the 12th Step to be of any value to you if you do not embrace the 11th.”

His words hit my ears just as I volunteered to visit a rehab the following Saturday. Looking at him, I realized he had another lesson to teach me and I followed him into the back of the church. There in the pews with the stained glass windows adding color to the quiet, we sat and he gave me his final lesson as my teacher.

Here is his wisdom ...

“Your journey is the fullness of life but it cannot be traveled unless you have a place of rest and renewal. The best place to find this is in the loving embrace of your Higher Power. You have come to the time when my guidance is no longer as teacher but as fellow traveler. Now you must seek the truth directly from your Higher Power. Pray for this intimate connection and meditate on the gifts available to you. It is there, with your Higher Power, that you will find a joyous life!”

*A fellow traveler
TRI County Intergroup*

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Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS

Day & Time	City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY 7:30 PM	Fort Worth - 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 Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA 12X12 writing / AA Big Book	Happy	817-370-7207
TUESDAY 7:00 PM	Richland Hills - City Point United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #104	Literature meeting	Rachel R.	817-595-3044
TUESDAY 7:00 PM	Arlington - City on a Hill City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	Speakers, Step Studies, Literature	Sherri G.	817-461-4053
WEDNESDAY 1:30 PM	OA Step & Tradition - New World United Methodist Church, Room 28, 2201 N. Davis Dr., Arlington	OA Literature	Robbie R	817-201-5004
WEDNESDAY 7:00 PM	Eules - United Memorial Christian Church 1401 N. Main Street, Eules, TX 76039		Cindy	817-455-5125
THURSDAY 6:45 PM	Fort Worth - Bethel HOW - Bethel Methodist Church (corner of Southwest Blvd. & Vickery) RING DOORBELL ON DOOR TO THE RIGHT OF THE SANCTUARY 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	817-692-7180
THURSDAY 7:00 PM	Arlington - City on a Hill Church City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	HOW	Lisa	682-438-9160
THURSDAY 7:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA & AA Literature	Happy	817-370-7207
FRIDAY 11:00 AM	Saginaw Overeaters Anonymous Meeting Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179	Open	Rita R.	817-353-5829
SATURDAY 9:00 AM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Big Book Study with writing	Happy	817-370-7207
SATURDAY 10:30 AM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Men's focus, all welcome - Topic/discussion	Dan	925-577-8636
SATURDAY Noon	Arlington - City on a Hill City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	Literature	Blythe	817-300-4329
SATURDAY Noon	Daily Reprieve, Eules - United Memorial Christian Church 1401 N. Main Street, Eules, TX 76039	Step Study / Big Book	Margie	972-310-3636
SUNDAY 4:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Writing, Steps and Literature	Happy	817-370-7207

Tri-County Intergroup meets at 10:30am the first Saturday of every month. The meeting will alternate between New World United Methodist Church, 2201 N Davis Dr, Arlington 76012 at 10:30 am in Room 28, and South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133

2016's Intergroup meetings will be held as follows: New World, Arlington 3/5, 5/7/ 7/9 and 9/10 - we will have November 5th Intergroup at the retreat. South Hills, Fort Worth every other month: 2/6, 4/2, 6/4, 8/6, 10/1 and 12/3.

last change 9/20/16