



LOOKING UP

An OA Tri-County Intergroup Newsletter
February 2005

Seeking God's Will

My prayer to my Higher Power lately has been "show me". Show me what I need to do to take care of myself. Show me what I need to do as I approach another one of those crossroads in life. I ask to know God's will and be graced with the power to carry it out. I pray that my will aligns with my Higher Power's. When I let go and let God, I am much more serene, and staying abstinent is not a struggle.

So what is my will and what is God's will? I still get confused occasionally. During my quiet time, I have been focusing on a passage in our "Twelve and Twelve", where it suggests in Step Eleven, p. 97, that I ask God to increase the desire for something if it is God's will and decrease it if it is not. In the past my prayers were lists of what I wanted. It never entered my consciousness that certain desires were not good for me.

I have also been meditating on a passage from p. 560 of AA's "Big Book". It states that we are taught to differentiate between our wants (which are never satisfied) and our needs (which are always provided for). My disease is one of "not enough". Before program, nothing was ever enough. I was always waiting for something to materialize that would make me happy. Today I am grateful that on most days I have a sense of spiritual abundance and I feel good in my own skin. I am confident that God will fulfill my needs.

There are days when I have the "I wants" and I take it to prayer and meditation. The God of my understanding does not say no. The answer is yes if my will conforms with my Higher Power's will. Sometimes I see what I think are obstacles. What I realize later is that the obstacles were really my HP saying "not yet" because my timing was off. Other times I want something that never happens. God later makes it clear to me that, despite my flurry of activity because of self will run riot, what I wanted was not in my best interest. God puts something else there for me instead and says, "Child, I've got something better." Coming to believe that my Higher Power loves me unconditionally has changed my life.

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Tri-County Board

Chairperson: Nancy E.

(817)275-1418

Vice-Chair: open

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Workshops: open

Delegates: Billie S.

(817)460-3083

Public Relations: open

Newsletter: Rachel R.

(817)299-8150

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Workshop!

Loving Voices in Recovery

Saturday, Feb. 12th - 2:00 pm
(registration begins at 1:30)

South Hills Christian Church
3200 Bilglade

Suggested donation: \$4
or 2 for \$7; however, if you
can't pay, please don't stay
away!



TRI-COUNTY and OTHER AREA MEETINGS

| MONDAY | | | | |
|------------------|---|--|------------|---------------|
| 6:30 pm | Fort Worth - Bethel Methodist Church 5000 Southwest Blvd. | HOW | Wendy | (817)472-6943 |
| 7:00 pm | Colleyville - Highland Meadows Christian Church 2600 Hall Johnson Road, Room 223 | Wheelchair Access | Gloria | (817)545-9296 |
| 7:00 pm | Arlington - Trinity United Methodist Church 3216 West Park Row Dr. & Norwood, Wesley House | Abstinence | Billie | (817)460-3083 |
| 7:30 pm | Fort Worth - South Hills Christian Church 3200 Bilglade | Step Study/ Literature | Happy | (817)370-7207 |
| TUESDAY | | | | |
| 6:00 pm | Granbury - First Christian Church Hwy. 377 towards Stephenville | HOW | pager | (817)279-4025 |
| 6:00 pm | Weatherford - Campbell Hospital 713 E. Anderson, Basement Conference Room | | Lori | (817)341-3990 |
| 7:00 pm | N. Richland Hills - St. Johns Hall (the center building) 4101 Frawley Rd., between Glenview & North Hills Mall | HOW | Barbara S. | (817)284-4258 |
| 7:00 pm | Glen Rose - Glen Rose Nursing Home Board Room, Back of Hospital, Highway 67 | Central Texas Bluebonnet IG | Irish | (254)897-3315 |
| WEDNESDAY | | | | |
| 5:00 pm | Fort Worth - Silverstone Retirement Community 2800 Broadmoor, 3 rd floor TV room | | Sally | (817)244-1800 |
| 6:30 pm | Arlington - Trinity United Methodist Church 3216 West Park Row Dr. & Norwood, Wesley House | Big Book | Billie | (817)460-3083 |
| THURSDAY | | | | |
| 6:00 pm | Granbury - First Christian Church Hwy. 377 towards Stephenville | HOW | pager | (817)279-4025 |
| 6:30 pm | Fort Worth - Bethel Methodist Church 5000 Southwest Blvd. | HOW | Wendy | (817)472-6943 |
| 7:30 pm | Cleburne - St. Marks United Methodist 1109 W. Henderson | | Ann | (817)202-9793 |
| 7:30 pm | Roanoke - First Baptist Church 209 Pine Street | | Dona | (817)938-9553 |
| 7:30 pm | Fort Worth - South Hills Christian Church 3200 Bilglade | | Happy | (817)370-7207 |
| FRIDAY | | | | |
| 7:00 pm | Arlington - Millwood Hospital 1011 N. Cooper St. (go to Information Desk) | HOW | Joan D. | (817)460-0721 |
| SATURDAY | | | | |
| 9:00 am | Fort Worth - South Hills Christian Church 3200 Bilglade | Step Study/ Writing | Happy | (817)370-7207 |
| 9:30 am | Granbury - Acton United Methodist Church In the parlor | HOW | pager | (817)279-4025 |
| 10:00 am | Colleyville - Highland Meadows Christian Church 2600 Hall Johnson Road, Room 223 | Wheelchair Access | Gloria | (817)545-9296 |
| 12:30 pm | Tri-County Intergroup - February's meeting will be held before the workshop at South Hills Christian Church on Feb. 12th | Board Meeting | Nancy | (817)275-1418 |
| 12:00 noon | Arlington - Trinity United Methodist Church 3216 West Park Row Dr. & Norwood, Wesley House | | Billie | (817)460-3083 |

Other OA Groups in the Area:

Dallas Metroplex Intergroup:

331 Melrose Drive, Suite 116

Richardson, TX 75080

(972)238-0333 or call Dick or Penny (972)517-8506

DFW HOW Contacts:

Linda (817)236-3555

Margaret K. (817)877-8168

Tri-County Information Line (817)788-0411

Tri-County Intergroup

Group 09163

PO Box 14324

Arlington, TX 76094

New Meeting! 11am Wed. at the King of Glory

Lutheran Church, the corner of Sandy Lane and Brentwood Stair. Contact Gay (817)275-1085