



LOOKING UP

An OA Tri-County Intergroup Newsletter
April 2005

Courage

There is magic in courage,
wrapped up in a box of love,
kept amazing by an air of free-floating trust.

The courage I've seen in OA
continues to give me the magic I need
to find my own courage.
To be wrapped around
such a loving group of people
is the most beautiful bow
I've ever seen.
Amazing sharing
takes amazing trust.
It floats throughout and elevates all.

D.L. reprinted from LIFELINE, July 2001.

Tri-County Board

Chairperson: Nancy E.

(817)275-1418

Vice-Chair: open

Treasurer: Billie S.

(817)460-3083

Literature: Jaclyn D.

(817)292-2010

Telephone: Mike S.

(817)498-4244

Secretary: Sherry W.

(817)738-4167

Retreat: Margaret D.

(817)277-8706

Liaison to DMI: open

Workshops: open

Delegates: Billie S.

(817)460-3083

Public Relations: open

Web Master: Ann A.

(817)202-9793

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Newsletter: Rachel R.

(817)299-8150

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Step Four:

Made a searching and
fearless inventory of
ourselves.

Tradition Four:

Each group should be
autonomous except in
matters affecting other
groups or OA as a whole.

OA Responsibility Pledge:

Always extend the hand
and heart of OA to all who
share my compulsion; for
this I am responsible.

Slogans to Recover By:

- ❖ Pain is inevitable; suffering is optional.
- ❖ Resentments are like taking poison and expecting the other guy to die.
- ❖ FEAR = False Evidence Appearing Real
- ❖ Character defects – if you spot it, you've got it.
- ❖ Act with an attitude of gratitude.
- ❖ Resentments are acid – they destroy the vessel in which they are stored.
- ❖ God may send the rowboat, but we must work the oars.

Reminders:

- ❖ Submissions to this newsletter would be **wonderful!** Please send them to rrobbins@uta.edu.
- ❖ Our next Tri-County Retreat is October 14-16, 2005.
- ❖ We need volunteers who are willing to pass out literature and answer questions about OA at local health fairs. If you are interested contact Jaclyn at (817)292-2010.

TRI-COUNTY 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	Literature	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
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	Literature	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	Sally	
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
10:30 am	Tri-County Intergroup - 1 st Saturday of each month Trinity United Methodist Church in Arlington 3216 West Park Row Dr. & Norwood, Wesley House	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

Visit our website (www.oatricounty.org) or call the Tri-County Information Line (817)788-0411

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 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. For more information call (817)275-1085.