



LOOKING UP

An OA Tri-County Intergroup Newsletter
July 2005

Tri-County Board

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Freedom Through Surrender

I had been attending OA meetings for many years before I truly surrendered and acted upon the words of Step 3: "Made a decision to turn our will and our lives over to the care of God as we understood him."

How did this happen you may ask. Well, I began to examine what really controlled and dominated me. I had to be willing to admit that I was the one responsible for having yielded myself to whatever it was – binge foods, work, sleep, TV, gossip, anger – whatever, I was the only person I could blame. If I was a slave to my will, then I was to blame because somewhere in the past I yielded to myself and fulfilled my own desires. I realized that if I was truly acting on Step 3 and putting God in charge of my life then I must no longer yield to my desires, but begin yielding to the "Creator of the Universe".

I discovered a power greater than me; I discovered the God of my understanding and that God was not me. I yielded my will to this Higher Power and found such relief and peace in my life. I had yielded to HP and soon realized freedom from the tyranny and slavery of self-will run riot.

Daily surrender has become a way of life for me and abstinence from compulsive overeating is my daily reward. The Big Book tells us on page 85, "What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into our activities." Thank you HP and OA for showing me how to gain freedom through surrender.

Reprinted from *LIFELINE*



When I Got Buzy, I Got Better Tri-County Workshop

Saturday, July 30th - 2:00 pm
(registration begins at 1:30)

South Hills Christian Church
3200 Bilglade, Ft. Worth

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

Clean out your closets and
bring unwanted clothes for a
clothing swap.



Why Don't I Have a Sponsor?

Commitment: Getting a sponsor is a real sign of commitment to the program. Holding back is due to a fear of commitment.

Control: The illusion of control is easier to maintain without a sponsor.

Denial: We want to do everything ourselves. We persist in thinking we can do it by ourselves.

Rejection: We expect people to turn us down. "Who would want to sponsor me?"

Trust: We're afraid to confide in people. "If someone really knew me, they wouldn't like me."

Intimacy: A good sponsor-sponsee relationship involves taking risks and becoming close to another person. Emotional intimacy can be a fearsome prospect, yet it's one of the most satisfying and rewarding results of working this program.

Perfectionism: Fear that we can't measure up to some unwritten standard of what a good sponsoree is supposed to be.

Laziness: Working with a sponsor is hard work.

Rationalization: We make excuses for not having a sponsor and use the lack of one for not working the program.

Procrastination: We will find a sponsor at a later date.

Availability: The Tri-County area has a shortage of sponsors. To keep your program, it really helps if you share it with others.

Do you have a sponsor? Are you a sponsor? If your answer is no to either question – what is your reason?

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 - 5678 Highway 4 (Triangle)	HOW	pager	(817)537-5203
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				
12:00 noon	Fort Worth - King of Glory Lutheran Church Corner of Sandy Lane and Brentwood Stair		Gay	(817)275-1085
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)573-5203
6:30 pm	Fort Worth - Bethel Methodist Church 5000 Southwest Blvd.	HOW	Wendy	(817)472-6943
6:30 pm	Cleburne - St. Marks United Methodist 1109 W. Henderson		Ann	(817)556-9739
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				
6:30 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 - 5678 Highway 4 (Triangle)	HOW	pager	(817)573-5203
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

Tri-County Information Line (817)788-0411

Other OA Groups in the Area:

**Tri-County Intergroup
Group 09163
PO Box 14324
Arlington, TX 76094**



Dallas Metroplex Intergroup
331 Melrose Drive, Suite 116
Richardson, TX 75080
(972)238-0333 or
call Dick or Penny at (972)517-8506

Newsletter submissions welcome!
Please send to Rachel R. at
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