



LOOKING UP

An OA Tri-County Intergroup Newsletter
August 2005

Tri-County Board

Chairperson: Nancy E.

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Vice-Chair: open

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Delegates: Billie S.

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The Someday Syndrome

Someday, some way.
Someday my prince will come.
Manana....not today.
I'll start tomorrow...or Monday...or January 1st.
Today is shot any way.
When I am thin.

Sound familiar? Ah but,
Someday this disease will kill me.
And someday can bring good OR bad.
OA is not a program of tomorrow.
It is about today and the power
Of the present moment.

Today is the first day of the rest of my life.
Today is where the past has meaning.
Today is where the future is shaped.
I am in today, this minute – which is the only true reality.
My footing is in the present and my enjoyment is now.
The time of my life is now.

There is no waiting for a pay off, for the day my ship comes in.
For what I can do someday, I can do today.
Yesterday is a memory and tomorrow is not here.
I have everything I need to live today.
For each day that I live well, I am well.
Just for today.



Another Version of the Serenity Prayer

God grant me the serenity to accept the people I cannot change...
The courage to change the one I can...
And the wisdom to know it's ME.



Don't forget our next Tri-County Retreat
scheduled for October 14-16, 2005.
Look for flyers at your local meeting.



Step 8:

Made a list of all persons we
had harmed and became
willing to make amends to
them all.

Tradition 8:

Overeaters Anonymous
should remain forever
nonprofessional, but our
service centers may employ
special workers.

OA Responsibility Pledge:

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

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

**Tri-County Intergroup
Group 09163
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Arlington, TX 76094**

Newsletter submissions welcome!
Please send to Rachel R. at
rrobbins@uta.edu.



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 at (972)517-8506

DFW HOW Contacts:
Linda (817)236-3555
Margaret K. (817)877-8168