

# LOOKING UP

An OA Tri-County Intergroup Newsletter  
December 2005



## 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)303-5405

**Liaison to DMI:** open

**Workshops:** open

**Delegates:** Billie S.

(817)460-3083

**Public Relations:** open

**Web Master:** open

**Newsletter:** Rachel R.

(817)299-8150

[rrobbins@uta.edu](mailto:rrobbins@uta.edu)

**Step Twelve:** Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive eaters and to practice these principles in all our affairs.

**Tradition Twelve:** Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

**OA Responsibility Pledge:** Always to extend the hand and heart of OA to all who share my compulsion – for this I am responsible.

## 20 Truths to Remember

- ❖ Faith is the ability to not panic.
- ❖ If you worry, you didn't pray. If you pray, don't worry.
- ❖ As a child of God, prayer is kind of like calling home everyday.
- ❖ Blessed are the flexible, for they shall not be bent out of shape.
- ❖ When we get tangled up in our problems, be still. God wants us to be still so he can untangle the knots.
- ❖ Do the math. Count your blessings.
- ❖ God wants spiritual fruit, not religious nuts.
- ❖ Dear God, I have a problem. It's me.
- ❖ Silence is often misinterpreted, but never misquoted.
- ❖ Laugh everyday. It is like inner jogging.
- ❖ The most important things in your home are the people.
- ❖ Growing old in inevitable, growing up is optional.
- ❖ There is no key to happiness. The door is always open.
- ❖ A grudge is a heavy thing to carry
- ❖ He who dies with the most toys is still dead.
- ❖ We do not remember days, but moments. Life moves too fast so enjoy your precious moments.
- ❖ Nothing is real to you until you experience it; otherwise it is hearsay.
- ❖ It is all right to sit on your pity pot every now and again. Just be sure to flush when you are done.
- ❖ Surviving and living your life successfully requires courage. The goals and dreams you are seeking require courage and risk taking. Learn from the turtle - he only makes progress when he sticks out his neck.
- ❖ Be more concerned with your character than your reputation. Your character is what you really are, while your reputation is merely what others think you are.

## Risk

Nothing ventured, nothing gained.

Failing to step out in faith is to risk missing real life.

To laugh is to risk appearing the fool.

To weep is to risk appearing sentimental.

To reach out for another is to risk involvement.

To place our ideas and our dreams before a crowd is to risk their loss.

To love is to risk not being loved in return.

To live is to risk dying.

To hope is to risk despair.

To try is to risk failure.

Risks must be taken because the greatest hazard in life is to risk nothing. The person who risks nothing, does nothing, is nothing. They may avoid suffering and sorrow, but they cannot learn, feel, change, grow, love...live. The person chained to certitudes, is a slave; they have forfeited their freedom. What a privilege for us to walk by faith, armed with the promises of the Big Book.

Both items are reprinted from the HEART OF TEXAS INTERGROUP NEWSLETTER, October 2005.

## TRI-COUNTY MEETINGS

<b>MONDAY</b>				
6:30 pm	<b>Fort Worth</b> - Bethel Methodist Church 5000 Southwest Blvd.	HOW	Wendy	(817)472-6943
7:00 pm	<b>Colleyville</b> - Highland Meadows Christian Church 2600 Hall Johnson Road, Room 205	Literature	Gloria	(817)545-9296
7:00 pm	<b>Arlington</b> - Trinity United Methodist Church 3216 West Park Row Dr. & Norwood, Wesley House	Abstinence	Billie	(817)460-3083
7:30 pm	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade	Step Study/ Literature	Happy	(817)370-7207
<b>TUESDAY</b>				
6:00 pm	<b>Granbury</b> - 5678 Highway 4 (Triangle)	HOW	pager	(817)537-5203
6:00 pm	<b>Weatherford</b> - Campbell Hospital 713 E. Anderson, Basement Conference Room		Lori	(817)341-3990
7:00 pm	<b>N. Richland Hills</b> - St. Johns Hall (the center building) 4101 Frawley Rd., between Glenview & North Hills Mall	HOW	Barbara S.	(817)284-4258
<b>WEDNESDAY</b>				
12:00 noon	<b>Fort Worth</b> - King of Glory Lutheran Church Corner of Sandy Lane and Brentwood Stair		Gay	(817)275-1085
6:30 pm	<b>Arlington</b> - Trinity United Methodist Church 3216 West Park Row Dr. & Norwood, Wesley House	Literature	Billie	(817)460-3083
<b>THURSDAY</b>				
6:00 pm	<b>Granbury</b> - First Christian Church Hwy. 377 towards Stephenville	HOW	pager	(817)573-5203
6:30 pm	<b>Fort Worth</b> - Bethel Methodist Church 5000 Southwest Blvd.	HOW	Wendy	(817)472-6943
6:30 pm	<b>Cleburne</b> - St. Marks United Methodist 1109 W. Henderson		Ann	(817)556-9739
7:30 pm	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade		Happy	(817)370-7207
<b>FRIDAY</b>				
6:30 pm	<b>Arlington</b> - Millwood Hospital 1011 N. Cooper St. (go to Information Desk)	HOW	Sally	
<b>SATURDAY</b>				
9:00 am	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade	Step Study/ Writing	Happy	(817)370-7207
9:30 am	<b>Granbury</b> - 5678 Highway 4 (Triangle)	HOW	pager	(817)573-5203
10:00 am	<b>Colleyville</b> - Highland Meadows Christian Church 2600 Hall Johnson Road, Room 205	Wheelchair Access	Gloria	(817)545-9296
10:30 am	<b>Tri-County Intergroup</b> - 1 <sup>st</sup> 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	<b>Arlington</b> - 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  
PO Box 14324  
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