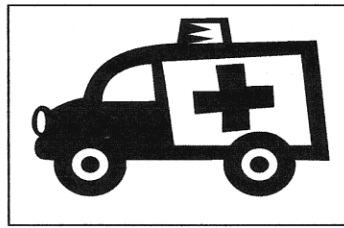


# LOOKING UP

An OA Tri-County Intergroup Newsletter  
April 2006



## 2006 Tri-County Board

**Chairperson:** Margaret D.  
(817)303-5405

**Vice-Chair:** Rene P.  
(817)326-3893

**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:** DeAnna  
(817)919-1572

Next retreat: Oct 13-15, 2006

**Liaison to DMI:** Karen I.  
(817)282-5109

**Workshops:** Bernie  
(817)451-7493

**Delegates:** Billie S. &  
Margaret D.

**Public Relations:** Nancy E.  
(812)275-1418

**Web Master:** open  
[www.oatricounty.org](http://www.oatricounty.org)

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(817)299-8150

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**Tri-County Info Line:**  
(817)788-0411

**Dallas Metroplex IG:**  
(972)238-0333

**DFW HOW Contact:**  
Linda (817)236-3555

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

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

## In Case of Breakdown

I am writing from the emergency room of my local hospital as I wait to have an ultrasound to find out why I am in pain after two miscarriages. I am so overwhelmed by peacefulness that I feel God is holding me in his hands. Of course, I am worried and upset, but my ability to have another child will depend upon God's plan and timetable, not mine.

The only prayer I have is to stay sober throughout this experience. After celebrating my first year of abstinence (and the release of 90 extra pounds), I know that one miracle per lifetime is more than enough. Even now, my Higher Power has a message for me. In the hospital elevators are directions for what to do if the elevator breaks down. The first direction is to remain calm. My Higher Power has given me a similar list for when I have an overwhelming urge to eat compulsively.

1. Remain calm.
2. Don't overeat, starve or binge.
3. Go to a meeting.
4. Call your sponsor.
5. Admit you are powerless over food.
6. Say the Third Step AA Prayer.
7. Say the Seventh Step AA Prayer.
8. Ignore the cravings; they will go away.
9. Believe that your Higher Power will restore you to sanity.
10. Write about your situation and feelings.
11. Read OA or AA literature.
12. Call someone and do Twelfth Step work.
13. Call three sober OA members and get their permission to binge.

The last is guaranteed to keep me out of the food. Thank you, OA, for helping my Higher Power keep me sober through anything.

B.A., Nova Scotia, reprinted from the February 2003 *LIFELINE*

## The L.A. InterGroup Virtual Speakers Bureau

The L.A. Intergroup, considering themselves blessed with many strong and inspirational program speakers, is sharing their speakers with the world through their Virtual Speakers Bureau. Visit the "Speakers" page of L.A.'s website ([www.oalaig.org](http://www.oalaig.org)) and you will find over 50 MP3 sound files of speakers with long term abstinence sharing their experience, strength and hope. The average time in program for each of these speakers is about 25 years. The MP3 files can be played directly on your computer or downloaded for later use in portable sound players such as I-Pods.

Whether you are struggling in the middle of the night, living in a remote location or just in need of a boost, these speakers will help you remember that you are not alone. If your group could use an infusion of "new" voices at their meetings, why not invite some guest speakers from L.A.? They are as close as your computer.

## 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>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>				
6:30 pm	<b>Granbury</b> – Acton United 5678 Highway 4 (Triangle)	HOW		(817)326-3893
6:00 pm	<b>Weatherford</b> - Campbell Hospital 713 E. Anderson, Basement Conference Room		Betty	(817)220-1851 (817)223-8864
7:00 pm	<b>Arlington</b> – Unity Church of Arlington 3525 S. Bowen (in white building near recycle bin)		Velda	(682)552-5770
<b>NEW!</b> 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>				
6:30 pm	<b>Granbury</b> - First Christian Church Hwy. 377 towards Stephenville	HOW		(817)326-3893
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>				
Noon	<b>Arlington</b> – Unity Church of Arlington 3525 S. Bowen (in white building near recycle bin)		Velda	(682)552-5770
Noon	<b>Waco</b>		Faye	(254)678-3420
<b>SATURDAY</b>				
9:00 am	<b>Weatherford</b> – Trinity Lutheran Church 1500 W. Ball	HOW	Kim	(817)594-5405
<b>NEW!</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> – Acton United 5678 Highway 4 (Triangle)	HOW		(817)326-3893
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	Margaret	(817)303-5405
10:30 am	<b>Weatherford</b> – All Saints Episcopal Church 125 S. Waco St., Barlow Hall		Betty	(817)220-1851 (817)223-8864
12:00 noon	<b>Arlington</b> - Trinity United Methodist Church 3216 West Park Row Dr. & Norwood, Wesley House		Billie	(817)460-3083