

LOOKING UP

An OA Tri-County Intergroup Newsletter

May 2006



2006 Tri-County Board

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**Tri-County Intergroup
Group 09163
PO Box 14324
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OA Responsibility Pledge
Always to extend the hand and
heart of OA to all who share my
compulsion – for this I am
responsible.

Because I have been in these “rooms” for a long time, I have accumulated lots of things from workshops, retreats and such. Here are a couple items I came upon recently that I wish to share with others

PHYSICAL RECOVERY

From the BIG BOOK OF ALCOHOLICS ANONYMOUS:

Page 30 – We compulsive overeaters (alcoholics) are men and women who have lost the ability to control our eating (drinking).

Page 48 – In this respect food (alcohol) was a great persuader. It finally beat us into a state of reasonableness.

1. Am I losing weight? If not, what am I willing to do about it?
2. Am I at goal weight? If not, what am I willing to do about it?
3. Am I being honest about my food?
4. Do I have a plan of eating that I am committed to and follow?
5. Is my current plan of eating working for me?
6. Do I check my weight/clothes size on a consistent basis? (Sweats don't count!)
7. Are certain foods still a problem for me? If so, am I willing to give them up? If not, why not?
8. Is food still an option for me to comfort myself, to ease the pain? If so, what is the problem?

12 STEPS TO A SLIP

Every slip has it's beginnings – know YOUR danger points!

1. Start missing meetings for any reason, real or imaginary.
2. Become critical of the methods used by other members who may not agree with you in everything.
3. Nurse the idea that someday, somehow, you can eat certain foods again and become a “controlled” eater...a normal eater.
4. Let the other fellow do the 12 step work in your group...you are way too busy.
5. Become conscious of your OA “seniority” and view every new member with a skeptical and jaundiced eye.
6. Become so pleased with your own views of the program that you consider yourself an “elder statesman”.
7. Start a small clique within your own group, composed of only a few members who see eye to eye with you.
8. Tell a new member in confidence that you yourself do not take certain of the 12 steps seriously.
9. Let your mind dwell more and more on how much you are helping others rather than on how much OA is helping you.
10. If an unfortunate member has a slip, drop him at once.
11. Cultivate the habit of borrowing money from other members, then stay away from meetings to avoid embarrassment.
12. Look upon the 24 hour plan as vital for newcomers, but not for yourself. You have outgrown the need for that long ago.

WOW...any of these would make me want to eat! Blessings to all AND thank God for our friends Bill W. and Dr. Bob. Keep coming back, it works if we work it.

Rene, Granbury



Our webpage...www.oatricounty.org...has been updated and has a new webmaster, Marilee. If you have additions or revisions to those pages contact her through the webmaster link on those pages.

TRI-COUNTY MEETINGS

MONDAY				
6:30 pm	Fort Worth - Bethel Methodist Church 5000 Southwest Blvd.	HOW	Wendy	(817)472-6943
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	Weatherford - Campbell Hospital 713 E. Anderson, Basement Conference Room		Betty	(817)220-1851 (817)223-8864
6:30 pm	Granbury - Acton United 5678 Highway 4 (Triangle)	HOW		(817)326-3893
7:00 pm	Arlington - Covenant United Methodist Church 3608 Matlock Road (west side between Arbrook & Mayfield)		Velda	(682)552-5770
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		(817)326-3893
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		Roxy	(817)641-5020
7:00 pm	Colleyville - Highland Meadows Christian Church 2600 Hall Johnson Road, Room 101	Wheelchair Access	Gloria	(817)545-9296
7:30 pm	Fort Worth - South Hills Christian Church 3200 Bilglade		Happy	(817)370-7207
FRIDAY				
Noon	Arlington - Covenant United Methodist Church 3608 Matlock Road (west side between Arbrook & Mayfield)		Velda	(682)552-5770
Noon	Waco - St. Alban's Episcopal Church 305 North 30th		Faye	(254)678-3420
SATURDAY				
9:00 am	Weatherford - Trinity Lutheran Church 1500 W. Ball	HOW	Kim	(817)594-5405
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		(817)326-3893
10:00 am	Colleyville - Highland Meadows Christian Church 2600 Hall Johnson Road, Room 205	Wheelchair Access	Gloria	(817)545-9296
10:30 am	Weatherford - All Saints Episcopal Church 125 South Waco Street, Barlow Hall		Betty	(817)220-1851 (817)223-8864
12:00 noon	Arlington - Trinity United Methodist Church 3216 West Park Row Dr. & Norwood, Wesley House		Billie	(817)460-3083
Seventh Tradition Donations				
<p>OA's Seventh Tradition tells us that we are fully self supporting through our own contributions. Following the 60-30-10 plan, with the money you collect from meetings, ensures that OA continues to operate at all levels. After paying your group expenses (rent, literature, supplies) and maintaining a prudent reserve (determined by group conscience) OA suggests that you distribute the remaining funds as follows:</p>				
60% to Tri-County Intergroup Treasurer Tri-County Intergroup PO Box 14324 Arlington, TX 76094		30% to World Service OA World Service Office PO Box 44020 Rio Rancho, NM 87174-4020		10% to Region III Rhonda Jordan Region III Treasurer 2004 Surrender Ave. Austin, TX 78728