



LOOKING UP

OA Tri-County Newsletter
October 2007

2007 Tri-County Intergroup

Board

Chairperson: Margaret D.
(817)303-5405

Vice-Chair: Rene P.
(817)219-3270

Treasurer: Glinda E.
(817)456-1602

Secretary: Rachel R.
(817)595-3044

Sub-Committees

Telephone: Mike
(817)498-4244

Literature: Maria
(817)870-5070

Retreat: Rene P.
(817)219-3270

Parliamentarian: Faye F.
(254)678-3420

Liaison to DMI: open
Workshops: open

Delegates: Margaret D. &
Billie S. (817)460-3083

Public Relations: open

Web Master: Marilee
www.oatricounty.org

Newsletter: Rachel R.
robbins@uta.edu

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Group 09163
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Arlington, TX 76094

Tri-County Information Line
(817)788-0411

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

LOOKING UP is a monthly publication of the OA Tri-County Intergroup. The opinions expressed here are those of the writer and not of the OA Tri-County Intergroup or OA as a whole. Please send submissions to robbins@uta.edu. The editor reserves the right to edit any material submitted.

The Promises

"If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves." (BIG BOOK, p. 83-84).

The promises have given hope to millions in the grip of their addiction. They encourage us to persevere in our recovery work, for the rewards are beyond our comprehension.

"We are going to know a new freedom and a new happiness." We sample this new freedom and new happiness as we make amends to our fellows whom we have harmed. In doing so we are building the bridge to freedom.

"We will not regret the past nor wish to shut the door on it." Our past is unique; events that occurred may have caused us pain, but we learn from them. How wonderful is it that pain from our past can become useful to us. I do not wish to shut that door of self-learning.

"We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others." What joy we have when we help others. Our experience can have such a positive influence on the recovery of others, which can keep us on the path of our own recovery. Sounds like a pretty good deal.

"That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows." For me, self-pity is a glaring character defect. By gaining interest in our fellows, we're not focusing on ourselves. Self-pity can then take the backseat if it so well deserves.

"Self-seeking will slip away. Our whole attitude and outlook upon life will change." Self-seeking places us in the throngs of our illness. I cannot experience joy whenever I do this.

"Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves." We are so grateful for these promises, for we can face life with the knowledge that our Higher Power will help us to experience them. That encourages us to "Keep coming back! It works if we work it".

Ron C.

Service Opportunities Available

We would love to see some new faces and hear some new voices in the Tri-County Intergroup. Nominations for members occur in November with elections following in December. Come to a meeting and find out what we do. Visiting an Intergroup meeting does not mean you are committing yourself; in fact, there is a requirement that you have to attend 3 Intergroup meetings before you can take a position.

Of course you are busy. You probably already have many obligations, but this is not a lifelong commitment. It does not require public speaking skills or an administrative degree. It just requires YOU in whatever capacity you are willing to serve. Intergroup positions are listed below. If any of these interest you, feel free to contact a current member for further information.

As they say, "to keep what you have, you have to give it away" and service to your Intergroup is one way to do that. Tri-County Intergroup usually meets at 10:30 am, the first Saturday of the month at Trinity United Methodist Church in Arlington - 3216 West Park Row Drive in the Wesley House building.

POSITION	APPOINTED OR ELECTED?	TERM OF OFFICE	ABSTINENCE REQUIREMENT	BRIEF DESCRIPTION
BOARD POSITIONS				
Chairperson	Elected/January	1 year	6 months	Preside over meetings, set agendas and oversee the "management" of Intergroup. Cosign on bank account.
Vice Chair	Elected/January	1 year	6 months	Serve in absence of chair and assist chair in duties. Help new meetings get started and maintains current list of meetings, contacts, etc.
Secretary	Elected/January	1 year	6 months	Record and report minutes, keep past minutes. Maintain list of Board members and contact information.
Treasurer	Elected/January	1 year	6 months	Maintain bank account, submits monthly financial statement, oversee mailbox and mail distribution.
SUB-COMMITTEE POSITIONS				
Telephone	Appointed/As Needed	As Needed	1 month	Maintain telephone contact service for TCI, answering calls for info about OA and referring callers to fellow OAers for assistance.
Literature	Elected/January	1 year	1 month	Order literature for IG functions as needed. Assist meetings in placing literature orders.
Retreat	Elected/January	1 year	1 month	Organize the annual retreat with the assistance of a committee.
Parliamentarian	Elected/January	1 year	1 month	Help IG maintain order and be productive at meetings through the use of Robert's Rules.
Liaison to DMI	Elected/January	1 year	1 month	Attend monthly DMI IG meetings to exchange newsletter and other information.
Workshops	Elected/January	1 year	1 month	Plan and hold OA workshops for the local area.
Delegates	Elected/January	2 years	1 year	Attend World Service and Region 3 Conferences and report actions of those bodies
Public Relations	Elected/January	1 year	1 month	Handle requests for information about OA. Distribute info about OA through health fairs, newspapers and other public means of communication.
Web Master	Appointed/As Needed	As Needed	1 month	Maintain Tri-County's web pages.
Newsletter	Elected/January	1 year	1 month	Compile and distribute monthly IG newsletter.
Intergroup Representatives	Appointed by their home meeting/On their time table	Determined by home meeting	Determined by home meeting	Represent home group at Intergroup and act as liaison between Intergroup and home group, providing communication between the 2 bodies

What Does Bill W. Say?

Based on his writings in *AS BILL SEES IT*

Moral Responsibility...

"Some strongly object to the OA position that compulsive eating is an illness. This concept, they feel, removes moral responsibility from compulsive eaters. As any OA knows, this is far from true. We do not use the concept of sickness to absolve our members from responsibility. On the contrary, we use the fact of fatal illness to clamp the heaviest kind of moral obligation onto the sufferer, the obligation to use OA's Twelve Steps to get well.

"In the early days of her food indulging, the compulsive eater is often guilty of irresponsibility. But once the time of compulsive eating has arrived, she can't very well be held fully accountable for her conduct. She then has an obsession that condemns her to compulsively eat, and a bodily sensitivity to certain foods that guarantees her final madness and death.

"But when she is made aware of this condition, she is under pressure to accept OA's program of moral regeneration."



Meetings, Blessed Meetings

Starting October 18th, there will be a new OA meeting in Grand Prairie, just south of Carrier Parkway off I-20. The meeting will be held on Thursday evenings from 7-8 pm at Our Redeemer Lutheran Church, 4729 South Carrier Parkway, Grand Prairie, 75052. The focus of the meeting will be friendship and the OA 12 & 12. For more information contact Jennifer at (972)266-2201 or floracital0@yahoo.com.

Effective Monday, October 15th the Colleyville Group will be moving to a new location: White's Chapel United Methodist Church at 185 South White's Chapel Blvd., Southlake, TX 76092. In addition they are adding a Monday meeting to their line up. So look for these meetings at the new location with the following start dates:

- Monday, 7-8 pm, October 15th
- Thursday, 7-8 pm, October 18th
- Saturday, 10-11 am, October 20th – literature focus

Watch for This Fundraiser!

Tri-County is selling silicone wristbands in the official OA colors (royal blue and white) imprinted with the slogan "One Day At A Time". They cost \$2.00 each and are a great reminder of your commitment to this life saving program. See your Intergroup Representative.

Another Form of Acceptance

For me the Third Step is "Let Go and Let God". It is surrender and this is not easy for me. The **BIG BOOK** tells us this is not an overnight process. When I first came into program, I had a "God Box". My sponsor suggested this. When things were overwhelming or I seemed unable to cope, I wrote them down and put them in a box, a direct mail box to God.

As time went on, I found that I no longer needed this in-between method. I could surrender things, especially my self will, to God. It is when I give up self that I see the changes God has put before me. When I stop trying to control, my life goes smoothly! What a paradox, to let go is to find.

For me, the Third Step means acceptance of God's will in my life. It is only when I let go and let God that I have a sense of serenity, a sense of contentment with those things going on around me. It is when I give up control that I see the answers God puts before me. I need to stay out of God's way.

It still means I will take action and then surrender the results. I am allowing myself to be in God's hands, to trust that He will be there for me. Every moment I live invites me to both give and receive a particular lesson, usually one I had not planned on. All things prepare me for the next lap in life's adventure. I now take time to smell the roses.

Anne W.

reprinted from SOCIETY PAGES, March 2007



Do not ask God to guide
your footsteps if you're not
willing to move your feet.

TRI-COUNTY MEETINGS

MONDAY				
6:30 pm	Fort Worth - Bethel Methodist Church 5000 Southwest Blvd.	HOW	Patrice	(817)927-7116
7:00 pm	Arlington - Trinity United Methodist Church 3216 West Park Row Drive, 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				
Noon	Fort Worth - South Hills Christian Church 3200 Bilglade	Commitment and Writing	Happy	(817)370-7207
6:00 pm	Weatherford - All Saints Episcopal Church 133 S. Waco (the white house on the corner)	Step Study/ Literature	Betty	(817)220-1851 (817)223-8864
6:30 pm	Aledo - Aledo United Methodist Church 100 Pecan Street, Education Annex (small red house)	Big Book	Katherine	(817)917-6617
THIS MEETING COULD USE YOUR SUPPORT!				
7:00 pm	Arlington - Covenant United Methodist Church 3608 Matlock Road (west side between Arbrook & Mayfield)		Dianne	(817)980-3013
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
THIS MEETING COULD USE YOUR SUPPORT!				
7:30 pm	Eules - United Memorial Christian Church 1401 N. Main Street	Speaker	Rosalie	(817)355-5070
WEDNESDAY				
12:00 noon	Fort Worth - King of Glory Lutheran Church Corner of Sandy Lane and Brentwood Stair	Literature	Gay	(817)275-1085
7:00 pm	Arlington - Trinity United Methodist Church 3216 West Park Row Drive, Wesley House	Literature	Billie	(817)460-3083
THURSDAY				
6:30 pm	Acton - Acton United Methodist Church 3433 Fall Creek Highway	HOW	Rene	(817)219-3270
6:30 pm	Fort Worth - Bethel Methodist Church 5000 Southwest Blvd.	HOW	Patrice	(817)927-7116
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	The Colleyville Group is moving mid-October. For more info, look inside this issue.		Mike (817)498-4244
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)		Katie	(682)438-1851
Noon	Waco - St. Alban's Episcopal Church 305 North 30 th		Faye	(254)678-3420
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	Rene	(817)219-3270
10:00 am	Colleyville - Highland Meadows Christian Church 2600 Hall Johnson Road, Room 101	The Colleyville Group is moving mid-October. For more info, look inside this issue.		Mike (817)498-4244
12:00 noon	Arlington - Trinity United Methodist Church 3216 West Park Row Drive, Wesley House		Billie	(817)460-3083
12:00 noon	Eules - United Memorial Christian Church 1401 N. Main Street	Discussion & Big Book	Rosalie	(817)355-5070
SUNDAY				
4:00 pm	Arlington - Millwood Hospital 1011 N. Cooper St. at Randol Mill Rd.	Newcomer/ Big Book	Glinda	(817)456-1602
6:00 pm	Weatherford - Trinity Lutheran Church 1500 W. Ball	HOW	Kim	(817)613-6670