

**2008 Tri-County  
Intergroup**

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**Tri-County Information Line**  
(817)303-2888

**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.

# LOOKING UP

OA Tri-County Newsletter  
February 2008



**Dear Friends in Program,**

My deepest gratitude is in order today because you are a huge part of the miracle that God gave me on January 1, 2007. Today is my one year anniversary of abstinence.

One year ago I felt frightened, alone, insecure, uncomfortable and far from the God I loved. God brought me to OA to find recovery; to find you, to find a new way of life, and to find me. As wonderful as those discoveries have been; the greatest miracle is the inexplicable way I found a deeper image of God. I needed something more because I was beginning to feel as if I was only going through the motions. You have been so much more than I could have asked for or imagined.

- ❖ Because you live this program, you've shown me a way out of the food and into the life God intends me to live.
- ❖ Because you live this program, I have the courage to see my character flaws and the hope that God will remove them.
- ❖ Because you live this program, I have seen that the "precious promises" can and do become a reality.
- ❖ Because you live this program, the wisdom you've shared in meetings rings in my ears when I have weak moments.
- ❖ Because you live this program, I can see and hug a fellow sufferer when I need to give or receive.
- ❖ Because you live this program, I don't have to feel "weird" because I never eat sugar.
- ❖ Because you live this program, I've been able to face events that used to be difficult with peace and even joy.
- ❖ Because you live this program, I've remembered old dreams. I went back to pursue my education after twenty six years. I loved it and learned an incredible amount.
- ❖ Because you live this program, I've lost sixty five pounds and seven sizes. (Old friends don't recognize me.)
- ❖ Because you live this program; I've just been through the first Holiday season I can remember without feeling stuffed or sick to my stomach.
- ❖ Because you live this program; I've been given some beautiful insights. For example - If I don't believe that God can remove ALL my character flaws and teach me to serve my fellows; what difference is there between me and an atheist?

Right now I'm praying to surrender to each of the twelve steps and the tools and the traditions in 2008. I want to live a deeper recovery, one day at a time. It may take longer than one year, but the timing is up to my higher power! Right now I'm praying for each of you individually and all of OA collectively. I thank God on my knees for allowing us to be together - for every meeting, every story, every face of OA - because you live this program.

God Bless, Teresa

**TRI-COUNTY MEETINGS**

<b>MONDAY</b>				
6:30 pm	<b>Fort Worth</b> - Bethel Methodist Church 5000 Southwest Blvd.	HOW	Patrice	(817)927-7116
7:00 pm	<b>Arlington</b> - Trinity United Methodist Church 3216 West Park Row Drive, Wesley House	Abstinence	Billie	(817)460-3083
7:00 pm New Location!	<b>Southlake</b> - White's Chapel United Methodist Church 185 South White's Chapel Blvd., portable building 3B		Mike	(817)498-4244
7:30 pm	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade	Step Study/ Literature	Happy	(817)370-7207
<b>TUESDAY</b>				
Noon	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade	Commitment and Writing	Happy	(817)370-7207
6:00 pm	<b>Weatherford</b> - 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	<b>Aledo</b> - Aledo United Methodist Church 100 Pecan Street, Education Annex (small red house)	Big Book	Katherine	(817)917-6617
7:00 pm	<b>Arlington</b> - Covenant United Methodist Church 3608 Matlock Road (west side between Arbrook & Mayfield)		Dianne	(817)980-3013
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	Literature	Gay	(817)275-1085
7:00 pm	<b>Arlington</b> - Trinity United Methodist Church 3216 West Park Row Drive, Wesley House	Literature	Billie	(817)460-3083
<b>THURSDAY</b>				
6:30 pm	<b>Fort Worth</b> - Bethel Methodist Church 5000 Southwest Blvd.	HOW	Patrice	(817)927-7116
6:30 pm	<b>Cleburne</b> - St. Marks United Methodist 1109 W. Henderson		Roxy	(817)641-5020
7:00 pm	<b>Southlake</b> - White's Chapel United Methodist Church 185 South White's Chapel Blvd., portable building 3B	Literature	Mike	(817)498-4244
7:30 pm	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade		Happy	(817)370-7207
<b>FRIDAY</b>				
Noon	<b>Arlington</b> - Covenant United Methodist Church 3608 Matlock Road (west side between Arbrook & Mayfield)		Katie	(682)438-1851
Noon	<b>Waco</b> - St. Alban's Episcopal Church 305 North 30 <sup>th</sup>		Faye	(254)678-3420
<b>SATURDAY</b>				
9:00 am	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade	Step Study/ Writing	Happy	(817)370-7207
10:00 am	<b>Southlake</b> - White's Chapel United Methodist Church 185 South White's Chapel Blvd., portable building 3B		Mike	(817)498-4244
12:00 noon	<b>Arlington</b> - Trinity United Methodist Church 3216 West Park Row Drive, Wesley House		Billie	(817)460-3083
12:00 noon	<b>Eules</b> - United Memorial Christian Church 1401 N. Main Street	Discussion & Big Book	Rosalie	(817)355-5070
<b>SUNDAY</b>				
4:00 pm	<b>Arlington</b> - Millwood Hospital 1011 N. Cooper St. at Randol Mill Rd.	Newcomer/ Big Book	Glinda	(817)456-1602
6:00 pm	<b>Weatherford</b> - Trinity Lutheran Church 1500 W. Ball	HOW	Kim	(817)613-6670
<b>Seventh Tradition Donations</b>				
<p>OA's Seventh Tradition tells us that we are fully self supporting through our own contributions. After paying group expenses (rent, literature, supplies) and maintaining a prudent reserve (determined by group conscience) OA suggests that groups distribute the remaining funds as follows:</p>				
<p><b>60% to Tri-County Intergroup</b> Glinda Ellsworth PO Box 14324 Arlington, TX 76094</p>		<p><b>30% to World Service</b> OA World Service Office PO Box 44020 Rio Rancho, NM 87174-4020</p>		<p><b>10% to Region III</b> Juda Smith Region III Treasurer 10517 Goldenrod Lane Midwest City, OK 73130</p>