

**2008 TRI-COUNTY  
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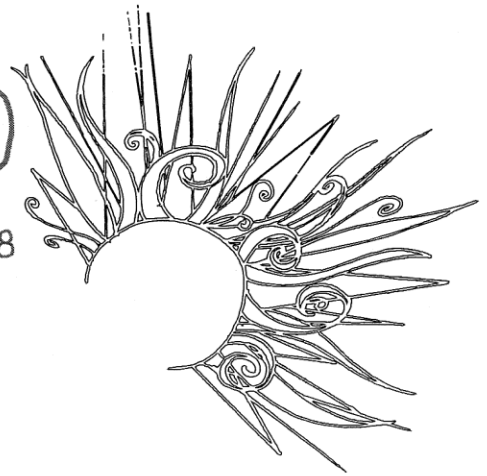
**Tri-County Intergroup**  
Group 09163  
Box 14324  
Arlington, TX 76094  
**Tri-County Information**  
**Line** (817) 303-2888

LOOKING UP is a monthly publication of the OA Tri-County Intergroup. The opinions expressed here are those of the author and not of the OA Tri-County Intergroup or OA as a whole. Editor reserves the right to edit material submitted.

*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

Tri-County Intergroup Newsletter, May 2008



**Tell Your Story!**

Would you like to tell your story to the media? Participate in OA's Public Awareness Campaign. Be a media contact! For more information contact [nlippel@oa.org](mailto:nlippel@oa.org) Members' anonymity will be respected at all times.

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**WE NEED YOUR WORDS**

PLEASE SEND YOUR NEWSLETTER SUBMISSIONS TO  
**BETHELHOW@GMAIL.COM**

ALL SUBMISSIONS ARE WELCOME: JOURNAL ENTRIES,  
ARTICLES, THOUGHTS FOR THE DAY, ETC.

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**SPLASH INTO SUMMER SATURDAY, JUNE 7**  
**TRI-COUNTY INTERGROUP SUMMER WORKSHOP**  
**DETAILS COMING SOON**

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**MY PART** by Anonymous

Faith alone cannot get my job done. God has a job and I have a job, plus more. I have a job with a paycheck, too, and I have to work at it to the best of my ability. That means I can use all of my tools and they help me in my work. Letting God into my life means trying to understand and to do God's will for me, praying for that guidance, and meditating to hear the answers. I know God is in my life and always has been. I know I have to be open to God's grace in order to receive its benefits. I can't have faith and then sit back and watch God act, as if God were an actor and I am the audience. It is not my job just to sit back and receive. This is a partnership of sorts and I have to fulfill my part in order for the partnership to work.

**DALLAS METRO INTERGROUP BODY IMAGE WORKSHOP**

Sunday, May 4th 1:00-4:30 · \$7.50 · [kathi-oa@tx.rr.com](mailto:kathi-oa@tx.rr.com)  
Ohr Ha Torah 6324 Churchill Way, Dallas 75230 972-404-8980

**DMI IS PLANNING A WORKSHOP TO WRITE ARTICLES FOR LIFELINE**

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Supported your Intergroup lately? Tri County Intergroup meets at 10:30 a.m. the first Saturday of every month at Trinity United Methodist Church, 3216 West Park Row Drive, Arlington, in "Wesley House."

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## Seventh Tradition Donations

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:

### 60% to Tri-County Intergroup

Glinda Ellsworth  
P.O. Box 14324  
Arlington, TX 76094

### 30% to OA World Service Office

P.O. Box 44020  
Rio Rancho, NM 87174-  
4020

### 10% to Region III Juda Smith

Region III Treasurer  
10517 Goldenrod Ln.  
Midwest City, OK 74868

### Treasurer's Report 03/08 Your trusted servant, Glinda E.

#### Income

South Hills	\$70.50
<i>(\$10 to Delegate Fund, balance to General Fund)</i>	
Bethel HOW	\$76.88
Daily Reprieve	\$107.50
Wrist Bands	\$41.00
<b>Total</b>	<b>\$295.88</b>

#### Expenses

April AT&T	\$55.12*
Newsletter	\$86.70
<i>(includes mailing)</i>	
Bank Fees	\$14.00
<b>Total</b>	<b>\$155.82</b>

#### Categories Balance

Delegate Fund	\$878.20
General Fund	\$1342.12
Retreat Fund	\$734.37

#### Ending Balance \$2954.69

\*AT&T Credit for March,  
\$55.04

## AS BILL SEES IT

Those Other People

Just like you, I have often thought myself the victim of what other people say and do. Yet every time I confessed the sins of such people, especially those whose sins did not correspond exactly with my own, I found that I only increased the total damage. My own resentment, my self pity would often render me well-nigh useless to anybody.

So, nowadays, if anyone talks of me so as to hurt, I first ask myself if there is any truth at all in what they say. If there is none, I try to remember that I too have had my periods of speaking bitterly of others; that hurtful gossip is but a symptom of our remaining emotional illness; and consequently that I must never be angry at the unreasonableness of sick people.

Under very trying conditions I have had, again and again, to forgive others – also myself. Have you recently tried this?

## Comments on Honesty, Open-mindedness and Willingness Part 2 of 3 • by Katherine L.

**Open-mindedness:** I've had to open my mind to what others in the program suggest. The closed-mindedness that I get into is that I think I've been in the program long enough, and don't need direction. If this were really true, I would have years and years of abstinence by now.

**FOOD NEVER REALLY MADE ME HAPPY, BUT IT MADE ME  
THINK I WAS GOING TO BE HAPPY IN ABOUT 15 MINUTES.**

**YOU CAN COMPLAIN ABOUT THE SAME PROBLEM THREE TIMES,  
THEN YOU'D BETTER GET INTO THE SOLUTION. IF YOU HAVE  
TO TALK TO MORE THAN THREE PEOPLE ABOUT THE SAME  
PROBLEM, YOU DON'T WANT HELP, YOU WANT ATTENTION.**

Monthly Treasurer's Report and  
Intergroup Meeting Minutes are  
available on the Tri-County Website:  
<http://www.oatricounty.org/>

If you want to receive the  
electronic version of this  
newsletter, please send an email  
with the subject line "Subscribe"  
to [bethelhow@gmail.com](mailto:bethelhow@gmail.com)

The most exhausting thing in life is being insincere. Keeping up a false front is like holding up a screen in front of my face every waking minute. Of course, my arms would grow tired pretty soon and, if I kept it up, I would be exhausted and in pain. Why would I do something that causes me pain? To keep another from feeling pain. I am making an assumption that the other person will feel pain when I have no knowledge of how another person feels. When I act on false information or assumptions, I am assured of making mistakes. I am trying to avoid an uncomfortable outcome. When I am insincere, others don't know who I am or how to respond to me. I am not an amoeba, ever changing shape. I am a 55 year old woman with a definite shape. I have a beginning and an end. I have feelings, thoughts, and behaviors all my own. I am allowed to express them merely by the fact that I was born. God wants me to be sincere; otherwise, how can I be a reflection of God?

Anonymous

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## IT TAKES TWO, OR THREE, OR....

Did you know that the OA annual operating budget - that's all the operating expenses for the World Service Office (payroll, utilities, insurance, paper clips), the World Service Business Conference, Lifeline Magazine, the OA.ORG website, the Board of Trustees, and every bit of outreach that OA does at that level - public awareness, professional exhibits - of that \$1.75 million, **only 21% is funded by member contributions?** 60 percent is made up by literature sales.

Now, we love and value our literature, but I don't think most of us want OA's financial health to rest too heavily on sales. OA World Service conducts itself just as any other service body: money is not hoarded, and anything over operating expenses is plowed back into our primary purpose. This includes funding delegates to the World Service Business Conference and providing more money for Conference committees (Public Information and Professional Outreach, Twelfth Step Within) to carry the message.

**Here is a thought: what proportion of our quality of life can we attribute to OA? One percent? Five percent? More? How does that figure reflect what we throw in the basket at meeting or how we support OA through our time?**

Margaret Ann, Region 6 Trustee  
reprinted from "The Messenger," Region 6

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## TOOLS - PAMPHLET OUTDATED, REWRITTEN OR SHORTENED

A recent Ask-It Basket question in Lifeline dealt with a meeting using an older tools pamphlet. What if a group has knowingly chosen an outdated version or has rewritten the tool completely or shortened it substantially?

Ask why the group or intergroup insists on using an outdated pamphlet. Then ask why they are altering the literature. OA's eight tools of recovery are a plan of eating, sponsorship, meetings, the telephone, writing, literature, anonymity and service. Some groups add tools such as love, humor, etc. This is confusing for the newcomer. If the group insists on adding tools, then when the tools are read, a statement should be made indicating which are the actual OA tools. Using out-of-date pamphlets is not acceptable, and the group should dispose of its current stock. Group autonomy does not cover altering literature. Rewriting, shortening or otherwise altering OA Conference-approved literature affects other groups and OA as a whole.

— Reprinted from *Lifeline Ask-It Basket*, January 1999

**YOU BREAK BAD HABITS BY BREAKING BAD HABITS.  
YOU FORM GOOD HABITS BY FORMING GOOD HABITS.**

### TRI-COUNTY MEETINGS

<b>MONDAY</b>				
6:30* pm	<b>Fort Worth - 76116</b> - Bethel Methodist Church 5000 Southwest Blvd. *June 2, start time changes to 6:45	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	<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	Richard	(817) 929-5767
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 - 76116</b> - Bethel Methodist Church 5000 Southwest Blvd. *June 2, start time changes to 6:45	HOW	Patrice	(817) 927-7116
6:30 pm	<b>Cleburne</b> - St. Marks United Methodist 1109 W. Henderson		Roxy	(817) 641-5020
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>NEED A MEETING IN GRANBURY?</b> Call Leah, (817) 219-2393				