

**2008 TRI-COUNTY
INTERGROUP BOARD**

Chairperson: Rachel R.
(817) 595-3044
(817) 272-7509
r.r.orrero@sbcglobal.net
Vice-Chair: VACANT
Treasurer: Billie S.
Secretary: VACANT

SUB-COMMITTEES

Telephone: Margaret D.
(817) 303-5405
Literature: Maria G.
(817) 870-5070
Retreat: VACANT
Parliamentarian: Billie S.
(817) 460-3083
DMI Liaison: Rachel R.
Workshops: Jamie C and
Terri Beth M.
Delegates:
1. VACANT
2. VACANT
Alternate: Rene P.
Public Relations:
VACANT
Web Master:
Marilee & Ernie B.
www.oa-tricounty.org
Newsletter:
by H. and Molly H.
bethelhow@gmail.com

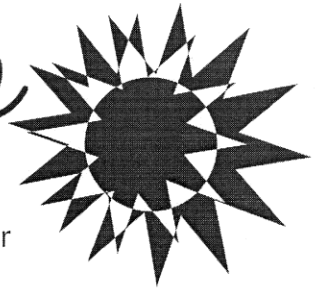
Tri-County Intergroup
Group 09163
Box 14324
Arlington, TX 76094
Tri-County Information
Line (817) 303-2888
www.aa-tricounty.org

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.

*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
October 2008



Reasons Why I Love OA

by Anonymous

Reprinted with permission from "Letters of Hope," Dallas Metroplex Intergroup newsletter

1. Unconditional love
2. Acceptance
3. Friendship
4. Gradual growth in honesty.
5. Gradually getting acquainted with God.
6. Learning how to pray.
7. Learning how to accept others and the situation as it is.
8. Learning how to pray for people who have offended me.
9. Being able to say exactly how I feel, with no mask – and being accepted.
10. Being accepted when I am grieving, and not told I will get better, "just think positive thoughts."
11. Being accepted when I am angry.
12. Being accepted when I share what mistakes I have made.
13. Being in the fellowship makes me feel like I am truly worshiping God.
14. Having great friends from all walks of life that I normally would not have chosen.
15. Being able to serve God by simply listening to others who are in pain.
16. Talking
17. Learning to feel a part of the universe – not better or worse.
18. Learning peace and joy, and how to endure suffering.
19. Never before have I felt such a healing power of love.
20. Learning to listen to suggestions from another, even when I don't really want them. But I listen because the one giving them truly loves me.
21. Learning to stand up immediately for what is right, for myself, for another, and for the group.
22. Learning to listen more (sometimes) and talk less.
23. Caring for another as much as I care for myself.
24. Seeing God in the best and worst circumstances.
25. Seeking God.
26. Seeking you.
27. Joy, peace and fulfillment.
28. Seeing my family as they are, and not expecting them to be anything other than that.
29. Learning gratitude.

The OA/HOW group of Bethel United Methodist Church in Fort Worth has updated and revised their Recipe Book. If you would like a copy, please send \$7.00 with your name and address to: Molly Horn • 5329 Locke Ave. • Fort Worth, TX 76107 or email bethelhow@gmail.com for a FREE digital copy.

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."

We need your words! Please send newsletter submissions to bethelhow@gmail.com
All submissions are welcome: journal entries, articles, thoughts for the day, etc.

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

Billie Stamp
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 08/08

Your trusted servant, Billie S.

Start Balance \$3518.65

Expenses

AT&T	\$54.27
Newsletter	\$77.24
Bank Fees	\$14.00

Income

South Hills	\$50.00
Cleburne	\$60.00
Eules	\$52.99
Wristbands	\$9.00
Workshop	\$198.50

End Balance \$3743.13

Funds

Retreat	\$784.37
Delegate	\$1086.20
General	\$1872.56

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

AS BILL SEES IT

A New Life

Is abstinence all that we are to expect of a spiritual awakening? No, abstinence is only the bare beginning; it is only the first gift of the first awakening. If more gifts are to be received, our awakening has to go on. As it does go on, we find that bit by bit we can discard the old life – the one that did not work – for a new life that can and does work under any conditions whatever.

Regardless of worldly success or failure, regardless of pain or joy, regardless of sickness or health or even of death itself, a new life of endless possibilities can be lived if we are willing to continue our awakening, through the practice of OA's Twelve Steps.

90 TOOLS FOR ABSTINENCE – Part 1

- 1) Stay away from that first compulsive bite; take Step One daily.
- 2) Attend OA meetings and functions regularly and get involved.
- 3) Progress is made ONE DAY AT A TIME.
- 4) Use the 24 Hour plan.
- 5) Remember, your disease is incurable, progressive and potentially fatal.
- 6) Do first things first.
- 7) Don't become too tired.
- 8) Eat at regular hours - according to your food plan.
- 9) Use the telephone (not just after a binge, but before and during, too).
- 10) Be active - don't just sit around. Idle time will kill you.
- 11) Use the Serenity Prayer.
- 12) Change unproductive routines and patterns.
- 13) Don't become too hungry - stick to your food plan.
- 14) Avoid loneliness.
- 15) Practice control of your anger.
- 16) Air your resentments.
- 17) Be willing to help whenever needed.
- 18) Be good to yourself, you deserve it.
- 19) Easy does it.
- 20) Get out of the "IF ONLY" trap.
- 21) Remember HOW IT WAS. Your last binge, the feelings etc.
- 22) Be aware of your emotions.
- 23) Help another in his or her recovery; extend your hand, listen.
- 24) Try to turn your life and your will over to your High Power.
- 25) Avoid all mood-altering drugs; read labels on all medicines.
- 26) Turn loose of old ideas.
- 27) Avoid situations that may tempt you to binge.
- 28) Make lots of new OA friends.
- 29) Read the Big Book.
- 30) Try not to be dependent on another (sick relationships).
- 31) Be grateful and when not make a GRATITUDE list.
- 32) Get off the "Pity Pot"...the only thing you'll get if you don't is a ring around your bottom.
- 33) Seek knowledgeable help when troubled and or otherwise.
- 34) Face it – you are powerless over food, people, places and things.
- 35) Try the "Twelve & Twelve," not just One and Twelve, or One, Twelve and Thirteen!
- 36) Let go and Let God.
- 37) Use the God bag and the answers: 'yes,' 'no,' or 'wait I have something better in store for you.' Don't forget to say thank you.
- 38) Find courage to change through the example of others who have.
- 39) Don't try to test your will power – give a compulsive overeater one shovel and one pail and in one hour he/she will need 100 wheel barrels.
- 40) Live TODAY, not YESTERDAY, not TOMORROW - projection is planning the results before anything even happens.
- 41) Avoid emotional involvements during your first year in recovery – you end up putting the other person first and lose sight of your program.
- 42) Remember: the food obsession is cunning, baffling and powerful.
- 43) Rejoice in the manageability of your new life.
- 44) Humility is not in thinking of your self more, but in thinking more of yourself, less often. Watch your ego.
- 45) Share your experience, strength and hope.

*** Note: this list is not in order. They are but suggestions and items to put in your little TOOL BAG.

Tri-County Website Address
<http://www.aa-tricounty.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

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 TCL, answering calls for info about OA and referring callers to fellow OAs 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

TRI-COUNTY MEETINGS

MONDAY				
6:45 pm	Fort Worth - Bethel Methodist Church 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	(817) 377-0189
7:00 pm	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013	Abstinence	Billie	(817) 460-3083
7:30 pm	Fort Worth - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Step Study/ Literature	Happy	(817) 370-7207
TUESDAY				
Noon	Fort Worth - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Commitment and Writing	Happy	(817) 370-7207
6:00 pm	Weatherford - All Saints Episcopal Church (white house on corner) 133 S. Waco Street Weatherford, TX 76086	Step Study/ Literature	Richard	(817) 929-5767
7:00 pm	Arlington - Covenant United Methodist Church (west side between Arbrook & Mayfield) 3608 Matlock Road Arlington, TX 76015		Dianne	(817) 980-3013
7:00 pm	North Richland Hills - St. Johns Hall (the center building) between Glenview and North Hills Mall 4101 Frawley Drive North Richland Hills, TX 76180	HOW	Barbara	(817) 284-4258
WEDNESDAY				
12:00 noon	Fort Worth - King of Glory Lutheran Church (Sandy Lane at Brentwood Stair) 1659 Sandy Lane Fort Worth, TX 76112	Literature	Gay	(817) 275-1085
7:00 pm	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013	Literature	Billie	(817) 460-3083
THURSDAY				
6:45 pm	Fort Worth - Bethel Methodist Church 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	(817) 377-0189
6:30 pm	Cleburne - St. Marks United Methodist 1109 W. Henderson Street Cleburne, TX 76033		Roxy	(817) 641-5020
7:30 pm	Fort Worth - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133		Happy	(817) 370-7207
FRIDAY				
Noon	Arlington - Covenant United Methodist Church (west side between Arbrook & Mayfield) 3608 Matlock Road Arlington, TX 76015		Katie	(682) 438-1851
Noon	Waco - St. Alban's Episcopal Church 305 North 30 th Street Waco, TX 76710		Faye	(254) 678-3420
SATURDAY				
9:00 am	Fort Worth - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Step Study/ Writing	Happy	(817) 370-7207
10:00 am	Southlake - White's Chapel United Methodist Church Portable building 3B 185 South White's Chapel Blvd. Southlake, TX 76092		Mike	(817) 498-4244
12:00 noon	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013		Billie	(817) 460-3083
12:00 noon	Eules - United Memorial Christian Church 1401 N. Main Street Eules, TX 76039	Discussion & Big Book	Rosalie	(817) 355-5070
SUNDAY				
4:00 pm	Arlington - Millwood Hospital (at Randol Mill Rd.) 1011 N. Cooper Street Arlington, TX 76011	Newcomer/ Literature	Rachel	(817) 595-3044
	NEED A MEETING IN GRANBURY? Call Leah, (817) 219-2393			

Revised 9/18/2008