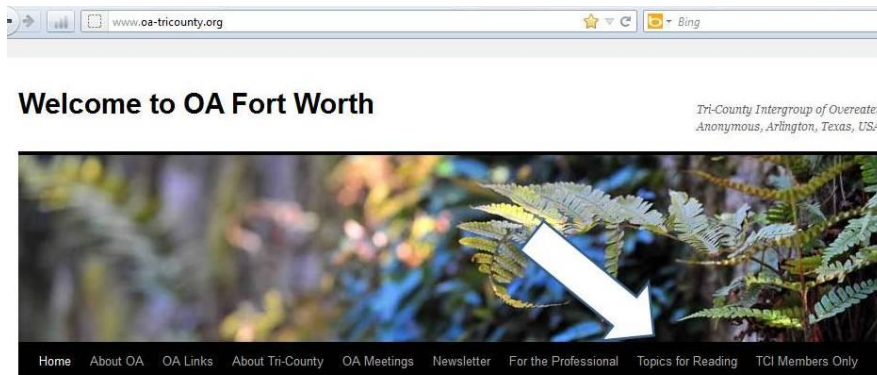


Looking UP

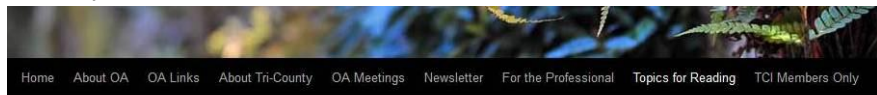
TRI-COUNTY INTERGROUP NEWSLETTER - MAY 2012

Labor of Love

There is an ongoing labor of love being performed by our Tri-County Intergroup webmaster that we should all be aware of. Please take a few minutes to visit our website and open the menu link "Topics for Reading"



There you will find an ever growing link to articles from the *Looking Up Archive* sorted by the topics that mean so much to our continuing recovery.



Topics for Reading

Welcome to the topical index of the Tri-County Intergroup Newsletter Archive. This is a work-in-progress! Please be patient while we attempt to organize our old *Looking Up* editions into a topical index. Please click on a topic link below to be taken to articles by our members on that subject.

Abstinence	Faith	Returning
Acceptance	Fear	Risk
Accountability	Food	Sharing
Addiction	Gratitude	Self-esteem
Attention	Higher Power	Selfishness
Baby Steps	Holidays	Serenity

Upcoming Events

- April 20, 2012:
 - OA Spring Retreat - Bartlesville, OK (5:00 pm)
- April 28, 2012:
 - Afro-American Health Fair (10:00 am)
- April 30, 2012:
 - World Service Business Conference (5:00 pm)
- May 5, 2012:
 - Tri-County Intergroup Meeting (10:30 am)
- June 1, 2012:
 - AZ Summer Retreat (5:00 pm)
 - Big Book Boot Camp - AZ (5:00 pm)
- June 2, 2012:
 - Tri-County Intergroup Meeting (10:31 am)
- June 23, 2012:
 - Oklahoma Convention (10:00 am)
- July 7, 2012:
 - Tri-County Intergroup Meeting

Make sure you stop by our website and maybe look up a nice article to help in your meditation or to pass on the gift of the program to another.

And thank you Betsy for providing the on-line voice of abstinence for Tri-County Intergroup.

2012 TRI-COUNTY INTERGROUP BOARD

Chairperson:	Terri Beth
Vice-Chair:	Jaclyn
Treasurer:	Joy S.
Secretary:	Gwenne G.
DMI Liaison:	(open)
Public Relations:	Jaclyn
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	Margaret
Workshop:	Linda
Workshop:	Rachel
Web Master:	Betsy
WSO Delegate 1:	Lucy
WSO Delegate 2:	Gwenne
Region 3 Rep 1:	Terri Beth
Region 3 Rep 2:	Jaclyn

Tri-County Intergroup
Group # 09163
PO Box 14324
Arlington, TX 76094

Monthly Intergroup minutes
are available at
www.oe-tricounty.org

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 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

In Gratitude for continuing Support

We have gratefully received donations from the following groups:

Trinity, Arlington - Daily Reprieve, Euless - Stephenville, Cross Timbers - South Hills, Ft Worth - Primary Purpose, Ft Worth - Richland Hills

Step 5

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Refraining

During the period of abstinence, I had a thought about refraining. The old saying of Abraham Lincoln's "you're about as happy as you make up your mind to be" could be changed around to say "you're about as abstinent as you make up your mind to be."

Each day for 30+ days now I have gotten out of bed and made the choice to refrain from picking up extra food. Even on days of struggle, I stuck to this choice - the choice of "don't pick up no matter what." Of course I know I didn't make it through my own willpower. I give my HP the credit, but I am the one that had to make up my mind.

Glinda June, 2002

Subscribe to Print Lifeline

Lifeline magazine is published 10 times a year and is available in two versions: a 30-page printed magazine and an electronic online magazine, called *e-Lifeline*. Both contain the same content. *The March/April and September/October issues are 34 printed pages.*

Annual subscription price for the printed version of *Lifeline* magazine, which you receive in the mail, is \$23.00 in the US.



Discover the experience, strength and hope of recovery!

[Subscribe to or renew *Lifeline* magazine in print](#)

Special from Looking UP

Any TCI group or individual submitting an article for *Looking Up* will be entered into a drawing to receive one of two free 1 Year subscriptions to *Lifeline*.

Articles must be submitted by **October 1st 2012** for inclusion in the drawing.

Winners will be announced at the *TCI Annual Retreat*.

*Share your experience, strength and hope and you might just receive one full year of *Lifeline* free.*

Looking UP



May Flowers.

*I am touched by the wonderful
outpouring of color.*

*I am awed by the varied
splendor stretched across the
springtime blue sky.*

*I look inward with hope and there I see
just beginning to bloom...*

*The miracle of abstinence within me
just like May flowers -
a gift from my Higher Power*

An OA traveler

5th Step: A List Too Long

It could be hundreds of pages or it could be one or two. It is too long.
It could be in outlined form or detailed analysis. It is too long.
Chronological or topical. It is too long.
Pencil, pen or yes even cassette tape. It is too long.
Every 4th is just too long

Too long held inside festering and creating a world of confusion and guilt.
Too long barring true relationships with those we want so desperately to love.
Too long filling each moment with hatred we despise.
Too long removed from peace and love and yes from our Higher Power.
Too long.

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

I choose not to carry a list too long.

Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS					
Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	6:30 PM	Granbury / Acton - Acton United Methodist Church, Adult Education Building, Room 202A 3433 Fall Creek Hwy (Hwy 167S) Granbury, TX 76049		Leah	817-219-2393
MONDAY	6:00 PM	Waco - St. Alban's Episcopal Church 305 North 30th Street, Waco, TX 76710	Big Book Study	(pager)	254-260-1258
MONDAY	7:00 PM	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	Abstinence	Billie	817-460-3083
MONDAY	7:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Literature: Step / Tradition of the Month	Happy	817-370-7207
TUESDAY	Noon	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Big Book Study	Happy	817-370-7207
TUESDAY	6:00 PM	Stephenville - Cross Timbers - First Presbyterian Church 1302 N Harbin Drive, Stephenville, TX 76401	Literature / Topic	Pat	254-485-0921
TUESDAY	7:00 PM	Richland Hills - United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #110	Big Book Study	Rachel	817-595-3044
WEDNESDAY	Noon	Fort Worth - King of Glory Lutheran Church 1659 Sandy Lane @ Brentwood Stair, Fort Worth, TX 76112	Literature: Step / Tradition of the Month	Lucy	817-275-0144
WEDNESDAY	7:00 PM	Tarrant County - Men's Group - Ste 608, Radio Shack Shopping Center 4105 State Highway 121 @ Cheek-Sparger, Bedford, TX 76021	Men's Meeting	Keith	817-692-1641
WEDNESDAY	7:45 PM	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	HOW Closed meeting	Billie	817-460-3083
THURSDAY	6:45 PM	Fort Worth - Bethel HOW - Bethel Methodist Church (corner of Southwest Blvd. & Vickery) 5000 Southwest Blvd., Fort Worth, TX 76116	HOW	Patrice	817-692-7180
THURSDAY	7:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Big Book Awakening	Happy	817-370-7207
SATURDAY	9:00 AM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA Workbook	Happy	817-370-7207
SATURDAY	Noon	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	Literature	Billie	817-460-3083
SATURDAY	Noon	Daily Reprieve, Euless - United Memorial Christian Church 1401 N. Main Street, Euless, TX 76039	Step Study / Big Book	Margie M. Pat M.	972-310-3636 817-864-9888
SUNDAY	4:00 PM	Fort Worth - Primary Purpose - Pantego Bible Church, Room 103 8001 Anderson Blvd. Fort Worth, TX 76120	Literature	Renae	817-905-0613
SUNDAY	4:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Writing, Steps and Literature	Chrystyna	214-202-6993

Tri-County Intergroup meets at 10:30 am the first Saturday of every month, Trinity United Methodist Church, 3216 West Park Row Drive, Arlington, TX 76013 in "Wesley House"

last change 3/28/12