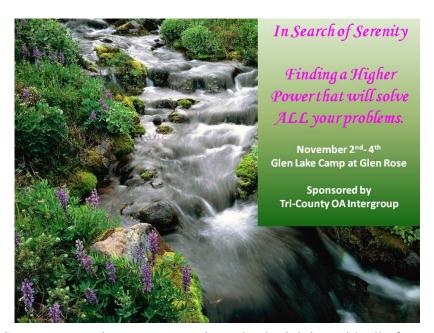
#### TRI-COUNTY INTERGROUP NEWSLETTER - AUGUST 2012



Start your own journey to serenity today by joining with all of us at Tri-County OA Intergroup in a monthly meditation as we prepare for the Annual OA Retreat.

August Meditation

It was only a matter of being willing to believe in a Power greater than myself. Nothing more was required of me to make my beginning. I saw that growth could start from that point.

BB p12

### Good BB Reading

Willing, 12, 13, 26, 27,

28, 47, 57, 58, 59, 60, 67, 69, 70, 76, 77, 79, 81, 92, 93, 97, 112, 124, 141, 146, 152, 153, 158, 159, 162, 185, 186, 187, 189, 190, 211, 218, 235, 236, 245, 278, 280, 289, 293, 309, 310, 326, 340, 364, 430, 463, 481, 503, 552, 554, 560 Willing, x Willingness, 12, 13, 46, 76, 118, 124, 163, 229, 286, 381, 430, 550, 552, 570 Willingness, xvi

#### 2012 TRI-COUNTY INTERGROUP BOARD

Terri Beth Chairperson: Vice-Chair: Jaclyn Treasurer: Joy S. Secretary: Gwenne G. DMI Liaison: (open) Public Relations: Jaclyn Newsletter: Bill J. Telephone: Margaret Retreat: Jaclyn 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

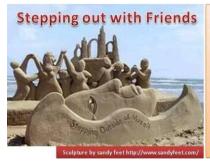
Monthly Intergroup minutes are available at www.oa-tricounty.org

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.



How about a visit from the Tri-County Intergroup Roving Reporter....

We would love to come to your group and write an article sharing the experience, strength and hope within your group. Just contact <a href="mailto:newsletter@oa-tricounty.org">newsletter@oa-tricounty.org</a> and we will be happy to schedule a visit.



### The Twelfth Step Within Chair asks...

... do extra Twelfth Step work by reaching out to those within our fellowship.

### Your abstinence will thank you for it!



Do I give hope to the still suffering compulsive eater by sharing the example of my abstinence? Is my sharing positive and focused on the solution? Is my group guided by the Strong Meeting Checklist, <a href="http://www.oa.org/pdfs/strongmtgchecklist1.pdf">http://www.oa.org/pdfs/strongmtgchecklist1.pdf</a>? Does my group do a regular Group Inventory? If not am I willing to bring this up?

Region III Twelfth Step Within Chair

### In Gratitude for continuing Support

We have gratefully received donations from the following groups:

South Hills, Stephenville

Step 8

Made a list of all persons we had harmed, and became willing to make amends to them all.



#### 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 1Year 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.



### Tools for Abstinence

- Cherish your recovery.
- ❖ Dump your garbage regularly GIGO = Garbage In Garbage Out.
- Get plenty of "restful" sleep.
- Stay abstinent for you not someone else otherwise it won't work.
- ❖ Practice rigorous honesty with yourself and others.
- ❖ Progress is made ONE DAY AT A TIME, not 10 years in one day!
- ❖ Don't become too tired.
- ❖ Don't become too hungry stick to your food plan.
- Live and Let Live.
- ❖ Make no major decisions the first year.

These are not in order or comprehensive.

They are but suggestions and items to put in your own OA tool-bag.

From Oct 2008 Looking Up and http://www.oahouston.org/oa-ninety-tools.html

#### TRI-COUNTY INTERGROUP NEWSLETTER - AUGUST 2012

Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
Day & Time		Waco - St. Alban's Episcopal Church	Subject	Contact	Contact Fhone
MONDAY	6:00 PM	305 North 30th Street, Waco, TX 76710	Big Book Study	(pager)	254-260-1258
		Arlington - Trinity United Methodist Church, Wesley			
MONDAY	7:00 PM	• • • • • • • • • • • • • • • • • • •	Abstinence	Billie	817-460-3083
		House			
		3216 West Park Row Drive, Arlington, TX 76013	T.tauataua Ctau		
MONDAY	7:30 PM	Fort Worth - South Hills Christian Church	Literature: Step / Tradition of the Month	Нарру	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
TUESDAY	Noon	Fort Worth - South Hills Christian Church	Big Book Study	Нарру	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
TUESDAY	6:00 PM	Stephenville - Cross Timbers - First Presbyterian	Literature / Topic	Pat	254-485-0921
		Church			
		1302 N Harbin Drive, Stephenville, TX 76401			
TUESDAY	7:00 PM	Richland Hills - United Methodist Church	Big Book Study	Rachel	817-595-3044
		7301 Glenview Drive, North Richland Hills 76180 Room			
		#110			
WEDNESDAY	10:00 AM	OA Step & Tradition - Arlington Steak House (west	NEW OA Literature		
				Gwenne G	682-429-7990
		1724 West Division St., Arlington, TX 76012-3717			
WEDNESDAY	7:00 PM	Tarrant County - Men's Group	Men's Meeting	Keith	817-692-1641
		3401 Scenic Hills Drive Bedford, Texas 76021			
WEDNESDAY	7:45 PM	Arlington - Trinity United Methodist Church, Wesley	HOW Closed meeting	Billie	817-460-3083
		House			
		3216 West Park Row Drive, Arlington, TX 76013			
THURSDAY	6:45 PM	Fort Worth - Bethel HOW - Bethel Methodist Church	HOW	Patrice	817-692-7180
		(corner of Southwest Blvd. & Vickery)			
		5000 Southwest Blvd., Fort Worth, TX 76116			
THURSDAY	7:30 PM	Fort Worth - South Hills Christian Church	Big Book Awakening	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
SATURDAY	9:00 AM	Fort Worth - South Hills Christian Church	OA Workbook	Нарру	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
SATURDAY	Noon	Arlington - Trinity United Methodist Church, Wesley	Literature	Billie	817-460-3083
		House			
		3216 West Park Row Drive, Arlington, TX 76013			
SATURDAY	Noon	Daily Reprieve, Euless - United Memorial Christian	Step Study / Big Book	Margie M.	972-310-3636
		Church		Pat M	817-864-9888
		1401 N. Main Street, Euless, TX 76039		rat IVI.	017-004-3000
SUNDAY	4:30 PM	Fort Worth - South Hills Christian Church	Writing, Steps and Literature	Chrystyna	214-202-6993
		3200 Bilglade Road, Fort Worth, TX 76133			

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 7/17/12