

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - AUGUST 2012



In Search of Serenity

*Finding a Higher
Power that will solve
ALL your problems.*

November 2nd- 4th
Glen Lake Camp at Glen Rose

Sponsored by
Tri-County OA Intergroup

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

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

Monthly Intergroup minutes
are available at
www.aa-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

Stepping out with Friends



Sculpture by sandy feet <http://www.sandyfeet.com/>

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 newsletter@oa-tricounty.org and we will be happy to schedule a visit.



*Together we brighten
the world with our
Abstinence*

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!

Twelfth

Step

Within



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, <http://www.aa.org/pdfs/strongmtgchecklist1.pdf>? 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.



*Brotherly
Love*

Looking UP

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.



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>

Looking UP

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Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS					
Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
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	10:00 AM	OA Step & Tradition - Arlington Steak House (west dining room) 1724 West Division St., Arlington, TX 76012-3717	 OA Literature	Gwenne G	682-429-7990
WEDNESDAY	7:00 PM	Tarrant County - Men's Group 3401 Scenic Hills Drive Bedford, Texas 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	4:30 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 7/17/12