

# Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - SEPTEMBER 2012



*In Search of Serenity  
Finding a Higher Power  
that will solve ALL your  
problems.*

November 2<sup>nd</sup>- 4<sup>th</sup>  
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.

## *September Meditation*

These were revolutionary and drastic proposals, but the moment I fully accepted them, the effect was electric. There was a sense of victory, followed by such a peace and serenity as I had never known. There was utter confidence. I felt lifted up, as though the great clean wind of a mountain top blew through and through. God comes to most men gradually, but His impact on me was sudden and profound.

BB p14

## *Good BB Reading*

Acceptance, 48, 295, 439,  
448, 449, 450, 452, 566  
Acceptance, xx

## 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](http://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

## 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!

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## 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.*

<b>GROUP CARPOOLS ARE FORMING</b>	<b><u>DMI Workshop</u></b> <b><u>September 15th from 1-4PM</u></b>	<b>Let's join in and share our Abstinence</b>
	Plano Highland Oaks Church of Christ 1815 West 15th Street at Rio Grande, Plano, TX Suggested donation is \$5.	
	<b><u>Traditions and Service</u></b> Region III people coming - let's make it an OA day out!	

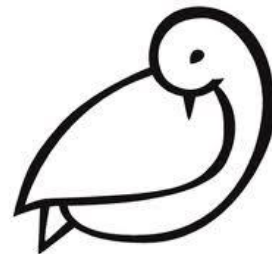
### ***In Gratitude for continuing Support***

We have gratefully received donations from the following groups:

***Daily Reprieve, Euless; Acton-Granbury;  
Waco; South Hills; Primary Purpose***

### ***Step 9***

***Made direct amends to such people wherever possible,  
except when to do so would injure them or others.***



**JUSTICE**

# Looking UP



## *Tools for Abstinence*

- ❖ Get a sponsor and use him/her. (not just selectively share)
- ❖ Know that no matter what your problems, someone's had them before. Don't be afraid to share, as a problem shared is one 1/2 solved.
- ❖ Strive for progress not perfection.
- ❖ When in doubt ask questions. The only stupid question is the one not asked. You weren't afraid to speak before, so why start now.

- ❖ Use prayer and meditation...not just pillow talk, get on those knees. Put your shoes under the bed just in case someone's looking.
- ❖ Maintain a balance: spiritual, physical, emotional and mental.
- ❖ Don't use other substances as a maintenance program.
- ❖ Learn to take spot check inventories.
- ❖ Watch out for the RED FLAGS... things that give excuses for poor behavior and inevitable relapse.
- ❖ Know that it's okay to be human... just don't binge over it.

*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>*

## *Acceptance is Key*

We are moving forward developing a "12 Step Within" program here and it has taken a long time. I am so glad to focus on those of us within the program who may be having difficulty at some level. And, what a gift and joy it is to bring someone back from the depths of relapse.

People who have lost their abstinence feel different, and shamed, and hopeless. They deserve the same attention the newcomer does. I have heard that they feel ignored because people think "it" might be catching, and that former friends don't want to approach them for fear of being rejected. This alarming fact is exactly what feeds our disease. Everybody ends up feeling rejected and emotionally bruised.

Ever hear the phrase, "acceptance is key to all my problems"? This applies to our lives, our programs, our daily working environment. There are times when someone, with long term abstinence, needs "lifting" as well. There are times when the relapse warning signals flash and beg for attention. The food is the last thing to go. Relapse starts much earlier than the binge.

The main message, for me, is to recognize the warning signs. Don't ignore the feeling of being too tired to get to a meeting, or making a phone call, or sliding around one or another of our tools. It is so much easier to admit to those early warning signs than to retrieve our abstinence once lost. Staying abstinent is much easier than getting it again, and again, etc.

I hope this does not sound preachy because I have to know what lies ahead should my thinking try to take me down that road, I am here to hold your hand and trust that someone is there to hold mine. Isn't that why we are all here?

Phyllis - *Looking Up March 2007*

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Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS					
Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	6:00 PM	<b>Waco - DePaul Center</b> 301 Londonderry, Waco	Big Book Study		254-260-1258
MONDAY	7:00 PM	<b>Arlington</b> - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	Abstinence	Billie	817-460-3083
MONDAY	7:30 PM	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Literature: Step / Tradition of the Month	Happy	817-370-7207
TUESDAY	Noon	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA 12X12 writing / AA Big Book	Happy	817-370-7207
TUESDAY	6:00 PM	<b>Stephenville</b> - <i>Cross Timbers</i> - First Presbyterian Church 1302 N Harbin Drive, Stephenville, TX 76401	Literature / Topic	Pat	254-485-0921
TUESDAY	7:00 PM	<b>Richland Hills</b> - United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #110	Big Book Study	Rachel	817-595-3044
WEDNESDAY	6:00 PM	<b>Waco - DePaul Center</b> 301 Londonderry, Waco	Big Book Study	Anna Kay	254-498-6898
WEDNESDAY	10:00 AM	<b>OA Step &amp; Tradition</b> - 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	<b>Tarrant County</b> - <i>Men's Group</i> 3401 Scenic Hills Drive Bedford, Texas 76021	Men's Meeting	Keith	817-692-1641
WEDNESDAY	7:45 PM	<b>Arlington</b> - 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	<b>Fort Worth</b> - <i>Bethel HOW</i> - Bethel Methodist Church (corner of Southwest Blvd. & Vickery) RING DOORBELL ON DOOR TO THE RIGHT OF THE SANCTUARY 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	817-692-7180
THURSDAY	7:30 PM	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Voices of Recovery / OA 12X12	Happy	817-370-7207
SATURDAY	9:00 AM	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA Workbook	Happy	817-370-7207
SATURDAY	Noon	<b>Arlington</b> - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	Literature	Billie	817-460-3083
SATURDAY	Noon	<b>Daily Reprieve, Euless</b> - 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	<b>Fort Worth</b> - 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 8/13/12