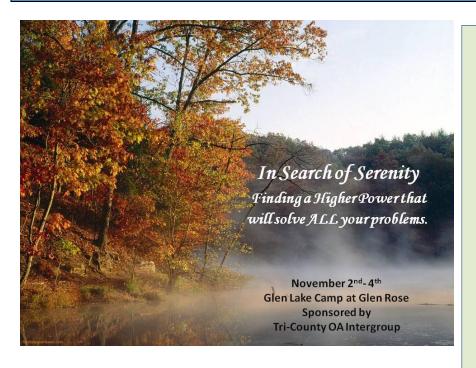
TRI-COUNTY INTERGROUP NEWSLETTER - OCTOBER 2012



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.

October Meditation

Perhaps there is a better way—we think so. For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that 449, 451, 452, 461, 544, we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity.

> Make sure you reserve your seat at the retreat. BB p6

OK-you already know that we will keep a seat warm for Don't Miss Out! you right up until retreat day but...

Why not reserve now and give yourself a little Serenity! Need information on Retreat Call Jaclyn 817-292-2010 Cell 817-996-8711.

Good BB Reading

Serenity, 14, 68, 84, 246,

249, 290, 310, 351, 382,

551, 560

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.

TriCounty Intergroup Board and Committee Positions

Current	Appointed or Elected	Term of Office	Abstinence Required	Brief Description	Current Member
			Board Positio	ons	
Chairperson	Elected / January	1 Year	6 Months	Preside over meetings, set agendas and oversee the "management" of Intergroup. Co-sign on bank account.	Terri Beth
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.	Jaclyn
Secretary	Elected / January	1 Year	6 Months	Record and report minutes, keep past minutes. Maintain list of Board Members and contact information.	Gwenne (
Treasurer	Elected / January	1 Year	6 Months	Maintain bank account, submits monthly financial statement, oversee mailbox and mail distributions.	Joy S.
	•	S	ub-Committee P	ositions	
Telephone	Elected / January	As Needed		Maintain telephone contact service for TCI, answering calls for info about OA and referring callers to fellow OAers for assistance.	Margaret
Retreat	Elected / January	1 Year		Organize the annual retreat with the assistance of a committee.	Jaclyn
DMI Liaison	Elected / January	1 Year		Attend monthly DMI IG meetings to exchange newsletter and other information.	Shannon
Workshops	Elected / January	1 Year		Plan and hold OA workshops for the local area.	Linda, Rachel
WSO Delegates	Elected / January	2 Years	1 Year	Attend World Services conferences and report activities of these bodies.	Lucy, Gwenne
Region 3 Delegates	Elected / January	2 Years	1 Year	Attend Region III conferences and report activities of these bodies.	Terry. Jaclyn
Public Relations	Elected / January	1 Year		Handle requests for information about OA and distribute information through health fairs, newspapers, and other public means of communication.	Jaclyn
Web Master	Elected / January	As Needed		Maintain TCI's webpage.	Betsy
Newsletter	Elected / January	1 Year		Compile and distribute monthly TCI Newsletter - Looking Up.	Bill
Intergroup Representative	Appointed by their home meeting/ on their time table	Determined by home meeting	Determined by home meeting	Represent home meeting at TCI and act as a liaison between Intergroup and the home meeting, providing communications between the two bodies.	Maybe YOU?

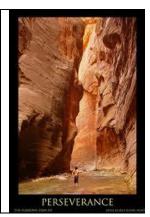
We would love to see some new faces and hear some new voices in the Tri-County Intergroup (TCI). Nominations occur in November with elections following in December. Come to a meeting and find out what we do. Visiting an Intergroup meeting does not mean you are committing yourself; in fact there is a requirement that you attend 3 Intergroup meetings before you can take a position.

As they say, "to keep what you have, you have to give it away" and service to TCI is one way to do just that. Tri-County Intergroup usually meets at 10:30am on the first Saturday of the month (check the Calendar on the TCI website (http://www.oa-tricounty.org/) at Trinity United Methodist Church, 3216 West Park Row Drive, Arlington, TX 76013 in "Wesley House".

In Gratitude for continuing Support

We have gratefully received donations from the following groups: South Hills; Primary Purpose

<u>Step 10</u> Continued to take personal inventory and when we were wrong promptly admitted it.



Sifted Sands

Gently sifted before my eyes. Through fingers tender and strong I see my life

Tears that bound the darkness dry Exposing that which was always true I feel the pain Each grain held to the light With all its power gently brushed away I set it down

> That which I hold now Sifted sands removed I know to be love.

Bill J



- Tools for Abstinence
- Don't take yourself so seriously- take the disease seriously!
- Know that whatever it is that's causing pain it shall pass.
- Don't fall back into the diet mentality stick to your food plan.
- Don't give away more than you can afford to; your abstinence comes first and must be the number 1 priority. Protect it at all costs.
- Take down those bricks from the wall around you; you'll be able to see the daylight better. Let people know who you are.
- Get a home group and attend it regularly.
- Know that the light at the end of the tunnel is not an oncoming train, but actually a ray of hope. Drop the negativity.
- \bigstar Know that you are not alone, that's why the "We" is in the steps.
- Be willing to go to any lengths to stay and be abstinent.
- Know that no matter how bleak and dark your past may be, your future is clean, bright and clear if you don't binge today.
- Stay out of your own way.

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 - OCTOBER 2012

Day & Time		Tri-County Intergroup OVEREATERS ANONYMO City-Group Name - Address	Subject	Contact	Contact Phone
		Waco - DePaul Center New	4	Contact	
MONDAY 6:00 PM		301 Londonderry, Waco	Big Book Study		254-260-1258
MONDAY 7:00 PM		Arlington - Trinity United Methodist Church, Wesley			
	House	Abstinence	Billie	817-460-3083	
		3216 West Park Row Drive, Arlington, TX 76013			
MONDAY 7:30 PM		Fort Worth - South Hills Christian Church	The second		817-370-7207
	7:30 PM		Literature: Step / Tradition of the Month	Hanny	
		3200 Bilglade Road, Fort Worth, TX 76133	I radition of the Month		
TUESDAY	Noon	Fort Worth - South Hills Christian Church	OA 12X12 writing /	Hanny	817-370-7207
I OESDA I NOON		3200 Bilglade Road, Fort Worth, TX 76133	AA Big Book	Happy	817-570-7207
TUESDAY	6:00 PM	Stephenville - Cross Timbers - First Presbyterian		Pat	254-485-0921
		Church	Literature / Topic		
		1302 N Harbin Drive, Stephenville, TX 76401			
TUESDAY 7:00		Richland Hills - United Methodist Church		Rachel	817-595-3044
	7:00 PM	7301 Glenview Drive, North Richland Hills 76180 Room	Big Book Study		
		#110 New			
WEDNESDAY	6:00 PM	Waco - DePaul Center Meeting	Big Book Study	Anna Kay	254-498-6898
		301 Londonderry, Waco			
WEDNESDAY 10:00	10.00 434	OA Step & Tradition - Arlington Steak House (west	OAT hereters	C	602 420 7000
	10:00 AM	dining room)	OA Literature	Gwenne G	682-429-7990
		1724 West Division St., Arlington, TX 76012-3717 Tarrant County - Men's Group			
WEDNESDAY	7:00 PM	3401 Scenic Hills Drive Bedford. Texas 76021	Men's Meeting	Keith	817-692-1641
		Arlington - Trinity United Methodist Church, Wesley		Billie	817-460-3083
WEDNESDAY	7:45 PM	House	HOW Closed meeting		
WEDNESDA1 /	7.12 1 101	3216 West Park Row Drive, Arlington, TX 76013	no w closed lifeeding		
THURSDAY		Fort Worth - Bethel HOW - Bethel Methodist Church			
		(corner of Southwest Blvd. & Vickery)		Patrice	817-692-7180
		RING DOORBELL ON DOOR TO THE RIGHT OF THE	HOW		
		SANCTUARY 5000 Southwest Blvd. Fort Worth, TX 76116			
THURSDAY 7		Fort Worth - South Hills Christian Church	Voices of Recovery /	Happy	817-370-7207
	7:30 PM	3200 Bilglade Road, Fort Worth, TX 76133	OA 12X12		
SATURDAY 9:	0.00 434	Fort Worth - South Hills Christian Church	OA 11 1	Happy	817-370-7207
	9:00 AM	3200 Bilglade Road, Fort Worth, TX 76133	OA Workbook		
SATURDAY N		Arlington - Trinity United Methodist Church, Wesley		Billie	817-460-3083
	Noon	House	Literature		
		3216 West Park Row Drive, Arlington, TX 76013			
		Daily Reprieve, Euless - United Memorial Christian		Margie M.	972-310-3636
SATURDAY	Noon	Church	Step Study / Big Book	Pat M.	817-864-9888
		1401 N. Main Street, Euless, TX 76039		1 6(1)1.	517 001-2000
SUNDAY	4.30 PM 1	Fort Worth - South Hills Christian Church	Writing, Steps and	Chrystyna	214-202-6993
		3200 Bilglade Road, Fort Worth, TX 76133	Literature		
Tri-County Inter	group meet	s at 10:30 am the first Saturday of every month, Trinity Us	nited Methodist Church	3216 West 1	Park Row Drive
	0	Arlington, TX 76013 in "Wesley Hot			,