

# Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - OCTOBER 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.

## *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 we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity.

BB p6

## *Good BB Reading*

Serenity, 14, 68, 84, 246,  
249, 290, 310, 351, 382,  
449, 451, 452, 461, 544,  
551, 560

## 2012 TRI-COUNTY INTERGROUP BOARD

Chairperson: Terri Beth  
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.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.*



**Don't Miss Out!**  
**Make sure you reserve your seat at the retreat..**  
**OK – you already know that we will keep a seat warm for 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.**

# Looking UP

## TriCounty Intergroup Board and Committee Positions

Current	Appointed or Elected	Term of Office	Abstinence Required	Brief Description	Current Member
<b>Board Positions</b>					
Chairperson	Elected / January	1 Year	6 Months	Preside over meetings, set agendas and oversee the "management" of Intergroup. Co-sign on bank account.	Teri 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 G.
Treasurer	Elected / January	1 Year	6 Months	Maintain bank account, submits monthly financial statement, oversee mailbox and mail distributions.	Joy S.
<b>Sub-Committee Positions</b>					
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.	<b>Maybe YOU?</b>

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".

# Looking UP

## In Gratitude for continuing Support

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

### Step 10

*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.
- ❖ 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>*



# Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - OCTOBER 2012

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 - Cross Timbers</b> - 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 - Men's Group</b> 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 - Bethel HOW</b> - 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