

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - NOVEMBER 2012

TCI Annual Retreat

May your time be filled with peace and serenity as all Tri-County members keep you in our collective prayers...

Special Journey - Special Gift

Each Step taken

Guided by gentle hands ordained

Sows the abstinent seed

Of miracles obtained

Each Season passes

Its course known from birth

Twelve special months

Reflecting God's good earth

On this special day

The pain has been stilled

Your journey has been touched

God's year fulfilled

Know this truth

For all to see

Twelve Steps fulfilled

Your spirit rises free

Bill J

2012 TRI-COUNTY INTERGROUP BOARD

Chairperson: Terri Beth
Vice-Chair: Jaclyn
Treasurer: Joy S.
Secretary: Gwenne G.
DMI Liaison: (open)
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Margaret
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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

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.*

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Tri-County Intergroup Workshop

Spiritual Gifts: Present (Presence)

Time: 12:30 sign in
1:00 - 4:00 Workshop
Date: Saturday, December 1st
South Hills Christian Church
Place: 3200 Bilglade Rd.
Fort Worth, TX 76133



Cost: Suggested \$5.00 for one, \$8.00 for two
Activity: Clothing swap/exchange

Please note The Intergroup Meeting for December 1st will be held at South Hills at 10:30 am...prior to the workshop

Tri-County Intergroup Mission Statement

The primary purpose of Tri-County Intergroup is to aid those with the problem of compulsive eating through the Twelve Steps of Overeaters Anonymous, and to serve and represent the OA groups from which the Intergroup is formed.

Please call Linda @ 817-287-8750 for information



Congratulations to our Winners!

For providing their experience, strength and hope for all of us to share in our Newsletter these two wonderful O.Aers have won a 1 year subscription to Lifeline!

Betsy H

An Unrequited Love Affair

June 2012



Diane B

In grateful humility I am writing something from my heart.

July 2012

Betsy and Diane. Please contact newsletter@oa-tricounty.org so that we can set up your subscription - And congratulations once again!

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In Gratitude for continuing Support

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

Spiritual Awakening



Step 11

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will and the power to carry that out.

The Day Awakens

*The day awakens
All the possibilities come alive
Softly now -
Almost a whisper
You fill the center of my heart.*

*Time begins -
Life reshapes its reality.
You are there
And I fit Your shape.*

*The voice cries out,
And the wilderness speaks
The day is now real -
This is the day of the Lord.*

Bill J.



Tools for Abstinence

- ❖ Disobey the disease.
- ❖ I got into resentment when I put myself in the center of the Universe. I don't have to be wronged to develop resentment.
- ❖ Behind my anger is always fear.
- ❖ I cannot eat like other people. As long as I remember that, I am free.
- ❖ I check my motives before opening my mouth.
- ❖ I am either actively overeating or in a spiritual awakening. A diet is just a dry drunk.
- ❖ It is a miracle that I am still here. That my body and mind have withstood this illness is a miracle.
- ❖ Don't be in a hurry--remember "TIME = Things I Must Earn".
- ❖ Watch the EGO. "EGO = Ease God Out".
- ❖ Protect your abstinence at all costs. Keep the light on you.

***These are not in order or comprehensive.
They are but suggestions and items to put in your own OA tool-bag.
From Joy S.***

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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 - DePaul Center 301 Londonderry, Waco	Big Book Study		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	OA 12X12 writing / AA Big Book	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	6:00 PM	Waco - DePaul Center 301 Londonderry, Waco	Big Book Study	Anna Kay	254-498-6898
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) 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	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Voices of Recovery / OA 12X12	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 10/20/12