

# Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - JANUARY 2017

## *Recovery Means Freedom*

*Each month a member will provide the experience, strength and hope of their journey so far in OA. From newcomer to friends with years of abstinence, the miracle of this program continues to work if we work it!*



*This month sponsored by  
South Hills Saturday*

## *Notes from the Retreat*

The precious, dedicated “service before, between and beyond” committee gave us a nurturing joy and fulfillment November 4-6 in Glen Rose. From a sound system that let me hear just what I needed, to a speaker whose honesty, challenge and heart-and-soul touching message moved me; I left with a deeper gratitude for our spiritually inspired “Big Book.”

Before OA, my food addiction kept me in the darkness of my secret, hiding me from the love of family and friends, hopeless, only a shadow of the life my HP had created. Even in program I was cheating, hiding, bingeing, abstaining, sponsoring with chocolate-chip cookie-breath, giving service like picking this Glenlake Camp along with my committee, only one of whom is still living (no longer in program and very obese), ever so many years ago.

The retreat serves as a memorial dedicated to Billie S who treasured our beloved fellowship and was Tri-County treasurer and a delegate for as many years as her health would allow. She was a staunch encourager and dear friend and as I served as Retreat Leader for several years, I could count on her support. I would call her because only a few had signed up for the retreat and I needed reassurance. Her constant message was that I shouldn’t worry, it will be OK. We would have the minimum there and the retreat would be wonderful and keep their abstinence safe.

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## 2017 TRI-COUNTY INTERGROUP BOARD

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Region 3 Rep:	(open).

Tri-County Intergroup  
Group # 09163  
P.O. Box 331703  
Fort Worth, TX 76163

Monthly Intergroup minutes are  
available at  
[www.oa-tricounty.org](http://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.*

Contact the editor:  
[newsletter@oa-tricounty.org](mailto:newsletter@oa-tricounty.org)

# Looking UP

## Notes continued

This year's 52 in attendance is a grand assurance that we want to be happy, joyous and free. Be sure to read the Big Book, (4th Ed.), pg 152, "Yes there is a substitute..." to "Love thy neighbor as thyself." Read page 160, paragraph 2, "He succumbed..." to page 161, paragraph 1, "They had visioned..." We absolutely insist on enjoying life. Read page 161, paragraph 2, "No one is too discredited..." through page 164, "May God bless you and keep you..." The joy in the Big Book found in these suggested pages is beautiful. You who retreated might want to send a "thank you" to Amanda Garza, Glenlake Camp & Retreat Center, 1102 NE Barnard St, Glen Rose, TX 76043.

*With deepest gratitude,*

*Nancy E*

*(entry: 6-19-1974 and never left!)*

## *In Gratitude for Continuing Support*

South Hills, Euless Daily Reprieve  
and Arlington Wednesday

## *Freedom from the obsession with food*

## *Freedom*

*For many of us, freedom came when  
we took Step Three and turned the  
entire problem over to our Higher  
Power. - OA 12&12, p. 20.*

*This freedom continues to grow with  
each step.*

## *Four Cornerstones Guarding My Serenity*

Serenity does not come naturally for me—it's not supposed too.  
It's not mine. Why? Because of three words: God Grant Me.

Serenity is God's to give. I don't take it. Nor do I earn it as a  
prize for reciting a prayer.  
It's an honor, a favor and privilege.

For me, serenity is sacred and worth guarding.

I attended my first Silent Retreat this year. It's amazing the  
**change** sacred silence brings.  
God granted serenity. (How good it feels!) He also granted  
change. (Oh, the pain!)

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# Looking UP

## *Four Cornerstones continued*

I've struggled with finding my serenity since I returned home.

God's revealing my heart-my motives, weakness and selfishness. Deep change is occurring and it's hard. I'm grieving because of what *I perceive I'm losing*. Facing old feelings of insecurity is overwhelm and incompetence is exhausting.

*My serenity feels hidden and vulnerable. Unguarded. Unprotected.*

The Serenity Prayer holds *four cornerstones-four words*-helping me strengthen my guard.

- 1. Grant**—to agree or give, to permit as a right, privilege (something asked or hoped for)
- 2. Serenity**—calm composure, the absence of mental stress and anxiety, tranquility and repose
- 3. Change**—transform, to become different, amend, breaking away from sameness
- 4. Wisdom**—the quality of having experience, knowledge and good judgment

**\*\*Surprisingly, serenity is a title given to Honor some royal lines. (His/Your Serenity)**

Meditating on the application of the four cornerstones causes me to ask hard questions.

1. How much “self-effort” do I waste trying to “get” serenity?
2. Am I expecting serenity as a “right” or taking it for granted?
3. \*\*If serenity is given as a title for honor, am I wearing my serenity with honor?
4. \*\*Am I honoring the God who permits/gives me serenity as a privilege?

*I received a rich insight in writing this article. **God guards my serenity!***

My serenity is not guarded by all my self-effort. It's exhausting.

*I ask for serenity with faith. God gives it to me as a privilege.*

*I honor God when I guard my serenity as each change occurs in my life.*

Serenity is more than a word. It's a prayer, a place and a presence.



*South Hills Saturday  
Sharon B.*

# Looking UP

Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS					
Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	7:30 PM	Fort Worth - South Hills Christian Church	Literature: Step / Tradition of the Month	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
TUESDAY	Noon	Fort Worth - South Hills Christian Church	OA 12X12 writing / AA Big Book	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
TUESDAY	7:00 PM	Richland Hills - City Point United Methodist Church	Literature meeting	Rachel R.	817-595-3044
		7301 Glenview Drive, North Richland Hills 76180 Room #104			
TUESDAY	7:00 PM	Arlington - City on a Hill	Speakers, Step Studies, Literature	Sherri G.	817-461-4053
		City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120			
WEDNESDAY	7:00 PM	Eules - United Memorial Christian Church		Cindy	817-455-5125
		1401 N. Main Street, Eules, TX 76039			
THURSDAY	6:45 PM	Fort Worth - Bethel HOW - Bethel Methodist Church (corner of Southwest Blvd. & Vickery)	HOW	Patrice	817-692-7180
		RING DOORBELL ON DOOR TO THE RIGHT OF THE SANCTUARY 5000 Southwest Blvd. Fort Worth, TX 76116			
THURSDAY	7:00 PM	Arlington - City on a Hill Church	HOW	Lisa	682-438-9160
		City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120			
THURSDAY	7:30 PM	Fort Worth - South Hills Christian Church	OA & AA Literature	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
FRIDAY	11:00 AM	Saginaw Overeaters Anonymous Meeting	Open	Rita R.	817-353-5829
		Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179			
SATURDAY	9:00 AM	Fort Worth - South Hills Christian Church	Big Book Study with writing	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
SATURDAY	10:30 AM	Fort Worth - South Hills Christian Church	Men's focus, all welcome - Topic/discussion	Dan	925-577-8636
		3200 Bilglade Road, Fort Worth, TX 76133			
SATURDAY	Noon	Arlington - City on a Hill	Literature	Blythe	817-300-4329
		City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120			
SATURDAY	Noon	Daily Reprieve, Eules - United Memorial Christian Church	Step Study / Big Book	Margie	972-310-3636
		1401 N. Main Street, Eules, TX 76039			
SUNDAY	4:30 PM	Fort Worth - South Hills Christian Church	Writing, Steps and Literature	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			

Tri-County Intergroup meets at 10:30am the first Saturday of every month. The meeting will alternate between New World United Methodist Church, 2201 N Davis Dr, Arlington 76012 at 10:30 am in Room 28, and South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133

**2017's Intergroup meetings will be held as follows:** Arlington 1/7, 3/4, 5/6, 9/9 (workshop) 7/1 and 1/6/18; Fort Worth 2/1, 4/1 (workshop), 6/3, 8/5, 10/7, 12/2; 11/4 At our Annual Retreat

last change 12/9/16