

# Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - JUNE 2014

## *Celebration of the Newcomer*

*A yearlong celebration of the newcomer to our meetings through the words of our member groups. As we walk this miracle program, let's share our experience, strength, and hope. Let's share our personal newcomer experience and how we can continue to reach out and help others find abstinence.*



*This month  
sponsored by  
South Hills Group*

## *A Pathway to Miracles*

As a newcomer, my sponsor encouraged me to have constant contact with my HP. Learning to pray was new for me; at least the learning to pray for God's will. I believe it is God's will for me to be abstinent so I can be happy, joyous and free.

I learned this because food and meals are something I cannot control by my unaided willpower. I must pray at mealtimes for God's will. I must pray before and during my meal when I get afraid the food is not enough, and ask that I be satisfied. I must pray at the end of my meal to thank Him for His help.

In the mornings I pray for God's guidance to find order and balance in my thoughts and actions. I look at the good and the bad of the day and write a gratitude list at night, along with the things I see need change.

*Continued on Page 3*

*Are you on the email list for receiving your newsletter?*

*Contact us at [newsletter@oa-tricounty.org](mailto:newsletter@oa-tricounty.org)*

## **2013 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.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

## Sayings - Step by Step

Sayings fill the minds of newcomers with a different way to look at the world. These short and succinct truths have helped many find the essence of the program and maintain their abstinence. Do you have a saying that just might bring abstinence to a newcomer for one more day...

### Steps 1, 2, 3:

- ❖ Humiliation is there; humility is lacking.
- ❖ No matter where I am right now - I am perfect.
- ❖ Live program in all my affairs.
- ❖ Don't pass up the opportunity to do something nice for someone.
- ❖ Abstinence is freedom from dieting.

### Steps 4, 5, 6:

- ❖ No one is going to do a perfect inventory.
- ❖ It is an honor to take someone's 5th step. It comes from a hurt person not a bad person.
- ❖ We did the best we could with the knowledge we had.
- ❖ I will never know who I was, only what I wanted others to know or what I did.
- ❖ If I didn't get my way yesterday...I feel resentment.  
If I don't get my way today...I feel anger.  
If I don't get my way tomorrow...I feel fear.  
(What's in common? Getting my own way!)
- ❖ Resentment is re-feeling.
- ❖ Don't let me see me as I see me...I'm not that bad.  
Don't let me see me as others see me...I'm not that good.  
Please let me see me as You see me...because that's what I really am.
- ❖ We are not bad people trying to get good. We are sick people trying to get well.
- ❖ Before OA my two favorite exercises were jumping to conclusions and climbing the walls!

### Steps 7, 8, 9:

- ❖ Making amends might be different than what I went in with.
- ❖ I must make amends to myself because I don't know if I have another recovery in me.

### Steps 10, 11, 12:

- ❖ Carry the message- not the mess!

<b>9 TOOLS OF RECOVERY</b> <i>Saturday, June 7th 2014</i>	
	<u>Location</u> South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133
	Registration begins at 12:30 Workshop runs from 1:00 until 4:00
<i>Anyone interested in volunteering to help with the workshop, either as a speaker or to help set-up and/or take down should call Carolyn D. at 817/924-2328.</i>	
	Suggested donation \$5 per person

*Excerpt from the compilation of Region III  
Workshop sayings from March 1, 2014*

# Looking UP

## TCI Annual Retreat

### Third Step prayer

God, I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always.



*Big Book, page 63*

***Make sure you reserve a spot at the retreat!***

TCI Annual Retreat  
October 31<sup>st</sup> - November 2<sup>nd</sup>

Led by a male OA member  
from Scottsdale AZ  
with 35 years in the program



*Let your abstinence come  
alive with us!*

Weekend Price \$110. 00  
Saturday only Price \$55.00  
For information call  
Kathy C at 817-307-2331 or  
Mary Lou at 817-287-9440

### Pathway...Continued from Page 1

I need to plan my abstinence and my food, just like I plan my daily activities. I believe that God wants to be involved in my whole life and is willing to help me with everything. My part is I must be willing to pray and invite God in. I have found God will help me if I will take the action. It may mean getting out of my way and calling my sponsor or another member of OA. It might mean being willing to see my part in a disagreement and make immediate amends.

I trust that nothing bad will come from asking God for help. What have I got to lose but my self-will which has proven to be a place for trouble?

## Trust - Ask - Receive Miracles!

*Anonymous  
South Hills Group*

### In Gratitude for Continuing Support

***Daily Reprieve, Eulless  
South Hills, Fort Worth***

#### Tradition 6

*An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.*



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Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS					
Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
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 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	Noon	Bedford - OA Power Hour 3401 Scenic Hills Drive Bedford, Texas 76021	12 Step Practice	Keith	817-692-1641
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	1:30 PM	OA Step & Tradition - New World United Methodist Church, Room 28, 2201 N. Davis Dr., Arlington	OA Literature	Gwenne G	682-429-7990
WEDNESDAY	7:00 PM	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	HOW <i>Closed Meeting</i>	Lisa	682-438-9160
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	Pat M.	817-864-9888
SUNDAY	4:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Writing, Steps and Literature	Happy	817-370-7207

**CLOSED MEETINGS - Meeting marked "Closed Meeting" are for any OA Member.**

Tri-County Intergroup meets at 10:30am the first Saturday of every month. The meeting will alternate between Wesley House, 3321 West Park Row Dr., Arlington, Texas 76013 and South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133

*2014's Intergroup meetings will be held as follows:*

February 8th – Fort Worth; March 8th -Arlington; April 5th - Fort Worth; May 3rd - Arlington; June 7th - Fort Worth; July 12th Arlington; August 2nd - Fort Worth; September 6th - Arlington; October 4th - Fort Worth; November ? (might hold it with the retreat); and, December 6th - Fort Worth.

last change 5/02/2014