

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER NOVEMBER 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*

Together We Can

I always have to applaud newcomers because, for me, coming into my first OA meeting was one of the scariest experiences of my life. I was fifteen years old when I started coming to meetings and had a monstrous fear of being judged or laughed at. I could already hear what other members would say about me: "You're too young! What could you possibly contribute to our group?" I used to be (and still can be) very critical of myself and only wanted nothing short of perfection, and I assumed the members of OA would be too. However when the stress of maintaining perfection reached a critical peak, food was what I used to cope.

A close relative (an OA member) suggested OA to me, and I dismissed it almost immediately. Instead, I justified why OA would not be the place for me and was convinced that the program would not work. Truly, I did not want to go to meetings with my relative because then all my faults would be known. So, I declined the invitation and kept my mask on for a bit longer.

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*First homework assignment
of the new school year....*

*Add me to the Newsletter
mailing list!*

newsletter@oa-tricounty.org

*Get your monthly
newsletter electronically
every month in full color
and ready to enjoy. We
would love to share the
good news of abstinence
with you!*

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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**

**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

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I finally reached the bottom of despair. I was done being miserable and would go to any lengths to be happy, even if it meant going to a meeting with my relative. I swallowed my pride on one Wednesday evening in May and went to my first meeting. For one of the first times in my life, I was able to be open and honest about my food addiction and to listen-- actually listen and not just hear-- to the experience, strength, and hope of the other members. At my first meeting I saw the hope that I never could have found in a Weight Watchers meeting. I left that night four years ago feeling like I just bought a new pair of shoes and have been coming back to meetings ever since.

Part of OA's magic is our tradition of togetherness. I realized at my first meeting that I was not alone. Other members of OA have been through the same struggles and emotions that I had experienced. What's more is that I do not have to fight my illness alone. God gave me this disease, but He also gave me my friends in OA to help me recover. Without the support of OA, I might have never been able to grasp true serenity and a reprieve from the food obsession. Even if I fall, my OA family gladly gives me a hand so I can stand on my own two feet again, instead of judging or condemning me.

Today, I can greet newcomers with hope. I have been in their shoes and know that it is not easy to come to a first meeting, but I can give them the love and acceptance that was given to me when I was a newcomer. Recovery has been an arduous journey, one that was impossible for me to do alone. With a little help from my OA friends, together we can make it!

Madelyn E.

South Hills Voices of Recovery / OA 12X12

In Gratitude for Continuing Support

*Arlington 12&12 - Richland Hills Group
South Hills Group*

Tradition 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.



Looking UP

Let's Invite Recovery Back to the Meeting

There is someone I see far too often at OA meetings these days. I used to see him a lot 35 years ago. At every meeting I attended, he was there....helping, saving, healing, etc. Little by little, at too many meetings, he became far too scarce. His name is 'RECOVERY'.

He's a gentleman. He didn't like going where he wasn't wanted. Too many people wanted to talk about trivial things. He started feeling ignored. Food plans, daily troubles, job challenges and personalities took center stage. Many meetings dwindled. They missed him but not enough to invite him back. He made meetings strong. Without him, so many meetings disappeared. Let's invite him back! Let's close the door to 'dieting with group support'. Let's open the door and ask Recovery to come back to our rooms.

All we need do is open our Big Books and He will be there. Let's bring our message of the Big Book to the Newcomer who is still suffering, and He will be there. Meetings will grow and people will be healed. Recovery will take place and restore us from our illness. I hope to see him soon. Without him, I will eat and die.

*Harlan G.
Scottsdale, Arizona*

<i>Big Book Comes Alive in OA</i> October 31 st - November 2 nd Glen Lake Camp at Glen Rose Sponsored by Tri-County OA Intergroup	
<i>Friday</i>	<i>Saturday</i>
Check-in at 5:00 PM Friday at JONES LODGE with opening session at 7 PM Friday  7:00 - 9:00 PM Friday Speaker (35 years of experience, strength and hope)  9:00 Intergroup Board Nominations  11:00 PM Silence	 6:45 AM - 7:30 AM Saturday Guided Mediation  7:45 AM - 8:15 AM Saturday Breakfast  8:30 AM - 11:30 AM Saturday Workshop  12 noon - 12:30 PM Saturday Lunch  12:30 PM - 2:30 PM Saturday Long break  2:30 PM - 4:30 PM Saturday Workshop  Break 4:30 PM Dinner 5:00 - 5:30 PM Break till 6:00 PM Saturday  6:00 - 7:30 PM Saturday Workshop  7:30 - 8:30 PM Saturday Choice of activities Bonfire with mixer activity & inventory writing or burning  8:30 PM - 9:30 PM OA meeting  9:30 PM - 11:00 PM free time bring games to play  11:00 PM Silence
<i>Sunday</i>	
 6:45 AM - 7:30 AM Guided Mediation  7:45 AM - 8:15 AM Breakfast  8:30 AM - 10:30 AM OA Workshop, sharing and evaluation  10:30 AM - 11:30 AM Clean up. Pack up. Check Out	<div> Special Saturday only tickets include Lunch and Dinner </div>

Looking UP

Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS					
Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	7:00 PM	Arlington - Wesley House	Speakers, Step Studies, Literature	Mary Lou B.	817-287-9940
		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	12 Step Practice	Keith	817-692-1641
		Real Time Phone Meeting: 712-432-5200, Access Code 956915#			
TUESDAY	6:00 PM	Stephenville - Cross Timbers - First Presbyterian Church	Literature / Topic	Pat	254-485-0921
		1302 N Harbin Drive, Stephenville, TX 76401			
TUESDAY	7:00 PM	Richland Hills - United Methodist Church	Big Book Study	Rachel	817-595-3044
		7301 Glenview Drive, North Richland Hills 76180 Room #110			
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 - Wesley House	HOW <i>Closed Meeting</i>	Lisa	682-438-9160
		3216 West Park Row Drive, Arlington, TX 76013			
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	7:30 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	Big Book Study with writing	Happy	817-370-7207
SATURDAY	Noon	Arlington - Wesley House 3216 West Park Row Drive, Arlington, TX 76013	Literature	Blythe	(817) 300-4329
SATURDAY	Noon	Daily Reprieve, Euless - United Memorial Christian Church	Step Study / Big Book	Pat M.	817-864-9888
		1401 N. Main Street, Euless, TX 76039			
SUNDAY	3:00pm	Willow Park, St. Francis Episcopal Church (in education annex)	Big Book 12-Step Recovery Meeting	Katherine L.	(817) 917-6617
		117 Ranch House Road, Willow Park, TX 76087-7688			
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 9/27/2014