

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - OCTOBER 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*

Dear Abby Parody

Lyrics by Nan B.

Dear Sponsor, Dear Sponsor, I'm out of control,

I eat way too much and my life's full of woe.

I'm so full of shame that I wish I were dead.

But a fellow 12-Stepper said to call you instead.

Signed. Newcomer

Newcomer, Newcomer, you have a disease

Just come to a meeting and listen up please.

Just take the First Step and keep coming back

With time you'll get better and that is a fact.

Continued on Page 2

*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!*

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.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.*

Contact the editor:
newsletter@oa-tricounty.org

Looking UP

... *Continued*

Dear Sponsor, Dear Sponsor. I don't believe in God.
Religion is crazy, hypocritical, and odd.
All the God talk at meetings makes me quite insane.
I'd share that with the group but I'm way too ashamed.
Signed, Agnostic

Agnostic. Agnostic, you have a disease
Just come to a meeting and listen up please.
Just take the Second Step and keep coming back
With time you'll get better and that is a fact.

Note - As I drove home from a meeting listening to the radio. I heard that the woman who started the Dear Abbey column had passed away. John Prine's song came to mind and inspired this parody.

(Sing to the tune of John Prine's Dear Abby.)

Dear Sponsor. Dear Sponsor. I don't understand
What it means to turn it over or put my life in God's hands.
You told me to try it, that it would be grand.
I tried it last week, but it messed up my plans.
Signed. Controller

Controller, Controller, you have a disease
Just come to a meeting and listen up please.
Just take the Third Step and keep coming back
With time you'll get better and that is a fact.

Signed. Your Sponsor

In Gratitude for Continuing Support

Bethel HOW, South Hills, Richland Hills

Tradition 10

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.



Clarity

Looking UP

TCI Annual Retreat

Acceptance

And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes

Big Book, Page 417

Make sure you reserve a spot at the retreat!

TCI Annual Retreat
October 31st - November 2nd
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 Cat at 817-307-2331 or
Mary Lou at 817-287-9440

Humility

The Spiritual Principle

The spiritual principle that I want to be relying on today, in order to set aside pride and fear, is humility. I need humility to set aside pride and fear, because it really makes me trust in God. To believe that God will keep me safe as I admit the defects and allow Him to remove them.

Thinking about this, I also see that I need to practice willingness. Without willingness, I will scoff at the idea of letting go of my pride and fear.

My fear tells me I need pride to be safe. My pride shuts out others to protect me from criticism, judgment and rejection. With pride, I can act like I don't care. With self-righteous anger, I can turn the criticism onto you. I do not know what will happen if I admit my faults. It feels like I am risking my desire for love and blessings.

With humility, I must pray that you see me as I truly am, without facades. That you will see I can be of service to you. Then I must become willing to let God guide my actions, giving me peace to handle each situation with grace.

**Don't let the upcoming holidays
steal your abstinence
Saturday, October 4th 2014**



Location

South Hills Christian Church
3200 Bilglade Road
Fort Worth, TX 76133

**Registration begins at 12:30
Workshop runs from
1:00 until 4:00**

*Anonymous -South Hills Church
Tuesday OA 12X12 writing / AA Big Book*

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 3216 West Park Row Drive, Arlington, TX 76013	Speakers, Step Studies, Literature	Mary Lou B.	817-287-9940
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 Real Time Phone Meeting: 712-432-5200, Access Code 956915#	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 - 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	Big Book Study with writing	Happy	817-370-7207
SATURDAY	Noon	Arlington - Wesley House 3216 West Park Row Drive, Arlington, TX 76013	Literature	Mary Lou B.	817-287-9940
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	3:00pm	Willow Park , St. Francis Episcopal Church (in education annex) 117 Ranch House Road, Willow Park, TX 76087-7688	Big Book 12-Step Recovery Meeting	Katherine L.	(817) 917-6617
SUNDAY	4:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Writing, Steps and Literature	Blythe	(817) 300-4329

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 9/5/2014