

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER – DECEMBER 2015

The Joys of OA Community

A yearlong exploration and witnessing of how, together, we can do what seemed impossible to us alone. Of all the joys of the recovery process, having community continually adds to our potential recovery and eases the process of gaining abstinence.



*This month sponsored by
OA Step & Tradition -
Arlington*

The Joy of Community

The "The Joy of Community" in our OA context is both an ongoing experience and the result of a life lived in abstinence toward recovery.

As an ongoing experience, the joy of community is the commitment to participate in the communal structures of Overeaters Anonymous through the local group and the Intergroup. This commitment grows out of the faith and trust that one's Higher Power is somehow channeled through the words and actions of others with whom we share the OA journey. This commitment also takes shape by means of our active participation in the 12 Steps with the support and accountability of others.

This commitment has certain characteristics:

- (1) **the will toward community**, that is, the realization and the decision that I need community to survive and thrive;
- (2) **the sense of community**, that is, the awareness and the thirst for being connected to others;
- (3) **the activity in community**, that is, the willingness to be involved in the workings that make community happen (like attending meetings and offering practical service);
- (4) **the vulnerability within community**, that is, the ability to take the risk to be rigorously honest and candidly open; and
- (5) **the option for community**, that is, in spite of one's tendencies to be a "lone ranger" or to withdraw or isolate oneself, the choice to seek out community for discernment and fulfillment.

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2015 TRI-COUNTY INTERGROUP BOARD

Chairperson: Joy S.
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Region 3 Rep 1: (open)

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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The Joy of Community continued

As a result of this commitment to community, a specific kind of joy settles into the OA member: **peace of mind** or serenity to know that we are on the right path; **contentment with reality** in accepting life on life's terms; the **satisfaction of wisdom** because we've learned to see things from our HP's point of view; the **happiness** of being associated with other sojourners along the path; and the **gratification** of ongoing recovery.

This is what I have come to know as the "joy of community."

Ben F.
OA Step & Tradition - Arlington



Spiritual Principles in the Twelve Concepts

A spiritual principle is associated with each of the Twelve Concepts.

- Concept One: Unity
- Concept Two: Conscience
- Concept Three: Trust
- Concept Four: Equality
- Concept Five: Consideration
- Concept Six: Responsibility
- Concept Seven: Balance
- Concept Eight: Delegation
- Concept Nine: Ability
- Concept Ten: Clarity
- Concept Eleven: Humility
- Concept Twelve:
 - (a) Selflessness
 - (b) Realism
 - (c) Representation
 - (d) Dialogue
 - (e) Compassion
 - (f) Respect

For more information about the Twelve Concepts, read the pamphlet [*The Twelve Concepts of OA Service*](#), available from our online catalog.

In Gratitude for Continuing Support

*South Hills Group, Euless Group
New World UMC Group*

The Concepts of Service
There are spiritual principles for all who serve. See the OA pamphlet on the 12 Concepts if you desire further explanation



Guidelines

Looking UP

OA Steps (1-12) Meditation and Prayers

<http://www.oasv.org/member-support/oa-steps-1-12-meditation-and-prayers>

For 1st thru 8th step prayers see November 2015

Newsletter. If you would like a full copy of these prayers in PDF format, please contact the newsletter editor. newsletter@oa-tricounty.org

Ninth Step Prayer

Higher Power,
I pray for the right attitude to make my amends, being ever mindful not to harm others in the process.
I ask for Your guidance in making indirect amends.
Most important, I will continue to make amends by staying abstinent, helping others & growing in spiritual progress.

Tenth Step Prayer

I pray I may continue:

- ❖ To grow in understanding & effectiveness;
- ❖ To take daily spot check inventories of myself;
- ❖ To correct mistakes when I make them;
- ❖ To take responsibility for my actions;
- ❖ To be ever aware of my negative & self-defeating attitudes & behaviors;
- ❖ To keep my willfulness in check;
- ❖ To always remember I need Your help;
- ❖ To keep love & tolerance of others as my code; &
- ❖ To continue in daily prayer how I can best serve You, My Higher Power.

Eleventh Step Prayer

Higher Power, as I understand You,
I pray to keep my connection with You open & clear from the confusion of daily life.
Through my prayers & meditation I ask especially for
freedom from self-will, rationalization & wishful thinking.
I pray for the guidance of correct thought & positive action.
Your will, Higher Power, not mine, be done.

Twelfth Step Prayer

Dear God,
My spiritual awakening continues to unfold.
The help I have received I shall pass on & give to others,
both in & out of the Fellowship.
For this opportunity I am grateful.
I pray most humbly to continue walking day by day on the road of spiritual progress.
I pray for the inner strength & wisdom to practice
the principles of this way of life in all I do & say.
I need You, my friends & the program every hour of every day.
This is a better way to live.

May the blessings of the season enhance your recovery and bring you great joy in the New Year

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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 - City on a Hill	Speakers, Step Studies, Literature	Mary Lou B.	817-287-9940
		City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120			
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	11:00 AM	Saginaw Overeaters Anonymous Meeting	Open	Rita	817-353-5829
		Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179			
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	7:00 PM	Richland Hills - United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #104	Literature meeting	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	Robbie R.	817-201-5004
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 City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120 - <i>child care is available</i>	HOW	Lisa	682-438-9160
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 - City on a Hill City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	Literature	Blythe	(817) 300-4329
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

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

2015's Intergroup meetings will be held as follows: Dec 5, South Hills; Jan 9, New World

last change 11/14/2015