

# Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - FEBRUARY 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  
South Hills, Voices of  
Recovery / OA 12X12*

## *Community Unity*

Dictionary.com defines the word “community” as a social, religious, occupational, or other group sharing common characteristics or interests and perceived or perceiving itself as distinct in some respect from the larger society within which it exists. This describes the OA community that I know perfectly.

Socially, we share intimate stories of our daily lives at meetings, with our sponsors, and through outreach calls. We share our experience, strength, and hope and our bonds grow stronger. We bring forth issues and concerns we often aren’t willing to outside the OA community. Such is the level of trust that exists among us.

Although not a “religious” group, we do turn to a Higher Power that does for us what we cannot do alone. Likewise, our OA brothers and sisters help empower us to accomplish the seemingly impossible through their loving support. Such is the feeling of empathetic respect reflected in our sharing and interactions with each other.

Working the Steps is our occupation. It unites us with OA groups around the world because we all turn to the same Big Book for our life-saving instructions. We are truly part of a global community. We can travel anywhere and find our extended OA family waiting to welcome us with sincere love and understanding.

*Continued on Page 2*

## 2015 TRI-COUNTY INTERGROUP BOARD

Chairperson:	Joy S.
Vice-Chair:	Terri Beth
Treasurer:	Betsy H.
Secretary:	Charra
DMI Liaison:	(open)
Public Relations:	Jaclyn
Newsletter:	Terri Beth & Joy S.
Telephone:	Mary Lou
Retreat:	Jaclyn & Carolyn D.
Workshop:	Carolyn D.
Web Master:	Ron C.
WSO Delegate 1:	(open)
Region 3 Rep 1:	(open)

Tri-County Intergroup  
Group # 09163  
PO Box 14324  
Arlington, TX 76094

Monthly Intergroup minutes are  
available at  
[www.aa-tricounty.org](http://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@aa-tricounty.org](mailto:newsletter@aa-tricounty.org)

# Looking UP

## *Community Continued...*

We learn through reading our literature and sharing that we possess the characteristics of a true compulsive eater. This causes us to perceive ourselves as distinct from the larger society in which we exist. Such is the unique nature of the OA community and one that we must acknowledge in order to become abstinent.

The dictionary also gives an ecclesiastical definition of the word “community”: a group of men or women leading a common life according to a rule. The rule I see us following is that of working the Steps in order to become and remain abstinent and, therefore, to be of service to our OA community and the community at large. A rule that promises us serenity and happiness.

Newcomers need to see our groups united as a loving community that invites them in with arms wide open. Likewise, members need to see OA united in the Traditions to see the promise of stability of our groups which comprise our community. Without unity we cannot fulfill our primary purpose of carrying the message to the compulsive overeater who still suffers. What a gift we have to offer!

*Joy S.  
South Hills, Voices of  
Recovery / OA 12X12*

## *In Gratitude for Continuing Support*

*Richland Hills, Euless  
and South Hills*



Dallas Metroplex Intergroup  
Overeaters Anonymous  
Presents

**STEP IT UP!**  
2015

Overeaters Anonymous  
Spring 2015 Convention

**FEBRUARY 27 - MARCH 1, 2015**

**Please contact Joy at (940) 435-5865 or  
email [dmiconventionchair@gmail.com](mailto:dmiconventionchair@gmail.com) for  
additional information and a flyer**

## *Twelve Traditions*

<http://www.oa.org/newcomers/twelve-traditions/>

The Twelve Traditions are the means by which OA remains unified in a common cause. These Twelve Traditions are to the groups what the Twelve Steps are to the individual. They are suggested principles to ensure the survival and growth of the many groups that compose Overeaters Anonymous.

Like the [Twelve Steps](#), the Twelve Traditions have their origins in Alcoholics Anonymous. These Traditions describe attitudes which those early members believed were important to group survival.

# Looking UP

## *Service is Vital to Our Own Recovery*

*Here Are 100 Opportunities to fill your heart and secure your abstinence*

*We are still looking to finish this list to 100... Maybe you have a service idea we can include in our list... Still need 20 or so good ideas!*

<i>Your focus:</i>	<i>Service you can perform</i>
Welcome Newcomers	4. Call newcomers, share your story, your experience/strength/hope; help answer their questions, plan to call ___ number of newcomers per day or week.
Welcome Newcomers	5. Serve as a meeting contact person on the "Where and When" list of local meetings.
Welcome Newcomers	6. Offer to lead newcomer welcome sessions prior to or following the regular meeting.
Welcome Newcomers	7. Help intergroup respond to inquiries made to the Answering Service.
Welcome Newcomers	8. Help intergroup respond to inquiries made on the website.
Welcome Newcomers	9. Help intergroup conduct special newcomers meetings.

## *The Twelve Traditions of Overeaters Anonymous*

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.
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.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
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.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

*Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc. For an in-depth study of the Twelve Traditions, read [The Twelve Steps and Twelve Traditions of Overeaters Anonymous](#) available from our online [literature catalog](#).*

# Looking UP

## Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS

Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	7:00 PM	<b>Arlington</b> - Wesley House	Speakers, Step Studies, Literature	Mary Lou B.	817-287-9940
		3216 West Park Row Drive, Arlington, TX 76013			
MONDAY	7:30 PM	<b>Fort Worth</b> - South Hills Christian Church	Literature: Step / Tradition of the Month	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
TUESDAY	Noon	<b>Fort Worth</b> - South Hills Christian Church	OA 12X12 writing / AA Big Book	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
TUESDAY	Noon	<b>Bedford</b> - OA Power Hour	12 Step Practice	Keith	817-692-1641
		Real Time Phone Meeting: 712-432-5200, Access Code 956915#			
TUESDAY	6:00 PM	<b>Stephenville</b> - <i>Cross Timbers</i> - First Presbyterian Church	Literature / Topic	Pat	254-485-0921
		1302 N Harbin Drive, Stephenville, TX 76401			
TUESDAY	7:00 PM	<b>Richland Hills</b> - United Methodist Church	Big Book Study	Rachel	817-595-3044
		7301 Glenview Drive, North Richland Hills 76180 Room #110			
WEDNESDAY	1:30 PM	<b>OA Step &amp; Tradition</b> - New World United Methodist Church, Room 28,	OA Literature	Gwenne G	682-429-7990
		2201 N. Davis Dr., Arlington			
WEDNESDAY	7:00 PM	<b>Arlington</b> - Wesley House	HOW <i>Closed Meeting</i>	Lisa	682-438-9160
		3216 West Park Row Drive, Arlington, TX 76013			
THURSDAY	6:45 PM	<b>Fort Worth</b> - <i>Bethel HOW</i> - 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	<b>Fort Worth</b> - South Hills Christian Church	Voices of Recovery / OA 12X12	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
SATURDAY	9:00 AM	<b>Fort Worth</b> - South Hills Christian Church	Big Book Study with writing	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
SATURDAY	Noon	<b>Arlington</b> - Wesley House	Literature	Blythe	(817) 300-4329
		3216 West Park Row Drive, Arlington, TX 76013			
SATURDAY	Noon	<b>Daily Reprieve, Euless</b> - United Memorial Christian Church	Step Study / Big Book	Pat M.	817-864-9888
		1401 N. Main Street, Euless, TX 76039			
SUNDAY	3:00pm	<b>Willow Park</b> , 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	<b>Fort Worth</b> - South Hills Christian Church	Writing, Steps and Literature	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			

**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

**2015's Intergroup meetings will be held as follows:** 1/3 Arlington, 2/7 FW, 3/7 Arl, 4/11 FW, 5/2 Arl, 6/6 FW, 7/11 Arl, 8/1 FW, 9/12 Arl, 10/3 FW, 11/7 Retreat, 12/5 FW.

last change 1/5/2015