

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - JULY 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, Literature:
Step / Tradition of the
Month*

Our OA Community

When I get writer's block, often I will pull out a dictionary and read the definition of the word I am pondering to break it down to its simplest components. When I looked up COMMUNITY it was defined as "a social, religious or occupational group, sharing common characteristics and perceiving itself as distinct in some respect from the larger society within which it exists." Our distinct problem, compulsive eating, is the focus of our concern and our meetings bring together people from very disparate backgrounds. Thankfully, in the fellowship's eyes we are all equal even though we come from every social, economic and religious group. In our community we are accepted for what we are. We can take off our masks and let down our defenses because we are among people who understand and care about us.

I, like many of us, am an isolationist. Most of the time I practiced my disease when I was alone, feeling very much apart from the rest of the world. I didn't think that anyone would understand or relate to me. Yet in OA I found that I could be totally honest about myself and still be accepted unconditionally.

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*Make this summer a
Celebration of Abstinence.
Picnic the OA Way!*

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

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

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I was never meant to face this disease in isolation. I was meant to open up so I might learn to truly love others and myself as well. I needed to learn to ask other people for help and let HP speak to me through my OA compadres.



Today I give thanks for OA as HP's healing power comes to me through a caring community of other compulsive eaters. If I listen closely in meetings I hear or say something I need to learn; therefore, I am grateful for this program and its fellowship.

*Anonymous
Richland Hills*

*Don't waste another minute - find your group
and make it your OA Home!*

A People Place

Attributed to William J. Crockett

If this is not a place
Where tears are understood,
Where do I go to cry?

If this is not a place
Where my spirit can wing,
Where do I go to fly?

If this is not a place
Where my question can be asked,
Where do I go to seek?

If this is not a place
Where my feeling can be heard,
Where do I go to speak?

If this is not a place
Where you'll accept me as I am,
Where do I go to be me?

If this is not a place
Where I can try and fail
And learn and grow,
Where can I be... just me?

In Gratitude for Continuing Support

*Richland Hills Group,
South Hills 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*



Balance

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To the Newcomer

If you are feeling scared, you're not alone; we've been there.

If you cannot stop bingeing on food, you're not alone; we've been there.

If you eat because you are angry, lonely, tired or for any reason other than hunger, you're not alone; we've been there.

If you are ashamed of your body size or shape, you're not alone; we've been there.

If you have tried to diet, only to regain the lost weight and then some, you're not alone; we've been there.

If you have tried to control your weight through excessive exercising, you're not alone; we've been there.

If you feel you are not good enough, you're not alone; we've been there.

If you think you are the only person who ever used food the way you do, you're not alone; we've been there.

If you think life would be perfect if only you had a better body, you're not alone; we've been there.

And we're here for you now.
Welcome to **Overeaters Anonymous**.

"New Beginnings"

12th Annual McKinney Care & Share
Silent Retreat - Fall 2015

Sponsored by the McKinney
Care & Share group of
Overeaters Anonymous (OA)
September 25th – 27th, 2015
Montserrat Jesuit Retreat House
See Attached E-Flyer















Twelve Concepts

In Overeaters Anonymous, the [Twelve Steps](#) serve as the spiritual principles that support our personal recovery from compulsive overeating. The [Twelve Traditions](#) aid us, individually and collectively, in maintaining unity of purpose within the Fellowship. The Twelve Concepts of OA Service, adopted by the World Service Business Conference (WSBC) in 1994, help us apply the Steps and Traditions in our service work, which is an important part of the OA program. The Concepts define and guide the practices of the service structures that conduct the business of OA.

These Concepts depict the chain of delegated responsibility we use to provide service throughout the world. Although they focus on OA world services, the Concepts direct all OA's trusted servants to well-considered actions for group participation, decision making, voting and the expression of minority opinions. The Twelve Concepts support our primary purpose of carrying OA's message of recovery to the still-suffering compulsive overeater.

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:
 - Selflessness
 - Realism
 - Representation
 - Dialogue
 - Compassion
 - Respect

<https://www.oa.org/membersgroups/service-body-support/twelve-concepts/>

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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 City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	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	11:00 AM	Saginaw Overeaters Anonymous Meeting Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179	New Meeting	Rita 817-353-5829
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) RING DOORBELL ON DOOR TO THE RIGHT OF THE SANCTUARY 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice 817-692-7180
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: 1/3 Arlington, 2/7 FW, 3/7 Arl, 4/11 FW, 5/2 Arl, 6/6 FW, 7/11 FW, 8/1 FW, 9/12 FW, 10/3 FW, 11/7 Retreat, 12/5 FW.

last change 6/23/2015