

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - OCTOBER 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 Christian
Church and Fort Worth
Bethel HOW*

12 Steps and Community

Step 1 - When I entered OA, my life was truly unmanageable since I was trying to control my stepson and I was powerless over food.

Step 2 - The OA members I met at my 1st meeting guided me to let go of my step-son and my binge foods and behaviors as I found recovery solutions and abstinent foods/behaviors. Thank G-d for Sanity, Serenity and OA Community members.

Step 3 - I have to do my part daily and turn my will and life over to the care of G-d as I understand G-d.

Step 4 - Thank G-d I was willing to make a moral inventory of myself and get my focus off my step-son and G-d's other children.

Step 5 - Thank G-d for sponsors for me to admit the exact nature of my wrongs. I hear at meetings: If I'm not part of the problem, there is no solution!

Step 6 - I was/am entirely ready to have G-d remove all of my defects of character.

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2015 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@aa-tricounty.org

Looking UP

12 Steps continued

Step 7 - I am grateful that G-d decreased my character defects of jealousy and fault finding after I asked Him/Her with humility, I pray.

Step 8 - Thank G-d for HONESTY, OPEN MINDEDNESS, WILLINGNESS and lists.

Step 9 - Thank G-d for HONESTY, OPEN MINDEDNESS and WILLINGNESS to make direct amends to those I have harmed except when I might injure them.

Step 10 - I am grateful for AWARENESS, ACCEPTANCE and ABSTINENT ACTIONS to continue to take personal inventory and promptly admit when I am wrong.

Step 11 - Yes, I am grateful for prayer and meditation to improve my conscious contact with G-d and G-d's community.

Step 12 - I am GRATEFUL for spiritual awakenings as a result of these steps to make me reach out to G-d's community of other compulsive overeaters and for me to practice the 12 step principles in all of G-d's communities.

*Terri Beth
Fort Worth Bethel HOW and
South Hills Christian Church*

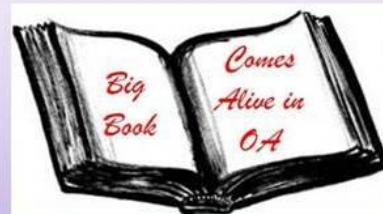
The Time is Now

Our annual retreat is just around the corner and very special gifts of this program will be shared by many on this journey of recovery.

Provide your personal recovery with an OA Community affair that will fill your heart with gladness and your soul with renewed energy to continue your wonderful journey. See Tri-county OA website for suggested recording prior to the retreat.

Call Jaclyn D. 817-996-8711 or Carolyn D. 817-924-2328 before 10-7-15 to save your place at our annual retreat!

Abstinence Awaits Those who Seek



Big Book Continued in OA

November 6th - November 8th, 2015

Glen Lake Camp at Glen Rose

Sponsored by

Tri-County OA Intergroup

Last year's speaker will continue by popular demand with 36 years in the program

Please listen to the following to prepare for your retreat weekend: 1) Feb 8, 2015 - Bill's story; 2) Jan 4, 2015 - The Doctor's Opinion; and 3) Jan 12, 2015 - Chapter 5-How It Works. They can be found on our [Tri-County Website](http://www.tri-county-oa.org) or <http://www.avision4you.info/special-editions-current-year/>

Looking UP

12-STEP ACRONYMS

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Thoughtfully gathered together by Cliff C.

1	A.B.C. = Acceptance, Belief, Change
2	A.C.T.I.O.N. = Any Change Toward Improving One's Nature
3	A.N.O.N.Y.M.O.U.S. = Actions, Not Our Names, Yield Maintenance Of Unity and Service
4	A.S.K. = Ass-Saving Kit
5	B.I.G. B.O.O.K. = Believing In God Beats Our Old Knowledge
6	C.H.A.N.G.E.D. - Choosing Honesty Allows New Growth Every Day
7	D.E.N.I.A.L. = Don't Even Notice I Am Lying
8	D.E.T.A.C.H. = Don't Even Think About Changing Her
9	E.G.O. = Easing or Edging God Out
10	E.S.H. = Experience, Strength and Hope
11	F.A.I.L.U.R.E. = Fearful, Arrogant, Insecure, Lonely, Uncertain, Resentful, Empty
12	F.A.I.T.H. = Fantastic Adventure In Trusting Him/Her/Higher Power.
13	F.A.I.T.H. = Fear Ain't In This House
14	F.E.A.R. = Few Ever Arrive Rejoicing
15	F.E.A.R. = Failure Expected And Received
16	F.E.A.R. = Fear Expressed Allows Relief
17	F.E.A.R. = Fighting Ego Against Reality
18	F.E.A.R. = Forget Everything and Run (polite version)
19	F.E.A.R. = Forgetting Everything's All Right
20	F.E.A.R. = Frantic Effort to Appear Real
21	F.E.A.R. = Frantic Efforts to Appear Recovered
22	F.E.A.R. = Frustration, Ego, Anxiety, Resentment.
23	F.E.A.R. = Face Everything And Recover
24	F.I.N.E. = Faithful, Involved, kNowledgeable, Experienced
25	F.I.N.E. = Feeling Insecure, Numb and Empty

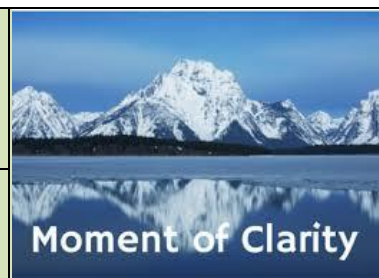
O.A. stands for Our Abstinence
Together we are free of compulsion

In Gratitude for Continuing Support

South Hills Group, Bethel UMC/HOW

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



Looking UP

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 Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179	Open	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: Oct 3, South Hills; Nov 6, retreat; Dec 5, South Hills; Jan 9, New World

last change 9/11/2015