

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - SEPTEMBER 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 Group
OA 12X12 writing
/ AA Big Book*

Fellowship of OA

Bill W. discovered what would finally keep him sober: being there for another alcoholic. A fellowship of other AA's grew around him, and they stayed sober. Bill had discovered the spiritual component that fills that empty space inside of us. From that discovery came the 12 Step fellowships that are today saving the lives of those of us caught in the torment of addictions.

When I came to Overeaters Anonymous, I thought I was the only one who did these crazy things with food. I had isolated in food and fat all my life. "Fellowship" revolved around eating buddies and our mutual focus on food.

I didn't even know how to share, as others were doing. Over time, the unconditional love and acceptance I felt in the rooms gave me permission to trust, and to love people back. Higher Power spoke to me through others who had been where I was and who had found the way out.

I had come to OA for the diet. I didn't know I had a spiritual disease and needed a spiritual solution. When I looked back over months of freedom from compulsive overeating, I realized HP had done for me what I had never been able to do for myself! This was my spiritual awakening.

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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](mailto:newsletter@oa-tricounty.org)

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Fellowship continued

The OA fellowship is a source of spiritual nourishment for me. The fellowship sustains my spiritual awakening. When the feelings come up and food calls, help is just a prayer and a phone call away. Only another compulsive overeater is going to understand my compulsion to reach for food to fix a feeling. We get each other; it's what binds us together. Fellowship with others is the key to filling that hole inside I had tried to fill with food.

I cannot do this alone. I will always be a compulsive overeater/food addict. Higher Power does for me what I cannot do for myself: keeps me free from compulsive overeating. HP is healing me one day at a time as I stay close to Him through the fellowship of Overeaters Anonymous.

*A grateful member
South Hills Group
OA 12X12 writing
/ AA Big Book*

Step Nine a bridge of Love



I found a bottom to stand on and began my trembling steps out of the abyss of compulsion.

Five steps to heal my past and give me a new way of life.

I continued the journey inside, finding a way to live my life fully but without disease.

Three steps that placed me body, mind and soul on a God centered path.

I take this ninth step to complete myself and reach out to those I love.

The first eight steps proved it is love not shame that guides my feet across the bridge of Love and Service

I am blessed, A friend

The New Brown Book

40 all-new stories



Visit bookstore.oa.org
(#980/\$13.50; #981/\$303.75,
box of 25) or search your
preferred e-book retailer.
For expedited orders,
please call 1-505-891-2664.

In Gratitude for Continuing Support

Richland 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



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*Tri-County Intergroup of
Overeaters Anonymous Workshop
Saturday, September 12, 2015
1:00pm to 4:00pm
Registration starts at 12:30pm*

*Join us for a Plan
of Eating and the
Happiness of
Recovery*



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*

Make the most out of your annual OA Retreat.

Our speaker has asked that we prepare by listening to these tapes...

Date	Topic	Listen / Download	You can find these recordings on:
8-Feb-15	Bill's Story	Click to Play	http://www.avision4you.info/special-editions-current-year/
4-Jan-15	The Doctor's Opinion -	Click to Play	
12-Jan-14	Chapter 5: How It Works -	Click to Play	

Our retreat is our annual Community Meeting. Come - Join in the fellowship and give wings to your program of recovery!

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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) 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: Aug 1, South Hills; Sept 12, New World; Oct 3, South Hills; Nov 6, retreat; Dec 5, South Hills; Jan 9, New World

last change 8/11/2015