

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - APRIL 2016

The Tools of OA Recovery

Each month a new article will open our minds and hearts to the wonders of a specific tool and how it supports our recovery. With only 9 tools, we will assign special articles throughout the year to enhance our understanding of our program.



*This month sponsored by
Eufess - United Memorial
Christian Church
Wednesday Group*

The Program's Transforming Jewel

It was a room that could be found anywhere, without special accoutrements or elaborate amenities. Just a room—except for a very special miracle. The room held a meeting of unique people who knew just how deeply I hurt. They laughed and joked around and I was aghast at the horror of once more walking into a place I never belonged. It was then that a gentle, oh so desired hand reached out and drew me in. *“Welcome to our meeting ...”*

I was present at my first meeting of OA. Little did I know how significant this room would become? In those first few moments, a very special jewel of the program shined for me and displayed all the wonderful beauty of acceptance. The meetings of OA are located where the gifts of the program can do their greatest good. They stand open to the world so that downtrodden travelers can find a place where healing and recovery can begin. If nothing else ever happened in a meeting of OA, the world would proclaim it as a true blessing for all humanity.



*Yet, this is a transformational jewel and there is more
to be gifted within these hallowed rooms.*

Continued on Page 3

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Tri-County Intergroup
Group # 09163
P.O. Box 331703
Fort Worth, TX 76163

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

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Meetings

Meetings are gatherings of two or more compulsive overeaters who come together to share their personal experience, and the strength and hope OA has given them. There are many types of meetings, but fellowship with other compulsive overeaters is the basis of them all. Meetings give us an opportunity to identify our common problem, confirm our common solution through the Twelve Steps and share the gifts we receive through this program.

In addition to face-to-face meetings, OA offers telephone and online meetings that are useful in breaking down the deadly isolation caused by distance, illness or physical challenges.

Dallas Metroplex Intergroup
Overeaters Anonymous Presents



Overeaters Anonymous
Spring 2016 Convention

APRIL 8-10, 2016

Nine Tools Of Recovery

<https://www.aa.org/newcomers/tools-of-recovery/>

The OA Board of Trustees has approved an [abridged version](#) of the Tools of Recovery that can be read at meetings.

Please welcome a new OA Meeting to our Tri County Intergroup

"When anyone, anywhere, reaches out for help, I want the hand of OA always to be there. And for that I am responsible."

excerpted from OA's Responsibility Pledge

WEDNESDAY 7:00 PM

**Eules - United Memorial
Christian Church**

1401 N. Main Street

Eules, TX 76039

Tatiana

(817)996-0748

*In Gratitude for
Continuing Support*

South Hills

*We will comprehend the
word serenity and we will
know peace.*

The Promises

*Are these extravagant
promises? We think not. They
are fulfilled among us -
sometimes quickly, sometimes
slowly. They will always
materialize if we work for them.*

Looking UP

The Program's continued from Page 1

The jeweled colors that are the gift of acceptance warmed and changed into hope and faith as I listened to the experiences of those who had pierced the veil of recovery before me. The gentle waves of assurance that this pathway could really work for me filled my tired soul and patiently waited until I could choose to follow a new pathway in life.



Two very powerful events were contained within the room for me to discover. A message of hope and a guide. It is not for me to say that only a room could deliver these gifts from my Higher Power. It is only personal experience that is shared, not grand

philosophies held in dusty books. This room contained the stories of hope shared freely and a man who agreed to show me the joy he found in abstinence. There were to be many tools, steps and traditions to follow on this pathway of recovery, but it was in this room that my journey began.

Yet, this is a transformational jewel and there is more to be gifted within these hallowed rooms.

It is a room like any other room, without special accoutrements or elaborate amenities. I know what I will find within, before I open the door. My heart races a bit with anticipation of the jeweled gift that awaits my entrance. The excitement today is personal, for I have been selected by my group to be their greeter. Maybe, just maybe, I will get to see the miracle of *the finding* in the eyes of a newcomer.

The jewel of the OA meeting has once again transformed and become the gift of service to another. The final gift contained within the rainbow of gifts found in this wonderful enclosure. I never knew that such wonder could be part of my life. I didn't realize that in giving I would receive, no matter how many times it had been preached to me. It took a very special room filled with very special people to show me the glory of my Higher Power's true message of love and service.

Enter this meeting and open your eyes to the beauty of the program captured in this special space. The eternal message of abstinence is there, shining as a jewel gifted to those who choose to enter.



*Wednesday Eulless Group
Anonymous*

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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	Sherri G.	817-461-4053
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	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 - City Point 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	Yolanda	817-277-5351
WEDNESDAY	7:00 PM	Euless - United Memorial Christian Church 1401 N. Main Street, Euless, TX 76039		Tatiana	(817)996-0748
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	HOW	Lisa	682-438-9160
THURSDAY	7:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Seeking the Spiritual Path	Happy	817-370-7207
Friday	11:00 AM	Saginaw Overeaters Anonymous Meeting Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179	Open	Rita	817-353-5829
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	10:30 AM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Men's focus, all welcome - Topic/discussion	Dan	925-577-8636
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	Margie	972-310-3636
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

2016's Intergroup meetings will be held as follows: New World, Arlington 3/5, 5/7/ 7/9 and 9/10 - we will have November 5th Intergroup at the retreat. South Hills, Fort Worth every other month: 2/6, 4/2, 6/4, 8/6, 10/1 and 12/3.

last change 3/16/2016