

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - AUGUST 2017

Recovery Means Freedom

Each month a member will provide the experience, strength and hope of their journey so far in OA. From newcomer to friends with years of abstinence, the miracle of this program continues to work if we work it!



This month sponsored by South Hills

More will be revealed

As long as I am breathing, more will be revealed, thank G-d! I need to 🐝 present and plan for tomorrow with my food & finances, for example. Am I ready to ACCEPT what G-d does reveal? If I believe what the Big Book says about ACCEPTANCE, I am ready. Am I giving G-d all the credit so I can remain HUMBLE when my EGO wants to Edge G-d Out and say “Terri, you deserve the credit!” And then, G-d will reduce my EGO when I am wrong and being an imperfectly perfect human! I pray for EGO reduction and HUMILITY and more will be revealed how G-d will reduce my EGO and bless me with HUMILITY.



🐝 More will be revealed when I live our 12 Steps with my sponsor

🐝 More will be revealed when I attend meetings, workshops and retreats

🐝 More will be revealed when I am HONEST, OPEN MINDED and WILLING

🐝 More will be revealed when I remember that RECOVERY is contagious and not our Disease

Continued on Page 2

2017 TRI-COUNTY INTERGROUP BOARD

Chairperson:	Carolyn D
Vice-Chair:	Charra W
Treasurer:	Joy D.
Secretary:	Jaclyn
Liaison to DMI:	Dianne S.
Liaison from DMI:	Frances P.
Public Relations:	Jaclyn
Newsletter:	(open)
Telephone:	Mary Lou
Retreat:	Jaclyn
Workshop:	Sherri
Web Master:	Ron C.
WSO Delegate:	(open)
Region 3 Rep:	(open).

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

Looking UP

*In Gratitude for
Continuing Support*

South Hills

Freedom from blame

Freedom

For many of us, freedom came when we took Step Three and turned the entire problem over to our Higher Power. || — OA 12&12, p. 20 This freedom continues to grow with each step.

Continued from page 1

 More will be revealed when I focus on G-d's priceless gifts of ABSTINENCE, FORGIVENESS, SERENITY, BALANCE, EQUALITY, HARMONY, CONTENTMENT, COURAGE, FAITH, TRUST, GRATITUDES, SURRENDER and other priceless gifts.



 More will be revealed when I read *Voices of Recovery* and *For Today* and listen

to you at meetings, workshops and retreats.

 More will be revealed when I feel anger, joy, fear and other feelings knowing I can choose ABSTINENT SOLUTIONS instead of food.

 More will be revealed when I don't know if I am feeling EMOTIONAL, SPIRITUAL and/or PHYSICAL HUNGER and I take an INVENTORY of my feelings. I can then experience AWARENESS, ACCEPTANCE, ACTION and ABSTINENCE.

Until more will be revealed, 

*Terri Beth
South Hills*

The Serenity Prayer

God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.

Living one day at a time; enjoying one moment at a time; accepting hardships as the pathway to peace; taking, as He did, this sinful world as it is, not as I would have it; Trusting that He will make all things right if I surrender to His Will; that I may be reasonably happy in this life and supremely happy with Him forever in the next.

Amen.

Reinhold Niebuhr

Looking UP

Finding Miracles in the 12th Step

The 12th Step reminds me I have to have something in order to give it away. If I don't have a spiritual awakening I can't guide someone else towards recovery. How do I get the spiritual awakening? For me it is the process of working through the steps with another person as a guide. As much as I want to do it by myself I can't. I lack the ability to be honest with myself.

A Practical Journey Through the Twelve Steps

November 3rd - November 5th, 2017

Glen Lake Camp at Glen Rose

Sponsored by

Tri-County OA Intergroup

*There is a
way to find
real
happiness
in life...*



For more information call:

Karin W. 817-739-2913 or Carolyn D. 817-243-4103

I have learned, if I turn to food to fix me instead of my Higher Power, I will get another opportunity to go through that situation again and again until I learn. Learning that it is easier to be abstinent and trust my Higher Power, than to try to control and fight my food obsession. To let go and let my Higher Power. I have found that my Higher Power is always with me and that something can be learned from any situation if I look for it.

Learning to reach out and help others and guide them through the steps. I stopped watching soap operas a long time ago. Real life is so much more interesting and

rewarding. To watch people change and grow spiritually and to see the miracles that take place as they move through the process of the 12 Steps. To know we are never alone if we are willing to pray and to reach out to others.

This program is so much more than getting my food under control and having a thin body. It's about facing daily living problems with sanity, grace, peace and serenity. It's being there for others and encouraging them. It's about an attitude change: instead of what can I get out of it, what can I give and how can I be of help to God and others. It is being available to others. It's about being committed and giving away what I have been given. It starts with taking small steps, going to meetings, sharing, making calls, leading a meeting and encouraging others to do the same. It's about being a part of a fellowship where we all want the best for each other.

*Anonymous - South Hills Group Sunday
Writing, Steps and Literature
Looking Up Dec 2013*

Looking UP

Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS

Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
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 R.	817-595-3044
TUESDAY	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
WEDNESDAY	7:00 PM	Eules - United Memorial Christian Church 1401 N. Main Street, Eules, TX 76039	Big Book, Voices of Recovery	Cindy	817-455-5125
THURSDAY	Noon	Grapevine OA - First United Methodist Church 421 Church St Grapevine, TX 76051 Brick Thrift Store across the street from the GV First Methodist Church. Park on south side of building, enter thru double glass door, Conf Room C, on right.	Meeting leader chosen topics from OA 12X12, Big Book and OA Literature	Judith D.	682-313-8484
THURSDAY	6:45 PM	New Beginnings HOW - St. Paul Lutheran Church 1800 West Freeway Fort Worth, TX 76102	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	OA & AA Literature	Happy	817-370-7207
FRIDAY	11:00 AM	Saginaw Overeaters Anonymous Meeting Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179	Womens Focus	Deb R.	682-802-0391
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, Eules - United Memorial Christian Church 1401 N. Main Street, Eules, 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

2017's Intergroup meetings Arlington 9/9 (workshop) and 1/6/18

remaining: Fort Worth 8/5, 10/7, 12/2; 11/4 (at our Annual Retreat)

last change 7/10/17