

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER – SEPTEMBER 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
Richland Hills*

WHY I KEEP COMING BACK

There is a section in the latest issue of LIFELINE on this topic and it made me ponder that same question. I have been coming for over 20 years with mixed success on working my program and weight loss. I have accumulated 3 boxes of books and other OA related paraphernalia. I know this because I am in the process of remodeling my bedroom and it feels like I have packed away my life in boxes for the moment. Thankfully I have not packed away my program as well.

I keep coming back because:

- I find hope here and, when I am working my program, freedom from the food obsession.
- I have a relationship with my Higher Power, which I get to define, and which I did not have before.
- OA provides me with a fellowship that understands me and I have friendships with many of these people.
- I have a safe place to share my feelings.
- OA provides me a cushion between my addiction and me.
- I have nowhere else left to go to deal with this problem – everything else I have tried has failed me.
- OA helps me remember what I am – a food addict.
- In these rooms I am reminded that I am worthy of the Promises.
- I am also worthy of the love of my Higher Power.

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2017 TRI-COUNTY INTERGROUP BOARD

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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

Looking UP

*In Gratitude for
Continuing Support*

City on a Hill and South Hills

*... Freedom from fear of
people ...*

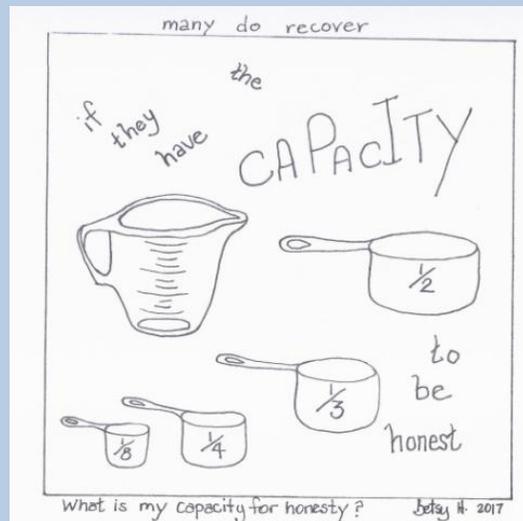
Freedom

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 Why I keep Coming Back

- I know this program works because I have seen changes in myself and others.
- Our meetings help remind me that food is not my God.
- The program gives me stability spiritually, emotionally and physically.
- You all remind me that I have choices.
- One very practical reason is that I have the only key to the church for my home meeting.
- Through OA I have learned skills to process what is difficult in my life.
- I am an introvert so program reminds me to get out of myself.
- Thanks to program I have moments of sanity and clarity.
- And last, but not least, OA helps me stave off this progressiveness of my disease.



There are some things I have probably forgotten, but you get my drift. I have much to be thankful for in finding this program. This has been a good exercise for me. Much like doing a gratitude list, I have a greater appreciation for what I now have.

*Anonymous
Richland Hills*

Looking UP

Sharing his Experience, Strength and Hope at our Annual Retreat – John K.

I have been sober in AA and a member of OA for 35 years. I currently have over 22 years of abstinence, and have been maintaining a 100-plus pound weight loss for the majority of that time. Since the two numbers are different (35 and 22), obviously relapse is a big part of my story. I will focus on it a decent amount on Friday night and Saturday morning as part of my looking at Steps 1-3 and the Tools. Then we continue the journey through the Steps, with a slight detour on Saturday

night for discussion on the topic of Body Image, Sexuality, Intimacy, and Relationships.

A Practical Journey Through the Twelve Steps

November 3rd - November 5th, 2017

Glen Lake Camp at Glen Rose

Sponsored by

Tri-County OA Intergroup



*You will never
walk alone.
OA is here to
be with you on
your journey*

For more information call:

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

While I rely on the Big Book and Steps, I don't do so with an eye on just reading parts of the Big Book and then stopping and talking about them. Instead, I look at the "big picture" view of working the Steps as I go along -- talking about how they integrate with the real world of everyday life. I talk about how I think the Steps are -- as described in the AA 12 & 12 -- "intensely practical." I try my best to show examples of this in our everyday lives.

The only two things I would suggest people read prior to the retreat are my two favorite stories: "Acceptance was the Answer" (p. 407) and "Freedom from Bondage" (p. 544). Of course, it is a given that the Big Book through the Steps (ending on p.103) and "A Vision for You" are always suggested reading.

*John K
Guest Speaker for 2017 OA Retreat
Still time to sign up!*

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