

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - MARCH 2014

Celebration of the Newcomer

A yearlong celebration of the newcomer to our meetings through the words of our member groups. As we walk this miracle program, let's share our experience, strength, and hope. Let's share our personal newcomer experience and how we can continue to reach out and help others find abstinence.



*This month
sponsored by*

*South Hills
Voices of Recovery
/ OA 12X12*

Finding True Abstinence

I walk into the room and see old, young, male, female, morbidly obese, anorexic, bulimic, black, white, height-weight proportionate, and every other type of person. Such is the slice of society that is haunted by the disease of compulsive eating. What are these people talking about? All I know is that I am here because my body is telling me something is not right. My mind is telling me something is not right. And my heart is telling me something is not right.

Little by little I start to hear stories and examples from others that describe my life exactly. What is it about this group of people that makes them know me so well? How do they know my secrets? Can I really tell them what is going on in my life? Not yet.

I want to hear more. This one ate constantly when no one was around. That sounds like me. That one has eaten so much that she has thrown up before. I've done that. People at work have commented about how much that person eats. That has happened to me. This one tries to be perfect in all areas of her life. I'm exhausted from doing the same. Even this guy has planned trips through his favorite fast food restaurants in a way that makes their employees think he is buying for two instead of one. I do that all the time. OK, now I'm seeing a connection.

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Are you on the email list for receiving your newsletter?

Contact us at newsletter@oa-tricounty.org

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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

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Finding True Abstinence Continued

But why are they here at this meeting? What is here that makes these people say what they used to do but aren't doing anymore? What did they find in these steps they keep referring to?

One found that just admitting that she had a serious problem was enough to set her on a path to a solution. Another felt her sanity being restored as she rediscovered something bigger than herself that could help her. Yet another let go of trying to control her life because she was doing a lousy job of it. Many looked back over their lives and took stock of the good and bad they had done and experienced in an effort to let go of past resentments and make a fresh start. Some had even had the courage to voice this history to a trusted individual thereby solidifying their sense of accountability. Others identified the specific shortcomings about themselves and asked a higher power to take them away. Yet braver ones listed people in their past with whom they needed to set things right and then set about doing it. They described at this point gaining a freedom and serenity that they had never known before. I wanted that but there was more. They described how every day they continued to make things right with people and to ask in prayer for help. Finally, they talked about serving others in so many ways that I lost count. The service that stood out clear was that they were in a unique position to help people like me.

Now I was getting a picture of how these twelve steps they read at the beginning at every meeting actually could lead me to a solution to the core causes of my food problem.

Physically, I realized there were, indeed, certain foods that triggered my compulsive eating. Emotionally, I discovered how I let my past dictate much of my current feelings surrounding compulsive eating. Spiritually, I could overcome anything if I turned to a power greater than myself. And so my journey began seeking help in these rooms of OA.

*Anonymous -
South Hills Voices of Recovery / OA 12X12
Looking Up MAR 2014*

In Gratitude for Continuing Support

Tradition 3

The only requirement for OA membership is a desire to stop eating compulsively.



Looking UP

My Recovery "Home"

My Recovery home is
Not always a physical place I go to.
They are the meetings I go to,
The Friends I make,
The callers I don't know, who tell my story,
The stories I hear at meetings
To end my lone tales of woe.

My recovery home is
Not always a perfect place.
Sometimes it can get messy
Before a 4th Step "spring cleaning,"
What with all the roommates that
Mill around within it.
I contribute humor when scorn is tossed to me,
I honor others by allowing them to be who they are.
I honor the gift of allowing others "to change their
mind,"
A gift that was once given to me--
True forgiveness, with a bow on top.

My recovery home is made up of
The Building blocks of human imperfection,
Individual experience, strength, and hope,
That doesn't always come is stories
That I care to hear about.
Still, I know that a story is that person's
"Experience, strength, and home."
Sharing real e/s/h may save someone I don't know.

My recovery home has become
A spiritual place within my soul--
A place I go to inside,
To practice the BB knowledge,
And to ponder the next tool I need to use.
May I always be open to:
Experiences that, thank God, are not my own.
Ideas expressed within opinions?
I owe it to myself to see if they bear truth for me.
And may the formalities that we embrace
To carry the message
Always embrace, never forget, those whom they serve.

*by January K.
reprint from previous Looking Up*



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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 - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	Abstinence	Billie	817-460-3083
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	6:00 PM	Stephenville - Cross Timbers - First Presbyterian Church 1302 N Harbin Drive, Stephenville, TX 76401	Literature / Topic	Pat	254-485-0921
TUESDAY	7:00 PM	Richland Hills - United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #110	Big Book Study	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	Gwenne G	682-429-7990
WEDNESDAY	7:45 PM	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	HOW <i>Closed Meeting</i>	Lisa	682-438-9160
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	7:30 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	OA Workbook	Happy	817-370-7207
SATURDAY	Noon	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	Literature	Billie	817-460-3083
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

CLOSED MEETINGS - Meeting marked "Closed Meeting" are for any OA Member.

Tri-County Intergroup meets at 10:30am the first Saturday of every month. The meeting will alternate between Wesley House, 3321 West Park Row Dr., Arlington, Texas 76013 and South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133

2014's Intergroup meetings will be held as follows:

February 8th – Fort Worth; March 8th -Arlington; April 5th - Fort Worth; May 3rd - Arlington; June 7th - Fort Worth; July 12th -Arlington; August 2nd - Fort Worth; September 6th - Arlington; October 4th - Fort Worth; November ? (might hold it with the retreat); and, December 6th - Fort Worth.

last change 2/17/2014