

LOOKING UP

Tri-County Intergroup Newsletter March 2009

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Group# 09163

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www.oa-tricounty.org

LOOKING UP is a monthly publication of the OA Tri-County Intergroup. The opinions expressed here are those of the author and not of the 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.*

The Disease

The disease makes me not want things in my life: relationships, social activities, responsibilities – things that could be fun or beneficial, but require me to step outside of myself.

The disease is what makes me avoid intimacy.

The disease is what makes me "need" a certain food or meal.

The disease keeps me from doing things that would make other people happy.

The disease is insidious. It nibbles away slowly, over time, just like cancer eating away at me. The 12 Step program is chemotherapy. If I were diagnosed with cancer and could attain remission through chemotherapy, would I refuse treatment because it is "too hard" or inconvenient? No! I would do everything I was told to do.

Ask for abstinence in the morning and thank God for it at bedtime.

Be grateful.

Cultivate humble gratitude.

Make recovery your number one priority, not last priority.

I have a grave responsibility to those who still suffer, and neglecting my program is hurting them. I don't want to be the person who makes them think that OA doesn't work.

Compiled from sharing heard at meetings

Belief that I should be perfect is false pride.

When in doubt - don't.

Anger may identify a problem, but it will never solve one.

I was giving permanent reality to temporary things.

*I don't have to be perfect. I just need to be the best me that I can be for today
and that's the way my Higher Power intended me to be.*

Tri County Intergroup meets at 10:30 a.m. the first Saturday of every month at
Trinity United Methodist Church, 3216 West Park Row Drive, Arlington, in "Wesley House."

Please send newsletter submissions to bethelhow@gmail.com
Thoughts for the day, journal entries, step writing, Lifeline articles, etc.

Seventh Tradition Donations

OA's Seventh Tradition tells us that we are fully self-supporting through our own contributions. After paying group expenses (rent, literature, supplies) and maintaining a prudent reserve (determined by group conscience), OA suggests that groups distribute the remaining funds as follows:

60% : Tri-County Intergroup
 Billie Stamp
 1513 Tyler
 Arlington, TX 76012

30% : OA World Service Office
 P.O. Box 44020
 Rio Rancho, NM
 87174-4020

10% : Region III
 Juda Smith
 Region III Treasurer
 10517 Goldenrod Ln.
 Midwest City, OK 74868

Give as if Your Life Depends On It.

Tri-County Website
<http://www.aa-tricounty.org>

If you want to receive the electronic version of this newsletter, please send an email with the subject line "Subscribe" to bethelhow@gmail.com

Intergroup News

Can your group co-host a workshop? Why not discuss this at your next Group Conscience meeting, and contact Workshop Chair Terri Beth M. for more information.

Literature Available from Intergroup

Tri-County Intergroup has a library of literature available for purchase by any OA group. To order literature for your group, please contact Literature Representative Maria at (817)692-6405.

<i>Beyond Our Wildest Dreams</i>	<i>Twelve Steps and Twelve Traditions</i>
<i>For Today</i>	<i>Lifeline Sampler</i>
<i>Health Fair Materials</i>	<i>Newcomer Kit</i>
	<i>Voices of Recovery</i>
	<i>Sponsor Kit</i>

Four Slips

Four of my sponsees slipped/binged/relapsed over the weekend. I will try not to take it personally. The reason, they claim, was loneliness and isolation. That's believable, however, my experience, is that the food is the last thing to go. Relapse starts way before the "binge".

Loneliness and isolation are real but can be remedied by using the tool of fellowship, phone calls, meetings and prayer. Reaching out is reaching up. Having spent 40 years compulsively eating, I know that the demons are powerful and seductive. The tools of recovery are diversionary tactics against that fall. They are not just to be mentioned in passing. They are vital to daily recovery from this dreaded disease that is always laying in wait for the opportunity to attack me. And it is subtle and patient!

I don't like to sound like a preacher, but I have been to the bottom of addictions and know that there may not be another recovery. It is much harder to start over than doing it in the first place. My opinions may not be popular, and you may dismiss me. I know the difference between living clean, sober, and abstinent and wouldn't trade it for ANYTHING! My relationship with my HP grows in relation to how much effort I put into my recovery. Being responsible for contributing to others keeps me green.

Perhaps responsibility for recovery should be taken more seriously by the individual. No one can do it for me. I can't do it for anyone else...only myself. The more I practice, the better the results.

Please give yourself the opportunity to enjoy the rapture of working the Program and living the 12 Step way.
 – Phyllis

Treasurer's Report 12/08		Treasurer's Report 01/09	
Beg. Balance	\$2429.69	Beg. Balance	\$2518.74
Expenses		Expenses	
AT&T	\$53.92	AT&T	\$53.84
Newsletter	\$86.07	Postmaster	\$72.00
Bank Fees	\$16.00	Bank Fees	\$16.00
Website	\$75.96		
Income		Income	
South Hills	\$111.00		
So. Hills (del.)	\$10.00	Ending Balance	\$2377.40
Arlington	\$100.00		
Arlington (del.)	\$100.00	Funds	
Ending Balance	\$2518.74	Retreat	\$784.87
Funds		Delegate	\$660.00
Retreat	\$784.87	General	\$932.53
Delegate	\$660.00		
General	\$1073.87		

Your trusted servant, Billie S.

Faith Alone...

Faith alone can avail me nothing because faith is just a belief that something can happen. In order to make faith come alive, action needs to be taken. I can have faith that when I turn on the light switch, the light will go on, but if I never take the action to turn the light switch on I will remain in the dark. If I have faith the 12 steps of the program work but never actually do the footwork to work the steps, then believing they will work is not going to do me any good. Faith with action is what will get me going in the direction I want to be headed.

– Anonymous

Monthly Treasurer's Report and Intergroup Meeting Minutes are available at www.aa-tricounty.org

Bethel UMC OA/HOW Group Recipe Book – Email bethelhow@gmail.com for a FREE digital copy, or send \$7.00, name and address to: Molly Horn, 3634 Eldridge St., Fort Worth, TX 76107.

Childishness, Grandiosity & Emotional Sensitivity

The Bethel group of Overeaters Anonymous held a writing meeting on the topics of childishness, grandiosity, and emotional sensitivity. Questions posed were: how were they a part of your life before OA, and how do they manifest in your life today? How have OA and your higher power helped you make progress in these areas?

Person 1:

Grandiosity

Before OA – I think I'm smarter than most other people.

Now in OA – at 350 pounds, I must not be too smart.

Childishness

Before OA – Everything is about me; want it my way, angry that things and life are not what I want. Still allowing the child in me to run my life – emotional roller coaster – undisciplined actions based on feelings rather than decision. Still idolizing my mother who was very sick and abusive and still believing her words and actions towards me.

Now in OA – Realizing that my mom is my god, rather than God. Realizing that what God says about me is the opposite of what my mom says about me. Becoming willing to admit mom was wrong about me and embracing what God says about me. This is definitely a work in progress. I'm just at the starting point. Working on taking mom off the pedestal.

Emotional Sensitivity

Before OA – Isolate to protect self. It's all about me.

Now in OA – Realizing that others' behavior toward me is most likely about them and what's going on with them and not about me, and maybe I should see what I can do to make their life better. Instead of defensiveness, I now look to see how I might make someone else's day better in small ways. Huge shift from protecting myself to looking to cheer someone up and say something nice.

Person 2:

These qualities are still with me to greater and lesser degrees, depending on my spiritual condition, but they are no longer my constant companions. And they were companions that I knew very well even though they caused me much pain and embarrassment. I had no idea how to be rid of them. They had been a part of me so long it was a symbiotic relationship and we couldn't function without each other.

Then I came to OA. Here, I was finally desperate enough and safe enough to look these three in the eye and see them for what they really were – my inner demons that were sucking out my life. And as they sucked I tried to fill the void with food, food and more food.

In OA/HOW I stopped filling myself with food and the emptiness itself became too unbearable so I took my sponsor's advice and practiced the steps and the principles of the program. My new food began to be going to meetings, being of service, making phone calls, being abstinent, being honest with one other person and with God (novel idea for me! I thought I had him fooled!).

All of this began to lessen the pain of the emptiness until I finally came to believe, for myself, that I was worthwhile and valuable and loved deeply by the God of the universe. So where were childishness, emotional insecurity and my grandiose nature? They began to weaken, to lose their grip, to be less and less necessary for me to depend on in order to function on a daily basis. Are they gone? No, they are still there if I choose to pick them up instead of the tools, or the phone, or to talk to God! But today I have been so transformed by God and this program that I don't really want to pick them up very often – much as I don't want to pick up and eat non-abstinent food very often. And that is the joy of living that the 12th step talks about – emotional sobriety.

Person 3:

I used to have all these great plans that I would carry out someday. They were never thought through. They were never planned. They never came to pass, ever. I would always quit before I finished. I always quit when things got hard.

I used to take everything personally. Every comment, every look, every whisper was always about me. I was always defensive and resentful. I couldn't stand to be criticized. I cried a lot and hung my head and was full of self-pity because I never followed through with anything. Nobody liked me and I didn't like myself.

I used to be really good at pouting and mumbling. I was also good at not sharing. I had temper tantrums and crying bouts. I couldn't be consoled, only diverted.

Okay – so I did all of this until I was about 40 – and then I saw myself and heard myself and was ashamed.

Through the grace of God our family was led to 12 Step. First my husband to AA and I to Al-Anon. That was good and I made some progress. Then I "discovered" my real problem – my addiction to food – and I joined OA.

For the first time I learned how to be responsible and accountable and honest. For the first time I took a searching and fearless and complete moral inventory. For the first time I made a plan and stuck to it. One day at a time. It wasn't a big plan, it was just a plan of eating, but it was my plan and I still do it, 10 years later. I finally completed something. That simple process taught me that I could be responsible, the first step in acquiring maturity.

I grew up in OA and became the woman my higher power thinks I can be.

Person 4:

It is easy to note that I am much less of all of these things than I once was. I was the very definition of emotionally sensitive, and though my ex-husband claims I haven't changed, I know that I have. My over-sensitivity is gone and has been replaced by a healthy awareness of my boundaries. I am not always respectful of others' boundaries, but I am much improved and now have an internal alert system that allows me to see when and where I have been wrong.

My childishness is leaving but was replaced for a time with over-seriousness. Thankfully, I am learning where the middle ground is, and am in the process of "reclaiming my inner child." I am gaining a new respect for play and for childhood things, and am now able to separate childlike from childish behavior.

Grandiosity was slow to be recognized, and is slow in departing, mostly because I had such an impeccable example set by my father that it has been hard to unlearn 30 years of ingrained behavior. But again, I am far removed from what I once was.

The change in me, which has become most apparent in the last 6 months, is a direct and singular result of my participation in the 12 step program, and in reliance on a power greater than myself, and in the relationships I have formed within these meetings, as well as my own work with counselors, self-help books, and other forms of "doing the footwork."

I don't believe any one tool or aspect stands out more than the others, but that the measure of sanity I have today is the result of the combination of all these elements of 12 step, each one necessary and equally vital to my recovery.

The idea of right living being the theme of Step 12 is especially precious to me right now, because it is what I am striving for more than anything else right now – health, sanity, kindness and love.

Person 5:

I found how these had contributed to my anorexia, overeating, and obsession with food. My emotional insecurity has been manifested by my verbally defending my thoughts, actions, and my whole self. The way I felt about myself inside was probably apparent to others, although I thought it was hidden.

Because I was somewhat ashamed and guilty about who I was, I could become self-centered and resentful. My not feeling adequate in a lot of areas of life caused me to be vulnerable to others if they became negative. I relied on others to tell me if I was worth something or not. It wasn't fair to them or me.

In recovery I now know that I am worth a lot and have much strength in most areas of life. If I don't know about how to do something, I simply ask for help.

In my childishness, I have allowed others to actually tell me when, what, and how to eat. Even when no one is doing this, the anxiety is still there. I now know that it's okay to eat. I guard my abstinence in any way I have to.

My grandiosity takes the form of a big ego wanting to accomplish too many goals too fast. I can't enjoy life unfolding naturally that way, so I am asking for help to calm down and not get overwhelmed.

TRI-COUNTY INTERGROUP OVEREATERS ANONYMOUS MEETINGS

Revised 2/20/2009

MONDAY				
6:45 pm	Fort Worth - Bethel Methodist Church 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	(817) 377-0189
7:00 pm	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013	Abstinence	Billie	(817) 460-3083
7:30 pm	Fort Worth - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Step Study/ Literature	Happy	(817) 370-7207
TUESDAY				
Noon	Fort Worth - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Commitment/ Writing	Happy	(817) 370-7207
6:00 pm	Stephenville - First Presbyterian Church 1302 N Harbin Drive Stephenville, TX 76401	Literature/ Discussion	Pat	(254) 485-0921
6:30 pm	Weatherford - All Saints Episcopal Church (white house on corner) 133 S. Waco Street Weatherford, TX 76086	HOW	Susan	(817) 694-8801
7:00 pm	Arlington - Covenant United Methodist Church 3608 Matlock Road Arlington, TX 76015 (between Arbrook & Mayfield)		Dianne	(817) 980-3013
7:00 pm	North Richland Hills - St. Johns Hall (center building) 4101 Frawley Dr (between Glenview and North Hills Mall) NRH, TX 76180	Step Study/ Literature	Keith	(817) 692-1641
WEDNESDAY				
12:00 pm	Fort Worth - King of Glory Lutheran Church 1659 Sandy Lane @ Brentwood Stair Fort Worth, TX 76112	Literature	Gay	(817) 275-1085
1:00 pm†	† SPANISH <i>Must request in advance. Call Gay, (817) 275-1085</i>			
7:00 pm	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013	Literature	Billie	(817) 460-3083
7:00 pm	Tarrant County Men's - Ste. 608, Radio Shack shopping center 4105 State Highway 121 @ Cheek-Sparger Bedford, TX 76021	Men's Group	Keith	(817) 692-1641
THURSDAY				
6:45 pm	Fort Worth - Bethel Methodist Church 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	(817) 377-0189
6:30 pm	Cleburne - St. Marks United Methodist 1109 W. Henderson Street Cleburne, TX 76033		Roxy	(817) 641-5020
7:30 pm	Fort Worth - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133		Happy	(817) 370-7207
FRIDAY				
12:00 pm	Arlington - Covenant United Methodist Church 3608 Matlock Road Arlington, TX 76015 (between Arbrook & Mayfield)		Katie	(682) 438-1851
12:00 pm	Waco - St. Alban's Episcopal Church 305 North 30 th Street Waco, TX 76710		Faye	(254) 678-3420
SATURDAY				
9:00 am	Fort Worth - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Step Study/ Writing	Happy	(817) 370-7207
10:00 am*	Grand Prairie - Our Redeemer Lutheran Church 4729 South Carrier Parkway Grand Prairie, Texas 75052 (Only on 2 nd , 3 rd , and 4 th Saturdays of each month)	Literature	Jennifer	(972) 266-2201
12:00 pm	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013	Twelve Promises	Billie	(817) 460-3083
12:00 pm	Eules - United Memorial Christian Church 1401 N. Main Street Eules, TX 76039	Step Study/ Big Book	Rosalie	(817) 355-5070
SUNDAY				
4:00 pm	Arlington - Millwood Hospital @ Randol Mill Road 1011 N. Cooper Street Arlington, TX 76011	Newcomer/ Literature	Rachel	(817) 595-3044

NEED A MEETING IN GRANBURY? Call Leah, (817) 219-2393

† **LOOKING FOR A SPANISH MEETING?** Call Gay, (817) 275-1085

* Beginning March 14th, the **GRAND PRAIRIE** meeting will occur at 12:00 pm on the 2nd, 3rd, and 4th Saturdays of each month, so as not to conflict with Intergroup. **First Week of March:** Thurs., Mar. 5th meeting, 7:00 pm.