

# LOOKING UP

Tri-County Intergroup Newsletter • May 2009

## 2009 TRI-COUNTY INTERGROUP BOARD

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Tri-County Intergroup

Group# 09163

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Arlington, TX 76094

Tri-County Information Line

(817) 303-2888

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.*

## Fears and Joys

Here is my fear: Take away my food, and I will fall off the edge of the earth. I will not know how to, nor be able to, fly. I will not know how to live without food. I will be lost and alone. I will be overwhelmed with naked anxiety. I will not be able to quiet my quivering mind. Take away my food, and the tears will come. Sorrow, regret, shame, anger; the pain will engulf me, trap me. I will not survive.

Here is my joy: OA is the answer for me. Today, I know that all my fears are not mine alone, that many others have felt them, faced them, and overcome them. My joy is my faith that abstinence and serenity will come to me in my life, that they are there for the taking. My journey there may be long and threatening, but I am traveling to that place even now. I am joyful that sanity and recovery are within my reach. A Higher Power is there to protect me, one I am willing to open up my heart and listen.

God, grant me peace. Amen.

- Linda C., Austin, TX, reprinted from the "Heart of Texas" Intergroup Newsletter

## How to pray Step Eleven

Q: Step Eleven says to pray only for knowledge of God's will for us and the ability to carry that out. Does this mean I should not pray for those in need, express my gratitude or pray for world peace? I get a lot of comfort from such prayers.

A: The chapter on Step Eleven in The Twelve Steps and Twelve Traditions of Overeaters Anonymous gives excellent insight into this Step. For example, "We can express ourselves to God in our own words, much as we might talk with our best friend. Some of us have been taught that there are things we shouldn't say to God or feelings we shouldn't express. However, now that we're recovering from compulsive eating, we need complete freedom to express our honest feelings in any situation, without fear of saying the wrong thing and damaging or destroying our relationship with God" (p. 94). This tells me I can discuss anything on my mind with Higher Power. And if this discussion gives me comfort, all the better.

Lower on the same page, it says, "Clearly, if we are to develop a vital relationship with a Higher Power, we will need to bring into our prayers all the things that concern us. We pray about these things, not so we can get our way, but so we can bring our will regarding them into alignment with God's will."

Our literature instructs us to pray about all the things we want to share with our Higher Power. Each of us handles this differently. I ask Higher Power to express his will in all situations. Sometimes I list them (peace in the world, health for myself and my children), and sometimes I just ask, "Thy will, not mine, be done." I no longer ask my Higher Power to make my friends healthy or direct him to bring peace to the world. Instead, I ask my Higher Power to give my friends knowledge of his will for them and the power to carry that out. Or I acknowledge that he has already done that. In difficult situations, I say the same prayer for myself. It might go like this: "Higher Power, please give me knowledge of your will for me and the power to carry that out in this situation (and I name it), for we both know I'm struggling with acceptance."

I have come to realize that I pray not for God's sake, but for mine. It's a way to align myself more fully with Higher Power's will.

— Members of the Board of Trustees provide answers to these questions

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.

Treasurer's Report 03/09  
Your trusted servant, Billie S.

**Beg. Balance \$2548.57**

**Expenses**  
AT&T \$60.68  
AT&T \$53.11  
Newsletter \$84.10  
Bank Fees \$16.00  
**Total Exp. \$215.89**

**Income**  
Weatherford \$60.00  
**Total Inc. \$60.00**

**Ending Balance \$2392.68**

**Funds**  
Retreat \$784.87  
Delegate \$690.00  
General \$906.81

Monthly Treasurer's Report and Intergroup Meeting Minutes are available at [www.oa-tricounty.org](http://www.oa-tricounty.org)

**Tri-County Website**  
<http://www.oa-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](mailto:bethelhow@gmail.com)

## INTERGROUP NEWS

Overeaters Anonymous has a new pamphlet available to give to visitors (Nursing students, etc.), entitled "Is Food A Problem for You?" You should have received a sample copy with your group's mailing of the April edition of "Looking Up." Order more online at <https://www.oa.org/bookstore/>

The Retreat Committee is planning an October retreat, but has not confirmed the location. Details coming soon!

**IT DOES A BODY GOOD!** Need more time with your fellow OAs? Consider holding a "Meet and Walk." Schedule a group walk before or after your regular meeting – fresh air, exercise and fellowship with other compulsive overeaters. What could be better?

## TRI-COUNTY IS GOING GREEN!

In an effort to save paper and money, the following will take effect with the June 2009 issue of "Looking Up."

*For groups that do not send a representative to the monthly Intergroup meeting:*

— If your group sends in donations to Intergroup, you will continue to receive "Looking Up" by postal mail.

— If your group does not or cannot send in donations, one copy of "Looking Up" will be mailed to your newsletter contact. Your group will be responsible for making your own copies for distribution.

**GREEN YOUR GROUP!** Tri-County Intergroup offers "Looking Up" in PDF format, which is sent via email by the first of each month – no waiting for the copies in the mail, and no wasted paper! You can sign up individually, or ask your entire group to subscribe! To sign up for this FREE service, send an email with the subject line "Subscribe" to [bethelhow@gmail.com](mailto:bethelhow@gmail.com)

**TOO MANY LEFTOVERS? NOT GETTING ENOUGH?** How many copies of "Looking Up" does your group really need? Send an email with an accurate count to [bethelhow@gmail.com](mailto:bethelhow@gmail.com)

## LET PEOPLE KNOW ABOUT YOUR MEETING

*Information from the Public Information Service Manual, Overeaters Anonymous*

### BULLETIN BOARDS

Post notices of OA meetings and special events on community bulletin boards in shopping malls, grocery stores, libraries, schools, waiting rooms, hospitals and other public places where permitted. You may use Bulletin Board Attraction Cards available from the WSO.

### ONGOING MEETING NOTICES

Some papers have a special section for community meetings. The type of notice you send to the newspaper or community newsletter depends on the individual policies of each paper. Some require that you submit a notice each week. Others will run one submission indefinitely. Tips for submitting meeting notices:

– Double-check the name of the special events section and the name/title to whom you are supposed to send the notices.

– Type your notice and send it with a cover letter. Some papers will accept postcards for notices that must be sent in weekly. Type across the top: "NOTICE FOR WEEK OF . . ."

– If your notice will be running indefinitely, check the listing periodically for errors.

### CLASSIFIED ADVERTISEMENTS

Many newspapers and neighborhood "shoppers" offer free listings to nonprofit organizations. Send these to the appropriate department head, or a department name may be sufficient. Publishers often require that ad copy be sent in weekly, usually by postcard. Length is usually limited to a specified number of words or lines. Many groups and intergroups prepare a month's worth of notices in advance and mail one each week on the same day.

### SAMPLE CLASSIFIED AD COPY

**#1–30 words:** Do you worry about the way you eat? Overeaters Anonymous may have the answer for you. No weigh-ins, dues or fees. Call for a meeting location in your neighborhood. (817)303-2888

**#2–20 words:** If food rules your life, call Overeaters Anonymous. No dues, fees or weigh-ins. Call for the nearest meeting location. (817)303-2888

**#3–15 words:** Are you a compulsive overeater? Overeaters Anonymous can help. For more information call (817)303-2888.

Be prepared for newcomers coming to your meetings by stocking up on OA literature. Compile a list of abstaining members who can help callers to your local OA phone line with questions about OA.

**Tri County Intergroup Information Line (817) 303-2888 [www.oa-tricounty.org](http://www.oa-tricounty.org)**

*OA didn't tell me what would happen if I kept eating compulsively – it told me what would happen if I stayed abstine*

*Your pain is the breaking of the shell that encloses your understanding. Even as the stone of the fruit must break, that its heart may stand in the sun, so must you know pain. -Kahlil Gibran*

*I can't continue to be who I was or act like I did and expect to have recovery; I have to change.*

*Gossip and criticism do not belittle the other person; they belittle me.*

# IT ALL COMES DOWN TO LOVE

from "Letters of Hope," newsletter of the Dallas Metroplex Intergroup, January 1995, written by Wendy R.

I came into OA in 1985 when I was 23 years old. At my very first meeting, I knew deep in my soul that I was home at last. Finally I was finding a language that I could understand. Over the past 9 1/2 years I have experienced extreme highs and the lowest of lows; years of abstinence and recovery and years of relapse and weight gain. In my own judgmental way I have tuned out your pitching at a meeting, rejected your love and help, and stopped reading an article if I knew that you were into the food. So for me to even be writing this article, while in relapse, is both humbling and risky. As I lay in bed last night, I asked myself the same old question, why am I once again drowning in this disease? The answer came to me, very clearly: I feel alone. I feel unloved. I feel unlovable. I sat down today to write this because I wonder if any of you share my feelings. This disease makes me crazy. It is so easy for me to feel like I am alone in my feelings (and my experiences). At a meeting a few days ago, someone shared that it was easier for her to keep her abstinence than to try and get it back. I saw many nods of agreement, mine included. A year ago, I weighed 115 pounds. Today I hit 200. Let me share with you what relapse means to me today.

Relapse for me means...

... Driving an hour to a meeting two days ago. Feeling the willingness. Feeling the desire. Taking a desire chip. Abstaining the rest of the day. "Now I have it and I won't ever give it away!" An hour later, eating brownies.

... Not wearing makeup anymore. Not to the mall, not to my meetings. Can't stand looking at myself in the mirror to put it on. I can't remember the last time I put makeup on. Makeup doesn't cover up 200 pounds. Although, without makeup, I feel invisible. Proof that I am worthless.

... Getting back 10 rolls of developed film on Friday and quickly shuffling through the pictures to take out the few I accidentally got into. Hiding them. If I'm not in any pictures, my "fatness" doesn't exist.

... While writing this at 2 p.m., my husband is at the park, with our children. I want to be with him and the kids. I am still in my robe. I am alone. My clothes hurt. I hurt.

... Sitting here in my bedroom, looking at a closet of thin clothes. (I never close my closet door.) Wondering if they will ever be mine again. Two of the dresses still have tags on them. I bought them a few months ago as an incentive to get abstinent (translation: lose weight).

... Needing a hug, a caress, just to be touched by my husband. Feeling the huge wall between us called FAT.

... Stuffing myself at night because I will be starting over the next day, never being able to eat any binge foods ever again. The insanity? Repeating the same process night after night.

Relapse for me today is more than what I have written about here. It is wondering if I'm the only one who feels this way. Do we sit silently in the rooms (or hidden behind "the talk") with our insides crying for answers?

I know what it feels like to have years of abstinence, a thin body, peace with the food and a healthy relationship with my husband.

In relapse, those things seem so far away, desperately impossible, almost dream-like. Yet, there is still some little part of me that says I can have recovery again.

Maybe that comes from God. Maybe there is a way out. You keep telling me there is. How can I really feel that hope for myself?

I think I know. It all comes down to love. I need to feel loved and I need to be able to love. That is what I felt at my very first meeting. I felt accepted and understood and it didn't take long for me to learn to love and accept you.

The next step for me is to share love with my family and friends. I think I can do my part. I will get my body to the meetings and I will make daily contact with my sponsor. I will put myself in your path.

All I need is for you to love me until I can learn to love myself again. When I feel loved, I won't need the food anymore.

When the food is gone. Oh, how I feel your love and even more importantly, I am able to love.

That is what I want. I want to love my husband, my children, and my friends with all of my heart.

Is it a dream? Not if I put my hand in yours. Together we can do what we could never do alone.

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**The Los Angeles Intergroup Virtual Speakers Bureau**

<http://www.oalaig.org/html/speakers.php>

We of the L.A. Intergroup consider ourselves fortunate to live in an area where we can hear from so many strong and inspirational program speakers. We wish to share their talks with you. Whether you are struggling in the middle of the night, living in a remote location, or just need a boost, these speakers will help you remember that you are not alone. Download or listen online to dozens of OA speakers from the Los Angeles Intergroup for FREE! Subscribe to podcasts and see other Intergroup's virtual speaker links. (Please consider donating to their Seventh Tradition virtual basket to say thank you for this service.)

TRI-COUNTY INTERGROUP OVEREATERS ANONYMOUS MEETINGS

4/22/2009

<b>MONDAY</b>				
6:00 pm	<b>Granbury</b> - Acton United Methodist Church, Adult Ed. Bldg., Rm. 202A 3433 Fall Creek Hwy (HWY 167S) Granbury, TX 76049		Rene	(817) 219-3270
6:45 pm	<b>Fort Worth</b> - Bethel Methodist Church 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	(817) 377-0189
7:00 pm	<b>Arlington</b> - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013	Abstinence	Billie	(817) 460-3083
7:30 pm	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Step Study/ Literature	Happy	(817) 370-7207
<b>TUESDAY</b>				
Noon	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Commitment/ Writing	Happy	(817) 370-7207
6:00 pm	<b>Stephenville</b> - First Presbyterian Church 1302 N Harbin Drive Stephenville, TX 76401	Literature/ Discussion	Pat	(254) 485-0921
6:30 pm	<b>Weatherford</b> - All Saints Episcopal Church (white house on corner) 133 S. Waco Street Weatherford, TX 76086	HOW	Susan	(817) 694-8801
7:00 pm	<b>Arlington</b> - Covenant United Methodist Church 3608 Matlock Road Arlington, TX 76015 (between Arbrook & Mayfield)		Dianne	(817) 980-3013
7:00 pm	<b>North Richland Hills</b> - St. Johns Hall (center building) 4101 Frawley Dr (between Glenview and North Hills Mall) NRH, TX 76180	Step Study/ Literature	Keith	(817) 692-1641
<b>WEDNESDAY</b>				
12:00 pm	<b>Fort Worth</b> - King of Glory Lutheran Church 1659 Sandy Lane @ Brentwood Stair Fort Worth, TX 76112	Literature	Gay	(817) 275-1085
1:00 pm*	<b>*SPANISH</b> Must request in advance. Call Gay, (817) 275-1085			
7:00 pm	<b>Arlington</b> - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013	Literature	Billie	(817) 460-3083
7:00 pm	<b>Tarrant County Men's</b> - Ste. 608, Radio Shack shopping center 4105 State Highway 121 @ Cheek-Sparger Bedford, TX 76021	Men's Group	Keith	(817) 692-1641
<b>THURSDAY</b>				
6:45 pm	<b>Fort Worth</b> - Bethel Methodist Church 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	(817) 377-0189
6:30 pm	<b>Cleburne</b> - St. Marks United Methodist 1109 W. Henderson Street Cleburne, TX 76033		Roxy	(817) 641-5020
7:30 pm	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Big Book Study	Happy	(817) 370-7207
<b>FRIDAY</b>				
12:00 pm	<b>Arlington</b> - Covenant United Methodist Church 3608 Matlock Road Arlington, TX 76015 (between Arbrook & Mayfield)		Katie	(682) 438-1851
12:00 pm	<b>Waco</b> - St. Alban's Episcopal Church 305 North 30 <sup>th</sup> Street Waco, TX 76710		Faye	(254) 678-3420
<b>SATURDAY</b>				
9:00 am	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Step Study/ Writing	Happy	(817) 370-7207
10:00 am	<b>Grand Prairie</b> - Our Redeemer Lutheran Church 4729 South Carrier Parkway Grand Prairie, Texas 75052 (Only on 2 <sup>nd</sup> , 3 <sup>rd</sup> , and 4 <sup>th</sup> Saturdays of each month)	Literature	Jennifer	(972) 266-2201
12:00 pm	<b>Arlington</b> - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013	Twelve Promises	Billie	(817) 460-3083
12:00 pm	<b>Eules</b> - United Memorial Christian Church 1401 N. Main Street Eules, TX 76039	Step Study/ Big Book	Rosalie	(817) 355-5070
<b>SUNDAY</b>				
4:00 pm	<b>Arlington</b> - Millwood Hospital @ Randol Mill Road 1011 N. Cooper Street Arlington, TX 76011	Newcomer/ Literature	Rachel	(817) 595-3044

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