



TRI-COUNTY INTERGROUP NEWSLETTER • JULY 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
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www.aa-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.*

EXCUSES TO OVEREAT

by H.S. Anony, Arlington, Texas

The biggest excuse I have ever exercised in regard to compulsive overeating is the excuse to eat when food was free. No matter the function if food was involved I was certain to be there. Sadly, food and not service was always the motivator. That certainly said a lot about my spiritual condition. What others could plainly see took several years for me to notice. Any "All You Can Eat" restaurant has also been a great excuse. *"I paid for it. I'm here. I might as well enjoy myself and eat my fill. That way I don't have to make dinner."* But in reality that was a lie. I was certain to eat at the next given opportunity. What about my family? Did that mean I wouldn't have to fix them dinner? Certainly I had hidden motives that they too would overindulge. If they were full then I could have my binge and my post-binge stupor without interruption. This only served to plunge me deeper into my addiction and to perpetuate the disease onto those I love the most.

Thankfully there is more clarity today. Honestly, this disease has brought me nothing to enjoy. It has only been through working the 12 Steps to the best of my ability, one day at a time, that I have received joy – tremendous joy. It has also brought the miraculous relief from the compulsion to overeat. Today I am grateful to have this new way of living. It is a life I certainly thought would never be mine.

Here are more excuses for eating that I am learning to let go of: *I need to relax. I'm angry. I need to wake up. I need to sleep. I'm bored. I'm hot. I'm cold. It is time to eat. It's here for the taking. Look at these samples. We're on vacation. It's the holidays. It's on sale. It's movie night. It's Sunday dinner. I can't throw this away. I don't want to waste food. I can't let this go bad. There's not enough to save. It's just a few bites. I'm going to miss a meal so I need extra. No one wants it. We're getting together. We're saying good-bye. We're moving. They're engaged! They're married! Someone died. So-and-so is having a baby. I'm having a baby! I had a baby! My baby is having a baby... on and on and on.*

Today I can laugh most of the time; however, I remember well those many days I cried. There is no telling what all I have lied to myself about just so I could eat. For today I am going to walk in the truth that I am and will always be a compulsive overeater, but that does not mean I have to eat like one.

"The idea that somehow, someday we will control and enjoy our eating is the great obsession of every compulsive eater." Alcoholics Anonymous, Pg.30, adapted.

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.

INTERGROUP NEWS

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.

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

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

A Step Ahead Newsletter <http://www.aa.org/>

A Step Ahead is a free quarterly newsletter for OA members, groups and intergroups. It provides information about issues important to the Fellowship, including descriptions of new and approved literature and specialty items, news from the WSO, and helpful information such as the Lifeline Monthly Topics. A Step Ahead appears online every quarter, usually in January, April, July and October.

Reminder: Meeting Changes or Closings

If your meeting closes or changes, you must notify the Tri-County Intergroup and the WSO. To notify the WSO, go to <http://www.aa.org/> and select "Meetings," then click on "Register/Change Face-to-Face Meeting." You can submit the information online (preferred method) or download a form to mail in. If you are unable to do this, please contact Tri-County Intergroup for assistance.

It is critical that the WSO be kept informed of any changes to your meeting such as contact name and number, secretary's address, changes to time, day and location of your meeting. Newcomers and members will not be able to find your meeting if the WSO does not have current information to give them.

News from the World Service Office

Abstinence Definition Amended

WSBC Policy 1988b (amended 2002, 2009) defines abstinence and recovery as follows: *Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors.*

Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

WELCOME BACK

The OA Group in Granbury is starting up again. Join them on Monday nights at 6:00 p.m.

SO LONG, FRIENDS

We're sad to see them go, but these groups have closed: Arlington – Covenant; Southlake

LET PEOPLE KNOW ABOUT YOUR MEETING

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 the Bulletin Board Attraction Cards available from the WSO.

2009 Edition Bethel UMC Group Recipe Book

Now accepting submissions for the 2009 Recipe Book. To submit your recipe, email or mail to the addresses listed below. You do not need to determine portion sizes – we'll do the hard part for you!

Bethel UMC Group Recipe Book

Send \$5.00, name and address to:
Molly Horn, 3634 Eldridge St., Fort Worth, TX 76107
or email bethelhow@gmail.com for a FREE digital copy.

Treasurer's Report 04/09
Your trusted servant, Billie S.

Beg. Balance \$2392.68

Expenses

AT&T \$84.43
Newsletter \$58.69
Bank Fees \$16.00
Total \$159.12

Income

South Hills \$100.00
Primary Purpose \$68.00
St. John's \$70.00
Southlake \$142.38
Wristbands \$7.00
Personal don. \$10.00
Literature \$3.00
Total \$400.38

Ending Balance \$2633.94

Funds

Delegate \$690.00
General \$1159.07
Retreat \$784.87

Treasurer's Report 05/09
Your trusted servant, Billie S.

Beg. Balance \$2633.94

Expenses

AT&T \$187.05
Newsletter \$83.93
Bank Fees \$16.00
Total \$286.98

Income

Euless Daily R. \$199.08
Pri. Purpose Sun. \$25.00
St. John's Tue. \$50.00
Grand Prairie \$17.00
Literature \$20.00
Workshop \$71.00
Total \$362.08

Ending Balance \$2709.04

Funds

Delegate \$741.00
General \$1183.27
Retreat \$784.87

If you want to receive the electronic version of "Looking Up," please send an email to bethelhow@gmail.com

Encourage your group members to sign up, too!

God, help me today to not put anything into my mind or body that you would not have there. Take all of my relationships in life and make of them what you will. Thy will only be done in their life as well as in mine. And let me know the Truth. Amen.

I traded a lot of pain, fear, and despair for my seat in Overeaters Anonymous.

There are two kinds of people in OA: those seeking the truth, and those afraid of it.

Journaling Topics

Use these topics for personal journaling or submit them to Looking Up via email to bethelhow@gmail.com

- 1.) Write about where you came from and where you are now because of the OA program.
- 2.) What do you want out of this month? What footsteps are you willing to take to get there?

Lifeline is seeking articles

How did you find your Higher Power? Describe your HP. How do you walk the spiritual path in life? How is your life different with HP?

Deadline: August 15, 2009. Readers who wish to contribute articles to Lifeline should direct their letters to:
Lifeline, PO Box 44020, Rio Rancho, New Mexico, 87174-4020 or email: info@oa.org

WHAT MAKES A GOOD MEETING?

By Tonna M., McKinney, Texas; reprinted from *Lifeline*, August 2007

In the 26 years I have been a member of the beloved Fellowship of Overeaters Anonymous, I have seen bad groups get good, good groups get bad, and a lot of groups go away. I want to know why, because for the rest of my life I am going to need OA and people who are working the Twelve Step program.

I believe God revealed something to me as I meditated on this. Remember, when we were practicing our disease of compulsive overeating, we also suffered from the disease of isolation. Groups in trouble may also suffer from isolation.

Groups growing stronger have members who visit other meetings and attend workshops, conventions, retreats and intergroup meetings. They read newsletters, *Lifeline*, the Big Book and OA literature. They try to apply the Twelve Traditions in their meetings. They give service willingly. They rotate jobs at a regular Group Conscience meeting. Those groups have members committed to abstinence and the Twelve Steps.

A core of members attend their home meeting week after week. The members learn from other groups and bring home new ideas and insights. They seek speakers to share strength, hope and experience.

Members leave the meetings charged up and feeling better. They feel love, caring and acceptance. They receive encouragement from others who are making it in recovery. They begin to believe that they, too, can make it because others believe they can. They marvel at the changes in other people's lives. They learn to have faith that there is a solution to the most difficult problems. They know their personal recovery depends upon OA unity.

Members seek out newcomers and try to make them feel welcome. They are willing to share their recovery at all levels of service. They speak at other meetings, write articles for the newsletters, sponsor workshops and hold intergroup positions with enthusiasm. They maintain gratitude for their recovery.

Dear God, please teach me the way you want me to try to improve my group. Use me as your instrument. Thy will be done.

BE A SPONSOR

Just as buildings house face-to-face meetings, "OA-approved" websites house lists of available online OA sponsors. The websites themselves are not approved by the WSO, although many of their online meetings are registered OA groups. Go to <http://www.oa.org/> and look under "Meetings" for a list of Online and Telephone meetings.

To find a list or become a sponsor yourself, check out OA's Service-by-Mail & Email program at <http://www.oa.org/> Look under "Members/Groups" and click on "Service By Mail."

RECOVERY CONNECTIONS

Telephone Meetings List http://www.oa.org/pdf/phone_mtgs.pdf

Online Meetings List <http://www.oa.org/pdf/OnlineMeetingsList.pdf>

iTunes Podcast http://www.oa.org/get_podcast.htm

Use iTunes to search for OA Podcasts, OA readings, long-timers share experience, classic OA speakers, special speaker events and more.

Los Angeles Area Intergroup Virtual Speaker's Bureau <http://www.oalaig.org/html/speakers.php>

Audio recordings related to 12 Step Fellowships <http://www.gstl.org/>

TRI-COUNTY INTERGROUP OVEREATERS ANONYMOUS MEETINGS

6/29/2009

MONDAY				
6:00 pm	Granbury - 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	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	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*	<i>*SPANISH 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	HOW	Wendy	(817) 266-6975
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	Big Book Study	Happy	(817) 370-7207
FRIDAY				
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
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	Euless - United Memorial Christian Church 1401 N. Main Street Euless, TX 76039	Step Study/ Big Book	Amanda	(817) 776-3030
SUNDAY				
4:00 pm	Arlington - 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

WOULD YOU ATTEND A FRIDAY AFTERNOON MEETING IN GRAND PRAIRIE?

If so, please contact Valerie, (972) 768-7789. She would like to start a new meeting, but first needs to know if she can count on YOU to support this meeting.

THERE WILL NOT BE AN INTERGROUP MEETING IN JULY. THE NEXT INTERGROUP MEETING WILL BE SATURDAY, AUGUST 1, 2009.