

# Looking Up

Tri-County Intergroup Newsletter • August 2009

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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.*

## Reliance, Not Defiance

If I am defying something, I believe in it and I give it value. I can't trust and defy something at the same time. I can't give my food to God if I am defiant. I can't surrender. My recovery requires a faith that works under all conditions. My faith is action (work). The 12 Step program (recovery) has lots of work for me to do. It has something for everything and everyone, if I have the capacity to be honest.

My higher power is available in all conditions but sometimes I turn away out of defiance or self-pity. My faith in this program may be stronger than my faith in my higher power. As far as food goes, I think this is true. The work that the program offers me is what keeps me abstinent, not just reliance on God, or prayers to God, or meditation with God. Again, it's action that keeps me abstinent.

I have to be willing to do the work. I have faith in the OA program but I have to do what the program suggests in order to recover. I can't do it half way. I can't just go to meetings and expect to be struck abstinent. I have to be willing to use all of the tools, to pour myself into the program as heartily as I used to pour myself bowls of cereal. This program works if I work it.

Anonymous

## Body Image

Have you mentally divided your body into acceptable and unacceptable parts?

Not only my body, but all of me. When I label part of my body or a character defect, as "unacceptable," it's as if I am saying that God made a mistake. It's as if I am saying that I think I should be perfect. I know there is not one single person without at least one "figure flaw," or without character defects. It's easier for me to accept imperfection in others than in myself. I have always had impossibly high standards for myself. When I was young, I wanted to be "a perfect 10." Now I want to be a "perfect size 14." I used to go from home to work obsessing about the one mistake I made, instead of all the things I did right or even exceptionally well. I have lost a lot of my false pride. I want it to be replaced by humility, not shame. Shame comes from believing I should be better or different than I am. Humility comes from accepting myself as a whole person, rather than trying to split off the less desirable fragments. Humility comes from accepting that God's creation (myself) is sound and wise.

By M.E.F., Austin, TX; reprinted from the  
Heart of Texas Intergroup Newsletter, April 2009

## Message from a Meeting

Humility is like a butterfly. Try to catch it, and it always escapes me, but if I stand very still and wait, then it may land on me.

Heard something good at a meeting? Send it in for publication in this new section, "Message from a Meeting."



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  
will be available  
in next month's  
newsletter.

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

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

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version of this newsletter, please send  
an email with the subject line  
"Subscribe" to [bethelhow@gmail.com](mailto:bethelhow@gmail.com)

## Save the Date

### Tri-County Intergroup Fall Workshop ***Jt Works If You Work Jt***

*Guest Speaker, Guided Lunch Activity and Clothing Swap*

**Date:** Saturday, October 3rd

**Time:** 9:30-4:00 (approximate)

**Location:** To be determined

**Cost:** To be announced

#### Speaker

**Gerri H.**, Titusville, Florida

#### Bring Your Own Lunch

Gerri will take us through an enlightening eating exercise with food.

### ***McKinney Care & Share Silent Retreat***

**Saturday, October 23 through Sunday, October 25**

Call (972) 238-0333 for more information.

*If you're too busy to go to OA meetings,  
you're busier than God wants you to be.*

*Bring the body and the mind will follow.*

*Food thoughts are just thoughts. You don't have to act.*

*If you don't want to slip, stay away from slippery places.*

#### RECOVERY CONNECTIONS

**Telephone Meetings List** [http://www.aa.org/pdf/phone\\_mtgs.pdf](http://www.aa.org/pdf/phone_mtgs.pdf)

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

**iTunes Podcast** [http://www.aa.org/get\\_podcast.htm](http://www.aa.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/>

**AA Big Book online** <http://www.aa.org/bigbookonline/>

**Dallas Metroplex Intergroup** <http://www.oadallas.org/>

**OA Region 3** <http://www.oaregion3.org/>

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](mailto:bethelhow@gmail.com) for a FREE digital copy.

**Tradition 3: The only requirement for OA membership is a desire to stop eating compulsively.**

The Fort Worth OA/HOW group of Bethel United Methodist Church had a writing meeting on the topic of Step 3. After reading specific passages from the AA 12 & 12, participants chose one of 4 topics on which to write. The following entries are the result of that journaling exercise.

Journaling Topics:

1.) Why did you choose to be a member of OA?

2.) What positive and/or negative emotions did you feel the first time you declared yourself a compulsive overeater and how have those emotions changed over time?

3.) Why is it important not to be the judge, jury and executioner of our fellow compulsive overeaters?

4.) Open topic - whatever is on your mind.

**Participant 1:** I am currently reading "Beyond Our Wildest Dreams," and in it, Rozanne talks quite a bit about her own problems when starting OA. She made up her own 12 Steps, and practically threw out the Traditions. It was only through the gentle assistance of Jim P., a member of Gamblers Anonymous, that she slowly came to realize that AA had it right to begin with, and that she didn't need to reinvent the wheel. It took her a long time to figure that out. For Rozanne, Jim was a frustratingly perfect example of the Traditions at work: he never offered advice, never corrected or criticized, and only waited for her to come to him for help. When I first had to admit that I am a Compulsive Overeater, I felt a combination of freedom and fear. I didn't want to admit it, because admitting it made it real, made it true. But in admittance is freedom. By owning my faults, I open the door to begin correcting them. During my time as an OA member, I have felt just about every emotion possible regarding being a Compulsive Overeater. At this point, my two most common feelings are relief, because I know there is a solution, and resentment, because I still want to eat the bad foods. It's funny, because I *know* I am a compulsive overeater, no matter what, but what I feel resentment about is being in recovery! There are times that I don't want the awareness that recovery has brought me – I want to go back to the "blissful ignorance" of pre-program food abuse. But there is no going back, and that frustrates me sometimes. At other times, I am *grateful* that there is no going back!

**Participant 2:** I chose to become a member because nothing else worked for me. Quick weight loss was temporary. I was grasping at straws for something to work. If gastric bypass had been invented at that time, I probably would have even tried that. At my first meeting, at 205 pounds, I cried. Just one more damn thing I would fail at. But I sure wanted to try. I saw thin people there. At the diet clubs, most people were not thin. Over time, OA has given me hope. I've been abstinent 3 weeks; I hope for the rest of my life. I want to feel better. I am aging and I don't like it one bit, but at least I can feel and look better. Every OA member has their own cross to bear. If I walked in their shoes maybe I would be acting the same way. Food is my drug of choice to soothe me, not alcohol. I am so glad that my city has an OA group. I need them and I hope that they need me. We cannot do this alone. God does for me what I can't do alone, and with the support of my OA friends.

**Participant 3:** When I first started a 12 Step Program, I thought I had to be perfect. I was afraid that if I were not "perfect," I would be banished and my sponsor. When I floundered, I would quit, so ashamed of my failure to maintain abstinence. When I became a sponsor, I was quick to judge those who struggled – swinging the same sword I was using to cut myself. What I have learned is the gentleness of the program, the dedication and patience of the members, and to be patient and encouraging to all who still struggle – including myself. No matter what I must work through I know I belong in OA. I know this is the only solution and the only hope for my spiritual, emotional and physical well-being. I am so grateful for this program because here I find hope, here I find recovery. I am not back to my goal weight, but over halfway there and thankful that I can now buy clothes off the rack!

**Participant 4:** I chose to be a member of OA because I am an overeater and in the program I find hope and other OA members I can relate to. I don't feel alone. The first OA meeting I went to was about 10 years ago – I sat in my car after the meeting reading the newcomer packet. I cried after reading it, realizing I was a compulsive overeater. There was sadness and grief, but I also realized I was in the right place and there were answers to my problem. Being a compulsive overeater is still a negative thing to me because I still have much weight to lose and more surrender to go through. But I can see to the other side that depending on and working with my Higher Power on a daily basis would have never happened unless I had been desperate for help. Being forced to depend upon my Higher Power and surrendering will give me peace in every area of my life. So I feel it is a blessing in disguise. Even working the steps and using the tools and reading the literature can look good from the outside but I've discovered that we can do these things in peace and surrender, leaving the outcome to God, or I can be striving to make things change – working hard to make it happen myself. The attitude you have while doing these things is important.

**Participant 5:** I did not choose to be an OA member. I had no choice, no option but slow, painful, humiliating death by food. I had many mixed emotions the first time I declared myself to be an overeater. Relief was a big one – I finally knew what was wrong with me and that other people understood. Did I think OA was the solution? Not particularly. I had to be convinced that it wasn't just another diet. I also remember going out and bingeing before getting a sponsor – my big farewell to food. I still don't jump up and down for joy over my food plan. I would be lying to myself if I said that I wouldn't like to be able to eat as I see many others eat, with impunity and without apparent effect on their lives. For me, the biggest change over the years has been that I see the truth in that type of thinking. Through personal experience I know beyond a shadow of a doubt that overeating completely changes my personality and my relationship with God and others. And that is precisely what I have come to value *more* than the food I don't eat today. I want sanity, normalcy and love in my life, and I can have those *only* when I release the food, accept the discipline and believe my Higher Power.

**Participant 6:** I think that the first time I declared myself a compulsive overeater, more of what I was thinking at the time was this was great at first, I found the answer to my problems, or rather a great solution. Later, as I attended a few meetings, to speak the words out loud in front of a group of individuals, "I am a compulsive overeater," seemed overwhelming. I ran out the door, put the books down, and thought I would deal with all of this another way, but definitely not the way I had started out. As each new diet program came and left, and once again all I could do was admit failure, I slowly began to pick up the OA literature again. I think it was a period of desperation and another night of making myself sick from non-stop eating that I found I needed the OA meeting again. My fear of what I did to myself in the privacy of my home through compulsively overeating had outweighed my lack of ability to say what I knew I was and am, a compulsive overeater. After I attended my first meeting and came face to face with fact, I began to feel peace.



**TRI-COUNTY INTERGROUP OVEREATERS ANONYMOUS MEETINGS**

7/15/2009

<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>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 Must request in advance. Call Gay, (817) 275-1085</b>			
7:00 pm	<b>Arlington</b> - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013	HOW	Wendy	(817) 266-6975
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>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
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>Euless</b> - United Memorial Christian Church 1401 N. Main Street Euless, TX 76039	Step Study/ Big Book	Amanda	(817) 776-3030
<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

**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.**