



Looking Up

Tri-County Intergroup Newsletter • September 2009

2009 TRI-COUNTY INTERGROUP BOARD

Chairperson: Rachel R.
(817) 595-3044
(817) 272-7509
raroriro@sbcglobal.net
Vice-Chair: **Open**
Treasurer: Billie S.
Secretary: Sarah
Parliamentarian: **Open**
DMI Liaison: **Open**
Public Relations: **Open**
Newsletter:
Betsy H. and Molly H.
bethelhow@gmail.com
Literature: Maria G.
(817) 870-5070
Telephone: Margaret D.
(817) 303-5405
Retreat & Workshop
chairs:
Terri Beth M. & **Open**
Web Master:
Marilee & Earnest B.
Delegate: **Open**
Alternate: Billie S.

Tri-County Intergroup
Group# 09163
P.O. Box 14324
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.

*A Responsibility Pledge:
Always to extend the hand
and heart of OA to all who
share my compulsion; for
this, I am responsible.*

My Love Affair

I don't like this. I don't like being alone with my feelings and emotions. Since I don't eat any comfort foods or overeat, I am left alone with my feelings and emotions. How do I handle this? What do I do? I find myself more and more going through this process now. Where is my food? Let me eat so that I can feel better!

Food makes me forget about my troubles. Food is so faithful and is always there to help me in my time of need. I don't have to call, text or email. It's just always there ready and waiting at my beck and call. I don't have to pretend or fake anything with food. I can always be myself when it's around. I don't have to stroke its ego or tell it fabulous things in order for it to like me. Even though sometimes I compliment it on how good it looks or smells.

Food never gets mad, frustrated or tired of me. Food never judges me. Food does not have any expectations of me except to sit down and enjoy. I realize now that I have never been so in love before. I really don't believe that I have ever been loved like this before, so freely and unconditionally.

For over 20 years I did not have a mother but I had food. When my father abandoned me, I had food. When my grandmother passed away, I had food. When the love of my life hurt me time and time again, I still had food. So back to my original question: "What do I do now?"

I've had to turn my back on the most dependable and consistent thing in my life. If I don't, it's going to kill me. Someone once said, "What you love may not love you back because it can kill you." My love affair with food is killing my body with the extra weight, my self-esteem/confidence and will soon kill my health if I don't take action now.

I know that it has to be done but why do I feel like there has been a death in the family? Like I've lost my best friend? Maybe I have. So please forgive me as I mourn the loss of something special. Yes, I must end this unhealthy relationship because its killing me softly. I DON'T WANT TO DIE!! I CHOOSE TO LIVE!! By any means necessary, even if that means ending this toxic love affair.

I admit that I am powerless over food. My life has become unmanageable.

This has got to stop. This... has... got... to... stop!!

Written by Mo C., August 2009

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.

What does long-term abstinence mean?

Does it mean...

... I never have crazy thoughts about food? If it does, I am not abstinent on any given day. Sometimes the thoughts frighten me; sometimes I am a detached observer of them; frequently I ignore them; often, I bring them to the God's attention and ask for deliverance. But ALWAYS, they remind me that I am still a compulsive overeater.

...I am always satisfied when I am done eating? If it does, I am not abstinent on any given day. While I enjoy my food, I will never find satisfaction in it because that is not what it is supposed to give me. No, I have to daily be trained in finding satisfaction in life on life's terms. That is basically why I ate compulsively to begin with – I couldn't take life as I lived it. I felt it was destroying me inch-by-inch and food was my protection. But that was a lie I told myself that never worked. When I had to lay food down, I felt totally alone, without resource, without comfort or aid. And then something new began to happen. Through the fog of pain and fear, I found hope, bit by bit, moment by moment, until it has become the song of my life. With God, all things really ARE possible, even for ME!

...I am happy everyday? If it does, I am not abstinent on any given day. Happiness is based on circumstances; joy is based on the truth. So instead of being a food-seeker, I am a truth-seeker. That should have always been my journey, I was simply sidetracked. I have returned to the path and it is good.

...I never take it for granted? If it does, I am not abstinent on any given day. Many days abstinence is like breathing, unconscious, a part of me, a given. Other days I have to pray, fight, and scream for every moment of it. Does that mean it doesn't work? No, it means I am alive, filled with intense emotion, engaging with others, facing battles I never would have dreamed and coming out victorious – and surprised!

Long-term abstinence is precious – as precious as Day 1 – but deeper, truer, more fruitful and fulfilling. I cling to it, I protect it, I cherish it as the doorway through which I must daily pass to this new life I am living, doing things beyond me, loving beyond myself, and hoping in tomorrow.

Written and submitted by Anonymous

Rosy Abstinence

I had overeaten and stayed up late, two very unhealthy and "down the wrong path" actions for me – self-will run riot. As I put on clothes that still fit, did hair and makeup, I did the first 3 Steps. Yes, of course, this is the only way to go. A dear and faithful member had called the day before and said she would be leading Saturday's meeting, so that was my destination, though I hated to miss the workshop also occurring on that day. I had been in bed off and on the whole week with a neck ache, using ice and anti-inflammatory medication. Missing meetings and no talks with my sponsor... this had to stop.

We have glorious roses blooming and my husband and I kept fresh ones on our table. They needed refreshing so I went out, finding many that needed dead-heading. As I lopped off some shaggy "Knock Out" red blooms, I discovered 4 lovely buds that were hidden by the tattered petals. Rescuing them, I got a little vase that worked for them, as I thought of their lovely beauty and tight promise of hope and joy. Those buds are like me, full of happiness and encouragement, all from God. Despite the tattered breakdown of behavior, I always have "just for today," and today with my desire reestablished, I've had rosy abstinent days!

Written and submitted by Anonymous

Cultivate an attitude of gratitude.

Although we are not responsible for our disease, we are responsible for our recovery.

Food is not your friend. You have plenty of other friends and interests.

Message from a Meeting

This program has given me instructions on how to live – with sanity, with dignity and with love.

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

Seventh Tradition Donations

OA's Seventh Tradition tells us that we are fully self-supporting through our own contributions. For 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 07/09
Your trusted servant, Billie S.

Beginning Balance	\$2874.14
Expenses	
Web subscription	\$29.85
AT&T	\$55.22
Newsletter	\$50.65
Bank Fees	\$16.00
Plane fare	\$210.90 (speaker)
Region 3 don.	\$20.00
World Service don.	\$20.00
Total	\$402.62

Income	
Cross Timbers	\$10.00
King of Glory	\$5.00
St. John's (Tues.)	\$40
Primary Purpose	\$50.00
Total	\$105.00

Ending Balance **\$2576.77**

Funds	
Retreat	\$784.87
Delegate	\$741.00
General	\$1050.90

Monthly Treasurer's Report and Intergroup Meeting Minutes are available at 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

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.

Beyond Our Wildest Dreams

For Today

Health Fair Materials

Twelve Steps and Twelve Traditions

Lifeline Sampler

Newcomer Kit

Voices of Recovery

Sponsor Kit

Intergroup News

- Amanda is interested in starting a meeting in the Keller/South Lake area. If you are interested, please let her know at ajmckain@hotmail.com. She has a location worked out, but is still deciding on the day of the week and time.
- Our *Sponsor & Speaker List* should be a dynamic document. Please be sure to email Rachel (rrobbins@uta.edu) with any additions or changes you have to that list.
- McKinney's "Care & Share" Silent Retreat is scheduled for October 23rd-25th - please talk it up at your meetings.
- Our next workshop will be October 3rd and the topic is "It Works If You Work It." Bring your lunch and the speaker, Gerri H., will lead us through a food exercise. We will also have a clothing swap. Flyers will go out as soon as the location is settled.
- The following workshop will be in January.
- Molly is currently accepting recipes for the next edition of the Bethel Group's Recipe Book. Submissions can be abstinent or not, portioned or not – Molly can help with the portions and ingredients. If you have a recipe to contribute, please email it to bethelhow@gmail.com

Tri-County Intergroup Fall Workshop OA: It Works If You Work It

Date: Saturday, October 3rd

Registration: 9:00 a.m.

Workshop: 9:30 a.m. to 4:00 p.m.

Location: South Hills Church, 3200 Bilglade Rd., Fort Worth, TX 76133

Suggested Donation: \$5.00

Speaker: Gerri H., Florida

Bring your lunch; Gerri will take us through an enlightening eating exercise.

Bring your unneeded clothing for a clothing swap!

All proceeds from the Workshop will go to the Tri-County Delegate Fund.

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/>

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 for a FREE digital copy.

TRI-COUNTY INTERGROUP OVEREATERS ANONYMOUS MEETINGS

August 24, 2009

MONDAY				
6:00 pm	Granbury/Acton - Acton United Methodist Church, Adult Ed. Bldg., Rm. 202A; 3433 Fall Creek Hwy (HWY 167S) Granbury, TX 76049		Leah	(817) 219-2393
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*	*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	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	Eules - United Memorial Christian Church 1401 N. Main Street Eules, 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.