



# LOOKING UP

TRI-COUNTY INTERGROUP NEWSLETTER • OCTOBER 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: **Open**

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

Co-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.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.*

## CONSTANT FEAR AND TENSION

While reading, I was struck by the phrase "constant fear and tension," used when discussing the double life of the compulsive overeater who has not yet taken Step 5. That state of mind certainly described me and I am just now realizing it. I knew I reacted out of fear to just about everything in my life but I never thought much about the tension it created.

I am very aware of the physical tension because of the constant neck and shoulder pain I experience because of my work. Before coming to OA and working Steps 4 and 5, I was wound up tight within myself – so wound up that I didn't even know it. My entire life was based on a set of powerful lies and overeating kept me from having to look at them. Not all of them were my lies, and I forgive myself for that. I don't know when I got mature enough to look at my lies. I don't think "I" had much to do with that. I think it was God propelling me into situations in which He was able to do for me what I couldn't do for myself. Like a sling shot, a rubber band wound up tight and let loose helter-skelter on the world, my landing was not very pretty. I kind of went "SPLAT!"

But that's what I needed. That broke the tension I had created around myself like a forcefield to keep the truth OUT.

I was so afraid that if I ever admitted the truth about myself I would literally die, I couldn't walk that walk on my own. God had to do it for me.

I was propelled through Steps 1-5 by His force and when I was through, I was free. It felt like I had been born again. It was painful but I had to do it – there was no going back.

Betsy H.  
Fort Worth, TX

---

*I ate because I was depressed. I ate because I was happy. But mostly I ate because I was awake.*

---

Region 3 Convention & Assembly • Route 66 – THE ROAD OF RECOVERY

October 16-18, 2009 • Albuquerque, New Mexico

For information, contact Sarah: oceanwavesnh@aim.com

---

### Message from a Meeting

*Humility is like my vitamins; I take my dose daily –  
or however often God wants me to!*

Hear something good at a meeting? Send it in for publication in this 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.

## 40 RULES TO LIVE BY

1. When you wake up in the morning, always start your day with a prayer/vision.
2. Then complete the following statement, "My purpose is to \_\_\_\_\_ today."
3. Take a 10- to 30-minute walk every day. And while you walk, smile. It is the ultimate anti-depressant.
4. Sit in silence for at least 10 minutes each day. Buy a lock for the door if you have to.
5. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
6. Drink plenty of water.
7. Make at least three people smile each day.
8. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present.
9. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
10. Life is too short to waste time hating anyone, so give the best of your kindness.
11. Take yourself seriously.
12. You don't have to win every argument. Agree to disagree.
13. Make peace with your past so it won't spoil the present.
14. Don't compare your life to others'. You have no idea what their journey is all about. Don't compare your partner with others either.
15. No one is in charge of your happiness except you. So, be happy.
16. Remember that great love and great achievements involve great risk.
17. Remember the three R's: Respect for self; Respect for others; Responsibility for all your actions.
18. When you realize you've made a mistake, take immediate steps to correct it.
19. Frame every so-called disaster with these words: "In five years, will it matter?" Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
20. Forgive everyone for everything.
21. Read more books and watch less TV than you did last year.
22. What other people think of you is none of your business.
23. God has everything you'll every need in life so hook up with Him.
24. However good or bad a situation is, it will change.
25. In disagreements with loved ones, deal with the current situation; don't bring up the past.
26. Get rid of anything that isn't useful, beautiful or joyful.
27. Your job won't take care of you when you are sick. Your family and friends will. Stay in touch.
28. Envy is a waste of time. You already have all you need.
29. Keep believing that the best is yet to come.
30. Once a year, go someplace you've never been before.
31. Each day give something good to others.
32. Don't overextend yourself. Keep your limits.
33. Sleep for 7 hours every day or whatever your body needs.
34. Remember that the best relationship is one where your love for each other is greater than your need for each other.
35. Remember that not getting what you want is sometimes a stroke of luck.
36. Do the right thing!
37. Each night before you go to bed complete the following statements: "I am thankful for \_\_\_\_\_. Today I accomplished\_\_\_\_\_."
38. Remember that you are too blessed to be stressed.
39. Trust in God, but lock your car.
40. Know that God heals everything.

Submitted by Jamie C., Fort Worth, TX

---

Hello fellow OA-ers,

I would be Steve and I would be a compulsive overeater. I would also be the Entertainment Chair for the 2010 Convention in Dallas on February 26-28. I am requesting the help of my creative OA mates with three things:

1) I am compiling a list of "You may be a compulsive overeater if..." jokes. This is a takeoff of the Jeff Foxworthy "Redneck" joke series. The list will be read throughout the convention.

2) I am also doing OA top 12 lists (Twelve instead of ten for 12 steps) Topics so far include: "Signs your meeting leader is insane", "Things overheard at last year's OA convention", "Ways to get kicked out of OA", "Shocking things overheard at an OA meeting", "Ways to make OA better", "Rejected OA dance themes".

3) Lastly, we are doing another play and anyone who would like to take part in the acting process, let me know.

If you have any ideas or thoughts, please send them to me. My email is [stephenglaser@msn.com](mailto:stephenglaser@msn.com). I'll be glad to send you my phone number if needed. So think hard, think silly and thanks now for what I know will be good times had by all. Thank you for your time and stay gentle.

Steve G.

## ☛ Intergroup News & Information ☚

### 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 08/09  
Your trusted servant, Billie S.

**Beg. Balance \$2576.77**

<b>Expenses</b>	
AT&T	\$58.21
Newsletter	\$26.40
<b>Total</b>	<b>\$84.81</b>

<b>Income</b>	
Arlington	\$300.00
Daily Reprieve	\$127.00
King of Glory	\$5.00
Men's Group	\$46.00
Primary Purpose	\$33.00
South Hills	\$120.35
St. John's	\$25.00
<b>Total</b>	<b>\$656.35</b>

**Ending Balance \$3148.51**

<b>Funds</b>	
Delegate	\$901.00
General	\$1462.64
Retreat	\$784.87

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)

① There will be no October Intergroup meeting, due to the workshop. The November meeting will be on Saturday, Nov. 7th.

☛ **10% of zero = HELP!** Region 3 needs donations. Please consider making a special one-time personal or group donation for Region 3.

☛ We need your meeting details for the meeting list, newsletter mailouts and treasury.

When you send donations to Intergroup, please include your group's name, meeting day and time, and location. *i.e. Bethel HOW, Monday/Thursday, 6:45 p.m., Bethel United Methodist Church, 5000 Southwest Blvd., Fort Worth, TX 76116*

☛ Region 3 requests an email contact for each group number. If your meeting location has more than one group meeting there, each individual day/time should have their own contact. Please send contact information including WSO Group Number to [oar3horizons@gmail.com](mailto:oar3horizons@gmail.com) *If you do not know your group number, you can look it up at <http://www.oa.org/meetings/find-a-meeting.php>*

☛ Our *Sponsor & Speaker List* should be a dynamic document. Please be sure to email Rachel ([rrobbins@uta.edu](mailto:rrobbins@uta.edu)) with any additions or changes for the list.

☛ Molly is currently accepting recipes for the next edition of the Bethel Group's Recipe Book. Submissions can be 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](mailto:bethelhow@gmail.com)

☛ Friday, December 12, 2009 is 12th Step Within Day. If your group meets that day, consider having 12th Step Within your topic.

☛ Would you attend a Friday afternoon meeting in Grand Prairie? If so, please contact Valerie at (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.

☛ Looking for a Spanish meeting? Call Gay at (817)275-1085.

☛ Amanda is interested in starting a meeting in the Keller/Southlake area. If you are interested, please contact her at [ajmckain@hotmail.com](mailto:ajmckain@hotmail.com). She has a location worked out, but is still deciding on the day of the week and time.

### 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>Voices of Recovery</i>
<i>Health Fair Materials</i>	<i>Newcomer Kit</i>	<i>Sponsor Kit</i>

### RECOVERY CONNECTIONS

**Telephone Meetings List** [http://www.oa.org/pdf/phone\\_mtgs.pdf](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](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](mailto:bethelhow@gmail.com) for a FREE digital copy.

**TRI-COUNTY INTERGROUP OVEREATERS ANONYMOUS MEETINGS**  
**MERGEFORMAT }**

{ DATE \ \ }

Day & time	City – Group Name – Address	Subject	Contact	Contact Phone
<b>MONDAY</b>				
6:00 pm	<b>Granbury/Acton</b> 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	<b>Fort Worth – Bethel HOW</b> Bethel Methodist Church, (corner of Southwest Blvd. and Vickery) 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	(817) 692-7180
7:00 pm	<b>Arlington – Trinity</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 – South Hills</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 – South Hills</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 – Daily Reprieve</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 – King of Glory</b> 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 call Gay to request in advance</i>			
7:00 pm	<b>Arlington – Trinity</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 Group</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 – Bethel HOW</b> Bethel Methodist Church, (corner of Southwest Blvd. and Vickery) 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	(817) 692-7180
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 – South Hills</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 – South Hills</b> South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Step Study/ Writing	Happy	(817) 370-7207
12:00 pm	<b>Arlington – Trinity</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	Amanda	(817) 776-3030
<b>SUNDAY</b>				
4:00 pm	<b>Arlington – Primary Purpose</b> Millwood Hospital @ Randol Mill Road 1011 N. Cooper Street Arlington, TX 76011	Newcomer/ Literature	Rachel	(817) 595-3044