



Looking Up

Tri-County Intergroup Newsletter ❧ November 2009

2009 TRI-COUNTY INTERGROUP BOARD

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Group# 09163

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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.*

The October Workshop was a resounding success!

Thanks to all who attended, and many thanks to the speaker, Gerri. The following quotes were jotted down by an attendee to share with our readers.

"Life is not about feeling better."

"Food was the glue that held my phony little life together."

"After I got here, I discovered I was a mental defect."

When offered food not on your plan say, "No thank you. I don't like it."

"We are insatiable."

When the food starts talking to you say:

"Thank you head, for sharing."

When the food continues talking to you say:

"If you keep talking to me, I'm going to tell on you."

If the food continues talking to you:

"Call someone and tell on yourself."

"God wants you to have abundance. Do you want abundance in your mouth or in your life?"

Concerning your higher power... When you eat off plan, go into your kitchen, get down on your knees and pray to your refrigerator because you have made it your higher power."

"The most spiritual thing we can do is abstain."

"Fat Serenity=stoned on food."

"I will sponsor you but I will not be your accomplice."

3 rules of life:

Give anonymously.

Give.

Give.

Daily 10th Step Questions (based on the Big Book of AA, p. 86):

Was I resentful?

Was I selfish?

Was I dishonest?

Was I fearful?

Do I owe an apology?

Do I have any secrets that need to be shared at once?

Was I kind to everyone?

Was I loving to everyone?

What could I have done better?

Was I thinking of myself most of the day?

Was I thinking only of what I could take out of life?

Did I worry?

Am I remorseful about something?

Was I morbid?

Have I asked for forgiveness?

What corrective measures can I take?

"Here ask God for inspiration, an intuitive thought or a decision. We relax and take it easy.

We don't struggle."

"Abstinence AB-SOUL-UTELY"

21 Tips for Getting Through the Holidays Abstinently

Origin unknown c. 2001

1. Focus on the true meaning of the holiday or event rather than the food orgy that sometimes accompanies it.
2. Don't set yourself up to feel bad because of unrealistic expectations of what the holiday will bring. Sometimes we're with family, sometimes with friends, sometimes we are alone. Face the reality of the situation beforehand. For example, if a family occasion almost always turns unpleasant, plan not to be a part of the unpleasantness. If you're going to be alone, face that you may be sad. Plan to deal with it without excess food.
3. Build up your recovery bank account before and during the holidays by attending lots of meetings, working extra hard on your 12 steps and using all the tools, especially service. Keep in constant contact with your sponsor. The disease doesn't take a holiday, nor should our recovery.
4. Keep your OA phone numbers with you at all times. Use them.
5. Know the limits of your recovery. When in doubt, avoid persons, places and things that have in the past triggered overeating. The party is not worth it. Choose not to attend if you feel it may be a major problem. Remember that abstinence, one day at a time, has to be the highest priority in your life. Without it, all other things suffer.
6. From the food perspective, treat the holiday like any other day. Our disease never takes a holiday.
7. Plan something special for yourself during the time other people are eating sugary desserts that you choose not to include in your food plan. Special tea, hot water with lemon, fruit... anything that is special for you and allowable in your plan.
8. Whether attending a holiday gathering or ordinary party, choose to focus on the people rather than the food. Pick out people and engage them in *real* conversation. If they don't want to participate, move on to the next person. People like to talk about themselves. Ask them questions about their life, their work - and really listen to their answers.
9. Try to really connect with people at the holiday table. Make the food a secondary thing.
10. A Halloween there is no law that says you have to give out candy. We're not doing these kids a favor by giving them junk food. Give nutritious snacks, toys or money. Do not give out things you would not consume yourself. Then there will be no problem with leftovers.
11. Set an extra place beside you (in your mind or in reality) at the table for your Higher Power.
12. Remember Step Two: with the help of a Higher Power, we can be restored to sane eating behavior. Call on your Higher Power. HP can keep you sane, one day at a time, one meal at a time.
13. During the holidays, get out of yourself by giving service, any service, whether it is to the program, to needy individuals, or to the community. Do something that may be a little hard for you, but that you know you will feel good about later. Give yourself something to build self-respect.
14. Plan! Plan! Plan! Be proactive toward the holidays and the meals. Don't just sit back and hope for the best. Rehearse in your mind over and over exactly what you will do, particularly what, where and when you will eat. Pray just before sitting down to the meal.
15. Just before sitting down to eat or being served, go to a private room somewhere in the house or restaurant, call your sponsor, and commit what you are about to eat, as well as what you will choose not to eat. It makes no difference whether you get your sponsor or an answering machine - it is *your* commitment.
16. If you are visiting others for a holiday dinner, it is up to you to know what is being served and whether it is something that you choose not to eat. Call the host ahead of time. Plan accordingly. People understand others' food limitations. Even people without our disease have foods they don't eat for one reason or another. Volunteer to bring something that is good for you. The host then thinks you are gracious, while you are taking care of yourself!
17. Remember that you are responsible for what you eat. It's easy when sitting with family to slip into old childish roles where you feel you must eat whatever you are given. It's not true. We are adults and are responsible for our own choices. It is up to us to take care of ourselves. It is up to us to set whatever parameters or boundaries we need to set with our families.
18. Gratitude, gratitude, gratitude. There is nothing as good for staying abstinent, particularly during the Thanksgiving season, as focusing on the many things we have, rather than what we do not have. Write gratitude lists frequently.
19. How about writing a little card or note to each person who will be at the Thanksgiving dinner table telling them why you are grateful to know them? Leave it at their dinner place. The focus will quickly get to the real meaning of Thanksgiving rather than on the food.
20. For many of us, the most dangerous period for our abstinence is after we have successfully gone through a difficult occasion. The insanity of our disease subconsciously or consciously tells us to reward ourselves with food because we did so well yesterday. Or, we suffer some type of letdown about the occasion; it didn't meet our expectations. Some of us feel an emptiness after holidays that in the past we have tried to fill with food. For these reasons, plan to go to meetings the next day after the holiday.
21. A holiday is not a crisis. Holidays come every year. They are simply calendar times set aside to honor certain things. We deal with holidays the same way we deal with the rest of the days in the year. You can do it. Relax and work your program the best way you know how.

One Day at a Time.

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. 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.

Save money and the planet. Encourage your group members to sign up for the digital version of "Looking Up." If you want to receive the electronic version, please send an email with the subject line "Subscribe" to bethelhow@gmail.com

We need your words, thoughts and ideas! Please send newsletter submissions to bethelhow@gmail.com All submissions are welcome: thoughts for the day, journal entries, step writing, Lifeline articles, etc.

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

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

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

📧 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 *If you do not know your group number, you can look it up at <http://www.oa.org/meetings/find-a-meeting.php>*

☛ 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*

📄 Our *Sponsor & Speaker List* should be a dynamic document. Please be sure to email Rachel (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, and can help with the portions and ingredients if you are unsure of quantities. Please email submissions to 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. She has a location worked out, but is still deciding on the day of the week and time.

🔗 The Treasurer's Report for September will appear in the next issue of "Looking Up."

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

Twelve Steps and Twelve Traditions

For Today

Lifeline Sampler

Voices of Recovery

Health Fair Materials

Newcomer Kit

Sponsor Kit

RECOVERY CONNECTIONS

Telephone Meetings List http://www.oa.org/pdf/phone_mtggs.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
Email bethelhow@gmail.com for a FREE digital copy.

TRI-COUNTY INTERGROUP OVEREATERS ANONYMOUS MEETINGS

October 15, 2009

Day & time	City - Group Name - Address	Subject	Contact	Contact Phone
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 HOW Bethel Methodist Church, (corner of Southwest Blvd. and Vickery) 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	(817) 692-7180
7:00 pm	Arlington - Trinity 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 South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Step Study/ Literature	Happy	(817) 370-7207
TUESDAY				
Noon	Fort Worth - South Hills South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Commitment/ Writing	Happy	(817) 370-7207
6:00 pm	Stephenville - Cross Timbers First Presbyterian Church 1302 N Harbin Drive Stephenville, TX 76401	Literature/ Discussion <i>TOPIC</i>	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 - Daily Reprieve 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 King of Glory Lutheran Church 1659 Sandy Lane @ Brentwood Stair Fort Worth, TX 76112 <i>*SPANISH Must call Gay to request in advance</i>	Literature	Gay	(817) 275-1085
1:00 pm*				
7:00 pm	Arlington - Trinity 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 Group 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 HOW Bethel Methodist Church, (corner of Southwest Blvd. and Vickery) 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	(817) 692-7180
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 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 South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Step Study/ Writing	Happy	(817) 370-7207
12:00 pm	Arlington - Trinity 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 - Primary Purpose Millwood Hospital @ Randol Mill Road 1011 N. Cooper Street Arlington, TX 76011	Newcomer/ Literature	Rachel	(817) 595-3044

Tri County Intergroup meets at 10:30 a.m. the first Saturday of every month,
Trinity United Methodist Church, 3216 West Park Row Drive, Arlington, in "Wesley House."