



# Looking Up



Tri County Intergroup Newsletter • December 2009

## 2009 TRI-COUNTY INTERGROUP BOARD

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 (817) 595-3044  
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 bethelhow@gmail.com  
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 Retreat & Workshop  
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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.*

## Dallas Metroplex Intergroup Convention • The Texas 12 Step

February 26-28, 2010 • Registration forms available at [www.oadallas.org](http://www.oadallas.org)  
 Radisson Dallas East, 11350 LBJ Freeway at Jupiter Road, Dallas, TX 75238  
 \$75.00 Full Registration on or before Feb. 1, 2010, includes Saturday lunch and banquet  
 \$15.00 Friday only  
 \$40.00 Saturday only, includes lunch but not banquet  
 \$15.00 Sunday only  
 \$102.35 Hotel price per night, includes tax  
 For more information, contact Delia (469) 231-4965 or [delia@deliagonzaleslaw.com](mailto:delia@deliagonzaleslaw.com) or Phyllis (214) 803-6117. *Payment by credit card is available. First payment of \$40.00 is due upon registration, remaining balance must be postmarked by Feb. 1, 2010 or late registration fees will apply. Payment plan is not available for credit card payments.*

## Now Playing • 50 Years of Recovery

### OA World Service Convention • August 26-29, 2010

Hilton Los Angeles Airport Hotel, 5711 W. Century Blvd., Los Angeles, CA 90045  
 Prices do not include tax (14.065%). Meals are not included in lodging rate.  
 \$129.00 per night (single/double occupancy)  
 \$139.00 per night (triple/quad occupancy)  
 To find a roommate, contact WS at (505) 891-2664 or [conventioninfo@oa.org](mailto:conventioninfo@oa.org)  
*Accommodations require a credit card to guarantee a room. Deposit may be required if credit card is not available. Cancellations are required 24 hours before arrival date.*

## December 12, 2009 • Twelfth Step Within Day

- Offer to drive someone to a meeting.
- Circulate OA pamphlets, such as "Is Food a Problem for You?" including OA Hotline phone number.
- Leave copies of *Lifeline* in places where compulsive overeaters may find it, such as hospital waiting rooms, doctors' offices and laundromats.
- Conduct in-home meetings for shut-ins.
- Write an article for this newsletter or *Lifeline*.
- Send out "miss you" cards to absentee members.
- Offer to babysit so that others can attend meetings.
- Call newcomers and members who no longer attend meetings.

## We need your words, desperately!

**Our newsletter submission archive is empty. Please send thoughts for the day, journal entries, step writing, *Lifeline* articles, etc. to [bethelhow@gmail.com](mailto:bethelhow@gmail.com)**

## Message from a Meeting

Remember that while other people may have "those foods," they also have all the baggage that comes with those foods: excess weight, health problems, emotional issues, and mental illness.

Heard 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."

## Hope and Comfort

from "Letters of Hope," newsletter of the Dallas Metroplex Intergroup, February 2009

I have spent many days and nights of my life seeking comfort: in activities to gain recognition, in relationships – always being the people pleaser who wanted to belong – but mostly in food. Food never provided me with true comfort; it was a false sense of satisfaction that took more than it gave. As the obsession with food and weight progressed, I found myself jumping deeper into the food searching for the brief flash of comfort and satisfaction. As the disease progressed and the food obsession grew, the more of myself I lost. There was nothing that could comfort me or ease the pain of addiction. People no longer could make me feel better; accomplishments and recognition lost the satisfaction they once held. Even food provided no happiness, relief or comfort. That was the bottom, the feeling of being totally lost.

Somehow, somewhere inside of me there still existed a glimmer of hope. Hope that something, somehow, somewhere there was a way out. Little did I know that I would stumble into OA.

Today, after many 24-hours in the program, I can say I know what true comfort feels like. For me it is found in moments of silence, in the smile and faces of those around me, on a walk as I revel in nature, in the hugs of fellow OAs and family, in the physical health I have today, in having a clear mind, but ultimately in a relationship with my Higher Power. No matter what is happening in life today, I know God is with me and all is well. The gratitude I have for the life I live today has no measure.

Comfort today comes from being real, from being present, from being open to receive, from giving and from unconditional acceptance. Thank God for abstinence. I am comforted in the truth of who I am and what I have been given.

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## 21 Tips for Getting Through the Holidays Abstinently

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. At 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 – 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.

## ☛ 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**  
Jan Blue  
Region III Treasurer  
8610 W. 68th Place  
Arvada, CO 80004

Give as if Your Life Depends On It.

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)

☛ **Nominations and Elections for 2010 Tri-County Intergroup officers will be held on Dec. 5th. If you would like to volunteer for a position or participate in the nomination and election process, please contact Tri-County Intergroup.**

☛ **Recommitment Rally Tri-County Workshop, January 16 at South Hills. 12:30 registration and program from 1:00-4:00. Intergroup meeting will be at 10:30 a.m.**

☛ **OA will be celebrating its 50th anniversary at the convention in Los Angeles in August 2010.**

☛ **OA Logo and literature use - WSO has new criteria for using the OA logo and reprinting literature. See this link for more information: <http://www.oa.org/services-for-members/copyright.php>**

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

☛ **Region 3 has a new Treasurer, Jan Blue. Contact information is located in sidebar.**

☛ **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>**

☛ **Sponsor & Speaker List: Please email Rachel ([rrobbins@uta.edu](mailto:rrobbins@uta.edu)) with any updates.**

☛ **For a Spanish meeting, call Gay at (817)275-1085.**

☛ **If you would like a Friday afternoon meeting in Grand Prairie, please contact Valerie at (972)768-7789.**

☛ **If you would like a meeting in the Keller/Southlake area, please contact Amanda at [ajmckain@hotmail.com](mailto:ajmckain@hotmail.com).**

*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.

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

<b>Expenses</b>	
AT&T	\$57.89
Newsletter	\$39.35
Bank Fees	\$16.00
Literature	\$313.60
Workshop Gift	\$25.00
<b>Total</b>	<b>\$451.84</b>

<b>Income</b>	
Arlington	\$100.00
Bethel HOW	\$60.00
Millwood Hosp.	\$25.00
St.John's	\$5.00
Weatherford	\$80.00
<b>Total</b>	<b>\$250.00</b>

**Ending Balance \$2874.14**

<b>Funds</b>	
Retreat	\$784.87
Delegate	\$901.00
General	\$2903.87

**Treasurer's Report 10/09**  
Your trusted servant, Billie S.

<b>Expenses</b>	
Advertisement	\$48.00
AT&T	\$61.44
Newsletter	\$28.48
Bank Fees	\$16.00
<b>Total</b>	<b>\$153.92</b>

<b>Income</b>	
King of Glory	\$15.00
South Hills	\$129.75
United Cov. Ch.	\$144.00
Workshop	\$210.05
Literature	\$70.00
<b>Total</b>	<b>\$568.80</b>

**Ending Balance \$3345.75**

<b>Funds</b>	
Retreat	\$784.87
Delegate	\$1111.05
General	\$1449.83

### 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 • To submit a recipe for the 2010 edition, or to receive a FREE digital copy of the 2008 book, email [bethelhow@gmail.com](mailto:bethelhow@gmail.com)

TRI-COUNTY INTERGROUP OVEREATERS ANONYMOUS MEETINGS

November 24, 2009

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 (not 76109)	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 - Cross Timbers</b> First Presbyterian Church 1302 N Harbin Drive Stephenville, TX 76401	Literature/ Topic	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 <i>*SPANISH Must call Gay to request in advance</i>	Literature	Gay	(817) 275-1085
1:00 pm*				
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 (not 76109)	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

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."