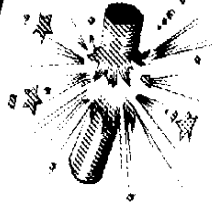
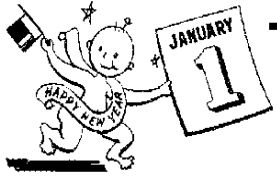


# Looking Up

Tri-County Intergroup Newsletter January 2010



## *From Deprived to Grateful*

My first year of abstinence was 2004, and it was difficult for me. I had to face my first holiday, birthday, anniversary, summer, fall, winter and spring without sugar, white flour and excess food. I felt deprived and angry at being an addict.

I didn't want to be an addict. I wanted to enjoy life (which in my mind equalled excess food), along with everyone else on the face of the earth. We addicts think we are the only ones who feel this way. No one else has to give up excess food. No one else has to give up sugar and white flour. Just me, poor me. I can laugh now at my addictive thinking.

A person's way of thinking determines whether he or she will focus on the positive or the negative. I had a long talk with my sponsor, who suggested that I change my focus. Instead of focusing on what I had to give up to be abstinent, I could focus on what I was receiving. I sat down at my computer and listed the pros and cons of being abstinent.

Being abstinent meant I could not eat whatever and whenever I wanted. Definitely a con. It meant I could no longer delude myself that I was a normal eater who had a weight problem. Another con. It meant I could not have what I wanted more than anything else in the world: excess food. Staying abstinent meant I had to do certain things to maintain my abstinence. I had to use the eight tools of OA, and I had to work the Twelve Steps in my daily life, whether I wanted to or not. What a hassle.

So, what are the pros of staying abstinent? I get to lose the excess weight that has been hanging on my body for decades. That is a rather nice pro. After 20 years of not being able to lose weight, losing 89 pounds in three years is a miracle. I get to have a clear head and sane thinking. It helps me understand the Twelve Steps and put into action what I have learned. Staying abstinent allows me to feel good about myself and who I am. Abstinence means I have possibilities and opportunities in my life.

I can see that the pros of abstinence far outweigh the cons. My sponsor did a wonderful service by showing me how to refocus on the positives of recovery. I no longer feel deprived. In fact, today I am grateful to be an addict because I get to be in the program. Up until OA, I did not understand how to live a sane, healthy and positive life. OA has done that for me, and I am deeply grateful.

– Cindi B., Bridgeport, OH, Reprinted from *Lifeline*, December 2008

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## *Message from a Meeting*

Sometimes things are "just okay." Even if things stay "just okay," that's ok.

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

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## *Recommitment Rally*

*Tri-County Workshop*

*A Fresh Start in 2010*

January 16, 2010 • Registration 12:30 p.m., Workshop 1-4 p.m.

Intergroup meeting will be at 10:30 a.m.

South Hills Christian Church, 3200 Bilglade, Fort Worth

Suggested donation: \$5 or two for \$8

Proceeds benefit the Tri-County Intergroup Delegate Fund

Please bring: a friend, your Big Book, and unwrapped items for a raffle.



## *Defending Our Rights*

Compulsive overeaters spend a tremendous amount of time and energy defending their right to eat compulsively. I tell my sponsees that a natural part of the road to spiritual recovery is the fear that surfaces when they have to give up large portions, comfort foods, and unhealthy food rituals. Working through it is fundamental to their future success.

How can one be "living in recovery" while still actively eating? An overfed or underfed body produces a malnourished spirit. If we're still eating, we are actively extinguishing the spiritual spark we need to move beyond the food to long term abstinence.

I hear people talk about doing their Step work, but even as they do, a great many won't structure their day to avoid putting themselves in harm's way with food. A long time ago someone told me "failing to plan is planning to fail." Abstinence is hard enough without aiding and abetting the enemy.

The most empowering thing I did while I dealt with the underlying causes of my compulsive overeating was to plan, shop and prepare nourishing meals that took me to a healthy weight.

Every time I achieved a breakthrough, I became aware of the internal conflict that was my disease trying desperately to get me to go back on my disciplines, ignore my returning healthy instincts, blur my judgement and foster a return to eating.

If my food plan is so flexible it varies widely in portion sizes and times between meals, I will hardly be able to distinguish a return to compulsive eating from a day where I have to tighten up my food choices.

I have a disease that wants me dead. If it can't accomplish that, it will settle for generating guilt, self-doubt, and a loss of self-esteem. It will be pleased to simply undermine my resolve and reduce me to a diminished version of my best self. It will wait patiently, until the lessons I learned when my physical recovery was strong have morphed into a false sense of confidence that "I'm still way ahead of the game for being in OA, even if my food has become a little sloppy."

Nothing is more painful to watch than longtimers who are years past their last period of extended abstinence, talking program-speak while consistently avoiding doing the very things they would recommend to newcomers. Such is the power of the disease to hone rationalization and self-delusion to art forms.

Telling sponsees not to worry so much about the food—that they have a spiritual malady and only a spiritual solution will help them—is not doing them any favors. Achieving a healthy body weight is good for OA's credibility. It's far from easy, but who said getting well was supposed to be easy?

Did you come to OA looking for spiritual recovery? When did optimizing our physical recovery become the enemy of spiritual recovery? Perhaps this is behind some of the discord in OA. Perhaps some of us are still defending our right to settle for less.

— N.R., Baltimore, Maryland, Reprinted from *Lifeline*, December 2008

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## *Slipping into the Steps*

**"The step are not something we take once and for all and then put aside." How do you work the steps daily as a part of your program of recovery?**

I have to walk in powerlessness and dependence everyday. Powerlessness not only over food but over knowing what is the best for myself or for anyone else. I have to practice giving up control moment-by-moment. But someone has to be in control so I practice trusting God. Not only does He control, He tells me He can do for me what I cannot do for myself. Since I'm powerless, that sounds good, so I trust Him a little more. Then He keeps me busy doing the next right thing, which includes abstinence, going to meetings, sponsoring, reading the material, making phone calls – just using the tools. The He further keeps me busy with calling a sponsor and telling them what is going on in my life, how I am treating others, feelings I have about situations, mistakes made, harm done, amends to be made, etc.

While He keeps me busy doing that, He begins to change me from the inside out through daily times of quiet meditation and prayer with Him. So, while He keeps me busy with all of those other things, He does His transforming work in my life to which none of those things I have been busy doing could ever add up. He is the ingredient that makes the ordinary and simple acts miracle working displays of His power. And my life is saved, one day at a time.

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The lesson I must learn is simply that my control is limited to my own behavior and my own attitudes.

God will either shield you from suffering or give you unflinching strength to bear it.

I won't starve to death between meals.

**2010 TRI-COUNTY  
INTERGROUP BOARD**

Chairperson: Betsy H.  
(817) 870-8703  
(817) 921-4676  
betsyhorn@charter.net  
Vice-Chair: Lucy  
Treasurer: Billie S.  
Secretary: Rachel R.  
Parliamentarian: *Open*  
DMI Liaison: *Open*  
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Literature: *Open*  
Telephone: *Open*  
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Delegate: Lucy  
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](http://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.

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

**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.

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

**Intergroup News & Information**

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

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* is a dynamic document. Email Rachel (rrobbins@uta.edu) with any additions or changes for the list.

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)

Public Relations: Two radio stations (KTCU 88.7 and 96.6 KSCS) and two television stations (Channels 5 and 8) will be running OA Public Service Announcements. Is your group ready for the newcomers who may come when they hear or see one of the PSAs? Please make sure someone is there to open the door at each of your meetings. Stock up on literature and Newcomer's Packets.

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

**Please send newsletter submissions to [bethelhow@gmail.com](mailto:bethelhow@gmail.com)**  
*Thoughts for the day, journal entries, step writing, Lifeline articles, etc.*

If you would like to receive this newsletter via email, please send an email with the subject line "Subscribe" to [bethelhow@gmail.com](mailto:bethelhow@gmail.com)

**Bethel UMC Group Recipe Book** • To submit a recipe for the 2010 edition, or to receive a free electronic copy of the 2008 book, email [bethelhow@gmail.com](mailto:bethelhow@gmail.com)

**RECOVERY CONNECTIONS**

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

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

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

**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/>

**Treasurer's Report 01/10**  
Your trusted servant, Billie S.

<b>Beginning Balance</b>	<b>\$3345.75</b>	<b>Expenses</b>	
<b>Income</b>		AT&T	\$57.63
Arlington		Bank Fees	\$16.00
Bethel HOW		Newsletter	\$38.89
King of Glory		<b>Total</b>	<b>\$112.52</b>
Millwood			
Primary Purpose		<b>Ending Balance</b>	<b>\$3283.23</b>
South Hills	\$50.00		
St. John's		Delegate Fund	\$1111.05
Weatherford		General Fund	\$1387.31
<b>Total</b>	<b>\$50.00</b>	Retreat Fund	\$784.87

**TRI-COUNTY INTERGROUP OVEREATERS ANONYMOUS MEETINGS**

December 28, 2009

Day & time	City – <i>Group Name</i> – 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>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 – 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."