

LOOKING UP

Tri-County Intergroup Newsletter • April 2010

What other people think of me is none of my business.
Your worth should never depend on another person's opinion.
Serenity is not freedom from the storm but peace amid the storm.

I plated my evening meal and, with some doubt, put away the other two portions I cooked. Good Lord, look at me with my Glad™ containers neatly stacked in the fridge - what has become of me? The meal was good and although not "filling," I left the table and went about the rest of my day. It was about an hour later when the feeling of being "right" embraced me and I knew my Higher Power was quietly showing me the way to sanity. Since beginning this journey I have not truly felt like I could make it - now I have an inkling of what is on the other side of obsession, and I can make it - at least for a day. I now look for these moments to help my belief in my Higher Power grow strong for the days ahead.

Step 2. Came to believe a power greater than ourselves could restore us to sanity.

Ah yes - sanity. Sometimes I feel this is a rather lackluster way to live, but ask around and people will tell you it is necessary. When in the depths of pain due to our compulsion, sanity takes on a new meaning and this second Step becomes an important part of our true recovery. Don't believe it? Try going forward without it. This new spiritual awakening and the resulting relationship with our Higher Power falls by the wayside if we skip this step. I know it as "the quiet step."

In my compulsion I always wanted big. Big meals and big miracles. This Step is taking the time to listen for the little things. The morning's first thought that is not of food but the joy of the comradeship fostered in the rooms. The "coincidences" that continually hit a soft spot in our heart as others on the journey share their experience, strength and hope. A reading that breaks down another of those pesky little barriers to the solution within the program.

Like the SELF-HONESTY of the first Step, the HOPE of the second Step is a personal event. One person put it this way:

Step 1 - I came; Step 2 - I came to; Step 3 - I came to believe

"Coming to" is the personal re-awakening of our connection to our Higher Power and the special binding that holds us to the new pathways of the program. Take some quiet time and look for the little miracles in your life. They are there and you can find them.

As to sanity, my grandchildren know me as Poppy and they have no problem, with my - how should I put it? - *eccentricities*. In fact, they love my craziness and so do my children, now. The reality is that sanity includes a very large dose of happy abandon and it is really a nice way to live.

By the way, when was the last time someone told you to "try it before you buy it"? The way I see it, if our Higher Power is willing to prove the product before I commit to paying for it then it has got to be good. Interesting - seems these Steps have something to give....

Anonymous

MESSAGE FROM A MEETING

It is hellacious to ruin today with regrets about the past.

FOOD LUST

Today was hard. I spent a good portion of the day thinking about a special meal planned for tomorrow. A meal that is within my plan and is already written down and committed, but still I obsessed over it, lusted after it. I got so fed up with myself that I finally chose to have that meal for tonight's dinner instead, just to get it over with, so that I would stop thinking about it. It worked – I stopped thinking about it – but there was no recovery in that solution.

Since joining Overeaters Anonymous, I have been on an unending quest to find "the right way" to work the program, the secret technique that others seem to have figured out, but that still eludes me.

The thought crossed my mind, "Maybe the secret to recovery and working the twelve steps is ..."

And then I thought, "Maybe the real secret is that there isn't any secret." Maybe the "secret" is as plain as day: just work the program. Work the steps. Use the tools. Pray. Meditate. Go to meetings. Quit trying to "get it right" and *just get it.*

Anonymous

OVER-SERIOUS ANONYMOUS 12-STEP PROGRAM

1. We admitted that we were powerless over seriousness -- that our lives had become unmanageable.
2. Came to believe that only by lightening up could we achieve a state of non-seriousness.
3. Made a decision to turn our constant self-criticism over to our sense of humor and learn to "lovingly and wholeheartedly" laugh at ourselves.
4. Decided to give ourselves a break once in a while, instead of constantly doing searching and fearless moral inventories of ourselves.
5. Admitted to God, to ourselves, and to another human being that our wrongs were often in our heads.
6. Were entirely ready to accept that our characters were as good as anybody else's and possibly better than most.
7. Quit harping on our shortcomings.
8. Made a list of all persons we thought we had harmed and saw that they'd forgotten all the crap we'd blown out of proportion.
9. Quit making amends for breathing air and taking up a few square feet of the planet's surface.
10. Resigned ourselves to the fact we were going to criticize ourselves at times, but would try to stick to our guns when we knew we were right.
11. Sought through prayer and meditation to calm down and realize we're not responsible for everything.
12. Having experienced immense relief from these steps, we would try to carry this message to other over serious people and to practice these principles in all of our affairs.

FOOD IS NOT THE CURE

I have a disease called food addiction or compulsive overeating and I seek a cure. There is no cure; there is only management of the symptoms. I also have a disease called Crohn's. There is no cure; there is only management of the symptoms. For Crohn's eating the HOW food plan causes a remission of my symptoms. For food addiction and compulsive overeating my food plan minimizes my symptoms. I have periods of remission but, like with Crohn's, I can never forget that I have the disease and that a return to former behaviors around food will cause the disease to flare up. I like using the term "flare up" because it gives me a visual image of what happens to me when the disease is in control. I am consumed by it, as with flames. The choice is mine. For today, like any other day, I choose to let my higher power manage my diseases as well as my life. It is the only way that I can have a happy, joyous and free life... free from the consumptive characteristics of my two diseases. I have a new employer (manager) who is kind, loving, generous and wants only the best for me. I am so grateful to have this job. It's the best job I have ever had and the benefits package is the best in the universe.

Betsy H.

**2010 TRI-COUNTY
INTERGROUP BOARD**

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Arlington, TX 76094

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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

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

☛ Tri-County Intergroup needs YOU! We have several vacant positions that need to be filled, so come to the next Intergroup meeting and learn how you can help.

Fill these positions with yourself instead of filling yourself with food!

Tri-County Intergroup meets the first Saturday of each month at 10:30 am at Trinity United Methodist Church, Wesley House, 3216 W. Park Row, Arlington, TX

1 Save the date: Saturday, May 1, 2010 – Tri-County Intergroup Workshop 1
Reach Out: Grab a Buddy

South Hills Christian Church, 3200 Bilglade Road, Fort Worth, TX 76133
Intergroup meeting 10:30 am • Registration 12:30 pm • Workshop 1-4 pm
Look forward to lots of activities, including a speaker, writing, crafts and more!

 **Bethel UMC Group Recipe Book** 

To submit a recipe for the 2010 edition, email bethelhow@gmail.com
SUBMISSION DEADLINE APRIL 30, 2010

MEETING CLOSURES

Waco – St Alban's – Friday noon meeting has closed.
Fort Worth – Bethel UMC – Monday 6:45 HOW meeting will close effective April 30.

♥ Our apologies ~ to the Monday 6:00 pm meeting at St. Alban's in Waco. We left you off our meeting list, but the mistake has been corrected.

Please send newsletter submissions to 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

Bethel UMC Group Recipe Book

To receive a free electronic copy, email 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
Online Meetings List <http://www.aa.org/pdf/OnlineMeetingsList.pdf>
iTunes Podcast 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 02/2010

Your trusted servant, Billie S.

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|--------------------------|------------------|------------------------|------------------|
| Beginning Balance | \$3979.99 | Expenses | |
| | | AT&T | \$61.80 |
| Income | | Afr. Amer. Health Expo | \$50.00 |
| Arlington | \$50.00 | Bank Fees | \$16.00 |
| | | Newsletter | \$69.89 |
| | | Region 3 (workshop) | \$30.00 |
| Total | \$50.00 | Total | \$227.69 |
| | | Ending Balance | \$3802.30 |
| | | Delegate Fund | \$1464.05 |
| | | General Fund | \$1523.38 |
| | | Retreat Fund | \$814.87 |

TRI-COUNTY INTERGROUP OVEREATERS ANONYMOUS MEETINGS

March 22, 2010

| Day & time | City – <i>Group Name</i> – 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 |
| 6:00 pm | Waco St. Alban's Episcopal Church 305 North 30 th Street Waco, TX 76710 | Big Book Study | [pager] | (254) 260-1258 |
| 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/ Topic | Pat | (254) 485-0921 |
| 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 | 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 |
| 7:30 pm | Arlington – Trinity Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013 | HOW | Wendy | (817) 266-6975 |
| THURSDAY | | | | |
| 6:45 pm | Fort Worth – Bethel HOW 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 | 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 |
| 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 | Euless United Memorial Christian Church 1401 N. Main Street Euless, TX 76039 | Step Study/ Big Book | Amanda | (817) 776-3030 |
| SUNDAY | | | | |
| 4:00 pm | Arlington – Primary Purpose Millwood Hospital – meet in the Library 1011 N. Cooper Street @ Randol Mill Road 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."