

# Looking Up

Tri-County Intergroup Newsletter \* June 2010

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If I have a problem and eat over it, then I have two problems.  
If you do what you've always done, you'll get what you've always gotten.  
Nothing is so bad that food won't make it worse.

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## It is Only the Past

No, I am not one of those who thought he had no baggage. I am the one who believed it could never be put down. You know, the sackcloth-and-ashes type walking along with a smile and a helping hand but inside filled with the worst of pains – the secret pains of failure and confusion.

I have come from a miraculous moment filled with mystery and joy and true hope, so I will not give in to the past. I will lay it out between the blue lines of the yellow pad and I will not stop for the tears and the re-lived hurts and the pains held so deeply since childhood.

Thank you, Bill W., for separating the writing from the telling. I needed that. I wrote and gave myself permission to decide after the purging if I could share it with another. There were moments when I wondered, but this doubt belonged to the 5th Step. Now I let the vile past spill out onto the page. As the pencil scratches the inventory of painful memories, I pray constantly the 3rd Step Prayer which I wrote as the first lines of my 4th Step. I want, desperately, this new life of freedom and I believe that the past must be reconciled in order for this to happen.

It is a simple step and it has a beginning and an end. My part is simple and straight forward. It is the first demand on my Abstinence and it takes COURAGE. "Fearless" is not the absence of fear but the choice to go on through the feelings. I choose to go on.

I never liked it when friends tried to make the 4th Step easy. It is far from easy. But I believe it is important to share one thing. The other side does exist and the wonderful freedom from the bondage of my past is worth every tearful moment spent taking my inventory. Now when I read the promises in the Big Book (page 83-84) the words "before you are halfway through" take on a new reality. I can actually see the vista of my new life before me. I am no longer in a tunnel relying on the words of others. Freedom is no longer a dream, but a goal I can attain.

As a side note: when I completed the painful journey into my past, the last thing I wanted was it to fester now on yellow paper ever present in my conscious mind. Bill W. was both kind and sneaky. Splitting 4 and 5 made it easy to begin the inventory and almost impossible to sit on it after completion. Funny how this simple program works out all the complicated "buts" we would normally interject into our life.

– Anonymous

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## Am I the master of my emotions?

No. My emotions seem to have a life of their own and can erupt or gush at the most inconvenient times. Through age and experience I have calmed down a lot and learned to keep my mouth shut but I'm no spiritual guru living my life in some state of constant bliss. I try to remember the slogan, "Feelings are not Facts" when I am faced with my own anger or fear and then to move into faith that those feelings will pass as I take the next right action.

Yes, if I see myself in the boat of life and I am the "master" of that boat, I can use the tools of the program as my rudder and maintain pretty good control of my boat. I'm a lot calmer than I used to be and the events going on around me do not create the chaos that they used to.

I still struggle with my emotions enough to know that they are not always a sign of my truth. They may just be a sign that I'm hungry, lonely, angry or tired, or restless, irritable and discontent. At those times I try to maintain and not react, or at least not act on my reactions. The negative feelings may be there a long time but I don't have to do anything about them except share them with a trusted friend. I like the slogan, "Name it, claim it, tame it." That seems to fit just about every occasion that my feelings get out of control. Funny, but it's always the negative feelings that get out of control, not the positive ones.

Food for thought!

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## Message from a Meeting

I have two ears and one mouth, so I need to be listening twice as much as I need to be talking.

## **What do you think about the proposition that a recovered OA member owes a duty to reach a healthy body weight?**

"Find someone who has what you want and ask how they got it."  
"I came for the vanity and stayed for the sanity."

The type of thinking that plagued me when I first came to OA was "If I only could manage my weight, then I'd be okay... if only I could stop eating like this, then I'd be okay... if only I could stop eating like this, then I would get better." I had no clue that my whole life needed to be transformed. But as a senior in high school, I walked into an OA meeting of 4 or 5 older obese women and I left saying, "No, thank you."

Yes, a big part of that response was my judgement and prejudice, but I didn't want to end up being an older obese woman, and without even saying a word, that was the visual message that was carried to me. Sometimes a picture is worth a thousand words.

Whenever I see members' pictures about where they were physically and where God has brought them, I am always amazed by the miracle. Not all of us struggle with the size component – many members seem to have maintained an outward appearance that seems "normal." For these, the change really comes in the healing of the mental obsession and self-centeredness, and the destructive behaviors used to maintain a normal size. But for others who are either under or overweight, a return to a healthy size can help draw in members who feel helpless and hopeless about their own bodies. It is a three-fold disease with three-fold recovery.

– Anonymous

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### **We wear our addiction for all to see**

Compulsive overeaters have the burden of wearing their problem, unlike other addictions. It is a burden and a blessing. It makes hiding the addiction impossible, so only one's denial is available as a defense. Other people can see clearly that recovery is not happening. If a compulsive overeater had a mirror in his or her home, looks in a shop window, even just getting dressed in the morning, he or she knows his or her body weight is not healthy. Many alcoholics sit in AA meetings having drunk the day before; Al-Anons sit in meetings while controlling their family members, but compulsive overeaters have the blessing of accountability – they wear their addiction for all to see.

– Cheryl, Fort Worth, TX

# **WANTED**

## **TRI-COUNTY RETREAT CHAIR**

**FOR: Glen Rose Retreat, November 5-7th, 2010**

**Planning and committee meetings to commence ASAP.**

**TO: Work with a committee to**

- **Advertise the retreat and produce a flyer**
- **Collect registration**
- **Liaison with the camp ground management**
- **Establish schedule for weekend**
- **Coordinate plans with the speaker**
- **Determine theme for the weekend**
- **Keep Intergroup informed**

**MUST: Be an OA member with a commitment to abstinence.**

**Other open service positions include Workshop Chair and Literature Chair.**

**If you are interested in any of these positions, or have questions, please contact Rachel at (817)272-7509**

**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  
Public Relations: Betsy H.  
Newsletter: Molly H.  
Literature: Open  
Telephone: Margaret  
Retreat & Workshops: Open  
Web Master: Marilee & Earnest  
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**

If you would like to share shipping costs on literature orders from OA WSO, contact Happy (from the Fort Worth South Hills Group) at (817) 370-7207.

Many groups may have incorrect information listed on OA's WSO website. Have your group secretary visit <http://www.aa.org/meetings/> to check your group's information and correct it if necessary. This is vitally important so that newcomers can find your meeting!

Tri-County Intergroup is planning an exciting and memorable retreat for November, and we need to raise money to help fund this retreat. Please consider asking your Group Conscience to pass the basket an extra time at your meeting or to donate a portion of your group's income to the Tri-County Intergroup Retreat Fund. If your group is able to do this, please note on your donations that the money is for the "Retreat Fund."

**Please send newsletter submissions to [bethelhow@gmail.com](mailto:bethelhow@gmail.com)**

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)

To receive a free electronic copy of the **Bethel UMC Group Recipe 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 04/2010**

Your trusted servant, Billie S.

<b>Beginning Balance</b>	<b>\$3937.79</b>	<b>Expenses</b>	
		AT&T	\$60.00
<b>Income</b>		Website	\$29.85
Granbury/Acton	\$33.00	Bank Fees	\$16.00
King of Glory	\$6.00	Newsletter	\$43.31
Primary Purpose	\$40.00	Printing	\$36.61
South Hills	\$77.00	<b>Total</b>	<b>\$185.77</b>
(Literature)	\$27.00	<b>Ending Balance</b>	<b>\$3928.02</b>
St. John's	\$20.00		
<b>Total</b>	<b>\$176.00</b>	Delegate Fund	\$1474.05
		General Fund	\$1639.91
		Retreat Fund	\$814.87

**Discuss the dangers of your obsession as you see them: physical, mental, and spiritual.**

Physical dangers for me are arthritis and weakened joints and bones as a result of carrying too much weight, eyesight issues, constant pain, flare up of disease symptoms, not fitting into clothes and having to buy new clothes, eating constantly, hiding food, getting caught eating too much.

Mental dangers are feeling guilty and full of shame and remorse, self-loathing, isolating, wanting to hide even though I am "larger than life," engaging in fantasy, living in a diet mentality, worrying about the past and the future, thinking about food all the time, living in fear, putting my relationship with food before my relationships with others.

Spiritual dangers for me would be loss of relationship with my higher power, placing food in the position of my higher power, loss of my ability and desire to paint, loss of that "intuitive knowing," inability to hear or see what my higher power is saying or showing me, inability to love my self and therefore, inability to love others.

- Anonymous

**TRI-COUNTY INTERGROUP OVEREATERS ANONYMOUS MEETINGS**

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
6:00 pm	<b>Waco</b> St. Alban's Episcopal Church 305 North 30 <sup>th</sup> Street Waco, TX 76710	Big Book Study	[pager]	(254) 260-1258
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> <b>This meeting could use your support!</b> South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Literature: Step or Tradition of the Month	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	Reading & Writing: Big Book	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
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>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
7:30 pm	<b>Arlington – Trinity</b> Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013	HOW	Wendy	(817) 266-6975
<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	Literature (variable)	Happy	(817) 370-7207
<b>SATURDAY</b>				
9:00 am	<b>Fort Worth – South Hills</b> South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Writing – topic varies	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 – 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."