

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - MAY 2011

The Walk Part 6 - I Love

If only I could change her...

I now understand it was always me that needed to change...

By this point in my journey I have come to truly understand this new way of living in peace with my Higher Power and the world. I remember (now fondly) the first moments of seeing the Steps and wishing they had put these two Steps up front so I could get the people around me off my back.

I call Steps 8 and 9 the Bridge Steps because it is here that I rebuild relationships by presenting the new me to the world, and there is deep-seated joy in this endeavor. Of course there is a moment of doubt and even a little shame as we reconcile the past, but the truth of these two Steps is that we now have a way to live free and at peace in the world and with the people we love.

In beginning of this journey I sought a way out of DIS-EASE - note the word play... And yes the placating of those around me is a tool of my disease. But there is something truly profound in Steps 8&9. If I have been diligent in my previous Steps, I will see a new world spread out before me so grand and beautiful I will never want to look back into the darkness and discomfort of my compulsive eating.

It no longer mystifies me why the bulk of the promises are attached to these Steps.

It is here that the work culminates in true life - a life of service and a life of love.

A note of love to those still journeying towards these two great Steps... It is worth the journey - do not leave the path before you receive the gifts found in these wonderful Steps... Not my words but the words of my sponsor guiding me to the true light of love and service.

Anonymous

2011 TRI-COUNTY INTERGROUP BOARD

Chairperson:	Gwenne G.
Vice-Chair:	Terri Beth
Treasurer:	Billie S.
Secretary:	Betsy H.
Parliamentarian:	(open)
DMI Liaison:	(open)
Public Relations:	Jaelyn
Newsletter:	Emanuel B. Andi R.
Telephone:	Margaret
Retreat:	Betsy
Workshop:	Terri Beth
Web Master:	Betsy
Delegate:	Lucy
Alternate:	Billie S.

Tri-County Intergroup
Group # 09163
PO Box 14324
Arlington, TX 76094

**Monthly Intergroup minutes
are available at
www.aa-tricounty.org**

**Tri-County Information
Line
817-303-2888**

Looking Up is a monthly publication of the OA Tri-County Intergroup. The opinions expressed here are those of the author and not of 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.*

Topic: Sponsorship
Date: Saturday June 4th
Location: South Hills Christian Church
Time: 1-4 PM

Lead by Zeb F.
zmaster64@live.com
816-695-8171

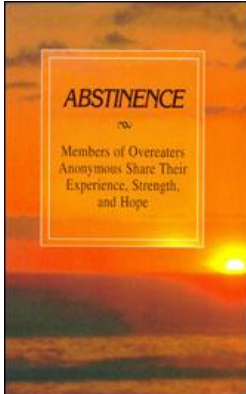
*A guiding hand
sharing the message
of our wonderful
program so that
anyone can find
freedom from
compulsion*



Open to anyone interested in Sponsorship
Bring AA Big Book and AA 12 & 12

Looking UP

Take our Retreat Survey



This Retreat Survey will help us better prepare for our annual retreats and assure that the Tri-County Intergroup continues to meet your needs for continuing abstinence.

And what better way of thanking you than to enter you in a give-away for these two fine OA books...

Go to our website and click on the “Retreat Survey” in the top Menu, or follow this link (http://www.oa-tricounty.org/?page_id=356).

<http://www.oa-tricounty.org/>

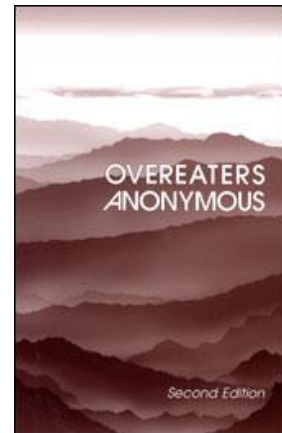
Take five minutes to answer the questions and you will be automatically entered to win.

You will help us prepare better retreats so that we can continue to build a vibrant community of OA recovery.

The Survey will close at midnight June 15th .

Winners of give-away will be announced after the July Intergroup Meeting.

*Warmly,
Your Tri-County Intergroup*



Refraining

During the period of abstinence, I had a thought about refraining. The old saying of Abraham Lincoln’s “you’re about as happy as you make up your mind to be” could be changed around to say “you’re about as abstinent as you make up your mind to be.”

Each day for 30+ days now I have gotten out of bed and made the choice to refrain from picking up extra food. Even on days of struggle, I stuck to this choice - the choice of “don’t pick up no matter what.” Of course I know I didn’t make it through my own willpower. I give my HP the credit, but I am the one that had to make up my mind.

Glinda June, 2005

In Gratitude for continuing support

We have gratefully received donations from the following Groups:

Primary Purpose

South Hills

Looking UP

Tri-County Intergroup Workshop Stepping into Summer

Come and grow your program and enjoy the continuing growth of your fellow OA'ers

Where:

Fort Worth - South Hills
South Hills Christian Church
3200 Biglade Road, Fort Worth, TX 76133

When:

Saturday May 14th
Intergroup Meeting from 10:30 'til 11:30
Stepping into Summer Workshop
from 1:00 'til 4:30

What to bring:

Your donation - \$'s or Clothing
Your 12 and 12
Pen and paper for the workshop
Your friend - share the joy!
Your Lunch (if you come to Intergroup)

For More Information:

Terri Beth	Jaelyn
alacko01@att.net	adaiches@sbcglobal.net
(817) 292-8188	817-292-2010



Blasts from the Past

Top 10 Reasons to be Abstinent from Overeating

- 10 Nothing tastes as good as abstinence feels
- 9 Abstinence allows the freedom from being chained to the refrigerator
- 8 Abstinence leads to health and wholeness...COEing leads to the disease and its physical side effects
- 7 Eating does not satisfy... there is NEVER ENOUGH... abstinence satisfies
- 6 Abstinence allows me other freedoms... eating imprisons
Abstinence opens new doors... LITERALLY... COE closes them... especially shower stalls and closet doors.
- 5 HOPE springs eternal with Abstinence... COEing leads to despair
- 4 Abstinence leads to improvements in life such as working the 12 Steps of OA
- 3 Abstinence is a matter of life... COEing is a matter of death (for me)
- 2 Abstinence is the most interesting thing in life...

Rob

May 2005 Looking Up

Magnetic Nut

The jar of nuts nearby
is blinking red for my eye
my taste buds say to extend
your hand to your salty friend.

Don't think about the fat
remember only that
it feels so good to taste
its buzz cannot be replaced.

And there goes my hand of steel
so fast my mind can't appeal
no matter the harm to my gut
by the modest magnetic nut.

Glenn C. - 03/28/2011

Emanuel and Andi, thanks so much for your willingness and decision to take the co-editorship of the newsletter. Although I have not been active in OA for a long time, I am definitely experiencing the benefits. I am presently working on a step study based on a book that I downloaded and printed out from the OA website. In addition to the meetings (the one on Sunday evening at Pantego Bible Fellowship), I finally feel like I am making some progress in recovery from my overeating addiction.

Discussing the Big Book's use of the term "allergy of the body," the step study book asks me to answer certain questions - one of which is: "Are there certain foods you think you cannot live without?" As I reflected I thought about the last time I bought a big container of nuts that I kept on the table next to my easy chair and how it seemed to be almost like a magnet to my right hand. So here [at left] is a poem that came out of that reflection. - Glenn C.

Looking UP

Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS					
Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	6:15 PM	Granbury / Acton Acton United Methodist Church, Adult Education Building, Room 202A 3433 Fall Creek Hwy (Hwy 167S) Granbury, TX 76049		Leah	817-219-2393
		Waco St. Alban's Episcopal Church 305 North 30th Street, Waco, TX 76710	Big Book Study	(pager)	254-260-1258
MONDAY	7:00 PM	Arlington - Trinity Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	Abstinence	Billie	817-460-3083
MONDAY	7:30 PM	Fort Worth - South Hills South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Literature: Step / Tradition of the Month	Happy	817-370-7207
TUESDAY	Noon	Fort Worth - South Hills South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Reading & Writing: Big Book	Happy	817-370-7207
TUESDAY	6:00 PM	Stephenville - Cross Timbers First Presbyterian Church 13023 N Harbin Drive, Stephenville, TX 76401	Literature / Topic	Pat	254-485-0921
TUESDAY	7:30 PM	Fort Worth - OAPP - South Hills South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Big Book Study	Zeb	816-695-8171
WEDNESDAY	Noon	Fort Worth - King of Glory King of Glory Lutheran Church 1659 Sandy Lane @ Brentwood Stair, Fort Worth, TX 76112	Literature: Step / Tradition of the Month	Lucy	817-275-0144
WEDNESDAY	7:00 PM	Tarrant County - Men's Group Ste 608, Radio Shack Shopping Center 4105 State Highway 121 @ Cheek-Sparger, Bedford, TX	Men's Meeting	Keith	817-692-1641
WEDNESDAY	7:30 PM	Arlington - Trinity Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	HOW Closed meeting	Billie	817-460-3083
THURSDAY	6:45 PM	Fort Worth - Bethel HOW Bethel Methodist Church (corner of Southwest Blvd. & 5000 Southwest Blvd., Fort Worth, TX 76013	HOW	Patrice	817-692-7180
THURSDAY	7:30 PM	Fort Worth - South Hills South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Big Book Awakening	Happy	817-370-7207
SATURDAY	9:00 AM	Fort Worth - South Hills South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA Workbook	Happy	817-370-7207
SATURDAY	Noon	Arlington - Trinity Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	Literature	Billie	817-460-3083
SATURDAY	Noon	Eules United Memorial Methodist Church 1401 N. Main Street, Eules, TX 76039	Step Study / Big Book	Amanda	817-776-3030
SUNDAY	4:15 PM	Arlington - Primary Purpose Pantego Bible Church, Room 103 8001 Anderson Blvd. Fort Worth, TX 76120			
SUNDAY	4:30 PM	Fort Worth - South Hills South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Writing, Steps and Literature	Karen or Chrystyna	817-370-2055 214- 202-6993
Tri-County Intergroup meets at 10:30 am the first Saturday of every month, Trinity United Methodist Church, 3216 West Park Row Drive, Arlington, TX 76013 in "Wesley House"					