

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - SEPTEMBER 2011

Stepping out with Friends



Sculpture by sandy feet <http://www.sandyfeet.com/>

They found Recovery and show others HOW

Stretching back to as far as 1985 or 1986 there was a yearning for a pathway to abstinence in the Fort Worth area that needed to be filled.

A member came from Arizona and brought with her a new message of hope and abstinence known as OA-HOW. She chose to share her

experience, strength and hope. Members of a number of OA groups in the area heard the message of discipline leading to freedom. One sponsor called her sponsee and informed her she was going to try this new OA-HOW program. It all seemed so extreme but slowly and surely more reached out for this method of abstinence and the Bethel HOW group began to form. OA-HOW is a segment of OA that practices a more structured version of the 12 step program for those who believe they require it.

Your Intergroup Roving Reporter would like to schedule an interview with your group. Please email newsletter@oa-tricounty.org or call 817-355-1816

The word "HOW" stands for Honesty, Open-mindedness and Willingness. All OA groups are not like HOW and their strict guidelines are not those of OA as a whole or are they mentioned in the OA literature. The only requirement for OA membership is the desire to stop eating compulsively

In the early days the guiding members found the OA-HOW process to be the missing piece in their personal recovery and set out to provide a lasting platform for others and to keep their own Abstinence active and invigorated. The first feelings of extreme discipline became a solid foundation of peace and harmony with food

One of the signs of great recovery is a smile. There is a community smile when they reminisce about the early days. At one time they actually held their meeting in Crystal's Pizza Parlor. What a wonderful place to practice a plan of eating! But one by one they began to have a different quality of abstinence following a more disciplined food plan. With the constant weighing and measuring of food, phone calls and meetings, and the commitment to the program "no matter what"; the group transformed themselves and they lost their excuses finding instead serenity, weight loss, and freedom.

When asked about this "last house on the block" there is a surge of "BUTs" - you know that wonderful word we used when denying our disease. Now however it is "yes there is a discipline **BUT** it has given me so much more..." And "yes it was hard **BUT** once through the first days a deep sense of freedom and comfort within emerges to make it more than worthwhile..."

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2011 TRI-COUNTY INTERGROUP BOARD

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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.*

Looking UP

From Despair to Hope

June 9, 2010. That's the date I count as the start of my abstinence. It is my sister's birthday and she died from this disease 6 years ago. Her top weight was 440 and she had her stomach stapled three times. Each time the size of her stomach was reduced she used bulimia to continue to overeat. Her sanity was never restored and she overdosed on prescription medicine.

I joined OA because I didn't want to end up like her – killing myself with food and addiction. My abstinence is a gift from God that has changed me completely. My world doesn't come apart or back together again because of food. I don't sacrifice relationships to the power of food anymore. Once I admitted I was powerless over food and turned to God for his power, everything began to change. I pray more. I read the Big Book and OA literature. Much of the stress in my life has been reduced. I sleep better. My 70-pound weight loss has prompted my doctor to reduce my diabetic medicine by two thirds. I have made a great beginning of identifying my defects so that, as they are removed, I can see the results. I'm angry much less frequently because I let go and let God. "This too shall pass" gets me through tough moments. I do believe, however, that the greatest tool of recovery that I use daily is my sponsor. Her experience and strength fuels my hope.

When I see newcomers at meetings, I try to convey the level of despair I had when I came to OA and the hope I have now. I remember my first meeting when I heard that it is weakness that unites us. At that moment I knew I was in the right place.

Joy S.

They found Recovery...

There is a reality that this OA-HOW meeting format continues to be the road less traveled and the group size continues to be a challenge. But there is also celebration. The OA-HOW format celebrates with chips and anniversaries sharing individual progress with all and they have some wonderful special celebrations called the Stepping Up Ceremony. This community acknowledgement of progress within the Steps is a wonderful gift for those who build 30 days of abstinence and work through the 30 questions. It celebrates the learning process and the individual's continuing decision to follow the path of abstinence. In fact the celebrant is now encouraged to share their success with others through sponsorship of the first 3 Steps and the food plan.

Continuing the tradition, the Stepping Up Ceremony is again enacted when a member completes the 12 Steps, reaches their weight goal, and begins maintenance of their abstinence. These individuals now offer full sponsorship and continuing encouragement to those who come to the rooms after them.

OA and HOW have changed over the years. OA seems to have become more supportive of having a structured, weighed and measured, food plan and sticking to it. This is reflected in the recent modifications in the tools, including the addition of an action plan and the emphasis on achieving some evidence of physical recovery. HOW has changed also. The common food plan has become less the old "grey sheet" and a more balanced food plan. There is also the continuing emphasis on the individual working with a health professional in order to have a food plan best suited to the person's individual health needs.

When asked why come back each week to the Bethel HOW meeting the answer was almost universal "I need the strength and the structure that I have found here in this room to find freedom from my compulsive eating".

Your Intergroup Roving Reporter

STRENGTH IN RECOVERY Fall Retreat	
DETAILS	For more information call: Billie at (817) 460-3083 or Margaret at (817) 277-8706
November 4-6, 2011 Glen Lake Camp at Glen Rose	
Registration \$95	

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Retreat Survey Results



Meditation Time:

60% of respondents said they need 1 hour of meditation
20% of respondents said they need 2 hours of meditation
20% of respondents said they need 3 hours of meditation

Meditation Type:

60% of respondents said they prefer guided
30% of respondents said they prefer silent
10% of respondents said they prefer other

Why you Attend:

60% of respondents said they want to work on recovery
20% of respondents said they attend for reasons other than those listed
10% of respondents said they attend to bond with other OAs
10% of respondents said they attend to get away and relax



Tri-County Intergroup annual retreat is a wonderful opportunity to take the time and refresh your spirit of Abstinence and Recovery.

This survey will help us develop retreats that meet and exceed your expectations and we thank one and all for being a part of this survey.

Don't forget - The Annual Tri-County Intergroup Retreat is coming! - Mark your calendars for November 4-6, 2011

*Congratulations to our
2 Retreat Survey Winners!
Ron C.
and
Linda B.*

In Gratitude for continuing Support

We have gratefully received donations from the following groups:

*Primary Purpose - Waco Group - King of Glory
Bethel HOW - South Hills*

Step 9

*Made direct amends to such people wherever possible,
except when to do so would injure them or others.*

Looking UP

Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS

Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	6:30 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	Big Book Study	Happy	817-370-7207
TUESDAY	6:00 PM	Stephenville - Cross Timbers First Presbyterian Church 1302 N Harbin Drive, Stephenville, TX 76401	Literature / Topic	Pat	254-485-0921
TUESDAY	7:00 PM	Richland Hills United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #110	Big Book Study	Shannon S.	714-625-9106
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 76021	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. & Vickery) 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
FRIDAY	7:30 PM	Fort Worth Wedgewood Baptist Church - Counseling Center 5522 Whitman Ave., Fort Worth 76133	Big Book Study	Shannon S.	714-625-9106
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	Daily Reprieve, Euless United Memorial Christian Church 1401 N. Main Street, Euless, TX 76039	Step Study / Big Book	Amanda	817-776-3030
SUNDAY	4:00 PM	Fort Worth - Primary Purpose Pantego Bible Church, Room 103 8001 Anderson Blvd. Fort Worth, TX 76120	Literature	Rena	817-905-0613
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"

last change 8/21/11