

# Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - NOVEMBER 2011



November 4-6, 2011  
Glen Lake Camp at Glen Rose  
Registration \$95

Tri-County Intergroup of Overeaters Anonymous  
**STRENGTH IN RECOVERY**  
**Fall Retreat**

*For those on the retreat and for those praying for  
the success of the retreat...*

## *A Prayer for our Annual Retreat*

*A step apart for just a moment  
To hold close a silent prayer  
I place myself in the stillness  
To do Thy will not mine*

*A chance to listen for just a moment  
To hear the voice of grace within  
I open my mind to heartfelt freedom  
So You can remove the fear*

*A choice to share for just a moment  
To sing aloud the gifts received  
I embrace the journey provided  
As the gift You gave to me*

*A special prayer for just a moment  
To bless those who travel with me now  
I join my recovery to their endeavors  
My joy-filled gift of love*

We wish each and every member attending our annual retreat (and those whose prayers unite with them) the fullness of strength found within our precious program of recovery.

*The Looking Up staff*

### 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: | Jaclyn     |
| Newsletter:       | Joy S.     |
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| 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.oa-tricounty.org](http://www.oa-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

| <i>The Steps</i>  | <b>The Principles of the Steps</b>                                    | <b>The Prayers</b>   | <b>The Promises</b>  |
|---|---|--|--|
| <i>Here are the steps we took which are suggested as a program of recovery. (BBp59-60)</i>              | There is a characteristic quality that underlies each step. They are: | Once we have made a decision to surrender to a Higher Power, The BB offers prayers that can be helpful to you to work through each step. Sometimes the exact words are given and other times the subject is given. Some of these prayers are listed below:                                 | Are these extravagant promises? We think not. They are fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them. |
| Step #1<br>We admitted we were powerless over food - that our lives had become unmanageable.            | Self-Honesty  |  | We will be amazed before we are half way through.  |
| Step #2<br>Came to believe that a Power greater than ourselves could restore us to sanity.              | Hope  |  | We are going to know a new freedom and a new way of life.  |
| Step #3<br>Made a decision to turn our will and our lives over to the care of God as we understood Him. | Faith   | "God I offer myself to thee to build with me and do with me as thou wilt. Take away my difficulties that victory over them may bear witness to those I would help of thy power, thy love and thy way of life. May I do thy will always." (BBp63)   | We will not regret the past nor wish to shut the door on it.   |
| Step #4<br>Made a searching and fearless moral inventory of ourselves.                                  | Courage   | "When a person offended we said to ourselves, "This is a sick man. How can I be helpful to him? God save me from being angry, Thy will be done." (BBp67) -- "We earnestly pray for the right idea, for guidance in each questionable situation, for sanity to do the right thing." (BBp79) | We will comprehend the word serenity and we will know peace.   |
| Step #5<br>Admitted to God, to ourselves and to another human being the exact nature of our wrongs.     | Integrity   | We thank God from the bottom of our heart that we know him better. (BBp75)   | No matter how far down the scale we have gone, we will see how our experience can benefit others.  |
| Step #6<br>Were entirely ready to have God remove all these defects of character.                       | Willingness   | If we still cling to something - we will not let go - we ask God to help us be willing. (BBp76)  | That feeling of uselessness and self pity will disappear.  |

*From Looking Up July 2004*

|    | <i>Tools for Abstinence</i>  |
|---|--|
|   | <ul style="list-style-type: none"> <li>❖ Attend OA Meetings and functions regularly and get involved</li> <li>❖ Avoid loneliness</li> <li>❖ Practice control of your anger</li> <li>❖ Air your resentments</li> <li>❖ Be willing to help whenever needed</li> <li>❖ Be good to yourself, you deserve it</li> <li>❖ Easy does it</li> </ul> |
| <ul style="list-style-type: none"> <li>❖ Get out of the "IF ONLY" trap</li> <li>❖ Remember HOW IT WAS. Your last binge, the feeling, etc</li> <li>❖ Be aware of your emotions</li> </ul>        |  |
| <p><i>These are not in order or comprehensive.<br/>They are but suggestions and items to put in your own OA tool-bag.</i></p> <p style="text-align: right;"><i>From Oct 2008 Looking Up</i></p> |  |

# Looking UP

| <i>The Steps</i>   |  | The Principles of the Steps   | The Prayers   | The Promises   |
|--|--|---|---|--|
| <i>Here are the steps we took which are suggested as a program of recovery. (BBp59-60)</i> |  | There is a characteristic quality that underlies each step. They are: | Once we have made a decision to surrender to a Higher Power, The BB offers prayers that can be helpful to you to work through each step. Sometimes the exact words are given and other times the subject is given. Some of these prayers are listed below:                                | Are these extravagant promises? We think not. They are fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them. |
| Step #7  | Humbly asked Him to remove our shortcomings.   | Humility  | "My Creator, I am now willing that you should take all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me the strength, as I go out from here, to do your bidding. (BBp76) | We will lose interest in selfish things and gain interest in our fellows.  |
| Step #8  | Made a list of all persons we had harmed, and became willing to make amends to them all.   | Brotherly Love  | If we haven't the will to do this (made a list of all persons we had harmed), we ask until it comes. (BBp76)  | Self-seeking will slip away.   |
| Step #9  | Made direct amends to such people wherever possible, except when to do so would injure them or others.   | Justice   | So we clean house with the family, asking each morning in meditation that our creator show us the way to patience, tolerance, kindness and love. (BBp83)  | Our whole attitude and outlook on life will change.  |
| Step #10   | Continued to take personal inventory and when we were wrong promptly admitted it.  | Perseverance  | Continue to watch for selfishness, dishonesty, resentment and fear. When these crop up, we ask God at once to remove them. (BBp84)  | Fear of people and of economic insecurity will leave us.   |
| Step #11   | Sought through prayer and meditation to improve our conscious contact with God <i>as we understood Him</i> , praying only for the knowledge of His will and the power to carry that out. | Spiritual Awareness   | We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times a day "Thy will be done". (BBp 87-88)   | We will intuitively know how to handle situations which used to baffle us.   |
| Step #12   | Having had a spiritual awakening as a result of these Steps, we tried to carry this message to compulsive eaters, and to practice these principles in all our affairs.                   | Service   | Ask Him in your morning meditation what you can do each day for the (person) who is still sick. (BBp164)  | We will suddenly realize that God is doing for us what we could not do for ourselves.  |

*From Looking Up July 2004*



## *In Gratitude for continuing Support*

We have gratefully received donations from the following groups:

*South Hills - Waco*

### *Step 11*

*Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will and the power to carry that out.*

# Looking UP

## Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS

| Day & Time | City-Group Name - Address  | Subject   | Contact             | Contact Phone                |           |   |                |            |              |
|------------|--|---|---------------------|------------------------------|-----------|---|----------------|------------|--------------|
| MONDAY     | 6:30 PM<br><b>Granbury / Acton</b><br>Acton United Methodist Church, Adult Education Building,<br>Room 202A<br>3433 Fall Creek Hwy (Hwy 167S) Granbury, TX 76049 |   | Leah                | 817-219-2393                 |           |   |                |            |              |
|            |  |   |                     |                              | MONDAY    | 6:00 PM<br><b>Waco</b><br>St. Alban's Episcopal Church<br>305 North 30th Street, Waco, TX 76710   | Big Book Study | (pager)    | 254-260-1258 |
|            |  |   |                     |                              |           |   |                |            |              |
| MONDAY     | 7:30 PM<br><b>Fort Worth - South Hills</b><br>South Hills Christian Church<br>3200 Bilglade Road, Fort Worth, TX 76133   | Literature: Step /<br>Tradition of the<br>Month | Happy               | 817-370-7207                 |           |   |                |            |              |
|            |  |   |                     |                              | TUESDAY   | Noon<br><b>Fort Worth - South Hills</b><br>South Hills Christian Church<br>3200 Bilglade Road, Fort Worth, TX 76133   | Big Book Study | Happy      | 817-370-7207 |
| TUESDAY    | 6:00 PM<br><b>Stephenville - Cross Timbers</b><br>First Presbyterian Church<br>1302 N Harbin Drive, Stephenville, TX 76401                                       | Literature / Topic                              | Pat                 | 254-485-0921                 |           |   |                |            |              |
|            |  |   |                     |                              | TUESDAY   | 7:00 PM<br><b>Richland Hills</b><br>United Methodist Church<br>7301 Glenview Drive, North Richland Hills 76180 Room #110                                    | Big Book Study | Shannon S. | 714-625-9106 |
| WEDNESDAY  | Noon<br><b>Fort Worth - King of Glory</b><br>King of Glory Lutheran Church<br>1659 Sandy Lane @ Brentwood Stair, Fort Worth, TX 76112                            | Literature: Step /<br>Tradition of the<br>Month | Gay L.              | 817-275-1085                 |           |   |                |            |              |
|            |  |   |                     |                              | WEDNESDAY | 7:00 PM<br><b>Tarrant County - Men's Group</b><br>Ste 608, Radio Shack Shopping Center<br>4105 State Highway 121 @ Cheek-Sparger, Bedford, TX<br>76021      | Men's Meeting  | Keith      | 817-692-1641 |
| WEDNESDAY  | 7:30 PM<br><b>Arlington - Trinity</b><br>Trinity United Methodist Church, Wesley House<br>3216 West Park Row Drive, Arlington, TX 76013                          | HOW Closed<br>meeting                           | Billie              | 817-460-3083                 |           |   |                |            |              |
|            |  |   |                     |                              | THURSDAY  | 6:45 PM<br><b>Fort Worth - Bethel HOW</b><br>Bethel Methodist Church (corner of Southwest Blvd. &<br>Vickery)<br>5000 Southwest Blvd., Fort Worth, TX 76013 | HOW            | Patrice    | 817-692-7180 |
| THURSDAY   | 7:30 PM<br><b>Fort Worth - South Hills</b><br>South Hills Christian Church<br>3200 Bilglade Road, Fort Worth, TX 76133   | Big Book<br>Awakening                           | Happy               | 817-370-7207                 |           |   |                |            |              |
|            |  |   |                     |                              | FRIDAY    | 7:30 PM<br>Fort Worth<br>Wedgewood Baptist Church - Counseling Center<br>5522 Whitman Ave., Fort Worth 76133  | Big Book Study | Shannon S. | 714-625-9106 |
| SATURDAY   | 9:00 AM<br><b>Fort Worth - South Hills</b><br>South Hills Christian Church<br>3200 Bilglade Road, Fort Worth, TX 76133   | OA Workbook                                     | Happy               | 817-370-7207                 |           |   |                |            |              |
|            |  |   |                     |                              | SATURDAY  | Noon<br><b>Arlington - Trinity</b><br>Trinity United Methodist Church, Wesley House<br>3216 West Park Row Drive, Arlington, TX 76013                        | Literature     | Billie     | 817-460-3083 |
| SATURDAY   | Noon<br><b>Daily Reprieve, Euless</b><br>United Memorial Christian Church<br>1401 N. Main Street, Euless, TX 76039   | Step Study / Big<br>Book                        | Margie M.<br>Pat M. | 972-310-3636<br>817-864-9888 |           |   |                |            |              |
|            |  |   |                     |                              | SUNDAY    | 4:00 PM<br><b>Fort Worth - Primary Purpose</b><br>Pantego Bible Church, Room 103<br>8001 Anderson Blvd. Fort Worth, TX 76120                                | Literature     | Renaë      | 817-905-0613 |
| SUNDAY     | 4:30 PM<br><b>Fort Worth - South Hills</b><br>South Hills Christian Church<br>3200 Bilglade Road, Fort Worth, TX 76133   | Writing, Steps and<br>Literature                | Chrystyna           | 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 10/04/11