

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER – NOVEMBER 2017

Recovery Means Freedom

Each month a member will provide the experience, strength and hope of their journey so far in OA. From newcomer to friends with years of abstinence, the miracle of this program continues to work if we work it!



This month sponsored by South Hills Monday

There Is a Solution

I came into OA in October of 1979. I lost my weight in the first year so why do I keep coming back? I have daily living problems. There is not a day that something doesn't go the way I planned it or that a rude driver doesn't cut me off in traffic, etc. ...you get the picture. Life happens. Before program the only solution I had was to stuff my feelings of woe down me with the food.

- ❖ OA program is my daily attitude adjustment.
- ❖ The question is not why did I suffer or why is this happening?
- ❖ The question is what am I supposed to learn?
- ❖ Or what should my ideal response be--what would God have me do?

This total different attitude has been given to me through working and living to the best of my ability the 12 Steps of this program which means staying in conscious contact with God.

I don't work a perfect program. I have chosen many times to use food to numb out instead of staying conscious of God's will for me and taking program actions. Food has never solved any problem but my experience with relapse has helped me to understand this spiritual principle.

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Tri-County Intergroup
Group # 09163
P.O. Box 331703
Fort Worth, TX 76163

Monthly Intergroup minutes are available at
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.

Contact the editor:
newsletter@oa-tricounty.org

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There is a Solution Continued

Keep Coming Back No Matter What.

"If you remove your body from the truth then when you are ready for the truth it is nowhere to be found. If you keep your body at the truth then when you are ready the truth is there for you."

What relapse has taught me: Relapse can stop anytime I am willing to take recovery actions. I don't have to wait till Monday morning or until all the food is gone. The present moment is the right time to put down the food and pick up the phone. To humble myself and be honest. Make a phone call. Ask for help. Go to a meeting and pick up a new desire token. Make a gratitude list. People in program are kind and loving. They want me to recover and they are willing to help me. No one is a mind reader. I need to ask for help.

Progress Not Perfection

ACTION IS THE MAGIC WORD. What Step am I on and what action can I take at this moment? Page 85 of ALCOHOLICS ANONYMOUS has a good description of why I relapse -- "letting up on the spiritual actions" -- and it tells me also how to regain my program through daily working of the steps. Page 11 of AS BILL SEES IT tells us, "About this slip business-I would not be too discouraged. I think you are suffering a great deal from a needless guilt. For some reason or other, the Lord has laid out tougher paths for some of us, and I guess you are treading on one of them. God is not asking us to be successful. He is only asking us to try to be. That, you surely are doing, and have been doing. So I would not stay away from AA (OA) through any feeling of discouragement or shame. It's just the place you should be."

Join me at a meeting, call or text me to make yourself available for recovery and together we can do what we could never do alone,

*Blessings-Prayers-Hugs
Jaclyn
South Hills Monday*

*In Gratitude for
Continuing Support*

Bethel HOW, Richland Hills, South Hills

Freedom

For many of us, freedom came when we took Step Three and turned the entire problem over to our Higher Power. || — OA 12&12, p. 20 This freedom continues to grow with each step.

Freedom from loneliness

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Fellowship of OA

Bill W. discovered what would finally keep him sober: being there for another alcoholic. A fellowship of other AA's grew around him, and they stayed sober. Bill had discovered the spiritual component that fills that empty space inside of us. From that discovery came the 12 Step fellowships that are today saving the lives of those of us caught in the torment of addictions.

When I came to Overeaters Anonymous, I thought I was the only one who did these crazy things with food. I had isolated in food and fat all my life. "Fellowship" revolved around eating buddies and our mutual focus on food.

I didn't even know how to share, as others were doing. Over time, the unconditional love and acceptance I felt in the rooms gave me permission to trust, and to love people back. Higher Power spoke to me through others who had been where I was and who had found the way out.

I had come to OA for the diet. I didn't know I had a spiritual disease and needed a spiritual solution. When I looked back over months of freedom from compulsive overeating, I realized HP had done for me what I had never been able to do for myself! This was my spiritual awakening.

The OA fellowship is a source of spiritual nourishment for me. The fellowship sustains my spiritual awakening. When the feelings come up and food calls, help is just a prayer and a phone call away. Only another compulsive overeater is going to understand my compulsion to reach for food to fix a feeling. We get each other, it's what binds us together. Fellowship with others is the key to filling that hole inside I had tried to fill with food.

I cannot do this alone. I will always be a compulsive overeater/food addict. Higher Power does for me what I cannot do for myself: keeps me free from compulsive overeating. HP is healing me one day at a time as I stay close to Him through the fellowship of Overeaters Anonymous.

*A grateful member
Looking Up SEPT2015*

A Practical Journey Through the Twelve Steps

November 3rd - November 5th, 2017

Glen Lake Camp at Glen Rose

Sponsored by

Tri-County OA Intergroup

*Reservations
closed - STILL
TIME to join us
on Saturday Only*



For more information call:

Karin W. 817-739-2913 or Carolyn D. 817-243-4103

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Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS

Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	7:30 PM	Fort Worth - 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 Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA 12X12 writing / AA Big Book	Happy	817-370-7207
TUESDAY	7:00 PM	Richland Hills - City Point United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #104	Literature meeting	Rachel R.	817-595-3044
TUESDAY	7:00 PM	Arlington - City on a Hill City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	Speakers, Step Studies, Literature	Sherri G.	817-461-4053
WEDNESDAY	7:00 PM	Eules - United Memorial Christian Church 1401 N. Main Street, Eules, TX 76039	Big Book, Voices of Recovery	Tammy G.	(817) 995-3895
THURSDAY	Noon	Grapevine OA - First United Methodist Church 421 Church St Grapevine, TX 76051 Brick Thrift Store across the street from the GV First Methodist Church. Park on south side of building, enter thru double glass door, Conf Room C, on right.	Meeting leader chosen topics from OA 12X12, Big Book and OA Literature	Judith D.	682-313-8484
THURSDAY	6:45 PM	New Beginnings HOW - St. Paul Lutheran Church 1800 West Freeway Fort Worth, TX 76102	HOW	Patrice	817-692-7180
THURSDAY	7:00 PM	Arlington - City on a Hill Church City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	HOW	Lisa	682-438-9160
THURSDAY	7:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA & AA Literature	Happy	817-370-7207
FRIDAY	11:00 AM	Saginaw Overeaters Anonymous Meeting Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179	Womens Focus	Deb R.	682-802-0391
SATURDAY	9:00 AM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Big Book Study with writing	Happy	817-370-7207
SATURDAY	10:30 AM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Men's focus, all welcome - Topic/discussion	Dan	925-577-8636
SATURDAY	Noon	Arlington - City on a Hill City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	Literature	Blythe	817-300-4329
SATURDAY	Noon	Daily Reprieve, Eules - United Memorial Christian Church 1401 N. Main Street, Eules, TX 76039	Step Study / Big Book	Margie	972-310-3636
SUNDAY	4:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Writing, Steps and Literature	Happy	817-370-7207

Tri-County Intergroup meets at 10:30am the first Saturday of every month. The meeting will alternate between New World United Methodist Church, 2201 N Davis Dr, Arlington 76012 at 10:30 am in Room 28, and South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133

2017's Intergroup meetings Arlington 1/6/18

remaining: Fort Worth 12/2; 11/4 (at our Annual Retreat)

last change 10/12/17