

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - JANUARY 2012

date

Who Belongs in OA?

In Overeaters Anonymous, you'll find members who are extremely overweight - even morbidly obese - moderately overweight, average weight, underweight, still maintaining periodic control over their eating behavior, or totally unable to control their compulsive eating. OA members experience many different patterns of food behaviors. These "symptoms" are as varied as our membership. Among them are:

- ❖ Obsession with body weight, size and shape
- ❖ Eating binges or grazing
- ❖ Preoccupation with reducing diets
- ❖ Starving
- ❖ Laxative or diuretic abuse
- ❖ Excessive exercise
- ❖ Inducing vomiting after eating
- ❖ Chewing and spitting out food
- ❖ Use of diet pills, shots and other medical inventions to control weight
- ❖ Inability to stop eating certain foods after the first bite
- ❖ Fantasies about food
- ❖ Vulnerability to quick-weight-loss schemes
- ❖ Constant preoccupation with food
- ❖ Using food as a reward or comfort

Our symptoms may vary, but we share a common bond: we are powerless over food and our lives are unmanageable. This common problem has led those in OA to seek and find a common solution in the Twelve Steps, the Twelve Traditions and the eight tools of Overeaters Anonymous.

From January 2005 Looking Up Newsletter

Strength in Recovery Fall Retreat

The main thing I got from the retreat was the chance to slow down and listen to what I need. Sometimes I get so busy that I forget to do both of those things.

Marilee B

First we need to thank those who spent the time and effort to provide this weekend of abstinence and reflection. Your work and dedication has provided many with a great gift. Then we must thank our speaker Wanda S. for her wonderful guided tour of our program and its blessings even as she sends us her thank you.

Dear Tri-County Intergroup:

What a blessing it was for me to be a speaker at the weekend retreat in Glen Rose. The work you all put into this retreat was amazing, and my heartfelt thanks go out to all of you who worked on the retreat and to those who came to be a part of it. The retreat location just couldn't have been better, the food and

2012 TRI-COUNTY INTERGROUP BOARD

| | |
|-------------------|-------------|
| Chairperson: | Terri Beth. |
| Vice-Chair: | Jaclyn |
| Treasurer: | Joy S. |
| Secretary: | Gwenne G. |
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| DMI Liaison: | (open) |
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| Telephone: | (open) |
| Retreat: | (open) |
| Workshop: | (open) |
| Web Master: | Betsy |
| Delegate: | (open) |
| Alternate: | (open) |

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

**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.*

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lodging excellent, and the fellowship simply wonderful. Thank you for giving me the opportunity to be of service in this way. I hope the weekend was as meaningful to you as it was to me.

Wanda S.

The sweetest moment for me at the retreat was the Saturday morning guided meditation. The speaker guided us to a place where we would find a gift and we were to figure out what that gift was. After the meditation, we shared about our gifts. The gifts were many and quite varied... I can't remember exactly what I said but I remember saying, "love, devotion, friendship, warmth, hugs, beloved, everlasting"... I was so pleased with my gift that I shared it with my husband right away. I continue to cherish this special moment and would not have missed it for the world!

Betsy H.

| <i>The Steps</i> | | The Traditions | The Concepts of Service | Impact of Compulsive Overeating |
|--|--|--|---|--|
| <i>Here are the steps we took which are suggested as a program of recovery. (BBp59-60)</i> | | <i>These are the best answers that our experience has yet given to those ever urgent questions, "how can OA best function? And how best can OA stay whole and survive?" (BBp59-60)</i> | <i>There are spiritual principles for all who serve. See the OA pamphlet on the 12 Concepts if you desire further explanation</i> | <i>What that first compulsive bite actually means deep down...</i> |
| Step #1 | We admitted we were powerless over food - that our lives had become unmanageable. | 1. Our common welfare should come first; personal recovery depends upon OA unity. | 1 - Unity | ...chase food endlessly... |
| Step #2 | Came to believe that a Power greater than ourselves could restore us to sanity. | 2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern. | 2 - Conscience | ...feel ugly, act ugly, look ugly, feel heavy, old, sluggish and short of breath.... |
| Step #3 | Made a decision to turn our will and our lives over to the care of God as we understood Him. | 3. The only requirement for OA membership is a desire to stop eating compulsively. | 3 - Trust | ...gain weight that will be twice as hard to remove later... |
| Step #4 | Made a searching and fearless moral inventory of ourselves. | 4. Each group should be autonomous except in matters affecting other groups or OA as a whole. | 4 - Equality | ...be unwilling and unable to exercise... |
| Step #5 | Admitted to God, to ourselves and to another human being the exact nature of our wrongs. | 5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers. | 5 - Consideration | ...carry the monkey on my back every single moment... |
| Step #6 | Were entirely ready to have God remove all these defects of character. | 6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose. | 6 - Responsibility | ...feel silently defensive, or even hostile, toward every person I meet.... |

In Gratitude for continuing Support

We have gratefully received donations from the following groups:

Primary Purpose - Waco Group - King of Glory

Granbury Group - South Hills - Ft Worth Wedgewood Baptist Church - Richland United Methodist Church

Step 1

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| Step #7 | Humbly asked Him to remove our shortcomings. | 7. Every OA group ought to be fully self-supporting, declining outside contributions. | 7 - Balance | ...realize too late that no amount of food ever solved a single problem for me... |
| Step #8 | Made a list of all persons we had harmed, and became willing to make amends to them all. | 8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers. | 8 - Delegation | ...think with self-loathing of my friends in OA who are working hard to make it through the day - who really care about me and the decision I have made here today... |
| Step #9 | Made direct amends to such people wherever possible, except when to do so would injure them or others. | 9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. | 9 - Ability | ...waste this precious day; trash my miracle, my gift of abstinence... |
| Step #10 | Continued to take personal inventory and when we were wrong promptly admitted it. | 10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy. | 10 - Clarity | ...wrap myself in guilt and have a self-pity party... |
| Step #11 | Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will and the power to carry that out. | 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication. | 11 - Humility | ...quit working the program, avoid phone calls, skip meetings... |
| 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. | 12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities. | 12 - Guidelines | ...risk a full blown relapse and the loss of all that I've been given in the program... |



Tools for Abstinence

- ❖ Help another in his or her recovery; extend a hand, listen.
- ❖ Try to turn your life and your will over to your Higher Power.
- ❖ Avoid all mood-altering drugs; read labels on all medications.
- ❖ Turn loose of old ideas.
- ❖ Avoid situations that may tempt you to binge.
- ❖ Make lots of new OA friends.

- ❖ Read the Big Book.
- ❖ Try not to be dependent on another (sick relationships).
- ❖ Be grateful and when not make a GRATITUDE list.

*These are not in order or comprehensive.
They are but suggestions and items to put in your own OA tool-bag.*

From Oct 2008 Looking Up

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| Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS | | | | | |
|---|---------------------------|---|---|---------------------|------------------------------|
| Day & Time | City-Group Name - Address | | Subject | Contact | Contact Phone |
| MONDAY | 6:30 PM | Granbury / Acton | | Leah | 817-219-2393 |
| | | Acton United Methodist Church, Adult Education Building, Room 202A 3433 Fall Creek Hwy (Hwy 167S) Granbury, TX 76049 | | | |
| MONDAY | 6:00 PM | Waco | Big Book Study | (pager) | 254-260-1258 |
| | | St. Alban's Episcopal Church 305 North 30th Street, Waco, TX 76710 | | | |
| MONDAY | 7:00 PM | Arlington - Trinity | Abstinence | Billie | 817-460-3083 |
| | | Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013 | | | |
| MONDAY | 7:30 PM | Fort Worth - South Hills | Literature: Step / Tradition of the Month | Happy | 817-370-7207 |
| | | South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133 | | | |
| TUESDAY | Noon | Fort Worth - South Hills | Big Book Study | Happy | 817-370-7207 |
| TUESDAY | 6:00 PM | Stephenville - Cross Timbers | Literature / Topic | Pat | 254-485-0921 |
| | | First Presbyterian Church 1302 N Harbin Drive, Stephenville, TX 76401 | | | |
| TUESDAY | 7:00 PM | Richland Hills | Big Book Study | Shannon S. | 714-625-9106 |
| | | United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #110 | | | |
| WEDNESDAY | Noon | Fort Worth - King of Glory | Literature: Step / Tradition of the Month | Gay L. | 817-275-1085 |
| | | King of Glory Lutheran Church 1659 Sandy Lane @ Brentwood Stair, Fort Worth, TX 76112 | | | |
| WEDNESDAY | 7:00 PM | Tarrant County - Men's Group | Men's Meeting | Keith | 817-692-1641 |
| | | Ste 608, Radio Shack Shopping Center 4105 State Highway 121 @ Cheek-Sparger, Bedford, TX 76021 | | | |
| WEDNESDAY | 7:30 PM | Arlington - Trinity | HOW Closed meeting | Billie | 817-460-3083 |
| | | Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013 | | | |
| THURSDAY | 6:45 PM | Fort Worth - Bethel HOW | HOW | Patrice | 817-692-7180 |
| | | Bethel Methodist Church (corner of Southwest Blvd. & Vickery) 5000 Southwest Blvd., Fort Worth, TX 76013 | | | |
| THURSDAY | 7:30 PM | Fort Worth - South Hills | Big Book Awakening | Happy | 817-370-7207 |
| | | South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133 | | | |
| FRIDAY | 7:30 PM | Fort Worth | Big Book Study | Shannon S. | 714-625-9106 |
| | | Wedgewood Baptist Church - Counseling Center 5522 Whitman Ave., Fort Worth 76133 | | | |
| SATURDAY | 9:00 AM | Fort Worth - South Hills | OA Workbook | Happy | 817-370-7207 |
| | | South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133 | | | |
| SATURDAY | Noon | Arlington - Trinity | Literature | Billie | 817-460-3083 |
| | | Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013 | | | |
| SATURDAY | Noon | Daily Reprieve, Euless | Step Study / Big Book | Margie M. Pat M. | 972-310-3636 817-864-9888 |
| | | United Memorial Christian Church 1401 N. Main Street, Euless, TX 76039 | | | |
| SUNDAY | 4:00 PM | Fort Worth - Primary Purpose | Literature | Renaë | 817-905-0613 |
| | | Pantego Bible Church, Room 103 8001 Anderson Blvd. Fort Worth, TX 76120 | | | |
| SUNDAY | 4:30 PM | Fort Worth - South Hills | Writing, Steps and Literature | Chrystyna | 214-202-6993 |
| | | South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133 | | | |

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 12/18/11