

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - FEBRUARY 2012

The Prayer of the Meek

Author unknown

Lord, keep me from becoming
talkative and possessed with the idea
that I must express myself on every subject.

Release me from the craving to
straighten out everyone's affairs.

Teach me the glorious lesson
that occasionally I may be wrong.

With my vast store of wisdom and
experience, it does seem a pity not
to use it all---

But Thou knoweth, Lord, that I
want a few friends at the end.

Amen

I read a couple of things in our meeting on Saturday, and it was suggested I send these in to you for the newsletter. If they would be helpful to you, here they are - The four M's of my defects are:

- 1) Martyrdom
- 2) Manipulation
- 3) Managing
- 4) Mothering

The second item is a "Prayer of the Meek." above.

Best regards,
Diane B.

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**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.*

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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 2

Came to believe that a Power greater than ourselves could restore us to sanity.

Spring into Action... What actions are you taking for your recovery today? Come hear speakers share their experience, strength and hope in the program. And be prepared to do a little work on this question yourself.

March 17th, 1 pm
3200 Bilglade, Ft. Worth
South Hills Christian Church



Contact person for the
March workshop.

Linda B.
817-287-8750
linda-berg@sbcglobal.net

Please bring unwrapped items for a raffle.
Suggested donation \$5 for 1 or \$8 for 2.
Sponsored by Your Tri-County OA Intergroup

H.O.P.E = Happy Our Program Exists *My Front line Strategy*

I woke up with this phenomenal thought. Winning wars is about having a well trained, large army; with the best technology money can offer. It takes strategy and execution. Am I winning the war against Overeating? My army general of course, is the God of my understanding. I pray - a lot. I get down on my knees every morning and part of my prayer is to ask for help with my eating that day. And I end my day on my knees to thank Him for another day where food was not the army general! A small battle won.

The army is my support team. I have loads and loads of friends I can call any time of the day or night. My friends in England and France are up when others here are sleeping. I can even call them if I wake up during the night and ache to eat. I have friends in California who I call late when my local buddies have hit the sack. During the day, there are friends here and there is always email. What a great "reserve army" the internet friends have become.

My front line strategy is a plan of eating which I follow like my life depends on it. Why? My life depends on it. It is likely an armored car. I can use it to gain, lose or maintain weight. If it stops working, we can tweak the plan.

Oh yeah, my sponsor is the lieutenant in the field with me. She's barking the front line orders! If I follow her directions, I might just live another day in the fox holes.

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Weapons... let me see. How about literature? I can read how others have successfully won the war on compulsive eating. There's that anonymity too. When Jason was in Iraq, he wasn't allowed to tell us exactly where. That was for his protection. Yeah, anonymity is like that!

Diversion Tactics... maybe service? While I'm knee deep in helping others, I can dodge the bullets of emotional eating. I have my mind on something else other than poor me!

Gerri "Trust God and Buy Broccoli"
Reprinted from March 2007, Letters of HOPE



Tools for Abstinence

- ❖ Get off the "pity-pot" ... the only thing you'll get if you don't is a ring around your bottom.
- ❖ Seek knowledgeable help when troubled - or otherwise.
- ❖ Face it - you are powerless over food, people, places and things.
- ❖ Try the "Twelve & Twelve," not just the One and Twelve, or the One, Twelve and Thirteen!

- ❖ Let go and let God.
- ❖ Use the God bag and the answers: 'yes', 'no' or 'wait I have something better in store for you.' Don't forget to say thank you.
- ❖ Find courage to change through the examples of others who have.

*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

<i>All references to the topics will be found in the first 164 pages of the book, Alcoholics Anonymous</i>	<i>Big Book References</i>
ACCEPTANCE	14
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WILLINGNESS	12-14, 26, 28, 46, 47, 53, 57, 58, 60, 69, 70, 76, 79, 93, 118, 124, 152, 153, 158, 159, 162

Seek and you shall find

One nice practice is to keep a listing of references near so that you can find what you seek.

Here is a nice list on the first 164 pages of the Big Book of Alcoholics Anonymous.

Save this or make it your book mark for easy access...

Your Newsletter Team

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	Margie M. Pat M.	972-310-3636 817-864-9888
SUNDAY	4:00 PM	Fort Worth - Primary Purpose Pantego Bible Church, Room 103 8001 Anderson Blvd. Fort Worth, TX 76120	Literature	Renaë	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	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"