

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - MARCH 2012

A Spiritual Awakening

Eureka? Of course! What a concept! Wow! The light bulb just came on! Shoulda had a V-8! What phraseology do you use when you finally “get” something? I used to use all of these words and others. It wasn’t until recently, though, that someone in OA enlightened me with two words to utter instead: “Spiritual Awakening.” Hmm... I’ve heard these words the whole time I have been in program, but it never occurred to me that this is what they meant.

To me, a novice to spirituality, faith, “religion”, etcetera, a “spiritual awakening” was the vision of God Himself glowing in a ball of light before me. Oh, my heavens! I’ve never felt I had a spiritual awakening. In fact, although I begged my Higher Power to help me to see and believe that He was with me, in the same breath I asked that it not be physically. I believe my HP speaks to me through my conscience, but I didn’t want to be fearfully overwhelmed with ethereal “visions”. Ironically, however, I was missing the other ways my Higher Power was showing Himself to me. I wasn’t seeing that every time I was honestly introspective and learned something about myself, or decided to positively change my behavior, or applied someone else’s experience, strength and hope appropriately to my life, or finally “got” something I was spiritually awakened. I was coming closer to my HP. I was living the twelfth step even more fully than I realized. What a concept!

I recently had what I now know to be a spiritual awakening. It was a troubling realization upon which I have much to ponder and explore. I recognized many years ago in program that my biggest trigger emotion is loneliness, followed immediately with boredom. I eat to keep from feeling lonely and/or bored. I eat to cover the pain of not only being lonely but the hurtful belief that others must see me as unlovable since no one apparently wants to spend time with me. Otherwise, I wouldn’t be lonely. Then, while someone else was sharing her feelings of also eating when lonely, I had a spiritual awakening. It occurred to me that I was not willing or able to feel the emotions of shame, guilt, disgust, and regret that came after I stuffed the loneliness feelings with food.

(Continued on Page 2)

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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

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

Continued from Page 1

Wow! I needed a big old glass of V-8 for that one! This was a powerful spiritual awakening for me. Why do I set myself up for damaging feelings that I know will come after compulsively eating just to keep from feeling an emotion that, in all honesty, is not really as damaging? Does this play into my core issue of “insignificant”? Has this just become a comfortable habit that I can now overcome? Will the feelings and behaviors subside now that I realize them? Are other factors involved that I haven’t uncovered yet?

In Gratitude for continuing Support

We have gratefully received donations from the following groups:

***Primary Purpose - King of Glory
Ft Worth Wedgewood Baptist Church - Richland United
Methodist Church***

Step 3

***Made a decision to turn our will and our lives over to the
care of God as we understood Him.***

I don’t have the answers yet. I do know, however, that calling this a spiritual awakening rather than just plain old introspection gives me a more supportive belief that I will learn the answer. I just have to keep working my program of recovery to the best of my ability. This and all other spiritual awakenings will eventually become the miracle. Wow!

Carolyn, LETTERS OF HOPE, March 2002

I chose the road less traveled Lord

*The decision came from pain
and confusion but slowly I
found the place where peace
was real and I could trust
just enough to follow those
You sent to me in the dark
times of my disease*



*Now I lay my life gently in
Your caring arms and rest
knowing that I now have the
power of heaven and earth to
live my life in fullness and
joy.*

*Such a simple step, once
taken, that opens my soul to
a world of beauty.*

Now hold me in Your loving arms

Looking UP



Tools for Abstinence

- ❖ Don't try to test your willpower - give a compulsive overeater one shovel and one pail and in one hour he/she will need 100 wheel barrels.
- ❖ Live TODAY, not YESTERDAY, not TOMORROW - projection is planning the results before anything even happens.
- ❖ Avoid emotional involvement in your first year in recovery - you end up putting the other person first and lose sight of your program.

- ❖ Remember: food obsession is cunning, baffling and powerful.
- ❖ Rejoice in the manageability of your new life
- ❖ Humility is not in the thinking of yourself more, but in the thinking more of yourself, less often.
- ❖ Watch your ego.
- ❖ Share your experience, strength and hope.

*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

Don't Fool Yourself: Definitions

Ever wonder what we're really saying when we talk about "relapse" or feeling "slippery"? Sometimes words lose their meaning through repetition. My sponsor once directed me to look up the definitions of those words I tossed around so freely. I was shocked at how blithely I said things like "my food is slippery" when I was really in dire trouble. Here's a reminder of the cold, hard truth about relapse.

Relapse (noun): the act or an instance of backsliding, or subsiding; a recurrence of symptoms of a disease after a period of improvement.

Relapse (verb): to slip or fall back into a former worse state, to SINK.

Slippery (adjective): causing or tending to cause something to slide or fall (e.g. slippery roads); tending to slip from the grasp — not firmly fixed; UNSTABLE, and not to be trusted; TRICKY.

Slip (verb): to escape from consciousness; to pass quickly or easily away; become lost (e. g. let an opportunity slip); to fall into error or fault; LAPSE; to slide out of place or away from a support or one's grasp; also, to let go of something.

Slip (noun): the act or instance of departing secretly or hurriedly (e. g. gave his pursuer the slip); a mistake in judgment, policy or procedure; the act or an instance of slipping down or out of place.

Sloppy (adjective): CARELESS, meaning INDIFFERENT or unconcerned (e.g. careless of the consequences), not taking care of; UNVALUED, disregarded.

Recover (verb): to get back; to bring back to normal position or condition (e.g. stumbled, then recovered himself; to find or identify again; to save from loss and restore to usefulness; RECLAIM. Also, to regain a normal position or condition, as of health (e.g. recovering from a cold'). "

Martha - reprinted from HEART OF TEXAS INTERGROUP NEWSLETTER, April 2002

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
MONDAY	6:00 PM	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 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 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	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 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	7:45 PM	Arlington - 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 76116	HOW	Patrice	817-692-7180
THURSDAY	7:30 PM	Fort Worth - 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 Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA Workbook	Happy	817-370-7207
SATURDAY	Noon	Arlington - 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	Renae	817-905-0613
SUNDAY	4:30 PM	Fort Worth - 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"

last change 2/15/12