

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - JANUARY 2014

Celebration of the Newcomer

A yearlong celebration of the newcomer to our meetings through the words of our member groups. As we walk this miracle program, let's share our experience, strength, and hope. Let's share our personal newcomer experience and how we can continue to reach out and help others find abstinence.



*Anonymous
Men's Group*

You Were There

Memories of true hope

I remember those first trembling moments when I reached out, finally able to push past my fear and walk into the rooms. Honesty dictates that I modify this statement. It was fear that pushed me, abject fear of death and worse; living in the pain of my disease.

The room was filled with chatter and a gaiety that stood in stark contrast to my low self-esteem. Then a hand reached out and drew me into a conversation, the subject of which is lost to time, not asking for anything but providing warmth I had not felt for a long time; the warmth of acceptance.

I did not know the extent of the journey or the level of commitment that would be required to find the joy of recovery. In these first moments of program I was incapable of fathoming any of this. What I did know was that I was safe in these rooms and that maybe there was an answer for me. Maybe the miracle of abstinence was a reality.

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Contact us at newsletter@aotricounty.org*

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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.*

Contact the editor:

newsletter@aa-tricounty.org

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You Were There (Continued)

Join a group; get a sponsor; ninety meetings in ninety days... First Things First; Easy Does It; One Day at a Time... Page 84-85; The 12 Steps; Become Willing...

I do not remember my childhood. I do not take this as some malicious event thrust upon me, I had a good upbringing. But I always wondered what it would feel like to remember my beginnings. Now, with years of recovery and the joyful journey of the 12 steps, I have a unique childhood to remember. I have the childhood of my recovery.

As a newcomer I was given the time and the patience to find my way and to accept this program of recovery fully. Now as I watch another enter the rooms for the first time I do two things. I reach out my hand and bring them into a conversation they will most likely never remember and I smile remembering those first few days when hope took hold of my tormented soul and showed me that I too could find happiness. You were there for me and I will be there for you.

*Anonymous - Men's Group
Looking Up JAN 2014*

From Despair to Hope

June 9, 2010. That's the date I count as the start of my abstinence. It is my sister's birthday and she died from this disease 6 years ago. Her top weight was 440 and she had her stomach stapled three times. Each time the size of her stomach was reduced she used bulimia to continue to overeat. Her sanity was never restored and she overdosed on prescription medicine.

I joined OA because I didn't want to end up like her – killing myself with food and addiction. My abstinence is a gift from God that has changed me completely. My world doesn't come apart or back together again because of food. I don't sacrifice relationships to the power of food anymore. Once I admitted I was powerless over food and turned to God for his power, everything began to change. I pray more. I read the Big Book and OA literature. Much of the stress in my life has been reduced. I sleep better. My 70-pound weight loss has prompted my doctor to reduce my diabetic medicine by two thirds. I have made a great beginning of identifying my defects so that, as they are removed, I can see the results. I'm angry much less frequently because I let go and let God. "This too shall pass" gets me through tough moments. I do believe, however, that the greatest tool of recovery that I use daily is my sponsor. Her experience and strength fuels my hope.

When I see newcomers at meetings, I try to convey the level of despair I had when I came to OA and the hope I have now. I remember my first meeting when I heard that it is weakness that unites us. At that moment I knew I was in the right place.

*Joy S.
Looking Up Sept 2011*

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To the Newcomer

If you are feeling scared, you're not alone; we've been there.

If you cannot stop bingeing on food, you're not alone; we've been there.

If you eat because you are angry, lonely, tired or for any reason other than hunger, you're not alone; we've been there.

If you are ashamed of your body size or shape, you're not alone; we've been there.

If you have tried to diet, only to regain the lost weight and then some, you're not alone; we've been there.

If you have tried to control your weight through excessive exercising, you're not alone; we've been there.

If you feel you are not good enough, you're not alone; we've been there.

If you think you are the only person who ever used food the way you do, you're not alone; we've been there.

If you think life would be perfect if only you had a better body, you're not alone; we've been there.

And we're here for you now. Welcome to Overeaters Anonymous.

Reprinted from Lifeline. July 2000

In Gratitude for Continuing Support

May the New Year bring you fellowship

Tradition 1

Our common welfare should come first; personal recovery depends upon OA unity.



Looking to be of service...

The OA convention hospitality room is open 3:00 – 10:00 2/28/14 and 8:00 am – 10:00 pm 3/1/14. If you can work an hour please contact Darlene 214-252-0914 liesner6522@att.net

Also need set up help 12:00 – 3:00 2/28 and tear down help 3/2 12:00 pm. Westin DFW. Trinity VIII ballroom. Thanks.



<http://www.oaregion3.org/wp-content/uploads/2013/12/oa-convention-2014.pdf>

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Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS					
Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	6:00 PM	Waco - DePaul Center 301 Londonderry, Waco	Big Book Study		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	OA 12X12 writing / AA Big Book	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	Rachel	817-595-3044
WEDNESDAY	1:30 PM	OA Step & Tradition - New World United Methodist Church, Room 28, 2201 N. Davis Dr., Arlington	OA Literature	Gwenne G	682-429-7990
WEDNESDAY	6:00 PM	Waco - DePaul Center 301 Londonderry, Waco	Big Book Study	Anna Kay	254-498-6898
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) RING DOORBELL ON DOOR TO THE RIGHT OF THE SANCTUARY 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	Voices of Recovery / OA 12X12	Happy	817-370-7207
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	Pat M.	817-864-9888
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
CLOSED MEETINGS - Meeting marked "Closed Meeting" are for OA Members only.					
Tri-County Intergroup meets at 10:30 am the first Saturday of every month at the Wesley House, 3321 West Park Row Dr., Arlington, last change 11/15/2013					