

2011 TRI-COUNTY INTERGROUP BOARD

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Tri-County Intergroup
Group# 09163
P.O. Box 14324
Arlington, TX 76094

Monthly Intergroup Meeting
Minutes are available at
www.oe-tricounty.org

Tri-County Information Line
(817) 303-2888

www.oe-tricounty.org

LOOKING UP is a monthly publication of the OA Tri-County Intergroup. The opinions expressed here are those of the author and not of the OA Tri-County Intergroup or OA as a whole. Editor reserves the right to edit material submitted.

Seventh Tradition Donations

Give as if Your Life Depends On It. OA's Seventh Tradition tells us that we are fully self-supporting through our own contributions. After paying group expenses (rent, literature, supplies) and maintaining a prudent reserve (determined by group conscience), OA suggests that groups distribute the remaining funds as follows:

60% : Tri-County Intergroup
Billie Stamp
1513 Tyler
Arlington, TX 76012

30% : OA WSO
P.O. Box 44020
Rio Rancho, NM
87174-4020

10% : Region III
Region III OA
Barbara Vervenne, Treasurer
PO Box 29903
Austin, TX 78755

*OA Responsibility Pledge:
Always to extend the hand
and heart of OA to all who
share my compulsion; for this,*

Looking Up

Tri-County Intergroup Newsletter February 2011

From the Chair...

I'm Gwenne. I am a compulsive overeater and a grateful member of Overeaters Anonymous. As I am new to Texas, I feel it is important for me to share my story with all of you.

Although I was born and raised in New England (thus, my accent), I lived for 40 years in Florida before moving to the Lone Star State in March, 2010. Most of my career as a secretary/administrative assistant took place there. My four children were reared there. In January of 1980, Palm Beach County, Florida, was where I had my O.A. beginnings. I served Palm Beach County Intergroup as chairperson and as delegate two different times.

Through three marriages, two ending in divorce and one leaving me a widow, with God's help and OA's, I have maintained a 30-pound weight loss for these 31 years. Because of health problems and medications I did regain 30 pounds of my original weight loss, which I continue to attempt to shed.

When I joined OA I had become an agnostic and had turned away from organized religion. Through the Program I have come to believe in a Higher Power whom I choose to call God and am again active in church activities.

Emotionally I was a "basket case" and blamed most of my misfortune on God and other people. The Program has made me see my character defects and to work in changing myself and stop trying to change other people.

Service is my favorite tool, as I feel it has been the key to making me use all the other tools. Thus, I am very grateful your Intergroup has chosen to "recycle" this elder statesman once again by electing me your new Chairperson.

Yours in OA service and love,
Gwenne G.

Message from a Meeting

Knowing why is the booby prize; I don't have to understand things.

OA Spanish Web Site Goes Live!

Spanish-speaking OA members and others around the world now have access to OA's Web site in their native language. The site, <http://espanol.oe.org>, features much of the same content as OA's English site, including sections for Newcomers (Recién Llegados), Members/Groups (Miembros/Grupos), Media/Professionals (Medios de Comunicación Pública/Profesionales) and World Service Events (Eventos del Servicio Mundial).

A link to "Literatura en Español" takes users directly to the Spanish literature that can be purchased from the World Service Office. If users click on "Encuentra una Reunión," they will find links to OA intergroups with Spanish Web sites listing meetings in many Spanish-speaking countries around the world. The new site also includes links to three Spanish podcasts interviewing OA members from Mexico, Spain and Costa Rica who share their experiences in the program.

With the launch of the Spanish Web site, a key goal on the Board of Trustees' Strategic Plan has been achieved, and Overeaters Anonymous is broadening its outreach to compulsive eaters who still suffer.

Intergroup News & Information

Intergroup will meet Feb. 5, Mar. 5, Apr. 2, May 7, June 4, July 9, Aug. 6, Sept. 10, Oct. 1, Nov. 4 (at the retreat), and Dec. 3. Workshops are scheduled for April 2 and Aug. 27.

Molly will continue as Newsletter Editor on a month-to-month basis. Please announce to your groups that we are looking for a Newsletter Editor.

Donations

Arlington	King of Glory	South Hills	\$110.75
Bethel HOW	Millwood	St. John's	
Granbury/Acton	Primary Purpose	Tarrant Co. Men's Group	

If your group would like to receive a copy of the report, please attend the monthly Intergroup meeting.

Please send **newsletter submissions** to bethelhow@gmail.com, including thoughts for the day, journal entries, step writing, Lifestyle articles, and the like. If you would like to **receive this newsletter via email**, please send an email with the subject line "Subscribe" to bethelhow@gmail.com

Bethel UMC Group Recipe Book

75 pages of recipes that are free of sugar, white flour and other common "trigger foods," low in fat and free of refined carbohydrates, without skimping on flavor! Sections include breakfast, salads, vegetable sides, pork, beef, poultry, seafood, vegetarian & vegan main dishes, sauces & dressings, desserts and more. **To order, email bethelhow@gmail.com**

Electronic version: free. Spiral bound, plastic covers, mailed to you: \$10; include your full name and address.