

Looking Up

Tri-County Intergroup Newsletter January 2011

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, January 2000

Step One - Tools

I find myself at Step 1 every morning, afternoon and evening; that is, with each meal. I am powerless over food itself. I am powerless over the effect it has on me. I am powerless over the fact that I have to take time to cook healthy meals even when I am tired. I'm powerless over that feeling at the end of a meal... "is that all?" I'm powerless over food allergies. I'm powerless over being a food addict.

These are a lot of things to face each meal. It's overwhelming, so overwhelming that I can't handle it. So I am forced by my circumstances to turn to a power greater than myself in Step 2. My higher power *is* stronger than my disease and is not powerless over it. When I move on to Step 3, I turn my food and everything else over to God.

– Anonymous

With gratitude....

When I raised my hand and volunteered to be Chair of Intergroup for 2010, I had no idea what I would be doing or how I would be doing it, but I had seen others serve in this position so I figured I could just copy what they did. I am grateful for those who served before me and I'm grateful for those who will serve after me. It wasn't as scary as I thought it would be and it was a lot more fun than I ever expected. I made new friends in the program and learned how to do new things. Please welcome, lend support and send prayers to the 2011 officers: Gwenne, Molly, Billie, Lucy, and me. In January we will be appointing other positions. If you'd like to make some new friends, please consider coming to an intergroup meeting to see what we're all about.

Betsy H.

The Walk Part 1 - I Choose

I cried out with tear-soaked sobs for the pain to go away.

My Higher Power created a man in New York years ago who grew up a drunk and established a program that grew to thousands of members worldwide by the day I was born.

Next, He nurtured that program and made sure it grew and flourished so a lady in California would see its 12 Steps and seek their comfort for another of life's challenges and work through ego and distance to create a room in a small town in Texas that would be prepared on the day I cried out in pain.

Then He interceded and allowed me one moment of clarity so that I could make my way to that room and to the family that waited. My Higher Power – My God – gave me a new journey of life and love I so desperately needed.

All this for a scared boy in the dark seeking a moment's peace.

I have been given a miracle and it stretches back through eternity to the ageless thought of love that is my God. As some would say, I am now whole, because I am once again part of the mystery of my God.

The first wonderful gift is choice. I awake and choose life and love. From there the world and all its fascinating happenings are laid out before me to fulfill my destiny.

In the first moments it was a daily choice to abstain and a choice to hold on to the help He moved mountains to prepare. Yes, the boy still exists and the pain is real, and the choice needs to be made daily on this walk.

Then, as time and friendship and God healed my being, the love of service replaced the desire for disease. That is the best way I can yet explain it for, you see, I am just a boy on a journey. It is not so much that I have lost my disease but that it has diminished in me and been replaced with something so much more pleasing and desirable.

Each day there is choice – the first gift of my Higher Power. It makes me a real part of the solution and participant in my own recovery. It also makes me part of the recovery of others. Like that guy so many years ago who had a moment of clear thought and chose to create this 12 Step Journey.

Anonymous

A Letter from your Editor

Dear Reader:

Every month, this newsletter is emailed to 75 people and hand-delivered or mailed to another 100+. I estimate that at least 200 people read the newsletter every month. Two hundred people, OA members just like you, with their own personal stories to tell.

Do you enjoy "Looking Up"? Does the newsletter fulfill a need for you? Does it bring you joy, hope, or a sense of community? Does it give you a feeling that you are not alone? If your answer is yes, and I hope it is, then please ask yourself this:

**What am I giving to the newsletter?
What am I doing to reach the newcomer?
How am I spreading the message (Step 12)?
What would my sponsor suggest?**

For those of you who have submitted articles over the last year, thank you. I can't continue to ask you over and over to keep submitting articles. This is a "we" program and that "we" includes all 200 readers and Tri-County OA members.

The newsletter is in urgent need of submissions.

Please ask your sponsor what you should do about this.

Sponsors - please ask your sponsees to write an article for the newsletter.

If you think your writing isn't good enough, then I've got a 12-step program for you that will help you build your self-esteem!

If you think someone else will do it, please remember the saying, "everybody's business is nobody's business."

Two hundred people – a wealth of recovery just waiting to be tapped.

Just pick up your pencil, put it to paper and start writing. Anything, anything at all; your Higher Power WILL help you. Let go and let God direct your thinking and writing. That's the way it works for everything else in your life, right? So why not this?

What have you got to lose except your disease?

Please send your submission to bethelhow@gmail.com as soon as possible.

Sincerely,
Your Editor

Intergroup News & Information

2011 TRI-COUNTY INTERGROUP BOARD

Chairperson: Gwenne G.
Vice-Chair: Molly H.
Treasurer: Billie S.
Secretary: Betsy H.
Parliamentarian: *Open*
DMI Liaison: *Open*
Public Relations: Betsy H.
Newsletter: *Open*
Literature: *Open*
Telephone: Margaret
Retreat & Workshops: *Open*
Web Master: *Open*
Delegate: Betsy
Alternate: Lucy, Billie S.

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

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

Tri-County Information Line
(817) 303-2888
www.aa-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,
I am responsible.*

Please welcome our 2011 Tri-County Intergroup Board members, elected at the December Intergroup meeting. They are looking forward to a year of productive service. Many volunteer positions are still open, so please join us at the January Intergroup meeting if you are interested in filling one of these vacant spots.

COME ONE! Come all!

To the **OA Newcomers Workshop** sponsored by McKinney Care and Share

Saturday, January 22, 2011, 9 am – 4 pm

Radisson Hotel Dallas – East, (214) 247-4006

11350 LBJ Freeway at Jupiter exit (SW Corner), Dallas, TX, 75238

OA Members - Suggested \$5 donation; **NEWCOMERS** - free

Join us to hear how the Overeaters Anonymous Program has helped so many in our area conquer their food addictions and improved their quality of life. This will be a day to remember! The Radisson Hotel is offering meeting participants a Salad Bar Luncheon for only \$7.95. To reserve this special price, please e-mail name and how many meals you need to: OA_newcomers@live.com

Dallas Metroplex Intergroup presents **The Texas Twelve Step 2011 Convention February 25-27, 2011 - Radisson Dallas East**

For additional information please call:

Almee (469)328-9271 or e-mail: almee.hoyt@gmail.com, or Della (469) 231-4965.

REGISTER EARLY. HOTEL SPACE IS LIMITED. Call (214) 341-5400. Mention Overeaters Anonymous. All Reservations must be made by February 20, 2011 or rooms may not be guaranteed. Any questions, contact Tammy Ferrell, Convention Service Manager, Radisson at (214) 247-4006 or e-mail tammy.ferrell@radisson.com.

The full Treasurer's Report will no longer appear in the Newsletter. If your group would like to receive a copy of the report, please attend the monthly intergroup meeting.

Donations			
Arlington	King of Glory	South Hills	\$80.00
Bethel HOW	Millwood	St. John's	
Granbury/Acton	Primary Purpose	Tarrant Co. Men's Group	\$101.00

Please send **newsletter submissions** to bethelhow@gmail.com, including thoughts for the day, journal entries, step writing, Lifeline 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

RECOVERY CONNECTIONS

Tri-County Intergroup <http://www.aa-tricounty.org>

OA Region 3 <http://www.oaregion3.org/>

Dallas Metroplex Intergroup <http://www.oadallas.org/>

Telephone Meetings List http://www.aa.org/pdf/phone_mtgs.pdf

Online Meetings List <http://www.aa.org/pdf/OnlineMeetingsList.pdf>

iTunes Podcast http://www.aa.org/get_podcast.htm

Use iTunes to search for OA Podcasts, OA readings, long-timers share experience, classic OA speakers, special speaker events and more.

Los Angeles Area Intergroup Virtual Speaker's Bureau

<http://www.oalaig.org/html/speakers.php>

Audio recordings related to 12 Step Fellowships <http://www.gstl.org/>

AA Big Book online <http://www.aa.org/bigbookonline/>

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.