

looking up

tri-county intergroup newsletter november 2010

Please consider submitting an article for publication in this newsletter. Your words could make the difference to someone still suffering in the disease of compulsive overeating. If you are still suffering, please consider submitting an article about your experience so that others know they are not alone. Whatever your situation, your contribution will be a valuable and vital gift of service. If you prefer, your article can be signed "anonymous." Send submissions to bethelhow@gmail.com

MAINT REQ'D.

This is the writing that has appeared on my dashboard in my car. It doesn't go off because I forgot to tell the mechanic to turn it off after he finished the maintenance required. And guess what? It reminds me every day when I'm in my car that my RECOVERY also requires maintenance.

Our disease is three-fold – physical, spiritual and emotional. And how do I maintain my RECOVERY? For my physical maintenance, I have a food plan and "If I fail to plan, I plan to fail"; I keep in contact with my sponsor by being HONEST, OPENMINDED, and WILLING TO LISTEN and I exercise. For my spiritual and emotional maintenance, I work the 12 steps with a sponsor, stay current with my sponsor, go to meetings, read literature, pray and meditate, do service work, make outreach calls, exercise and remember HALT (HUNGRY, ANGRY, LONELY, TIRED). HALT also applies to my physical maintenance.

Yes, thank God for God's gentle reminder that maintenance is required for our physical, spiritual and emotional disease of compulsive overeating.

And," together we can do what we cannot do alone."

What are you doing for your required maintenance?

– Anonymous

WANTED

TRI-COUNTY IG BOARD MEMBERS

FOR: 2011 Tri-County Intergroup Board positions

Officer positions (by election only) include:

Chairperson, Vice-Chairperson, Treasurer and Secretary

Non-Officer service positions include:

DMI Liason, Public Relations, Newsletter, Literature, Telephone,
Retreat & Workshop Chairperson, Delegate, and Alternate Delegate

TO: Give service!

REQUIREMENTS:

- Must attend at least 3 Intergroup meetings
- Officers must have 6 months of continuous abstinence
- Delegate and Alternate Delegate must have 1 year's Intergroup service and be currently abstinent
- All non-officer positions require 30 days continuous abstinence

If you are interested in any of these positions or have questions about serving on Intergroup, please call or email current Intergroup members.

truth and lies

It is true my disease centers in my mind. I have been harboring incorrect, negative thoughts. I have been in denial, using magical thinking. I need to examine my thoughts and turn my negative thoughts into positive ones that will help me to be healthy, abstinent and connected to my Higher Power. How I treat myself and the thoughts that I allow to stay in my mind are very important. I may not be able to keep negative thoughts from coming in but how long I allow them to stay is my part. Action is the magic word. Am I willing to take the steps to get rid of these negative thoughts?

LIE – Abstinence is not that important.

Abstinence is my connection to my Higher Power; if I am not abstinent than I am not connected. I need to say to myself every morning, "abstinence is the most important thing without exception." I must go to extraordinary lengths to guard my abstinence.

LIE – I can start again anytime I want to.

As a compulsive overeater I always have another binge waiting but another abstinence has no such guarantee. I must go to extraordinary lengths to guard my abstinence.

LIE – I don't need my Higher Power's help or others'.

My thoughts and actions did not get me the results I wanted. I need my Higher Power's help. I need to spend time everyday communicating and concentrating on the love my Higher Power wants to give me. I need to reach out and ask for help.

LIE – It is too painful to feel; food will make it better

Food has never solved my problems or made me feel better. My feelings just are; they can not hurt me. Some pain may be necessary for my spiritual growth but misery is optional. I have to learn to feel and now that I have OA, I have the 12 Steps, the tools, and the solution that can help me to be different in the same situations.

LIE – I will never recover because I can not be good enough.

My Higher Power loves all his children. There is nothing I can do to make HP love me less and there is nothing I can do to make HP love me more. I can have recovery if I am willing to accept the directions presented in the book "Alcoholics Anonymous".

Other Thoughts I have heard:

Constructive – Discontent: When I depend on other people for self worth there is never enough approval. When my self worth comes from my Higher Power which lives within me there is a limitless supply.

FAITH did for me what I could never do for myself.

Fantastic Adventure In Trusting Him

– Anonymous

twelve steps to a slip

Every slip has a beginning. Know your danger signals.

- 1.) Start missing meetings for any reason, real or imaginary.
- 2.) Become critical of the methods used by other members who may not agree with you in everything.
- 3.) Nurse the idea that someday, somehow, you can eat "like normal people" again.
- 4.) Let other members do the 12th step work in your group. You are too busy.
- 5.) Become conscious of your OA "seniority" and view every member with a skeptical eye.
- 6.) Become so pleased with your own views of the program that you consider yourself an authority.
- 7.) Start a small clique within your own group composed of only a few members who see eye to eye with you.
- 8.) Tell the new member in confidence that you yourself do not take ALL of the 12 steps seriously.
- 9.) Let your mind dwell more and more on how much you are helping others, rather than on how much the OA program is helping you.
- 10.) If an unfortunate member has a slip, drop them at once.
- 11.) Graduate to the point of no longer needing a sponsor yourself.
- 12.) Look upon a food plan as a vital thing for new members, but not for yourself. You outgrew the need for that long ago.

some suggestions for recovery

Courtesy of EDA

Let go of the outcomes. • Show up for life no matter what. • Treat yourself well. We are selfish until we get our own needs met. • We all need training and practice to be effective adults. Get some! • Make a self-soothing or self-care plan and stick to it. • Feelings are neither right nor wrong. They just are. • Act, don't react. • Reach out to newcomers. • Keep a recovery focus. • Make use of daily meditation literature. Even five minutes in the morning or evening can set the tone for the day and help us keep focused on recovery and working solutions. • Keep a gratitude journal. Write in it each night and focus on what's working. • When anxious, do something to "get inside your body." Do something to notice the power of your body. Moving into a different room or going outside can have the desired effect. • Do not try to be an authority on anything but yourself. • Focus on the solutions to your issues. Don't worry about other people's issues. • Working the steps is a process, not an event. You keep doing them. • Be gentle with yourself. Treat and talk to yourself as you would to your best friend or a loved one. Practice compassion and you will be compassionate. • Trust God as you understand God, take responsibility for yourself, and serve others. • Get on the phone list. • Call people. • Don't talk about other people. • Don't be late. • Confront ill attitudes and behaviors in yourself. • When feeling uncomfortable or scared, ask yourself "What would I be doing if I were feeling better?" and then do it. • Acknowledge mistakes, try to understand what went wrong and why, plan for how to handle things differently to get a better outcome, then let go and move forward.

**2010 TRI-COUNTY
INTERGROUP BOARD**

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betsyhorn@charter.net
Vice-Chair: Lucy
Treasurer: Billie S.
Secretary: Rachel R.
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DMI Liaison: *Open*
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Retreat & Workshops: *Open*
Web Master: Marilee & Earnest
Delegate: Lucy
Alternate: Billie S.

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

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.

Monthly Treasurer's Report and Intergroup Meeting Minutes are available at www.aa-tricounty.org

Seventh Tradition Donations

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 World Service Office
P.O. Box 44020
Rio Rancho, NM
87174-4020

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

Give as if Your Life Depends On It.

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

step 10 - a daily walk

Dear Lord:

Give me mountains to summit and great deserts to traverse but PLEASE Lord help me with the little pebbles. Each time - every time - all the time... If I take care of the little things, daily, the world never seems to get out of kilter. The principle of Perseverance is to me the most elusive of gifts received from this program.

10. Continued to take personal inventory and when we were wrong promptly admitted it.

This wonderful one-day-at-a-time program of recovery is heralded daily in this step. And it is in this wonderful step that we can see the full wisdom of sayings and activities given to us in early days of our journey. "Our side of the street"; "grab a gratitude not an attitude"; "Live and Let Live"; all come alive in this daily walk with the principles of the program. We can now fully live the program because we are looking inward at our issues not out at the confusions of the world. We know that real peace is found in keeping our house in order and our will joined with our Higher Power's.

And so my childish prayer above is transformed into a song of love and praise. Each pebble is tenderly accepted and true loving action is invoked. I am whole and I choose to remain whole and at peace. "Lord, give me the little things today to care for so that they may be pleasing to you..."

I must admit there is still a bit of the Don Quixote in me that wishes for mighty windmills to battle but as daily walks go it is truly a joy to be at peace with myself and aligned with my Higher Power - One Day at a Time.

Yes, the words above - personal inventory - are just what you think they are. That nasty stuff you found in your 4th Step. But where we are in the program creates a mystical transformation in our attitude towards these items of change. Read page 84 "...we recoil from it as a hot flame." This is truly the measurement of our progress in the program - of our growth on this spiritual journey. Each day we live the measurement of our gift and can transform anything as long as we have our Higher Power walking with us.

So take a daily walk. It is good for the body and the soul.

- Anonymous

Intergroup News & Information

The Sunday afternoon Primary Purpose meeting has a new time and location. The Wednesday King of Glory *Spanish* meeting is no longer being offered.

***Nominations for Intergroup officers
will be accepted at the Fall Retreat.***

7:30 p.m., November 5th, 2010

Only Intergroup Representatives may nominate for officer positions. For information on becoming an IG Rep, please contact the Intergroup Board.

***Voting will be held at the December Intergroup meeting,
10:30 a.m., Saturday, December 4th, 2010.***

See the meeting list for location information.

Treasurer's Report 10/2010

Your trusted servant, Billie S.

Beginning Balance	\$5250.41	Expenses	
Income		AT&T	\$62.31
South Hills	\$60.00	Health Fare Donation	\$50.00
Retreat Reservations	\$1140.00	Bank Fees	\$14.00
Retreat Donations	\$365.00	Newsletter	\$81.28
Total	\$1565.00	Retreat Supplies	\$46.01
		Total	\$253.60
		Ending Balance	\$6561.81
		Delegate Fund	\$1718.05
		General Fund	\$1525.82
		Retreat Fund	\$3317.94



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