

# Looking Up

Tri-County Intergroup Newsletter October 2010

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## **Participation is the key to harmony.**

*Nominations for 2011 Tri-County Intergroup Officers will be held at the Fall Retreat, and elections will be held at the December Intergroup meeting on Saturday, December 4. Tri-County Intergroup needs your service; please consider volunteering for an Intergroup position.*

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## **Beginnings**

It is a wonderful mystery how certain things happen as they do. The first meeting of OA for me was Halloween, and no, I was not frightened into OA – wait – I still cannot answer that – I am still in a bit of a newcomer fog.

But suffice it to say, journey beginnings should be marked. I marked my date of my last drink on Independence Day. You know, maybe Halloween is appropriate - we shall see.

I did what I believe has saved more people from this dreadful disease than anything else in the world. I got a group, I got a sponsor and I looked for the first miracle.

That miracle happened on the first day. They read the OA preamble and it ended with “Welcome home.” My prayer, still in the confusion of self doubt and misunderstanding, was answered. My Higher Power once again brought me safely to the arms of those He has placed in this world for my care.

They are gentle hands, caring for those who still suffer and ready to hold my broken dreams while God rebuilds me to His purpose. In that first AA meeting, years ago, I felt like I was being hugged and that feeling never left. Here in OA that hug provides the safety to begin to look at my compulsion, knowing the miracle will happen.

And so I am twice blessed by this disease with its many outward maladies. I have been given the hope and love of the rooms to help me find a deeper peace with my God and a healthier life.

– Anonymous

## **A Question**

Somewhere in my reading I came across the question, “What gifts do I bring to God?” My initial reaction was “What?!” My Higher Power does not expect gifts from me or anyone else. However, that does not mean that HP does not appreciate them when she gets them. In fact she appreciates all gifts given to her, great and small. I think the most important gifts to her are like those in our human relationships. So she appreciates my time, acknowledgement, honesty, thanks and love. Probably one of the greatest gifts I can give her is my abstinence because she will know how big and important and healing that would be for me and for us in our relationship. Living my life well, as she would have me live it, is another gift that only I can give her.

– Anonymous

☼ **You are not alone.** €

## What would you lose and gain by giving up OA?

The illusion is that I would gain more time for myself and that I would be able to eat what I want when I want. I would "get my life back." The reality is that I would gain back weight, fear, self-loathing, struggles with finding clothes to fit, bitchiness in the morning because I would be full of self-hate, ineffectual diets, yo-yo dieting, a bunch of health problems, broken relationships, isolation, lying, codependency and self-will run riot.

I would lose dignity, health, honesty, purpose, a feeling of being needed, a feeling of belonging, fellowship, trust, usefulness, a higher power, beauty, a plan for living, a daily reprieve from my obsession, joy, serenity, peace, responsibility and accountability, maturity, courage and wisdom.

– Anonymous

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### ***21 Tips for Getting Through the Holidays Abstinently***

1. Focus on the true meaning of the holiday or event rather than the food orgy that sometimes accompanies it.
2. Don't set yourself up to feel bad because of unrealistic expectations of what the holiday will bring. Sometimes we're with family, sometimes with friends, sometimes we are alone. Face the reality of the situation beforehand. For example, if a family occasion almost always turns unpleasant, plan not to be a part of the unpleasantness. If you're going to be alone, face that you may be sad. Plan to deal with it without excess food.
3. Build up your recovery bank account before and during the holidays by attending lots of meetings, working extra hard on your 12 steps and using all the tools, especially service. Keep in constant contact with your sponsor. The disease doesn't take a holiday, nor should our recovery.
4. Keep your OA phone numbers with you at all times. Use them.
5. Know the limits of your recovery. When in doubt, avoid persons, places and things that have in the past triggered overeating. The party is not worth it. Choose not to attend if you feel it may be a major problem. Remember that abstinence, one day at a time, has to be the highest priority in your life. Without it, all other things suffer.
6. From the food perspective, treat the holiday like any other day. Our disease never takes a holiday.
7. Plan something special for yourself during the time other people are eating sugary desserts that you choose not to include in your food plan. Special tea, hot water with lemon, fruit... anything that is special for you and allowable in your plan.
8. Whether attending a holiday gathering or ordinary party, choose to focus on the people rather than the food. Pick out people and engage them in real conversation. If they don't want to participate, move on to the next person. People like to talk about themselves. Ask them questions about their life, their work, their families, and really listen to their answers.
9. Try to genuinely connect with people at the holiday table. The food is secondary.
10. There is no law that says you have to give out Halloween candy. We're not doing these kids a favor by giving them junk food. Give nutritious snacks, toys or money. Do not give out things you would not consume yourself. Then there will be no problem with leftovers.
11. Set an extra place beside you (in your mind or in reality) at the table for your Higher Power.
12. Remember Step Two: with the help of a Higher Power, we can be restored to sane eating behavior. Call on your Higher Power. HP can keep you sane, one day at a time, one meal at a time.
13. During the holidays, get out of yourself by giving service, any service, whether it is to the program, to needy individuals, or to the community. Do something that may be a little hard for you, but that you know you will feel good about later. Give yourself something to build self-respect.
14. Plan, plan, plan! Be proactive toward the holidays and the meals. Don't just sit back and hope for the best. Rehearse in your mind over and over exactly what you will do, particularly what, where and when you will eat. Pray just before sitting down to the meal.
15. Just before sitting down to eat or being served, go to a private room somewhere in the house or restaurant, call your sponsor, and commit what you are about to eat, as well as what you will choose not to eat. It makes no difference whether you get your sponsor or an answering machine - it is *your* commitment.
16. If you are visiting others for a holiday dinner, it is up to you to know what is being served and whether it is something that you choose not to eat. Call the host ahead of time. Plan accordingly. People understand others' food limitations. Even people without our disease have foods they don't eat for one reason or another. Volunteer to bring something that is good for you. The host then thinks you are gracious, while you are taking care of yourself!
17. Remember that you are responsible for what you eat. It's easy when sitting with family to slip into old childish roles where you feel you must eat whatever you are given. This does not have to be. We are adults and are responsible for our own choices. It is up to us to take care of ourselves. It is up to us to set whatever parameters or boundaries we need to set with our families.
18. Gratitude, gratitude, gratitude. There is nothing as good for staying abstinent, particularly during the Thanksgiving season, as focusing on the many things we have, rather than what we do not have. Write gratitude lists frequently.
19. How about writing a little card or note to each person who will be at the Thanksgiving dinner table telling them why you are grateful to know them? Leave it at their dinner place. The focus will quickly get to the real meaning of Thanksgiving rather than on the food.
20. For many of us, the most dangerous period for our abstinence is after we have successfully gone through a difficult occasion. The insanity of our disease subconsciously or consciously tells us to reward ourselves with food because we did so well yesterday. Or, we suffer some type of letdown about the occasion because it didn't meet our expectations. Some of us feel an emptiness after holidays that in the past we have tried to fill with food. For these reasons, plan to go to meetings the next day after the holiday.
21. A holiday is not a crisis. Holidays come every year. They are simply calendar times set aside to honor certain things. We deal with holidays the same way we deal with the rest of the days in the year. You can do it. Relax and work your program the best way you know how.

One Day at a Time.

Origin unknown, c. 2001

## 2010 TRI-COUNTY INTERGROUP BOARD

Chairperson: Betsy H.  
betsyhorn@charter.net  
Vice-Chair: Lucy  
Treasurer: Billie S.  
Secretary: Rachel R.  
Parliamentarian: Open  
DMI Liaison: Open  
Public Relations: Betsy H.  
Newsletter: Molly H.  
Literature: Open  
Telephone: Margaret  
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](http://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](http://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:

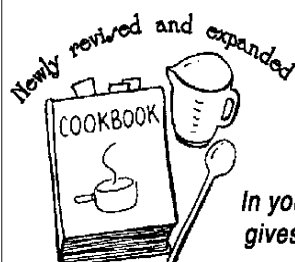
**60% : Tri-County Intergroup**  
Billie Stamp  
1513 Tyler  
Arlington, TX 76012

**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.*



## Intergroup News & Information

🕒 The St. John's meeting has moved from Tuesday night to Thursday night.

🏠 The Sunday afternoon meeting in Artlington that was meeting at Millwood Hospital is now homeless. If you know of any potential meeting sites, please contact Rachel.

🌟 There is a new Sunday afternoon meeting in Fort Worth at South Hills Christian Church. Check the meeting list for more information.

📌 Nominations for 2011 Tri-County Intergroup officers will be held at the Fall Retreat. If you would like to volunteer for a position or participate in the nomination and election process, please contact Tri-County Intergroup. Elections will be held at the December Intergroup meeting on Saturday, December 4th.

### Treasurer's Report 08/2010

Your trusted servant, Billie S.

<b>Beginning Balance</b>	<b>\$4902.34</b>	<b>Expenses</b>	
<b>Income</b>		AT&T	\$64.19
Primary Purpose	\$35.00	Printing	\$88.74
South Hills	\$60.00	Bank Fees	\$14.00
St. John's	\$40.00	<b>Total</b>	<b>\$166.93</b>
Retreat Reservations	\$380.00		
<b>Total</b>	<b>\$515.00</b>	<b>Ending Balance</b>	<b>\$5250.41</b>
		Delegate Fund	\$1718.05
		General Fund	\$1719.42
		Retreat Fund	\$1812.94

**The Big Book  
Come Alive in OA  
Tri-County Intergroup Fall Retreat  
November 5-7, 2010  
Glen Lake Camp at Glen Rose  
Registration: \$95**



To register, contact Billie or Margaret

Deadline: October 6, 2010 • No refunds after October 20, 2010

**Speaker:** Canadian male with numerous years of abstinence in OA. His presentation will be modeled after the **Joe & Charlie Big Book studies**.

**Schedule:** **Fri., Nov. 5:** Check-in begins at 5 pm, opening session at 8 pm

**Sat., Nov. 6:** Steps 1-10, 3 meals provided

**Sun., Nov. 7:** Steps 11-12, 1 meal provided, closing session 11 am

**Registration includes:** 4 meals, accommodations for 2 nights. Sleeping arrangements are in a rustic air-conditioned dormitory-style cabin with twin-sized bunk beds.

**Bring:** Sheets, blanket, pillow, personal toiletries and grooming supplies, towels, your Big Book, cards and games for relaxation time, and if you choose to, money for literature or donation.

## Bethel UMC Group Recipe Book

To order, email [bethelhow@gmail.com](mailto:bethelhow@gmail.com)

Electronic version: Free

Spiral bound with plastic covers, conveniently mailed to you: \$10

In your email, please specify double-sided or single-sided copying. Double-sided gives you a light-weight book, while single-sided provides ample space for notes.