



LOOKING UP

An OA Tri-County Intergroup Newsletter
January 2005

Who Belongs in OA?

In Overeaters Anonymous, you'll find members who are extremely overweight - even morbidly obese - moderately overweight, average weight, underweight, still maintaining periodic control over their eating behavior, or totally unable to control their compulsive eating.

OA members experience many different patterns of food behaviors. These "symptoms" are as varied as our membership. Among them are:

- Obsession with body weight, size and shape
- Eating binges or grazing
- Preoccupation with reducing diets
- Starving
- Laxative or diuretic abuse
- Excessive exercise
- Inducing vomiting after eating
- Chewing and spitting out food
- Use of diet pills, shots and other medical inventions to control weight
- Inability to stop eating certain foods after the first bite
- Fantasies about food
- Vulnerability to quick-weight-loss schemes
- Constant preoccupation with food
- Using food as a reward or comfort

Our symptoms may vary, but we share a common bond: we are powerless over food and our lives are unmanageable. This common problem has led those in OA to seek and find a common solution in the Twelve Steps, the Twelve Traditions and the eight tools of Overeaters Anonymous.

Tri-County Board

Chairperson: Nancy E.

(817)275-1418

Vice-Chair: open

Treasurer: Billie S.

(817)460-3083

Literature: Jaclyn D.

(817)292-2010

Telephone: Mike S.

(817)498-4244

Secretary: Sherry W.

(817)738-4167

Retreat: Margaret D.

(817)277-8706

Liaison to DMI: open

Workshops: open

Delegates: Billie S.

(817)460-3083

Public Relations: open

Newsletter: Rachel R.

(817)299-8150

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Step One:

We admitted that we were powerless over food and our lives had become unmanageable.

Tradition One:

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

OA Responsibility Pledge:

Always to extend the hand and heart of OA to all who share my compulsion – for this I am responsible.

TRI-COUNTY and OTHER AREA MEETINGS

| MONDAY | | | | |
|------------|---|--------------------------------|------------|---------------|
| 6:30 pm | Fort Worth - Bethel Methodist Church 5000 Southwest Blvd. | HOW | Wendy | (817)472-6943 |
| 7:00 pm | Colleyville - Highland Meadows Christian Church 2600 Hall Johnson Road, Room 223 | Wheelchair Access | Gloria | (817)545-9296 |
| 7:00 pm | Arlington - Trinity United Methodist Church 3216 West Park Row Dr. & Norwood, Wesley House | Abstinence | Billie | (817)460-3083 |
| 7:30 pm | Fort Worth - South Hills Christian Church 3200 Bilglade | Step Study/ Literature | Happy | (817)370-7207 |
| TUESDAY | | | | |
| 6:00 pm | Granbury - First Christian Church Hwy. 377 towards Stephenville | HOW | pager | (817)279-4025 |
| 6:00 pm | Weatherford - Campbell Hospital 713 E. Anderson, Basement Conference Room | | Lori | (817)341-3990 |
| 7:00 pm | N. Richland Hills - St. Johns Hall (the center building) 4101 Frawley Rd., between Glenview & North Hills Mall | HOW | Barbara S. | (817)284-4258 |
| 7:00 pm | Glen Rose - Glen Rose Nursing Home Board Room, Back of Hospital, Highway 67 | Central Texas Bluebonnet IG | Irish | (254)897-3315 |
| WEDNESDAY | | | | |
| 5:00 pm | Fort Worth - Silverstone Retirement Community 2800 Broadmoor, 3 rd floor TV room | | Sally | (817)244-1800 |
| 6:30 pm | Arlington - Trinity United Methodist Church 3216 West Park Row Dr. & Norwood, Wesley House | Big Book | Billie | (817)460-3083 |
| THURSDAY | | | | |
| 6:00 pm | Granbury - First Christian Church Hwy. 377 towards Stephenville | HOW | pager | (817)279-4025 |
| 6:30 pm | Fort Worth - Bethel Methodist Church 5000 Southwest Blvd. | HOW | Wendy | (817)472-6943 |
| 7:30 pm | Cleburne - St. Marks United Methodist 1109 W. Henderson | | Ann | (817)202-9793 |
| 7:30 pm | Roanoke - First Baptist Church 209 Pine Street | | Dona | (817)938-9553 |
| 7:30 pm | Fort Worth - South Hills Christian Church 3200 Bilglade | | Happy | (817)370-7207 |
| FRIDAY | | | | |
| 7:00 pm | Arlington - Millwood Hospital 1011 N. Cooper St. (go to Information Desk) | HOW | Joan D. | (817)460-0721 |
| SATURDAY | | | | |
| 9:00 am | Fort Worth - South Hills Christian Church 3200 Bilglade | Step Study/ Writing | Happy | (817)370-7207 |
| 9:30 am | Granbury - Acton United Methodist Church In the parlor | HOW | pager | (817)279-4025 |
| 10:00 am | Colleyville - Highland Meadows Christian Church 2600 Hall Johnson Road, Room 223 | Wheelchair Access | Gloria | (817)545-9296 |
| | Tri-County Intergroup - November's meeting will be held before the workshop at South Hills Christian Church on Nov. 13th | Board Meeting | Nancy | (817)275-1418 |
| 12:00 noon | Arlington - Trinity United Methodist Church 3216 West Park Row Dr. & Norwood, Wesley House | | Billie | (817)460-3083 |

Other OA Groups in the Area:

Dallas Metroplex Intergroup:

331 Melrose Drive, Suite 116
Richardson, TX 75080
(972)238-0333 or call Dick or Penny (972)517-8506

DFW HOW Contacts:

Linda (817)236-3555
Margaret K. (817)877-8168

Tri-County Intergroup

Group 09163
PO Box 14324
Arlington, TX 76094

Tri-County Information Line (817)788-0411