



LOOKING UP

An OA Tri-County Intergroup Newsletter
May 2005

The Promise of Food Addiction

If we are casual about this phase of our development, we will be bingeing before we are halfway through. We are going to know a new imprisonment and a new misery. We will relive the past and won't be able to shut the door on it. We will comprehend the work "conflict" and we will know pain. No matter how far down the scale we have gone, we will sink even lower. That feeling of uselessness and self-pity will deepen. We will gain interest in selfish things and lose interest in our fellows. Self-esteem will slip away. Our whole attitude and outlook upon life will suck. Fear of people and of economic insecurity will multiply. We will intuitively know how to run from situations, which never used to bother us. We will suddenly realize that God would never have done to us what we are doing to ourselves. Are these extravagant promises? We think not! They are being fulfilled among those of us who are still bingeing – sometimes quickly, sometimes slowly. They will always materialize if I pick up that first compulsive bite.

T.S. reprinted from the May 2005 issue of SOCIETY PAGES, Unity Intergroup



Top 10 Reasons to be Abstinent from Overeating

10. Nothing tastes as good as abstinence feels.
9. Abstinence allows me the freedom from being chained to the refrigerator or other food containers.
8. Abstinence leads to health and wholeness...COEing leads to the disease and its physical side effects (obesity).
7. Eating does not satisfy...there is NEVER ENOUGH... abstinence does satisfy.
6. Abstinence allows me other freedoms...eating imprisons.
5. Abstinence opens new doors...LITERALLY...COE closes them...especially narrow shower stalls and closet doors.
4. HOPE springs eternal with abstinence...COEing leads to despair.
3. Abstinence leads to other improvements in life such as working the 12 steps of OA.
2. Abstinence is a matter of life...COEing, a matter of death (for me).
1. Abstinence is the most important thing in life...

...that is my take on it.

Rob

Tri-County Board

Chairperson: Nancy E.

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Vice-Chair: open

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Workshops: open

Delegates: Billie S.

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Public Relations: open

Web Master: open

Newsletter: Rachel R.

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Step Five:

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Tradition Five:

Each group has but one primary purpose – to carry its message to those who still suffer.

OA Responsibility Pledge:

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

TRI-COUNTY 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	Literature	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
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	Literature	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
6:30 pm	Cleburne - St. Marks United Methodist 1109 W. Henderson		Ann	(817)556-9739
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				
6:30 pm	Arlington - Millwood Hospital 1011 N. Cooper St. (go to Information Desk)	HOW	Sally	
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
10:30 am	Tri-County Intergroup - 1 st Saturday of each month Trinity United Methodist Church in Arlington 3216 West Park Row Dr. & Norwood, Wesley House	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

Visit our website (www.oatricounty.org) or call the Tri-County Information Line (817)788-0411

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

New Meeting! 11:00 am Wed. at the King of Glory Lutheran Church, the corner of Sandy Lane and Brentwood Stair. For more information call (817)275-1085.