

LOOKING UP

An OA Tri-County Intergroup Newsletter
June 2005

Tri-County Board

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Newsletter: Rachel R.
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Step Six:

Were entirely ready to have
God remove all these defects
of character.

Tradition Six:

An OA group ought never
endorse, finance or lend the
OA name to any related
facility or outside enterprise,
lest problems of money,
property and prestige divert
us from our primary purpose.

OA Responsibility Pledge:

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

The Price of Abstinence

I know it is not always this simple, but fortunately today it is. I chose to be abstinent and turn my will over to God. So what in the world do I have to worry about?

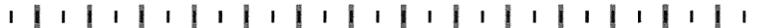
This is the deal. I can chose to eat whatever, whenever, however and not worry about repercussions. It feels *FUN* and *FREE* and like a *GOOD TIME*, at first. Then I am fat and eating is not fun and certainly does not feel fun, free and like a good time anymore.

So now I can *CHOSE* to be abstinent – eating 3 meals a day, with nothing in between, no sugar and white flour, and have God take charge of my life. How bad does it get having God's will being done in my life? God's will allows everyone in my life to be a winner, including myself. God's will never gets me fat or into crazy thinking or chasing cravings. So to get the *MOST* out of my life, paying the price to let God help me with my food seems a small offering.

So which do I want: eating or having a full life eating abstintently? A no brainer, huh? I know the old diseased thinking tells me that this is all taken way too seriously – this food regime – for not slipping back. The truth is it has to be taken seriously or I have nothing. Nothing but the food. Great choice, huh? So once again it seems to be God or food. With compulsive overeating there is no hope. Anyway, my thinking today seems clear. And I am thankful today to be abstinent.

How are you experiencing God and abstinence today?

Velda



Refraining

During this period of abstinence, I had a thought about refraining. That old saying of Abraham Lincoln's "you're about as happy as you make up your mind to be" could be changed around to say "you're about as abstinent as you make up your mind to be".

Each day for 30+ days now I have gotten out of bed and made the choice to refrain from picking up extra food. Even on the days of struggle, I stuck to this choice - the choice of "don't pick it up no matter what". Of course I know I didn't make it through on my own will power. I give my HP credit, but *I am the one that had to make up my mind*.

Glinda

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 - 5678 Highway 4 (Triangle)	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 - 5678 Highway 4 (Triangle)	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

Tri-County Information Line (817)788-0411

**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.

Don't miss our next TriCounty Workshop



When I Got Buzy, I Got Better

2:00-4:30pm, Saturday, July 30th
Registration begins at 1:30 pm

South Hills Christian Church - 3200 Bilglade
Suggested donation of \$4 per person or \$7 for two