



# LOOKING UP

An OA Tri-County Intergroup Newsletter  
October 2005

## Tri-County Board

**Chairperson:** Nancy E.

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**Vice-Chair:** open

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**Workshops:** open

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### Step 10:

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

### Tradition 10:

Overeaters Anonymous has no opinion on outside issues, hence the OA name ought never be drawn into public controversy.

### OA Responsibility Pledge:

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

## Me, Myself and My Own Best Friend

If only I was as special, as my own best friend,  
Cared for and loved, and happy within.  
Not a worry in the world, or seeking approval for naught,  
If I could only be myself, without one negative thought.  
Just wish it came natural; that high self esteem,  
Laughing as a child; my sides hurting in the seams.  
I never felt good enough, pretty enough, or proud,  
Felt so out of place, fitting in with a crowd.  
Either shy away and hide, or not go out at all,  
I'd say I was sick, stay home and I'd bawl,  
Resenting myself for telling this lie,  
Best friends don't do that, so why would I?  
It was a lonely old life, full of self hate and spite,  
The sicker I got, made me finally see the light.  
My bottom was hit, so there's nowhere but up,  
I went to OA, and found my loving cup,  
My glass was filled, with the presence of God,  
I felt so at home, in a place I belonged.  
But look at all the fun, and the joy I've missed,  
All because I saw myself, the way nobody else did.  
No longer will I consent to this low self esteem,  
It keeps me in bondage, and from pursuing my dreams.  
OA gave me life, much love and much laughter.  
A Higher Power too, for today and hereafter.  
Happy and go lucky, in God's highest degree.

Lori L.

## Away From Self Absorption

"We are problem people who have found a way up and out and who wish to share our knowledge of that way with all who can use it." (AA 12x12, p. 125)

Problem people, that is true for me. One direction that this program has taken me is away from self-adsorption and toward action. Plan of action – those three words have helped me so much. The adage, "fail to plan, plan to fail" helps. Plans regarding the day, plans regarding my food plan. Plan of action takes me away from worry, remorse and morbid reflection.

Last night, I awoke around 4:30 and couldn't get back to sleep. I was awake for over an hour and fell back to sleep minutes before my alarm rang. What was new was this: I had a plan of action when it came to not sleeping, but worrying instead. Worries in the night are never productive. This time, I just prayed to have my Higher Power surround me with strength and to let me rest, since it was resting, not "doing" time. My plan of action, as an antidote to worry, was deep breathing. The prayer and breathing worked. Without this program I would have just worried.

This is one example of getting up and out of the confinement of problems, thanks to the 12 Steps. My Higher Power is doing for me what I could never do for myself.

Anonymous

## TRI-COUNTY MEETINGS

<b>MONDAY</b>				
6:30 pm	<b>Fort Worth</b> - Bethel Methodist Church 5000 Southwest Blvd.	HOW	Wendy	(817)472-6943
7:00 pm	<b>Colleyville</b> - Highland Meadows Christian Church 2600 Hall Johnson Road, Room 205	Literature	Gloria	(817)545-9296
7:00 pm	<b>Arlington</b> - Trinity United Methodist Church 3216 West Park Row Dr. & Norwood, Wesley House	Abstinence	Billie	(817)460-3083
7:30 pm	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade	Step Study/ Literature	Happy	(817)370-7207
<b>TUESDAY</b>				
6:00 pm	<b>Granbury</b> - 5678 Highway 4 (Triangle)	HOW	pager	(817)537-5203
6:00 pm	<b>Weatherford</b> - Campbell Hospital 713 E. Anderson, Basement Conference Room		Lori	(817)341-3990
7:00 pm	<b>N. Richland Hills</b> - St. Johns Hall (the center building) 4101 Frawley Rd., between Glenview & North Hills Mall	HOW	Barbara S.	(817)284-4258
<b>WEDNESDAY</b>				
12:00 noon	<b>Fort Worth</b> - King of Glory Lutheran Church Corner of Sandy Lane and Brentwood Stair		Gay	(817)275-1085
6:30 pm	<b>Arlington</b> - Trinity United Methodist Church 3216 West Park Row Dr. & Norwood, Wesley House	Literature	Billie	(817)460-3083
<b>THURSDAY</b>				
6:00 pm	<b>Granbury</b> - First Christian Church Hwy. 377 towards Stephenville	HOW	pager	(817)573-5203
6:30 pm	<b>Fort Worth</b> - Bethel Methodist Church 5000 Southwest Blvd.	HOW	Wendy	(817)472-6943
6:30 pm	<b>Cleburne</b> - St. Marks United Methodist 1109 W. Henderson		Ann	(817)556-9739
7:30 pm	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade		Happy	(817)370-7207
<b>FRIDAY</b>				
6:30 pm	<b>Arlington</b> - Millwood Hospital 1011 N. Cooper St. (go to Information Desk)	HOW	Sally	
<b>SATURDAY</b>				
9:00 am	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade	Step Study/ Writing	Happy	(817)370-7207
9:30 am	<b>Granbury</b> - 5678 Highway 4 (Triangle)	HOW	pager	(817)573-5203
10:00 am	<b>Colleyville</b> - Highland Meadows Christian Church 2600 Hall Johnson Road, Room 205	Wheelchair Access	Gloria	(817)545-9296
10:30 am	<b>Tri-County Intergroup</b> - 1 <sup>st</sup> 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	<b>Arlington</b> - 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  
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**Newsletter submissions welcome!**  
Please send to Rachel R. at  
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**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 at (972)517-8506

**DFW HOW Contacts:**  
Linda (817)236-3555  
Margaret K. (817)877-8168