

LOOKING UP

An OA Tri-County Intergroup Newsletter
January 2006



2006 Tri-County Board

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Step One:

We admitted 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.

Ring in the Chime of Abstinence

I hear the phrase “I don’t eat no matter what” in meetings and I say it myself. Clearly, it does not mean that I subsist without food. So what does it mean?

It could mean that I don’t pick up that first compulsive bite no matter what the excuse. However, my experience has proven that “I” can’t not eat compulsively. Left to my own power I eat no matter what.

This familiar phrase, then, is a reminder of the actions which I take to support my abstinence. Truly, if I could do this by myself through my determination and will power, then I would not have to be here to address this problem. But I cannot do this alone.

I can, however, take action which makes it possible for me to accept God’s grace and abstain from compulsively overeating. First, it is essential that I admit that I don’t have the power to abstain from this behavior. Next, I am able to look else where for this power (Steps 2 and 3). Having admitted that I have a problem which is unsolvable by me, and believing that there is a power which can help me, I avail myself of this power to address the problem.

At this point, I have attained abstinence, though my actions have not confirmed this to me yet. Like preparing to strike a chime, which I may have heard before, I know what it has sounded like in the past when I, or others, have struck it. The sound may ring in my mind, but the true sound current of abstinence does not yet actually vibrate in my body. Now I must strike the chime. Until I strike the chime with the hammer of action, abstinence is theoretical. And the paradox is that I alone have to power to swing the hammer.

Swinging the hammer is essential to feeling the true sound of abstinence. No one can strike the chime for me. I must strike it everyday so that I can truly feel it.

There is more than one way to swing the hammer. How I hold it and the direction and power of the stroke may affect the sound of the chime.

How do I swing the hammer?

I swing the hammer every time I call my sponsor, every time I prepare, weigh, measure and commit my food.

I swing the hammer every time I attend a meeting, make an outreach call, take an outreach call and stand to sponsor.

I swing the hammer every time I read about a Step, every time I pray and every time I meditate.

I swing the hammer every time I speak to the positive picture of abstinence and every time I take the time to help another compulsive overeater.

None of these actions comprise abstinence in and of themselves, but I must do enough of them so that I keep the sound of abstinence vibrating in my heart. I must swing the hammer no matter what.

Thus, “don’t eat no matter what” is an affirmation of how I have come to live and an action that reminds others to do the same. I must keep the sound of abstinence vibrating in every part of my life.

Richard G.

reprinted from the HEART OF TEXAS INTERGROUP NEWSLETTER, Sept. 2005

TRI-COUNTY MEETINGS

MONDAY				
6:30 pm	Fort Worth - Bethel Methodist Church 5000 Southwest Blvd.	HOW	Wendy	(817)472-6943
	Colleyville - Highland Meadows Christian Church 2600 Hall Johnson Road, Room 205	CANCELLED		
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)537-5203
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				
12:00 noon	Fort Worth - King of Glory Lutheran Church Corner of Sandy Lane and Brentwood Stair		Gay	(817)275-1085
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)573-5203
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	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)573-5203
10:00 am	Colleyville - Highland Meadows Christian Church 2600 Hall Johnson Road, Room 205	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	Margaret	(817)303-5405
12:00 noon	Arlington - Trinity United Methodist Church 3216 West Park Row Dr. & Norwood, Wesley House		Billie	(817)460-3083

Mark Your Calendar!

The next OA
TriCounty Retreat is
scheduled for the
weekend of October
13, 14 & 15, 2006.



The Gifts of Recovery Tri-County Workshop

Saturday, Jan. 28th 2-4 pm (registration begins at 1:30)
South Hills Christian Church 3200 Bilglade Ft. Worth

Suggested donation: \$4 or 2 for \$7,
but if you can't pay, please don't stay away!

We're celebrating OA's birthday so bring a
wrapped present with you for a gift exchange.