

LOOKING UP

An OA Tri-County Intergroup Newsletter
February 2006



2006 Tri-County Board

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**Tri-County Intergroup
Group 09163
PO Box 14324
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OA Responsibility Pledge
Always to extend the hand and
heart of OA to all who share my
compulsion – for this I am
responsible.

Came to Believe

Step Two

Came to believe that a Power greater than ourselves could restore us to sanity.

In Step Two, I have come to terms with not only my inner wounded child, and my inner skeptic, but my inner spoiled brat! The hurt inner child is afraid to believe in recovery for fear of being disappointed and hurt again. The inner skeptic is a rebel. It is the so-called scientist who has a mind made up prior to investigation. It is the child who rides a bike in the street just because it is forbidden, then sits at the poolside all summer moping because one can't go swimming with a plaster cast. And the inner spoiled brat is the kid who wants all the benefits of recovery without doing the boring daily footwork or feeling any unpleasant emotions.

In Step Two, I bow to my three inner adversaries, acknowledge them, and give them the attention they crave. Then I pat them on the head and do the next right thing. I go to a meeting when I don't feel like it. I do the reading and writing my sponsor prescribes. I exercise, I go to the store and get healthy food, and I prepare it even when it's a big bore. I am willing to go to any lengths when I want that extra food item.

I can't always predict when or where, but being a compulsive eater, I will want that extra whatever sooner or later. I can almost hear that inner two year old yelling, "Want it! Want it!" But just as in dealing with a typical toddler, it's best not to give in. If the adult stays calm and patient, it's easy to distract the child. Then I can know that there is a power greater than myself at work in my life because I can see and feel the results. I notice that the insane behavior has stopped. I am beginning to comprehend serenity and to know peace, before I am even half way through the steps.

Renee P., reprinted from the February 2002 OA HEART OF TEXAS IG NEWSLETTER

When I Over Ate

I used to think that when I over ate I was comforting myself with food. Now I know that it's killing me and I am taking over where so many left off in my life abusing me. I am picking up the stick to whack myself with it when I over eat.

Just for today, whatever I do will either bring me closer to my Higher Power or push me further away. Over eating is one of those things that always pushes me further away from my Higher Power...and then I have to try and get back in line.

It's just for today. All we have is a choice and if I have to make 3 out reach calls before I eat my committed lunch then that's what I have to do. I commit my food every day because I can't do it alone. It's a WE, WE, WE program. If I could do it alone I sure wouldn't come to meetings. My abstinence is written in the back of my Big Book. There are foods I stay away from, just like the alcoholic stays away from booze. I abstain from these foods because I can't eat them like a lady and they set up the craving for more.

I can tell you this - I have to try something different if what I am doing is not working. Just for today, I ask myself how will I change my program to bring me closer to my Higher Power.

Velda, Arlington

TRI-COUNTY MEETINGS

MONDAY				
6:30 pm	Fort Worth - Bethel Methodist Church 5000 Southwest Blvd.	HOW	Wendy	(817)472-6943
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		(817)326-3893
6:00 pm	Weatherford - Campbell Hospital 713 E. Anderson, Basement Conference Room		Lori	(817)341-3990
7:00 pm NEW!	Arlington - Unity Church of Arlington 3525 S. Bowen (in white building near recycle bin)		Velda	(682)552-5770
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		(817)326-3893
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				
Noon NEW!	Arlington - Unity Church of Arlington 3525 S. Bowen (in white building near recycle bin)		Velda	(682)552-5770
6:30 pm	Arlington - Millwood Hospital 1011 N. Cooper St. (go to Information Desk)	HOW	Sally	
SATURDAY				
9:00 am NEW!	Weatherford - Trinity Lutheran Church 1500 W. Ball	HOW	Kim	(817)594-5405
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		(817)326-3893
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
Seventh Tradition Donations				
<p>OA's Seventh Tradition tells us that we are fully self supporting through our own contributions. Following the 60-30-10 plan, with the money you collect from meetings, ensures that OA continues to operate at all levels. After paying your group expenses (rent, literature, supplies) and maintaining a prudent reserve (determined by group conscience) OA suggests that you distribute the remaining funds as follows:</p>				
60% to Tri-County Intergroup Treasurer Tri-County Intergroup PO Box 14324 Arlington, TX 76094		30% to World Service OA World Service Office PO Box 44020 Rio Rancho, NM 87174-4020		10% to Region III Rhonda Jordan Region III Treasurer 2004 Surrender Ave. Austin, TX 78728