

LOOKING UP

The OA Tri-County Newsletter
October 2006



When is Enough

I realized today that I was trying to squeeze all that I could out of my food plan because I was afraid that it was not going to be enough food. I also have come to the understanding that I have a major issue with trust. I am abstinent and I know that I will not starve in-between meals. But, I have to shove, pack, cram every bit of food that I can in the allotted measuring cup and I don't have to, I have wanted to.

I also am that way about money. I don't make a lot of money and I am always waffling back and forth about will it be enough, what can I do to get more money and knowing that my HP (God) will continue to take care of me, as He has been doing for many years. I have to know that whatever I have will be enough, if I see it that way. It was what I was given, so I have what I need.

So, I have come to the conclusion that, IT IS ENOUGH, when I completely trust HP (God) to take care of all the areas in my life. Completely trust, every day. Because worrying is just a lack of trust. It isn't going to be enough until I put it before my capable HP (God) and leave it alone. He will work out what is best for me. I have to listen and act on the will that is not my own.

HP (God) can imagine and make real all the dreams I can't begin to fathom. He does for me what I can never do for myself. I have to do my part in this, stay abstinent, anyway I have to, stay in communication with my HP (God) and reach out to my fellows.

For today, whatever I have will be enough.
Anonymous

Food's Impact on Me

Discuss and reflect upon the effect food has had upon me over the years. Do I truly see myself as a compulsive overeater?

Food has had a profound effect on my life. I know, now that I am grown, that my mother always showed her love with food. She still does. My grandmother did it too. For as long as I can remember, anytime we visited my grandmother when I was a child, and now my mother as an adult, the first thing they would both do was offer us something to eat.

Food has always been a huge part of my life. And I have always loved food, especially sweets. Food has been my friend, my companion, my lover, my confidant. I have eaten when I was happy, sad, depressed, worried, afraid, nervous, excited...really any emotion or feeling was a reason to eat. In my opinion, food was the perfect companion for any event or occasion.

For this (and many other) reason, I truly am convinced that I am a compulsive overeater. When I first came to this realization, I was sad because, always in the past, I have thought that someday I would be normal. I would be a normal size and I would be able to eat normal food, like a normal person. Once I came to believe that I am a compulsive overeater, I knew that I would never eat like a normal eater and I knew that recovery would be a life long process.

Although this saddened me at first, I soon realized how blessed I am that I know the truth about my disease and that there is a program of recovery. I am so thankful that God brought me to OA and that OA is a program of recovery, not weight loss. I am convinced that my life will never be the same. Even when I spent eight months in relapse, I always knew that OA was the place I would find peace, serenity and recovery. Keep coming back...it works!

Anonymous

EGO - Easing God Out
SLIP - Sobriety Losses It's
Priority

2006 Tri-County Board

Chairperson: Margaret D.
(817)303-5405
Vice-Chair: Rene P.
(817)326-3893
Treasurer: Billie S.
(817)460-3083
Literature: Jaclyn D.
(817)292-2010
Telephone: Mike S.
(817)498-4244
Secretary: Sherry W.
(817)738-4167
Retreat: DeAnna
(817)919-1572
Liaison to DMI: vacant
Workshops: Bernie
(817)451-7493
Delegates: Billie S. &
Margaret D.
Public Relations: Nancy E.
(817)275-1418
Web Master: Mary
www.oatricounty.org
Newsletter: Rachel R.
(817)595-3044
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Upcoming Workshop: Fail to Plan, Plan to Fail

Our next Tri-County Workshop is scheduled for Saturday, November 11th at the South Hills Christian Church in Fort Worth.

Registration starts at 1:30 pm with the program beginning at 2:00. Strategies will be discussed on how to get through the holidays sanely and abstinely.

Bring clothes that you no longer want or that do not fit for a clothing exchange.

Watch for flyers about the workshop at your local meeting.

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Next Intergroup Meeting

The next Intergroup Meeting will be held the morning (10:30 am) of Saturday, November 11th at the South Hills Christian Church in Fort Worth. Nominations will be taken for our 2007 Intergroup officers. You have to attend 3 Intergroup meetings before you are eligible for a position.

Tri-County Intergroup

We are a loosely organized group of volunteers who help spread OA's message to people in Fort Worth and the surrounding area. We operate with funds donated voluntarily by participating OA meetings and through our own fund raising activities.

Our Positions Include:

Chairperson: presides over Intergroup meetings and prepares agenda.

Vice Chair: checks on the health of our various groups and acts as Chairperson as needed.

Secretary: records and reports minutes of Intergroup meetings.

Treasurer: handles financial transactions for Intergroup, managing bank accounts, record keeping and reporting.

Public Relations: handles requests for information and coordinates efforts at local health fairs, etc.

Literature: orders and makes literature available for our groups.

Webmaster: maintains our website and responds to web inquiries.

Telephone: maintains the Tri-County telephone line.

Delegates: represent our groups at Region II and WSO conferences and report back information gathered at those conferences.

Retreat: organizes our annual retreat.

Liaison to DMI: attends the Dallas Metroplex Intergroup meetings and reports back what is learned and shares information on what is going on with us.

Workshop: organizes workshops during the year for our membership and newcomers.

Newsletter: publishes writings of OA members and a current meeting list.

Meeting Representatives: represent their home meeting at Intergroup, bringing information and newsletters back to their group. To be a meeting representative, you volunteer through your home group.

Our Calendar

Intergroup usually meets once a month. In November we accept nominations for Intergroup officers with elections occurring in December. Officers take their positions in January.

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A Prayer

Higher Power, please bless all those who need OA so that they find it, ready to make use of it.

Please so constitute us in OA that it is attractive to those who find it. Thank you. Amen

Anonymous

HOW IS ABSTINENCE DIFFERENT FROM A DIET?

DIET	ABSTINENCE
We feel a sense of loss and/or deprivation.	Instead of feeling deprived we begin to see that we can get rid of the garbage in our lives (getting rid of something we don't want rather than losing something of value).
Diets promote food obsession by focusing on food acquisition, preparation and consumption or focusing on limiting food intake.	Trusting a reliable food plan gives us freedom from food obsession and ensures that we will get enough to meet our body's needs.
Dieting sets us up for a cycle of starving, obsessing and bingeing.	Abstinence (while working with others) helps us deal with the obsessive thoughts that lead to compulsive (that first bite) behavior. Life levels out with the permanent change to abstinence.
We don't go on diets with a plan to stay on them the rest of our lives.	We change our belief system from a diet mentality to a recovery attitude...and it becomes a way of life.
Diets don't identify trigger foods.	We identify trigger/problem foods.
Diets can be unbalanced and provide inadequate nutrition.	We trust a food plan that provides good nutrition instead of a restrictive way of eating.
Diets treat the symptom (fat) and not the disease.	Our focus is not on our weight but our addictive eating that caused the weight.
Dieting causes our metabolisms to slow down.	Our bodies positively adjust to a regular and healthy input of food.
We believe we can have just a little of problem foods and be okay.	We make a daily commitment to disciplined eating...we give up the miracle cures that never worked.
Dieting is a pastime that does not truly recognize our powerlessness. We submit to our problem rather than surrender to it.	Abstinence comes with recognizing and accepting our disease. We admit our powerlessness over food and seek help from a power greater and outside ourselves. We understand that while there is not a cure for our disease, there is a solution. Our surrender to our problem paves the way to recovery.

Which would you rather have?



MEETINGS: DUTY AND PLEASURE

During my 11 years in OA, I've seen several meetings weaken and eventually fade away. If you notice your meeting's membership dwindling due to lack of focus, I'd like to offer a few suggestions that might help your meeting get back on track.

- ❖ Put a note on the door saying "OA Meeting – Welcome" so that people will know they are in the right place.
- ❖ Greet every person who walks in and introduce yourself to those who are new (hug or handshake optional).
- ❖ Make sure your literature table is well stocked with OA approved books, brochures and other pieces of literature. Make sure there is no outside literature that could dilute the OA message.
- ❖ Keep your sharing short – three to five minutes is reasonable. Someone may really need to share and may be suffering through your long-winded story.
- ❖ Try to keep your sharing positive. If you feel you must share something negative, try to balance it with something positive about an aspect of your program. Better yet, share your problems with an appropriate individual after the meeting.
- ❖ After the closing prayer, stay a few minutes and talk with members who look lost or who shared something that moved you. Invite them out for coffee or tea to discuss the program.

Keep in mind what Dr. Bob said in the *BIG BOOK* (page 180), "I spend a great deal of time passing on what I learned to others who want it and need it badly". He did it, he said, out of a sense of duty and because it was a pleasure – because he was repaying his debt to the man who first helped him. He did it because "every time I do it I take out a little more insurance for myself against a possible slip".

Help others feel welcome by keeping the focus on recovery. If we can't come to OA and feel at home, where else is there for us?

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 Drive, 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	Weatherford - Campbell Hospital 713 E. Anderson, Basement Conference Room	Step Study/ Literature	Betty	(817)220-1851 (817)223-8864
6:30 pm	Granbury - 5678 Highway 4 (Triangle)	HOW	Rene	(817)326-3893
7:00 pm	Arlington - Covenant United Methodist Church 3608 Matlock Road (west side between Arbrook & Mayfield)		Dianne	(817)980-3013
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
7:00 pm	Arlington - Trinity United Methodist Church 3216 West Park Row Drive, Wesley House	Literature	Billie	(817)460-3083
THURSDAY				
6:30 pm	Acton - Acton United Methodist Church 3433 Fall Creek Highway	HOW	Rene	(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		Roxy	(817)641-5020
7:00 pm	Colleyville - Highland Meadows Christian Church 2600 Hall Johnson Road, Room 101	Literature Wheelchair Access	Mike	(817)498-4244
7:00 pm	Arlington - Millwood Hospital 1011 N. Cooper St. at Randol Mill Rd.	HOW	Bernie	(817)451-7493
7:30 pm	Fort Worth - South Hills Christian Church 3200 Bilglade		Happy	(817)370-7207
FRIDAY				
Noon	Arlington - Covenant United Methodist Church 3608 Matlock Road (west side between Arbrook & Mayfield)		Katie	(682)438-1851
Noon	Waco - St. Alban's Episcopal Church 305 North 30 th		Faye	(254)678-3420
SATURDAY				
9:00 am	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	Rene	(817)326-3893
10:00 am	Colleyville - Highland Meadows Christian Church 2600 Hall Johnson Road, Room 101	Wheelchair Access	Mike	(817)498-4244
12:00 noon	Arlington - Trinity United Methodist Church 3216 West Park Row Drive, Wesley House		Billie	(817)460-3083
SUNDAY				
4:00 pm	Arlington - Millwood Hospital 1011 N. Cooper St. at Randol Mill Rd.	Newcomer/ Big Book	Glinda	(817)456-1602
Seventh Tradition Donations				
<p>OA's Seventh Tradition tells us that we are fully self supporting through our own contributions. After paying 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 Billie Stamp/Treasurer Tri-County Intergroup 1513 Tyler Court Arlington, TX 76012	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		