

2007 Tri-County Board

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The OA Responsibility Pledge:

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

LOOKING UP is a monthly publication of the OA Tri-County Intergroup. The opinions expressed here are those of the writer and not of the OA Tri-County Intergroup or OA as a whole. Please send submissions to rrobbins@uta.edu. The editor reserves the right to edit any material submitted.



LOOKING UP

OA Tri-County Newsletter
January 2007

In Awe Once More

"He has commenced to accomplish those things for us which we could never do by ourselves." *BIG BOOK*, p. 25

When I read this quote, I knew it was the one for me. I was talking to someone today about this very thing. Not a day goes by that something doesn't happen that puts me in awe once more.

I'll be honest with you. I didn't come into OA for anything except to clear my conscience that there was nothing in the world that could help me lose weight. I was too far gone. The fact that I did lose weight was probably the first thing that really showed me the power of my Creator. If I couldn't do it, how could this unseen, unheard being. But somehow, it happened.

As I worked the steps and used the tools, people started saying that they could see a change in me. I couldn't see it at first. But somehow, this hopeless, defensive, self-pitying person was becoming someone filled with hope and joy. I used to be timid and shy. Those of you who know me or have met me could never imagine that being the case, but it was. Somehow, my Higher Power worked miracles in that respect as well.

And where in the world did this willingness come from – the willingness to do what it takes; the willingness to keep on keeping on. This is another of the impossible tasks that my Higher Power has given me that I could never have imagined.

This past week, I wore a dress that had been given me sometime around 1990. It is bright green, so I haven't worn it often (St. Patrick's Day and Christmas basically). But this dress fits me. There was a time when I couldn't wear the same size clothes for 16 days, much less 16 years. That's another of the miracles my Creator has performed. I not only lost weight, but have kept it off all these years.

Another biggie! I have friends. I have friends both in and out of program. Having the love and support of friends in the program gave me the tools to have friends "out there". One of my friends not in program told me that I was the best friend she'd ever had. Another miracle, to be sure. Before OA, I cared about two things: food and me.

I could probably write for another 10 years on the things that have been done for me that I could never do alone. I'm learning to set boundaries, stand up for myself, express my opinion in a kind, loving way and all sort of miraculous things. Those were all things I could never do for myself.

I know I'm rambling, but I get very excited about this recovery thing. It has been the most astounding, rewarding thing in my life. I am truly grateful for the life I have today.

Your grateful sister in recovery, Janet C.
Jan12321@aol.com

P.S. I share this not to brag, but to show you what Higher Power has done for me that I could never have done alone. I've been abstinent since February 26, 1989 and am maintaining a weight loss of approximately 250 pounds by the grace of God and the OA fellowship.

New Meeting Coming

Mid-January Katherine L. will be starting a new meeting in the west Fort Worth/Aledo area. For details, please contact her at 817-917-6617. Donations of gently used OA and AA literature are welcome to help get this meeting going.



10 Worst Reasons for Skipping OA Meetings

1. I ate too much and I'm ashamed to admit it.
2. I don't want to face the reality of the disease.
3. I might have to admit that I'm not doing well.
4. I am deep in stinking thinking.
5. I am alone and feeling miserable.
6. I feel down and I want to isolate.
7. I need a rest from the program.
8. I stayed home to eat.
9. I might hear something I need to hear.
10. Recovery scares me.



Lists for Life

A good OA friend recently suggested I write a list to help keep me from relapse. She said to write "I know I'm going to lose my abstinence when..." and to complete that sentence at least 10 times. She suggested using this as part of a 10th step inventory and said the 10th step is the best relapse prevention tool she knows. Here is my list:

1. I let myself start thinking about binging or binge foods with fondness.
2. I let myself chew on my fingers, surf the internet, or act on one of my compulsions.
3. I allow myself to get run-down and tired.
4. I choose things from restaurants or the store that aren't on my plan for the day.
5. I focus on negative things and emotions.
6. I stop using some or all of my program tools on a regular basis.
7. I harbor resentments or blame others for things rather than keeping my side of the street clean.
8. I stop being honest.
9. I am not willing to do something my sponsor suggests.
10. I am unwilling to accept life on life's terms.

It has been good for me to identify these things that are warning signs for me. When any of them crop up, I know I need to rely on my Higher Power and program friends more than ever. Thank you God, and OA, for always being there for me.

Anonymous

My Attention

Whenever I would go to the Tuesday night meeting I would notice my old sponsor talking with newcomers. He would greet them when they came in the door and seek out their reactions after the meeting. I would watch this and be amazed at how any one person could be so invested in helping others. I myself began focusing on newcomers because I wanted the kind of recovery my sponsor possessed. It required me to think past low energy dilemmas, my depression and my obsession with food. Over time it actually gave me a purpose in the meeting beyond listening for whatever life saving information and strategies I could glean.

Whenever I am sitting with another human being, whether a fellow OA or not, I do my best to listen with the purpose of being sane and useful. Sometimes it is difficult to see past my own agendas: personal vignettes, opinions, attitudes and stuff like that. When I do manage to get past this agenda I can offer what I feel is more important than my digressions and analysis – my attention. By just listening, and occasionally sharing my experience, strength and hope, I allow my fellow sufferer the opportunity to arrive at their own solutions.

Before I speak with another person with the purpose of being helpful, I ask for guidance to say the right thing. Sometimes I can mine gems from own experience. Usually silence is the best alternative. What is vital is that I am fully there and available for my OA brothers and sisters.

John B, Spokane



To the Newcomer

I have been abstinent from sugars for 6 months. I am also Type 2 diabetic. During the past 2 years, I have been learning much more about the body, than I ever have. After having been abstinent for perhaps 3 or 4 months, and learning about the 12 steps, I became aware that I have been neglecting the health/care of my body, and that I need to make amends to my body, in the best manner that I am able to do. I have learned how incredibly amazing our bodies are, and now I have an obligation to care for it in a much more loving manner than I ever have. It seems so strange to face myself, so to speak, and say, I'm sorry for harming me in the manner that I have. This causes me discomfort and awkwardness because it seemed to me that in looking at the 4th step, I would be "other directed" so to speak.

I am learning that Overeaters Anonymous is more than "abstaining" from foods that are not beneficial to us, but developing more awareness and insight into our "make up" and trusting that God is working in all of us.

Mary Shore, Shoreline, WA



Sobriety in OA

My thoughts on abstinence are the same today as they were so many years ago when I first asked the question, "What is abstinence?"

They said to pick out a food plan and eat just the foods on it in the portions stated. If I did anything different I would lose my abstinence. It seems so simple to me and I don't understand why anyone who has been around awhile questions what it is. Now I could change my food plan, thereby changing what my "abstinence" was going to be, but only after I talked to a sponsor about it. That's what I did then and lost a little over 100 pounds. I kept it off for a long time, but then quit following directions and you know the rest.

I don't believe I could eat some of the foods I ate back then now as I feel my body is more sensitive to certain foods which, if I ate them today, would set up that awful craving.

In AA there is a big difference between being "sober" and just being "dry". To be really sober you have "changed". You are different because you have worked the steps. Being "dry" you are the same old self that you were when you got into OA, just not binging. So I believe in OA if you are truly ABSTINENT, you are following a food plan, but you are also becoming different. Your thinking is clear, you make more sense when you talk and your life is getting better. You are not sitting in meetings saying the same old things because you are growing and learning and becoming different. If you just follow a food plan, using it as another diet and not doing anything else, that would equal being "dry" in AA. I'm a firm believer that it is not "the meetings you make, but the steps you take" that lead to recovery in this program.

Another word for abstinence is sobriety.

Glinda

My Story – Coming Out of Relapse

Why do I do this to myself
Stuff it down down down
Until I'm sick sick sick of it
Who let this monster out to devour me
Except it doesn't
Where is the leash big enough for the beast in me

Sweet innocence
Piece by piece chewed off
An ear here
A toe there
A memory here
A poem there
Confidence – gone
Young years stolen by a mean love
That left no place
In the space for me
And MORE of everything that I did not need
So I stuffed it down down down
Until I was sick sick sick
Who let this monster out
To rip up and through my life

Shame and me became good friends
We've kept company for a long time now
In constant obsessive thought of
What next I can put inside me
Shame loves me like no other
Is with me always
Especially in-between the "p's" in happiness
Together shame and me clean up yesterday's binges
And failed attempts at healthy living
A plethora of wrappers, bags and bottle
Even as onions and garlic and carrots make peace
with the junk
Sometime shame and me don't feel like cleaning up
So we sit or we drive or we work or rest
To catch our breath for our next big fling
That's never too far away
Never, never too far away

This is a pitiful poem
With too many excuses
For releasing the beast in me

Pam S.

reprinted from the Fall 2004 issue of *TURNING IT OVER*



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		