

LOOKING UP

OA Tri-County Newsletter
February 2007



Phyllis Here...

...chunkie, drunkie, junkie...clean, sober, abstinent since May, 20, 1972.

Dec. 24th in VOICES OF RECOVERY quotes from FOR TODAY page 132, "Alas it is not enough to want to be rid of the unpleasant side effects of my illness, I need to be willing to give up that which attracts me in the first place; the gratification, sedation or whatever other payoff I get for practicing my compulsion."

Comment: It took me a long time to connect my eating to my body overweight. I never made the connection between my mind (hurting), my mouth (eating for comfort) and the resulting weight of around 235 pounds. And, I consider myself a bright lady! The whole unmanageability of my life couldn't be placed on my eating? Could it? Nah...not me...maybe?

Today I attended our Christmas Marathon and heard others talk about their experience before Program. And, I remembered that I did not notice, no I didn't care about the weight. That is impossible! It was important to me how I looked and I put a lot of work into it. But, truth be told, I would have had to be 7 ft., 4 in. to carry the weight. At the point of being honest with Step One, I had to admit there was indeed a connection...physically, mentally/emotionally, and certainly spiritually. They all lacked enthusiasm. Of course, my energy was centered on food. I learned how to focus in this Program. The day I brought discipline to my food, I brought order to my life.

I didn't remember what the second bite tasted like. And, certainly beyond that was first, euphoria, then depression, the disgust with my thinking, my body, my behavior. I am so glad those days are over.

Today I am a respected member of my community. I do lots of service. I put myself out there. All things I would not have considered BP (before program). I open my heart and my mind to new things and new people and new life.

It all starts with 2 scrambled eggs and an orange.

Best wishes to all my brothers and sisters. May G-d grant us another day of abstinence...one at a time. Yours in fellowship and love.

How Have I Been Obsessed?

In avoiding my feelings and seeking comfort in food, I've been an obsessive comfort seeker. I was just looking at some of the OA newsletters...

One of my favorites is "Food never really made me happy – but it made me think I was going to BE happy in about 15 minutes".

Another favorite of mind, "discomfort and willingness – a winning combination". That one is really true because I use food to take the edge off of life.

I'm noticing that at times I don't even realize I'm upset by something. Then out of nowhere I'll get a craving or want to go out for some type of food. When that happens I'm trying to back track my thoughts or feelings and I usually find some discomfort.

It's interesting to uncover this disease and it shocks me that it truly has me.

Kathy N.



The OA Responsibility Pledge:
**ALWAYS TO EXTEND THE
HAND AND HEART OF OA TO
ALL WHO SHARE MY
COMPULSION; FOR THIS, I AM
RESPONSIBLE.**



Tri-County Intergroup
Group 09163
Box 14324
Arlington, TX 76094

Tri-County Info Line
(817)788-0411



Tri-County Web Page
www.oatricounty.org

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.



Broken But Full Heart



...Several years ago, my wise sister told me a story in five chapters. Chapter One: I walk down a street. I fall in a hole. I didn't know it was there. It's dark and it takes me a while to get out. Chapter Two: I walk down the same street and fall in a hole again. Oops, I forgot it was there. It takes me less time to find my way out. Chapter Three: I walk down the same street, see the hole and dive in. I don't know why I did, but it takes me no time to get out. I have dirt all over me. I'm pissed at myself. Chapter Four: Again I walk down that street, see the hole and walk around it. Wow, I'm proud of myself. I have much gratitude. Chapter Five: I walk down a different street.

In many ways, this story parallels my recovery. Recovery gives me the clarity I need to make good, life-affirming choices. Every time I overcome old obstacles and walk down a different street, new obstacles appear because the street is unfamiliar. I have no control over them, but recovery helps me to tease them out and respond. Recovery is doing the right things...

reprinted from LIFELINE, August 2006

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	Acton - Acton United Methodist Church 3433 Fall Creek Highway	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



There's a new meeting in the west Fort Worth/Aledo area. For details contact Katherine L. at (817)917-6617. Donations of gently used OA and AA literature are welcome to help get this meeting going.



The Miracle happens when we get abstinent.
The MAGIC happens when we apply the principles in all our affairs.



CHANGE =
Choosing Honesty Allows New Growth Everyday