

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
March 2007

Don't Fool Yourself: Definitions

Ever wonder what we're really saying when we talk about "relapse" or feeling "slippery"? Sometimes words lose their meaning through repetition. My sponsor once directed me to look up the definitions of those words I tossed around so freely. I was shocked at how blithely I said things like "my food is slippery" when I was really in dire trouble. Here's a reminder of the cold, hard truth about relapse.

Relapse (noun): the act or an instance of backsliding, or subsiding; a recurrence of symptoms of a disease after a period of improvement.

Relapse (verb): to slip or fall back into a former worse state, to SINK.

Slippery (adjective): causing or tending to cause something to slide or fall (*e.g. slippery roads*); tending to slip from the grasp – not firmly fixed; UNSTABLE, and not to be trusted; TRICKY.

Slip (verb): to escape from consciousness; to pass quickly or easily away; become lost (*e.g. let an opportunity slip*); to fall into error or fault; LAPSE; to slide out of place or away from a support or one's grasp. Also, to let go of something.

Slip (noun): the act or instance of departing secretly or hurriedly (*e.g. gave his pursuer the slip*); a mistake in judgment, policy or procedure; the act or an instance of slipping down or out of place.

Sloppy (adjective): CARELESS, meaning INDIFFERENT or unconcerned (*e.g. careless of the consequences*), not taking care of; UNVALUED, disregarded.

Recover (verb): to get back; to bring back to normal position or condition (*e.g. stumbled, then recovered himself*); to find or identify again; to save from loss and restore to usefulness; RECLAIM. Also, to regain a normal position or condition, as of health (*e.g. recovering from a cold*).

Martha

reprinted from HEART OF TEXAS INTERGROUP NEWSLETTER, April 2002

Focus

If I focus on weight...I lose recovery.
If I focus on recovery...I lose weight.

Care Always

I received a refrigerator magnet from my insurance company recently, which was promoting their newly formed 24 hour "care" hotline. This number is meant to be used by members to call regarding health concerns, such as depression. What a novel idea, I thought: a magical number I can call whenever I am depressed.

As I was putting this magnet on my refrigerator, I began to realize I already have a magical hotline: my Higher Power. I can "call" Him anytime, when I'm depressed, lonely, confused, angry or sad. These are all emotions that can, if left "untreated", lead to an eating binge. My Higher Power already knows how I am feeling. He, too, is available 24 hours a day, but I never have to worry about being put on hold for the next available representative. I can talk to my HP immediately. This is, by far, the best "care" number of all!

DeAnna



Reflections

Here we are at the beginning of another year. It was 2004 on this day that I was so desperate I became willing to do anything asked of me so that I might find serenity in my life, but especially around food. One of you would become my sponsor and encourage me to "try it this way for 30 days and if it is not for you, then try it another way". I said "yes, I will try it this way, please help me". She held out her hand to me and I learned the meaning of what "TOGETHER WE CAN" meant after having been in this Program since 1980. I answered questions on a daily basis which put me into the literature of the Program. I was finally willing to "go to any lengths" to get what my sponsor and thousands of others had. Did I put up a fight??? Some days I did. I wanted to do it my way and told my sponsor so. She listened and then guided me some more. I knew if I was going to get what she HAD then I had to do what she told me to do. I learned so much about myself in this struggle with the food. I know there is much more to learn. Character defects, old hurts, resentments and all kinds of things surfaced. I THOUGHT I

had all of that sorted out long ago. I did not like a lot of the things I learned about myself. I learned about being rigorously honest. I learned how to say "I'm sorry". I learned that sometime I made problems for myself which were ever so hard to fix – and some of them were so bad that I found myself on my knees a lot. I learned that my humanness was not always pretty. Today I still find out things about myself that I do not like but I know when I am willing to follow directions I do a lot better. Today with a humble heart I have been abstinent for three years...I have released 60 pounds and am a normal body size. My health is better even though I am beginning my 69th year on this planet. I have maintained this weight release for 2 years. This walk has included many people and you are one of them. I thank you for being my teacher. Most of all, this walk has had my Higher Power in control of my food...and for the most part, in control of what I do on a daily basis. I always ask Him each morning to help me to do His will and be open to listening along the way for what might be in each circumstance. Progress not perfection is the key...I cannot be perfect because I am human...I know for sure today that I had to put down the fork and quit trying to do it MY way, admit my imperfections and let God be in control in all my affairs. Thank you for helping me. God bless you real good.

Rene



Food Thoughts

I liked this saying and just wanted to share it with you in case it motivates you like it did me regarding my food thoughts.

Watch your thoughts, they become your words.*
Watch your words, they become your actions.
Watch your actions, they become your habits.
Watch your habits, they become your character.
Watch your character, it becomes your destiny.

Frank Outlaw

*I relate this to one-bite self talk.

Anonymous

OA: Home Sweet Home

This year, I've relearned what it feels like to take my will back. It feels like crap. In my zest to experience the world and learn new things, I made work, classes and social outings a priority over meetings. I thought, "I deserve to have fun and explore my interests". But I wasn't happy. I was overwhelmed, and there was never enough time to do it all. Anxiety and feeling inadequate – which had quieted during my two years in program – began to infect my head again. Life felt completely unmanageable. Fortunately, I didn't spin farther out. I kept up my daily routine of journaling, praying, reading FOR TODAY, and calling my sponsor. Because of these tools, it was easier to ask HP for guidance. I took many weeks to let myself slow down. But over this time, I remembered how great I feel – and how much quieter the disease is – when program is my first priority.

From this experience I learned that always wanting to do more is an asset and a defect. It springs from a genuine desire to "seize the day" and "suck the marrow out of life", but it also is my disease telling me I'm not good enough, leading me to compare my body, accomplishments, knowledge and material possessions to others. Through program, I have come to believe that my HP's will for me is ultimately peace, serenity, and abstinence. Therefore, any activity that threatens my recovery is not worth it. And with regular meetings, I am free to REALLY enjoy life, both inside and outside these rooms!

Anonymous

reprinted from the DC-METRO OA NEWSLETTER, Aug./Sept. 2005

As Read in a Recent LIFELINE

"The Steps are the roadmap to a better life. The Traditions and Twelve Concepts show me how to live well with other OA members. But the anchor that will always make me and other COEs feel better about ourselves at the end of the day is if we don't pick up that first compulsive bite. That is the acid test that answers the question of whether we thought the food was God, or if we let God be God. Everything else is fruit from that seed."



Acceptance is Key

We are moving forward developing a "12 Step Within" program here and it has taken a long time. I am so glad to focus on those of us within the program who may be having difficulty at some level. And, what a gift and joy it is to bring someone back from the depths of relapse.

People who have lost their abstinence feel different, and shamed, and hopeless. They deserve the same attention the newcomer does. I have heard that they feel ignored because people think "it" might be catching, and that former friends don't want to approach them for fear of being rejected. This alarming fact is exactly what feeds our disease. Everybody ends up feeling rejected and emotionally bruised.

Ever hear the phrase, "acceptance is key to all my problems"? This applies to our lives, our programs, our daily working environment. There are times when someone, with long term abstinence, needs "lifting" as well. There are times when the relapse warning signals flash and beg for attention. The food is the last thing to go. Relapse starts much earlier than the binge.

The main message, for me, is to recognize the warning signs. Don't ignore the feeling of being too tired to get to a meeting, or making a phone call, or sliding around one or another of our tools. It is so much easier to admit to those early warning signs than to retrieve our abstinence once lost. Staying abstinent is much easier than getting it again, and again, etc.

I hope this does not sound preachy because I have to know what lies ahead should my thinking try to take me down that road. I am here to hold your hand and trust that someone is there to hold mine. Isn't that why we are all here?

Phyllis

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 – All Saints Episcopal Church 133 S. Waco (the white house on the corner)	Step Study/ Literature	Betty	(817)220-1851 (817)223-8864
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
New Meeting	Aledo – call for details		Katherine L.	(817)917-6617
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)613-6670
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				
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:				
60% to Tri-County Intergroup Glinda Ellsworth 1106 Castle Gardens #305 Arlington, TX 76013		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