

**2007 Tri-County
Intergroup**

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Workshops: open

Delegates: Margaret D. &
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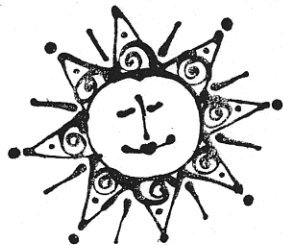
Tri-County Intergroup
Group 09163
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Arlington, TX 76094

Tri-County Information Line
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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
April 2007

Getting Her OA Groove Back

Willingness is the key to my success in this program. When I'm willing to do the footwork, I start to feel my recovery in all the places that I need it. When I'm working it by using the tools, I feel like I have cushioning that protects me from all the sharp edges in life. And if I let go and let HP guide me, I can relax into that cushion and stay in that cozy, comfy place.

But sometimes, even when I think I'm working my program, the cushioned security of my HP seems to evaporate and I'm left again feeling abandoned, wanting to eat. I've spent long days and nights trying to figure out why this happens. Of course, the reason is simply that I am a compulsive overeater! But what to do to get my OA groove back?

First I have to accept where I am. Sometimes, the most I can do is honestly acknowledge the pain. I just go through the motions of being honest, even complaining to my HP about where I am and lamenting my lost willingness. While it seems like this is whining, I've found that releasing my angst is like doing a first step. "Here I am HP, in all my bitter glory - I can barely ask for help but I know I need to." This acknowledgement of powerlessness allows me to live in the moment even with the pain. "Ouch it hurts, but I'm trying, HP!" Then I ask my HP for willingness to ask for willingness. If I keep asking for help and doing the footwork, before I know it I've come to believe I can be helped.

And that's how continuously working Steps One and Two - even when it doesn't feel possible that they can help - can give me my OA groove back.

Tracy G.

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



Paradoxes

The key to these paradoxes is my willingness to believe in God.

1. The immediate object of our quest is abstinence, freedom from the compulsion and from all its baleful consequences. Without this freedom we have nothing at all. Paradoxically, though, we can achieve no liberation from these obsessions until we become willing to deal with those character defects which have landed us in that helpless condition.
2. When we can admit we are powerless, we can receive power.
3. When we can accept what we do not like, it begins to change.
4. As long as we remember we are sick, we can continue to recover.
5. As long as we insist on trying to control our lives by ourselves, we will be confused.

Anonymous

OA Unity Day Workshop

Notes from the Dallas Metroplex Intergroup Workshop
February 24, 2007

If you have never attended a workshop, you have missed out on a unique opportunity to put faces to familiar names on email lists and to meet fellow OAers and others struggling with this disease like you. In this workshop we witnessed Real Life in Real Recovery.

The "teachers" at this workshop were outstanding and exemplary in sharing their real lives and their struggles with getting abstinent, keeping abstinent through adverse life situations and keeping a wonderful sense of humor and being able to laugh at ourselves.

On this page is just a snippet of the memorable and inspiring things overheard.



Pick a sponsor that is well sponsored!

There is no right or wrong way to be a sponsor. The wrong way would be to not do it at all if you are experiencing abstinence and the gifts of this program.

If you recover, they (sponsees) will come.

It is not your sponsor that keeps you abstinent. It is your sponsees that keep you abstinent.

There is no other way. Avoid the first bite before a slip becomes a slide and then a CRASH!

What do you do if you always want more food? Say the prayer, "Please God, let this be enough".

Overeater's Anonymous IS the easier, softer way!

Eternal vigilance is the price of freedom. (Thomas Jefferson)
Something to keep in mind if we are to experience relief from our compulsions and addictions.

Exercising the faith muscle makes it stronger.

Dodie's Abstinent Absolutes
(Do you know what yours are?)

- No spontaneous eating. My eating must be planned.
- Plan my program activities and put them on my calendar. Don't save my program for after I am done with everything else.
- Nurture my memories of abstaining incidents and how that felt. AND don't lose my memory of my eating instances either...those that forget the past are doomed to repeat it!
- There are no special food days. (What do people in OA call Thanksgiving? Thursday.)
- Wait 10 seconds before I act on a food urge. Take a deep breath, make a phone call.
- Keep coming back!
- Be tough on myself and others. Otherwise we are literally killing ourselves with kindness.
- Honor my body with good food and exercise.
- Ask for what I need; don't expect others to be mind readers.
- Ask God daily if I can walk with Him, rather than asking him to walk with me.
- Always keep my OA bank account in the black.
- Don't let service activities take the place of my personal OA recovery.

Prayer and meditation are dialogues with the divine. AND who needs a self help books on these topics when our literature tells us how to do it so well in Step 11?

We are all invited to join the 132 Club (to join, read pages 132 and 133 in the **BIG BOOK**).

When the urge to overeat occurs, **DON'T PANIC!** Review your plan of eating, go out and help someone else or make a phone call. Page 23 in the **OA 12 & 12** tells us exactly what we need to do when the urge to take that first compulsive bite strikes.

Food is a symptom. The solution is in the Steps.

Adversity is like a strong wind tearing away all but what can't be torn.

If you can label it and claim it, you can do something about it.

When God closes one door, he opens another, but sometimes you may have to wait in the hall (until that door opens).



Workshops are like intensive, shot-in-the arm experiences. If you have not taken advantage of our local workshops, why not? If you have not attended a workshop in your own area, please consider doing so. You are worth the effort of getting there!

January K
(and a little input from your editor)

Hello To All Groups In Tri-County

My name is Glinda E and I am a food addict. I also became your Intergroup Treasurer back in January. For those whom I have not met I have been in OA for many years. As of Feb. 21, I have 1 year and 1 month of abstinence. In all these years I've never given service at this level and I feel privileged to be your treasurer.

If you are like I was I never gave a lot of thought to where the money goes we drop in the basket at meetings. However, by serving you in this position I'm learning just how much it takes to do a good job of carrying the message to the COE who still suffers. I've also realized and am amazed at the number of people in the world who do not even know we exist.

On the back page of our newsletter is an explanation how the groups' donations are to be contributed. I would like to explain how your donations to Intergroup are utilized. The money goes towards: workshops, retreats, literature for health fairs, rent for Intergroup meetings, a telephone line, sending delegates to Region and WSO meetings, our web site, PO box, and other public relations efforts.

There is so much we could do in all of these areas; however, we need your help. Not only with money but with help to fill any open positions. There are 23 meetings listed on the back of our newsletter and only a small percent are contributing to this effort.

I urge you to send your Intergroup representative to Intergroup meetings with a check or mail checks to Tri-County Intergroup c/o Glinda Ellsworth, PO Box 14324, Arlington TX 76094

Groups who made contributions this past month, along with our total expenses are listed below. As you can see we made \$1.81 above expenses.

INCOME	\$155.00
Cleburne	\$90.00
King of Glory	\$5.00
Primary Purpose	\$35.00
St Johns	\$25.00

EXPENSES **\$153.19**

If you wish to contact me, my email address is glinda200@yahoo.com or call (817)456-1602.

Your trusted servant,
Glinda E



Expectations are premeditated
resentments.

----- What Does Bill W. Say? -----

Based on his writings in AS BILL SEES IT

"Where Rationalizing Leads..."

You Know What Our Genius For Rationalization Is. If, to ourselves, we fully justify one extra bite, then our rationalizing propensities are almost sure to justify another one, perhaps with a different set of excuses. But one justification leads to another and presently we are back on a binge full time".*

*Propensities...An inherent** inclination.

**Inherent...Existing as an essential characteristic

New Daytime Meeting!

The group that meets at South Hills Christian Church has started a new meeting at noon on Tuesdays. They could use your support. Their address is 3200 Bilglade. Contact Jaclyn at (817)292-2010 if you need more information.



Looking for a Service Opportunity?

Jerrie in south Fort Worth off of Granbury Road (near Hulen Mall) would like to attend meetings, but does not have transportation. Please contact her at (817)423-0226 or (817)707-5137 if you might be able to give her a ride. Together we get better.



Gratitude

Today I ate three moderate meals.
Thank you, God and OA.

Today I looked in the mirror and liked what I saw.
Thank you, God and OA.

Today I went for a walk and I actually enjoyed being with myself instead of wanting to drown out my own thoughts.
Thank you, God and OA.

Today I didn't do everything that I'd planned and I haven't beaten myself up about it.
Thank you, God and OA.

Anonymous
reprinted from Sept. 2001 issue of
OA HEART OF TEXAS INTERGROUP NEWSLETTER

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
6:30 pm	Aledo - Aledo United Methodist Church 100 Pecan Street, Education Annex (small red house)	Big Book	Katherine	(817)917-6617
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
7:00 pm	Acton - Emmanuel Lutheran Church 2301 Acton Highway	HOW	Melanie	(817)219-2619
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 groups distribute the remaining funds as follows:				
60% to Tri-County Intergroup Glinda Ellsworth 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