

LOOKING UP

OA Tri-County Newsletter
May 2007

2007 Tri-County Intergroup

Board

Chairperson: Margaret D.
(817)303-5405

Vice-Chair: Rene P.
(817)219-3270

Treasurer: Glinda E.
(817)456-1602

Interim Secretary: Katherine
(817)917-6617

Sub-Committees

Telephone: Mike
(817)498-4244

Literature: Maria
(817)896-7234

Retreat: open

Parliamentarian: Faye F.
(254)678-3420

Liaison to DMI: open
Workshops: open

Delegates: Margaret D. &
Billie S. (817)460-3083

Public Relations: open

Web Master: Marilee
www.oatricounty.org

Newsletter: Rachel R.
(817)595-3044 rrobbins@uta.edu

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

Tri-County Information Line
(817)788-0411

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.

My Recovery "Home" by January K.

My recovery home is
Not always a physical place I go to.
They are the meetings I go to,
The friends I make,
The callers I don't know, who tell my story,
The stories I hear at meetings
To end my lone tales of woe.

My recovery home is
Not always a perfect place.
Sometimes it can get messy
Before a 4th Step "spring cleaning",
What with all the roommates that
Mill around within it.
I contribute humor when scorn is tossed to me,
I honor others by allowing them to be who they are.
I honor the gift of allowing others "to change their mind",
A gift that was once given to me--
True forgiveness, with a bow on top.

My recovery home is made up of
The building blocks of human imperfection,
Individual experience, strength, and hope,
That doesn't always come in stories
That I care to hear about.
Still, I know that a story is that person's
"Experience, strength, and hope."
Sharing real e/s/h may save someone I don't know.

My recovery home has become
A spiritual place within my soul--
A place I go to inside,
To practice the BB knowledge,
And to ponder the next tool I need to use.
May I always be open to:
Experiences that, thank God, are not my own.
Ideas expressed within opinions?
I owe it to myself to see if they bear truth for me.
And may the formalities that we embrace
To carry the message
Always embrace, never forget, those whom they serve.



Steps 6 And 7: Building Personality Change

Self cannot overcome self. "Self Will" (aka Free Will) is a God given thing and only He can control it.

I must become willing to have my character defects removed and then I have to work at it. Those things that block me off from the sunlight of the spirit, those things I found out about myself in the 4th step that are now objectionable.

God won't do for us what we can do for ourselves. He won't take away those defects of character and leave us as pure as the driven snow. (He won't zap them out of us.) These are the steps **we took** not the steps **God took**. I believe that only God can take away character defects, but only I can exert the willingness and willpower with God's help to try and become the opposite.

God will not take a character defect and leave a blank spot in my head. That blank spot is going to be filled with something else and I realize that my mind is nothing more than a set of mental habits. To change a mental habit I have to work at it. If I want God to take away my selfishness, then with all my will power I have to try and be unselfish. As I practice I will change. It will happen, I will change just as fast as I'm willing to work at it. I can't get rid of dishonesty, etc. But I can try and be honest.

I've heard it said that we work steps 1-5 but God works 6&7, but God doesn't work these steps. **I do.**

Look at steps 6&7 like a pick and shovel. They are hard to use. How did we get our lives messed up? **WE WORKED AT IT** over and over to get the mental habits we have. How do we change, **WE WORK AGAINST IT.**

Step 6 is: you don't do what you want to do. If you do what you want to do, you'll always be that.

Step 7 is: make yourself do what you don't want to do.

How do you change? You change by daily dying to the old ways of acting and re-acting and practicing new ways of acting. Old thoughts die and are replaced with new thoughts, then we are reborn. We begin having a personality change sufficient to relieve us from the bondage of this disease.

The Big Book tells me in step 9 (p. 79) to remind myself that I have decided to go to any length to find a spiritual experience. So I ask myself, do I really want to change? Am I willing to practice the opposite of my character defects?

Anonymous

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

Based on his writings in AS BILL SEES IT

PAIN KILLER.....OR PAIN HEALER

I believe that when we were active compulsive overaters we overate mostly to kill the pain of one kind or another----physical or emotional or psychic. Of course everbody has a cracking point, and I suppose you reached yours-----hence, the resorting once more to the food.

If I were you, I wouldn't heap devastating blame on myself for this; on the other hand, the experience should redouble your conviction that food has no permanent value as a pain killer.

In every OA story pain has been the price of admission into a new life. But this admission price purchased more than we expected. It led us to a measure of humility, which we soon discovered to be a healer of pain. We began to fear pain less, and desire humility more than ever.

Freedom from Character Defects

When I came into OA I was at the end of my rope. I no longer had any hope that I could beat this thing on my own. My attempts at controlling my weight were futile. I had been trying for years to lose weight, or at the very least stop obsessing about food and my weight. I tried every diet, every new age philosophy from reading auras to learning about zinc. Nothing I did relieved me of the agony of living in a 200 plus body and the mind games that went along with it. And then I came to OA/HOW where just the act of surrendering and the willingness to do whatever it takes, removed the obsession and allowed me to follow a food plan that brought me to a healthy weight, a weight that I have now maintained, because of the steps, tools and support for 2 ½ years.

This to me is a miracle and definitely not my doing. What I believe now is that if God can relieve me of this paralyzing obsession – then he must have the ability to take away my pesky character defects. The ones that keep me enmeshed in selfishness, like people pleasing, fear of other people's opinions of me, perfectionism (which is really just grandiosity for me) and competitiveness. Now that I know what it means to be free of my obsession with food, I want the same freedom from character defects. Anything is possible for my Higher Power.

Anonymous



Together We Can: A Workshop on Sponsorship

Ever wonder why you need a sponsor? Or why be a sponsor?
Do you want to know how to find a sponsor? Or what the heck a sponsor is?

Join us at the next OA Tri-County Workshop and get your questions answered.

Date: Saturday, June 9th
Where: South Hills Christian Church,
3200 Bilglade, Fort Worth
Time: 1:00 - 5:00 pm
Suggested donation: \$4 each or \$7 for two.




OA Literature

Tri-County Intergroup encourages their area OA groups to purchase the OA literature that they need from Overeater's Anonymous World Service. In the past Tri-County has bought literature for their groups, but this warehousing of literature results in tying up large sums of money a couple times a year while waiting for these materials to be purchased by our groups. Tri-County is interested in redoubling our efforts towards our primary purpose - to reach out to those still suffering from this disease. With less money tied up in literature we will have more funds to spend towards outreach.

This shift in emphasis does not mean that we will stop buying literature completely, we will still maintain a stock of materials for health fairs and other outreach efforts. And we will sell what we currently have in stock at upcoming workshops. So hopefully no one will feel like we are leaving them "in the lurch". If you are interested in buying materials from our current stock of literature, please contact our new literature person Maria at (817)896-7234.

OA makes ordering literature pretty easy these days. You can get to the OA literature catalog through a link on the Tri-County webpage (www.oatricounty.org) or by going directly to www.oa.org/literature_catalog.htm. We understand that not everyone has access to the internet so orders can also be placed via phone (1-505-891-2664) or fax (1-505-891-4320). In addition, each group is being provided with the OA 2007 Catalog through their Intergroup Representative so each group should get that catalog in May. If you do not have an Intergroup Rep (why not?), you will receive the catalog with your newsletters.

For groups wanting AA literature you can purchase it at the AA Central Office located on 316 Bailey Street, Suite 100, in Fort Worth. Their phone number is (817-332-3533) and their web address is www.fortworthaa.org. For those of you who like bargain hunting, you can also check out you local Half Price Books; you can often find 12 step literature there.

Your Editor

P.S. We are in need of a Public Relations Chair in Intergroup. If you think you might be interested in serving your fellow sufferers in this capacity, please contact one of the Board members for more information.

Treasurer's Report - April

Donations - Thank You!

Bethel HOW	141.00
Primary Purpose	35.00
South Hills	80.00
Safe Place	49.21
Total	305.12

Expenses

Newsletter/Mailing	96.97
Telephone	48.12
Website	34.99
Literature	1,191.24
Total	1,371.32



Our Retreat is Coming!

Tri-County's Annual Glen Rose Retreat will be here sooner than you think. This year it is scheduled for October 12th, 13th and 14th. Start saving your pennies now! The Glen Lake Camp in Glen Rose, Texas is situated in a wooded area along the Paluxy River...a nice place to get back to nature while having the indoor comforts of modern life. Watch for more information in the coming days.

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
7:00 pm	Acton - Emmanuel Lutheran Church 2301 Acton Highway		Melanie	(817)219-2619
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
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)219-3270
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.		Glinda	(817)456-1602
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)219-3270
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