

# LOOKING UP

OA Tri-County Newsletter  
June 2007



## 2007 Tri-County Intergroup

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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](mailto:rrobbins@uta.edu). The editor reserves the right to edit any material submitted.

## Taking That First Compulsive Bite

It has hit me - some of the things involved in our disease - about that "taking that first compulsive bite". I'd like to share some of these thoughts with you. I have known and heard of these things, but it really hit me in a new way as I have done more examination into my own heart.

When Eve took that bite, forbidden by God, I imagine, she did a bit of pondering, as the stakes of taking that bite were very high. Just as "our stakes" of taking a compulsive bite are high!

As I, too, pondered when I, through many relapses, have taken that first compulsive bite. My diseased mind goes kinda like this:

- Why should this (bite) be withheld from me?
- How could this (tiny little thing) possibly harm me, just this one time?
- Aren't we supposed to be learning of "moderation"?
- After this (bite), I'll go right back onto my abstinence, and it will be like it never ever happened.

And on and on it goes...what I ask myself, what I tell myself...the lies.

What is difficult for me to wrestle with is:

- I am being disobedient, by choosing to eat, or to just take that first compulsive bite, food that is "forbidden".
- I am deluding myself in thinking that "new opportunities and greater awareness" will be mine, if I partake - sound familiar?

"Knowledge of good and evil. We will be as God."

Basically, it's the BIG BOOK's discussion of self-will run riot, selfishness, denial and lack of awareness that "This will kill us!" Disease of the physical, spiritual and mental self. We are being blinded by our disease to the awareness that dire consequences await us if we digest poison. (Compulsive eating is poison.) In that pondering moment BEFORE the bite, let's hold to the sobering thought we mustn't eat of this, lest we die!

In that hazy second of passing into "insanity", let's remember to say NO! A resounding and firm, NO! NO to hurting ourselves! NO to death! NO to disobedience! NO to breaking our cherished abstinence! NO to the moment! And most definitely, NO to the insanity that will follow!

Our human mind has had this struggling dilemma throughout the ages, with horrible consequences. Wanting what we want, when we want it. With our group support of knowing about this disease, let's hold each other up in encouragement to protect ourselves when that thought comes to take that first bite. For today, let's not take that compulsive bite of food. Let abstinence prevail and recovery be ours, This Day!



Love,  
Velda

## Before You Take That First Compulsive Bite...Remember

Your commitment to abstinence from compulsive overeating is the most important thing in your life without exception! You may believe other things come first, but if you do not abstain from compulsive overeating and practice moderation at meals, you may destroy your chances of finding health, happiness, self understanding and peace of mind. If you are convinced that everything in life depends upon your practice of abstinence, you almost certainly will achieve these goals. If you are confronted with the urge to eat, consider the following points before you take that first compulsive bite.

- Cultivate continued acceptance of the fact that your choice is between unhappy eating binges and doing without just one small compulsive bite.
- Remember, each time you face a situation without compulsively over eating will make it easier for you the next time.
- Don't permit yourself to think a bite or two would make a bad situation better.
- Remind yourself "one bite will make it worse - one bite may lead to a binge".

Read the OA pamphlets "A Commitment to Abstinence" and "Before You Take That First Compulsive Bite, Remember..." for more good information on staying away from that first bite.

reprinted from the Spring 2007, CTOA NEWSLETTER



### Treasurer's Report

<b>DONATIONS</b>	<b>\$140.00</b>
Waco #49734	\$90.00
Primary Purpose	\$50.00
<b>EXPENSES</b>	<b>\$143.94</b>
Newsletter	\$91.77
AT&T	\$52.17

Figures reported are as of 5/22/07.

Your trusted servant,  
Glinda E

## What Does Bill W. Say?

Based on his writings in AS BILL SEES IT

All or Nothing...

Acceptance and faith are capable of producing 100% abstinence. In fact, they usually do; and they must, else we could have no life at all. But the moment we carry these attitudes into our emotional problems, we find that only relative results are possible. Nobody can, for example, become completely free from fear, anger and pride.

Hence in this life we shall attain nothing like perfect humility and love. So we shall have to settle, respecting most of our problems, for a very gradual process, punctuated sometimes by heavy setbacks. Our old time attitude of "all or nothing" will have to be abandoned.

N.U.T.S. =

Not Using The Steps



It's ALL About HP

Here is one thing I've learned in program: IT'S NOT ALL ABOUT ME!

It has never been all about me...it will never be all about me.

I am getting freedom and serenity by letting go of myself and my wants and serving God and my fellows. Every so often, the fear comes to break me down...but when I am abstinent, it goes away just like the thoughts of food have gone away.

The only thing I can say is that I know I will be taken care of if I allow God to do His work.

P.P.



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 12<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup>. 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.

## The Surrender Process

I have read a lot on the subject of surrender. Some of the dictionary definitions for "surrender" are: 1) to give up possession of or power over; 2) to give up claim to; give over or yield, especially voluntary, as in favor of another. The dictionary also says: surrender commonly implies the giving up of something completely after striving to keep it.

Now the questions are: how do I understand the surrender process? And have I surrendered to the God of my understanding? I like the dictionary's definition that surrender commonly implies giving up something completely after striving to keep it.

The surrender process has taken me a long time to understand. The first time I encountered surrender was when I was flunking out of college as a sophomore. My emotional state was still that of an 8 year old child. My first surrender to God happened after I received a letter of truth from my sister. I had never believed in the power of God or that He cared about me. I was all alone at college. My only resource was to reach out to God, if there was a God who cared about me. I admitted my mistakes. My only hope was in Him. But I wasn't sure He was there for me. This was surrender - I gave up my way of living in favor of God's way. The result was a new attitude, a new way of looking at, doing things and behaving myself. I did a 180 degree turnaround, not by my own doing, but God's.

Over the ensuing years, my surrender has been a gradual process. God has brought my problems before me in one way or another. Once I have acknowledged that "Yes, this is true of me", then I become willing to have God lead me into doing the footwork. I leave the rest up to Him. He has taken care of my low self-worth, my co-dependency, my relationships and most recently my food.

I still have a long way to go in the surrender process. I know there are many more subtle character defects in me. To the degree that I am teachable, I hear my God speaking to me. He helps me accept my defect and talk about it with other abstinent people. In FOR TODAY, p. 1, it says "The best time to give up my will, my old ideas and my defects is any time I am ready to grow". Growth to me is gradual, according to God's timing. I cannot will myself to grow. I need God to lead me into the process.

Every day when I wake up, I am in bondage to myself. However, if I ask God to relieve me of the bondage of self, it generally works. This surrender has, for me, been "the start of genuine growth and maturation". I believe this is what happens to me daily as I continue to surrender myself to God.

Char H.  
reprinted from March 2007 SOCIETY PAGES

# H.O.P.E. = HAPPY OUR PROGRAM EXISTS



## My Front Line Strategy

I woke up with this phenomenal thought. Winning wars is about having a well trained, large army, with the best technology money has to offer. It takes strategy and execution. Am I winning the war against overeating?

My army general of course, is the God of my understanding. I pray. A lot. I get down on my knees every morning and part of my prayer is to ask for help with my eating that day. And I end my day on my knees to thank Him for another day where food was not the army general! A small battle won.

The army is my support team. I have loads and loads of friends I can call any time of the day or night. My friends in England and France are up when others here are sleeping. I can even call them if I wake up during the night and ache to eat. I have friends in California who I can call late when my local buddies have hit the sack. During the day, there are the friends here and there is always email. What a great "reserve army" the internet friends have become.

My front line strategy is a plan of eating which I follow like my life depends on it. Why? My life depends on it. It's like an armored car. I can use it to gain, lose or maintain weight. If it stops working, we can tweak the plan.

Oh yeah, and my sponsor is the lieutenant in the field with me. She's barking the front line orders! If I follow her directions, I might just live another day in the fox holes.

Weapons...let me see. How about literature? I can read how others have successfully won the war on overeating. There's that anonymity too. When Jason was in Iraq, he wasn't allowed to tell us exactly where. That was for his protection. Yeah, anonymity is like that!

Diversion tactics...maybe service? While I'm knee deep in helping others, I can dodge the bullets of emotional eating. I have my mind on something else other than poor me!

Gerri "Trust God and buy broccoli"  
Reprinted from March 2007, LETTERS OF HOPE

**TRI-COUNTY MEETINGS**

<b>MONDAY</b>				
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
<b>TUESDAY</b>				
Noon	Fort Worth - South Hills Christian Church 3200 Bilglade		Happy	(817)370-7207
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
THIS MEETING COULD USE YOUR SUPPORT!				
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
THIS MEETING COULD USE YOUR SUPPORT!				
<b>WEDNESDAY</b>				
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
<b>THURSDAY</b>				
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
7:30 pm	Fort Worth - South Hills Christian Church 3200 Bilglade		Happy	(817)370-7207
<b>FRIDAY</b>				
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 <sup>th</sup>		Faye	(254)678-3420
<b>SATURDAY</b>				
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
<b>SUNDAY</b>				
4:00 pm	Arlington - Millwood Hospital 1011 N. Cooper St. at Randol Mill Rd.	Newcomer/ Big Book	Glinda	(817)456-1602
<b>Seventh Tradition Donations</b>				
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:				
<b>60% to Tri-County Intergroup</b> Glinda Ellsworth PO Box 14324 Arlington, TX 76094		<b>30% to World Service</b> OA World Service Office PO Box 44020 Rio Rancho, NM 87174-4020		<b>10% to Region III</b> Rhonda Jordan Region III Treasurer 2004 Surrender Ave. Austin, TX 78728