



LOOKING UP

OA Tri-County Newsletter
August 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. The editor reserves the right to edit any material submitted.

I Am Only in My Infancy

I came to OA vulnerable and needy, largely unable to get my true needs met in a grown-up fashion. By accepting this and admitting my need for help, a great door has been opened. I have willingly come to see myself as like a baby coming into a new world vulnerable and needy, only beginning the process of growing up.

If recovery is like a growing up process, then I am only in my infancy. It is helpful to remember and accept that I am consequently undergoing the tasks of infancy. My job as an infant is to absorb the world around me and to reach out for caregivers. I am developing a sense of basic trust and security in myself and in the world. I am only beginning to learn who I truly am and feel safe enough in the world to show it. I am learning about the boundaries between myself and others, and about how to connect with others while still maintaining separateness.

Through my dependence, I am internalizing more mature ways of stabilizing and regulating myself and my emotions. I am grateful to have been taken care of in many ways in my life. I have experienced good-enough care giving that has been a pretty good platform for growth. But I have nevertheless come to a point where I have needed rebirth. And I have a new awareness of my true needs. I understand and accept the inadequacy of my old ways of functioning in which I depended upon external gratification and regulation like food and shopping. I am also accepting that only a dependence upon God is adequate to meet my needs at this point.

I cannot depend exclusively on myself or on other people, but I can depend on God. He is my Ultimate life coordinator and caregiver. His is not only the Ultimate Twinkie and the Ultimate Purchase, but the Ultimate Mother and Father and the Ultimate Friend and Partner. Just as an infant takes time to develop an exclusive and special and functional attachment to a particular caregiver, I am only beginning to turn my infant eyes to God.

And God is using OA to hold me. How is OA "holding" me as a recovering infant? Through the loving containment of my food plan which provides my physical body with exactly what it needs. Through God's surrogate caregivers to whom I connect on hook-ups and meetings. Through the surrogate mother of my sponsor who listens to me and guides me each day dependably and lovingly, sharing wisdom that comes from her own growth process. Through the life instruction found in the literature, which helps me maintain my focus on the keys to peace and serenity under all of life's conditions. I am securely attached to OA. Thank God for the secure vase of the program!

BP, reprinted from the May 2007 *SOCIETY PAGES*

Open to Growth

For years I thought that if I was in control of everything around me then it would somehow miraculously roll over into being able to control the way I was eating. I tried everything I could think of to solve my food problem. When nothing worked I moved on to trying to control everything and everyone around me.

I truly believe that most of the time my motives were good. I was the parent and I knew best when it came to my children. Even after they grew up and became adults, I still believed this to be true. I wanted only the best for people around me and, of course, I knew what that was better than anyone else did. Never did I really pray for God's will for them. I only prayed for what I thought was best for them to happen. I was completely ego-centric when it came to wanting things my way.

I never understood, until I came to OA, why things always seemed to go wrong. Today, as I open myself up to the spirituality of the OA program and make the decision to turn my will and my life over to the care of God, as I understand Him, I become open to receive what the *BIG BOOK* promises.

I find that even though I have read the *BIG BOOK* and listened to many *BIG BOOK* studies, each time I read it I get something new out of it...but only if I am open to receiving it. Sometimes I forget to make that decision and it is at these times I seem to get stuck in myself. It's as though I get mired down in the muddy mess of this disease. I am unable to pull free from the muck and move forward.

Only when I have an open mind and am willing to turn my will and life over to a Higher Power am I allowed the freedom to grow and learn through the steps.

Anonymous, reprinted from March 2007 *SOCIETY PAGES*



Letting Go

Flipping channels last week, I came across Oprah and she was talking about the concept of "letting go and letting the higher power". She said something that I haven't heard put exactly this way before...she said "most people think letting go is lying down when really it's making the decision to bring in extra power". I like that! Like, when you've done all you can do and the problem just seems to get BIGGER and you just can't take another second of beating at the problem with self-will. When you decide to turn it over, you've really made a strategic decision like a general might in a combat situation. Sometimes taking NO action IS action. Maybe that's where the powerlessness turns into power.

Anonymous

B.I.G. B.O.O.K. Believing In God Beats Our Old Knowledge



I Choose Not to Play Old Tapes

I can choose not to play old tapes...recovery is not dependent upon people. It is dependent upon my relationship with God. So if I'm having trouble with a situation involving food, I understand there's something wrong with me. And I look inside of me and the *BIG BOOK* for the answers.

It takes some work. But by acknowledging my disease often, I stay surrendered, alert to danger signals and willing to be moderate and to accept healing. And I remember:

- I remember that eating between meals and taking second helpings are no longer options in my life...ever.
- I remind myself that my need for nourishment doesn't increase just because it is a holiday.
- I admit that I have already had far more than a lifetime's share of "goodies".
- I remember that one bite was never enough; why should it be enough this time.
- I recognize excessive or tempting thoughts of food as my disease talking, and I simply put them aside and ask for God's help.
- I assess party invitations to see if they feel "safe". I can always decline, and no one but me needs to know that my "prior commitment" is to my OA program, or that my "not feeling well" is a spiritual condition.
- I work my program the same way, every day of the year - turning over my life in the morning and before every meal, praying, meditating, reading, working with others, and keeping a written record of everything I eat.

Above all, I remember that the compulsive overeater, at certain times, "has no mental defense against the first bite. Except in a few rare cases, neither he nor any other human being can provide such a defense. His defense must come from a Higher Power". (*BIG BOOK* p. 43)

I can go straight to my source for protection, because He's always there.

Connie B., reprinted from July 2002 *LOOKING UP*



G.O.D. Good Orderly Direction

Abstinence and Action

I absolutely agree that it avails me absolutely nothing to know something unless I'm willing to take the ACTION that's indicated by that knowledge. When I was in relapse, I still knew what the *BIG BOOK* says...but knowing it didn't help a thing as long as I refused to do my part and follow the clear-cut directions in the book.

The same is true when I pray for abstinent thoughts and feelings. I trust that God can and will give me the wherewithal to be abstinent, but unless I put that faith to work and ACT on the abstinent thoughts and feelings He gives me, I'm wasting the gift.

This isn't a program of contemplation and wishful thinking. It's a spiritual program of trust and action. There's no such thing as being zapped abstinent while continuing to shove binge foods into my mouth. I can't think myself abstinent either, though it's certainly not for lack of trying. The only thing that works for me is to relax, surrender, and let God give me a feeling of peaceful detachment from food. Once that feeling comes, then it's up to me to take the next right action and follow my food plan.

Dana



A Few Simple Actions

What I knew when I walked into OA/HOW was that my life wasn't working and I couldn't live the way I had been – anything was better – it had to be!

The few simple actions started by writing down my food, calling my sponsor, eating what I said, making calls, going to meetings, doing service. It was very simple compared to the mental gymnastics, twists and turns this disease was doing to me. What I am learning is that I needed to grow up. I needed to act like an adult in my relationships with people in the fellowship, with my family and at work. I need to pay my bills, return business calls and be responsible and accountable.

All of this means my relationships with family have improved, I'm recognized at work for a good job, my relationship with my partner ended clean, my credit rating improved to the point where I could buy a nice home. I don't live in fear. I can, one day at a time surrender to a Higher Power the belief that I don't know crap. This program and the people in it are teaching me how to live the way I was intended to live.

I am so grateful for the life I have today. If, in my recover I have moments were I feel fat, or I should work out, that's 1000 times better than the moments of terror and frustration I lived with 24/7 before recovery. I am grateful that I have a belief in a power greater than me and that my only road block is forgetting to call on that Higher Power. I am frequently reminded because I have great people who are kind enough to remind me.

Anonymous, reprinted from the May 2007 *SOCIETY PAGES*

Intergroup Information

There will not be an August Tri-County Intergroup meeting. Our next meeting will be held Saturday, September 8th at 10:30 am at Trinity United Methodist Church, 3216 West Park Row Drive, Wesley House.

Treasurer's Report through July 5

Income \$451.25
Includes donations from Bethel HOW, Granbury, South Hills, King of Glory and Primary Purpose and funds raised at the June workshop.

Expenses \$241.95
Includes newsletter costs and mailing, utilities, workshop and health fair expenses.

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

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				
Noon	Fort Worth - South Hills Christian Church 3200 Bilglade	Commitment and Writing	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!				
7:30 pm	Eules - United Methodist Church 1401 N. Main Street	Speaker	Rosalie	(817)355-5070
WEDNESDAY				
12:00 noon	Fort Worth - King of Glory Lutheran Church Corner of Sandy Lane and Brentwood Stair	Literature	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
7:30 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	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
12:00 noon	Eules - United Methodist Church 1401 N. Main Street	Discussion & Big Book	Rosalie	(817)355-5070
SUNDAY				
4:00 pm	Arlington - Millwood Hospital 1011 N. Cooper St. at Randol Mill Rd.	Newcomer/ Big Book	Glinda	(817)456-1602
6:00 pm	Weatherford - Trinity Lutheran Church 1500 W. Ball	HOW	Kim	(817)613-6670