

**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.



LOOKING UP

OA Tri-County Newsletter
September 2007

An Incredible Promise

"And we have ceased fighting anything or anyone, even food. For by this time sanity will have returned. We will seldom be interested in food. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward food has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is how we react so long as we keep in fit spiritual condition." (AA *BIG BOOK*, p. 84-85)

What a promise! You mean if I follow the steps as outlined in the Big Book, that my food obsession will be removed for me? I don't have to remove it myself? I don't have to resort to white-knuckle abstinence? Amazing! This concept is totally opposite of what I've been trying to do – namely run my life on self will. My ideal is to control everything in my life; that way everything will be wonderful. Yea right! The more control I exert, the worse my life becomes. If I impose my will on others, they will resist my efforts. Because they resist, I feel like a failure, and to nurture those kind of feelings usually result in compulsive overeating.

This passage truly is an incredible promise. I don't have to fight anyone or anything, even food. As I stop fighting, my sanity will be restored. If I am tempted, I'll have the power to resist as if it was fire. I can react sanely and normally, because this happens automatically. The compulsive overeating problem is removed for me. All I need to have is faith that my Higher Power will do this for me. Therein lies the key word – "Faith".

My life fueled on self-will hinders my faith. I cannot "run the whole show" and simultaneously believe that my Higher Power is in charge of my life. If I behave in a selfish or self-centered manner, then I'm not yet ready to have the compulsion removed. If I still exert my ego on others, then the requests I've made to God become nothing more than a "Christmas wish list". To have faith that God will remove the problem isn't an easy task. And faith alone isn't enough.

"We compulsive eaters are undisciplined. So we let God discipline us in the simple way we have just outlined. But this is not all. There is action and more action. Faith without works is dead." (AA *BIG BOOK*, p.88) "That is how we react so long as we keep in fit spiritual condition." (AA *BIG BOOK*, p.85)

The Big Book tells us how we can keep in spiritual condition. "Practical experience shows that nothing will so much insure immunity from bingeing as intensive work with other compulsive eaters. It works when other activities fail. This is our *twelfth suggestion*: Carry this message to other compulsive eaters! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill." (AA *BIG BOOK*, p.89).

For me, I can increase my faith in my Higher Power by going to OA meetings, studying the *BIG BOOK* and other OA literature, and working with other OA members. I can practice these principals with my family, at my work, in community activities, and almost anywhere I go on the face of the earth. Every day I have an opportunity to "practice these principals in all our affairs" (Step 12). Having faith isn't easy, and neither is keeping in a fit spiritual condition, but at least I now have a chance, and for that I am grateful.

Ron C.

Don't forget our Fall Retreat!

**Serenity – OA Unity – OA Spirituality
– OA Friendship – OA Recovery**

Our retreat leader has 29 years of
abstinence and will share her experience,
strength and hope with us,
focusing on the *BIG BOOK*

When: October 12 – 14, 2007

Where: Glen Lake Camp in Glen Rose, TX

For additional information go to:

<http://www.oatricounty.org/events.htm>



A New Concept of God

A year ago, when I was in relapse and struggling to get abstinent, I thought I had a Step Three problem. I am very grateful to program friends who helped me realize that, in fact, I had an issue with Step Two. Through their experience, strength and hope, these friends showed me how to fully take Step Two.

One day a friend asked me if I believed that God would grant me abstinence that day. I answered that I believed God would give me abstinence that day, but I wasn't sure about next week, next month or next year. My experience with abstinence had been on-again, off-again. My friend told me that her Higher Power believed that I could be abstinent one day at a time for the rest of my life. She suggested that I pray to her Higher Power for awhile and see how it worked.

The God I knew wanted me to work hard and punished me if I failed. I felt like I would be committing a terrible sin to pray to a Higher Power that I didn't even know, instead of to the God of my religious upbringing. I sat on the floor crying and finally asked my God whether it would be okay for me to pray to this other HP for awhile, just to see if it would work. I felt a sense of peace wash over me and a conviction that my God and my friend's Higher Power were at least friends, even if they weren't the same. This life-changing moment was

the key to finding a concept of God that truly works for me.

Another friend, sharing her experience with Steps Two and Three, said that she couldn't expect to turn her will and life over to a Higher Power unless she truly believed that her Higher Power loved her and would store her to sanity. Following sponsor instructions, she wrote a description of an incredibly loving God and read it several times each day.

When I first worked Step Two several years ago, I wrote a description of my ideal Higher Power, but then I never looked at it again. How could that one time exercise combat my decades of negative thinking about God? Wanting my friend's recovery, I wrote a new description of my Higher Power, which affirms God's unconditional love for me no matter what I feel, say or do. It affirms that God will give me what I need to abstain from compulsive overeating and other destructive behaviors, one day at a time for the rest of my life in the best possible way. I continue to read this description every day. As I do, it brings me peace and it affirms my belief in this new concept of God – a concept that works.

Anonymous

OA DC METRO NEWSLETTER, March 2007

— What Does Bill W. Say? —

Based on his writings in *AS BILL SEES IT*

▪ Self-Knowledge

Self-searching is the means by which we bring new vision, action, and grace to bear upon the dark and negative side of our natures. With it comes the development of that kind of humility that makes it possible for us to receive God's help. We find that bit by bit we can discard the old life -- the one that did not work -- for a new life that can and does work under whatever conditions.

*We are not bad people trying
to get good. We are sick
people trying to get well.*

My Disease Told Me I Did Not Belong

Several weeks ago I was attending my weekly OA meeting and feeling pretty good. I had been making it to meetings on a regular basis, my eating was "clean" and I was beginning to think I might be "getting the program" at last. As the meeting ended, I made my usual dash for the door when a friend stopped me and asked if I would be a speaker at the group's next speaker meeting. Suddenly, I didn't feel quite so good. I had never told my OA story, and was not all that sure I wanted to. However, as a long time member of AA and Al-Anon, I knew that one of the strongest suggestions (there are no "musts") is to always say "yes" and so I did. I left the room wondering what I had gotten myself into.

I had been attending OA for about five years. When I first came in, I was certain that I had a problem with food, and was feeling desperate. Since other twelve step programs had worked to relieve my compulsive behaviors, I was confident that OA could do the same. However, I was also not at all sure that I was a compulsive overeater. I believe that the fact that I even had to ask myself the question meant that I qualified – but the disease had such a strong hold on me that the denial was undeniable (pun intended).

Over the next five years I attended OA intermittently. I often sat in meetings and felt separate and "apart from" – like I didn't belong. I clung to the fact that I was only fifteen pounds over normal weight for my height and therefore "not as bad" as almost everyone else I saw in the room. I was playing a variation on an old theme. In AA I had been taught not to compare my insides to other people's outsides (when they looked good and I felt bad). In OA, I had to learn not to compare my outsides with other people's outsides!

Having accepted the invitation to speak, I spent the following weeks thinking about my relationship with food and the pain it had caused me and my loved ones. When I entered the room the night I was scheduled to speak, I said a prayer to my Higher Power, asking only that I be guided by my spirit and not my brain.

As I shared my story, the miracle I had been waiting for started to wash over me. As I was sharing, I could hear my own words and recognized that they were the words of a

compulsive overeater. I shared the pain I had caused and the confusion that I felt around food. Perhaps the main "a-hah" moment came when I realized (and said out loud in a room full of other OAs) that food no longer worked – what I had once perceived as the solution to my problems had become the problem. And I remembered, yet again, that a Higher Power was the solution, and only solution, I needed in my life.

When the meeting ended that night, I thanked my friend for asking me to speak and thanked my Higher Power for granting me the gift of surrender. There is no longer a bit of doubt or confusion in my mind: I am a member of Overeater's Anonymous.

Patty R.

CTOA NEWSLETTER, Spring 2007

*If you feel like taking
something to feel better,
take one of the steps.*

Only A Person Who Risks Is Free

To laugh is to risk appearing the fool.
To weep is to risk appearing sentimental.
To reach for another is to risk involvement.
To expose your ideas, your dreams, before a crowd is to risk their loss.
To love is to risk not being loved in return.
To live is to risk dying.
To believe is to risk despair.
To try is to risk failure.
But risks must be taken, because the greatest hazard in life is to risk nothing.
The people who risk nothing, do nothing, have nothing, are nothing.
They may avoid suffering and sorrow,
But they cannot learn, feel, change, grow, love, live.
Chained by their attitudes they are slaves;
They have forfeited their freedom.
Only a person who risks is free.

Author Unknown

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 Memorial Christian 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 Memorial Christian 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