

LOOKING UP



OA Tri-County Newsletter
November 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 rrobbs@uta.edu. The editor reserves the right to edit any material submitted.

All the Proof I Needed

Before OA my life was unmanageable. Family relationships were destroyed from years of isolation. I had friends so I had other people to eat with. I kept a lover through fear and intimidation. I was angry, bitter and lived in extremes (one second I was crying on the floor and the next screaming at the top of my lungs). No part of my life was experienced without food. Although I was only 26 years old, my life was spinning out of control. After years of fighting the weight battle (highest weight was 420) I sought medical intervention in May 2003. Although I had some success (dropping down to a personal low of 230 lbs.) I was still unhealthy, miserable and still on the path of self destruction. My lowest point with food came while I was studying in Africa. I had my fiancé send me comfort/trigger foods.

When I showed up to my first meeting I had given up. I was tired, alone and scared. I had already been working at Step One: I was powerless over food and my life was unmanageable.

Since then, a lot has changed. I have experienced emotional growth with family and friends, spiritual healing when I found a higher power, and physical recovery when I started a fitness routine which has helped me lose another 60 lbs. (current weight 210). I even started a small walking/running group with other 12 step members.

No, the last 20 months have not always been great; I have slipped and even relapsed. I have not stopped showing up, humbling myself and returning to Step One knowing that when I am in the food my life is lived in fear, isolation and pain. I also know that when I take Step One, I live in hope, fellowship and joy. I keep coming back and that is all the proof that I need that it works.

Anonymous
from *SOCIETY PAGES*, July 2007



Retreat 2007

What a wonderful weekend it was, indeed. My thanks go out to my wonderful committee first and foremost. Then to each of the groups who donated a basket for our auction. They were so pretty and put over \$300 in our funds for our next retreat. It was wonderful seeing so many of you there. Our speaker, Janice from Houma, Louisiana, surely made that *BIG BOOK* come alive. We are so grateful to her for her recovery and service. I am grateful for the service I was able to give. Thanks to everyone for being there. AND, put the second weekend in October 2008 on your calendars for the next one...start putting money in your piggy bank now for this. Retreats are wonderful for renewing our commitment to abstinence and service. We get to know each other on a deeper level than we would otherwise. Abstinencefirstabsolutely.

Grateful for this program,
Rene

— What Does Bill W. Say? —
Based on his writings in *AS BILL SEES IT*

R.S.V.P – Yes or No

Usually we do not avoid a place where there is eating – if we have a legitimate reason for being there. That includes restaurants, diners, weddings, ball games, reunions, dances, receptions and even plain ordinary parties.

You will note that we made an important qualification. Therefore, ask yourself, “Have I any good social, business or personal reason for going to this place? Or am I expecting to steal a little vicarious pleasure from the atmosphere?” Then go or stay away, whichever seems better. But be sure you are on solid spiritual ground before you start and that your motive in going is thoroughly good. Do not think of what you will get out of the occasion. Think of what you can bring to it.

If you are shaky, you had better work with another compulsive eater instead!

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

Watch for This Fundraiser!

Tri-County is selling silicone wristbands in the official OA colors (royal blue and white) imprinted with the slogan “One Day At A Time”. They cost \$2.00 each and are a great reminder of your commitment to this life saving program. See your Intergroup Representative.

Consider Joining Intergroup!

“Trust God, clean house and help others.” That is the short version of the 12 steps. Helping others – service – is one foundation of our recovery in OA. As they say, “You can’t keep it if you don’t give it away”. One form of service is to be an active participant in Intergroup. Tri-County will have several positions open for service in 2008.

See the October issue of this newsletter to get an idea what service opportunities are available. If any of these interest you, feel free to contact a current member of Intergroup for further information.

If you are not interested in one of these positions, consider being an Intergroup representative for your home meeting. The representative is responsible for taking information and newsletters back to their group and presenting problems and concerns to Intergroup for help. Being an Intergroup representative helps you and your meeting stay informed.

As they say:

- Service is slimming.
- The only way to make sure OA is available is to give back what OA gave you.
- Service is a way to keep recovery in the forefront of your life...one day at a time.

Tri-County Intergroup meets at 10:30 am, usually the first Saturday of the month at Trinity United Methodist Church in Arlington – 3216 West Park Row Drive in the Wesley House building. Elections for positions will be held in December.



Reading as a Tool

As I am sitting here contemplating what I should write about, I am also fighting off the urge to grab the closest food I can find and start munching for the night, thinking that I can start again tomorrow.

I am continuing the fight, so I get my 12 & 12 book to see the exact wording of the 7th Step. That is what I am supposed to be writing about. I haven’t had a book out for many months now and I see the book naturally opens to a page with two highlighted paragraphs. They are...

...“we all know what happens if we lose abstinence. Food then takes the place of God, and the craving for more controls our lives. Energy and enthusiasm dissolve, each day becomes a chore, and chaos returns. If we let go of abstinence, we can never be sure whether we will get it back again. What first compulsive bite is worth the wreckage? We need to remember that the fun part is over and that from now on the first compulsive bite will always bring pain.”

Well, doesn’t that just about say it all for me! And to think I’ve been wondering where God has been lately. He is right here and always has been. I just haven’t chosen to listen to him. I am grateful that I only have to worry about tonight and I am choosing to listen to God tonight instead of food.

Mary C.

from *SOCIETY PAGES*, July 2007

OA Public Awareness Campaign

Our primary purpose is to carry our message to the compulsive eater who still suffers. No compulsive eater should be denied the solution found in Overeaters Anonymous because she or he lacks knowledge of the program. For this reason, delegates to the 2007 World Service Business Conference voted to initiate a Public Awareness Campaign with the help of a consultant.

The goal of this campaign is to educate the public on the core mission and successes of Overeaters Anonymous in helping compulsive eaters recover and reach healthy physical, emotional and spiritual states. By focusing on OA's long history and proven successes, the public awareness effort will differentiate OA from other food-related Twelve Step programs and commercial weight loss programs.

OA will conduct the campaign in two phases. The first phase will develop a comprehensive media relations tool kit, which will include general news releases, fact sheets, stories of recovery, philosophy of Twelve Step programs, articles for local placement and recommendations to intergroups on how to find, contact and develop relationships with local reporters to place stories. Health and human-interest media outlets and TV and radio talk shows will receive information about OA. The second phase, in late 2008, will undertake large-scale placement of public service announcements.

It was decided at OA's World Business Conference that the campaign would be supported by member contributions to a special public awareness campaign fund. \$20,000 was earmarked from the organization's current reserves to initiate the campaign. All members, groups and service bodies are encouraged to help raise funds for this campaign and to specify their donation as for the "public awareness campaign". Currently the fund has collected \$11,000. Individuals, meetings and intergroups are encouraged to collect donations towards this fund. This fund raising effort will provide every member of Overeater's Anonymous an opportunity to help carry our message of recovery to the still suffering compulsive eater.

Donations can be made on line with a credit card at <https://secure.yourmis.com/oa.org/contribution.html>. Or a check or money order made out to "World Service Office" can be sent to World Service Office, PO Box 44020, Rio Rancho, NM 87174-4020 with an indication that the contribution is for the public awareness campaign. If you believe in OA and what it has to offer, this is a chance to put your money where your mouth was...think back on how much you were willing to spend at your favorite fast food places to try to satiate you hunger.

As this campaign gets going, we need to sincerely look at ourselves and what people will find when they come to OA. We need to be sure they find strong meetings...meetings where members share their ESH and not just their problems. We need to be sure people in recovery are there to open the doors and lead the meetings and are willing to sponsor newcomers. So we need to prepare ourselves. If there are meetings where no one has abstinence or no sponsors what message will that give to those people reaching out to us for help? We in OA need to take a look at our meetings to make sure they have the recovery and support needed. We need to shore our resources and make sure the meetings we offer are strong, healthy and prepared to welcome newcomers as well as members in relapse.

Your editor

We earn today's abstinence today.

*We can't stay abstinent on
meetings we attended last year,
12th Step calls we made last year,
or steps we worked last year. We
cannot keep what we have based on
what we gave away last year.*

A Liar, A Sneak, A Fraud

Below are a few lines from a post I received today on Strong Recovery loop. It really struck home with me. I never thought about abstinence in this way before, even though it's the most precious thing in my life. I have no life without it - I just have hell and misery. Here we go!

"...wanted to share my ESH...I too have struggled all my life with food and was in program 3 1/2 years with no abstinence...though I thought I was doing what I needed to (sponsor, step work, service, etc.). The truth is that in order to recover the first thing *I* needed to do was put down the food. I was not capable of the honesty necessary to work the steps while I was using my drug. USING MY DRUG AUTOMATICALLY MAKES ME A LIAR, A SNEAK, A FRAUD."

Meditate on that for awhile! This girl had a top weight of approximately 450 pounds, is 5' 11" tall and now weighs 180. There's no way she could have ever gotten there and stayed there by putting, as Janice S. refers to them, "craving causing" foods in her body.

Yours in OA love, Faye

TRI-COUNTY MEETINGS

MONDAY				
6:30 pm	Fort Worth - Bethel Methodist Church 5000 Southwest Blvd.	HOW	Patrice	(817)927-7116
7:00 pm	Arlington - Trinity United Methodist Church 3216 West Park Row Drive, Wesley House	Abstinence	Billie	(817)460-3083
7:00 pm New Location!	South Lake - White's Chapel United Methodist Church 185 South White's Chapel Blvd., portable building 3B		Mike	(817)498-4244
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
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
7:30 pm	Eules - United Memorial Christian Church 1401 N. Main Street	Speaker and Literature	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	Patrice	(817)927-7116
6:30 pm	Cleburne - St. Marks United Methodist 1109 W. Henderson		Roxy	(817)641-5020
7:00 pm New Location!	South Lake - White's Chapel United Methodist Church 185 South White's Chapel Blvd., portable building 3B	Literature	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 New Location!	South Lake - White's Chapel United Methodist Church 185 South White's Chapel Blvd., portable building 3B		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