

**2007 Tri-County
Intergroup**

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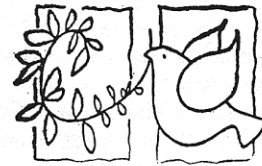
**Tri-County Information Line
(817)788-0411**

**The OA
Responsibility Pledge:
Always to extend
the hand and
heart of OA to all
who share my
compulsion; for
this, I am
responsible.** 

After 4 1/2 years as your editor, I am moving on to other things. If you are interested in serving OA in this capacity, please contact me or one of the other board members. It has been a pleasure serving you. RaRo

LOOKING UP

OA Tri-County Newsletter
December 2007



The Seriousness of this Disease

"...with it [compulsive overeating] goes annihilation of all the things worth while in life. It engulfs all those whose lives touch the suffer's." AA BIG BOOK, p. 18

A few weeks ago, an OA member who just moved to town from out of state showed up at our Monday night meeting. In recovery for several years, this fellow's sharing revealed something about his program we all have been needing to hear. He takes his OA program seriously. He takes his abstinence seriously. He takes the steps seriously and the tools seriously. Most of all, he takes the disease of compulsive overeating seriously.

It was a much needed breath of fresh air at a meeting where some of us same folks have been showing up for decades. For longtime members who have made OA a way of life, it is sometimes easy to gloss over the frightening aspects of compulsive overeating. This is especially easy in a world in which overeating, overweight and obesity are becoming more and more "normal" and everybody assumes that all we need is a little more willpower and a quick weight-loss diet.

Nobody "out there" talks about the half-dead, nightmare life of the compulsive eater, the battles we fought to stop overeating and always lost, the vomiting and laxative abuse. Few ever take note of how it hurts the fat child to be the butt of everybody's jokes, how the overweight are turned down for jobs and promotions, how repeated diet failures sap our self confidence, how eating takes over our social lives, our family lives, our complete lives.

It's just a problem of too many visits to the Cheesecake Factory, right? It's just the need for a good diet. Just eat Subway every day like Jarred or whoever.

In my humble opinion, compulsive eating is more serious for far more people than cocaine addiction or alcoholism. It is a daily walk with death, until the death-march ends in a heart attack or complications of diabetes. Or the complications of gastric bypass. Or suicide.

My OA program is a life-or-death matter to me, but sometimes I forget that. Sometimes it takes a fresh face and a younger voice to remind me that I have been saved from a hopeless state of mind and body. I need to be reminded now and then that I have been granted a reprieve from that hopelessness, contingent on the maintenance of a spiritual way of life.

For me, as for the OA fellow who's just moved to town, life is really good today. We keep doing service in OA because we love this program and also because we don't want to die. The horrors of this disease are years behind us, but also, one bite away at all times. I'm especially grateful for all those recovering in OA who really take this deal seriously. They help me stay gratefully abstaining.

Anonymous

False Promises, False Starts



Every January was the same for me. It promised a fresh start. I could eat what I wanted when I wanted with complete abandon all through the holidays and then January would be a fresh start.

Every Monday was the same for me. It promised a fresh start. I could eat what I wanted when I wanted with complete abandon all weekend and then Monday would be a fresh start.

Every morning was the same for me. It promised a fresh start. I could eat what I wanted when I wanted with complete abandon all evening and in the morning have a fresh start.

I believed in a fantasy world where I believed, even against all evidence to the contrary, that I could somehow control my eating. I told myself that this time it would be different. This January would be different, this Monday would be different, this day would be different. It never was. Day after day, month after month, year after year it was always the same. I had lost the power of choice with food.

No matter how strong my desire or my will, I was unable to stay away from that first compulsive bite of food. I was no going to admit I was powerless over food as long as I lived in the delusion that I could somehow stop eating compulsively the next morning or on Monday or in January. I certainly did not want to suffer the consequences of my eating, but I wasn't quite ready to give up the food either.

The consequences of my addiction processed right along with my disease. The excess weight I had to lose became greater with each passing day I lived in denial that I had a problem. The mental torture I lived with each day was relentless. I finally realized that every morning, every Monday and every January was going to be exactly the same for the rest of my life and that didn't look like much of a life to me.

I admit I am powerless over food every day. I don't ever want to forget that I am a food addict. I don't ever want to try to negotiate with a disease that will have me by the throat once I take that first bite. I don't want to live in that delusion that this January, Monday or day will be different if I take just one bite. Following the simple suggestions of the tools, steps and traditions one day at a time, ensures that not only do I not have to pick up that first bite of food, but that I don't want to pick up that first bite of food. That is nothing short of a miracle!

KM

*We get a *daily* reprieve,
based on what we do
today for our recovery.*

Sacrifice?

"Faith alone is insufficient. To be vital, faith must be accompanied by sacrifice and unselfish, constructive action." AA BIG BOOK, p. 93

There is a lot of work and self-discipline involved in really living the OA way of life. Daily prayer and meditation, self inventory and work on the steps, food planning, phone calls, meetings, and service work are needed if I am to recover. Leave out any of those and I begin to have trouble with life and food. Together the actions on the steps keep me sane, abstinent, happy, and even, occasionally, inspired. It doesn't matter that I know enough to talk a good program. "Ya gotta walk the walk," the old timers say. I've found that's true. Talk is absolutely no substitute for constructive action. Sacrifice? But I keep hearing "It's a selfish program." Actually, the kind of sacrifice being referred to in the BIG BOOK and the kind of "selfish program" referred to in the often-heard saying can mean exactly the same thing. I sacrifice my "right" to do whatever I feel like doing in a particular moment. I sacrifice my right to act like water and just flow to the lowest level. Sometimes that means I go against the flow, saying "no" when others make plans for me that aren't in my best interest. Sacrifice means that I selfishly insist on eating foods that are good for me, even when junk food would be more convenient. Often, the person I have to say "no" to is me. No, I can't do it all, have it all, be the best, have my cake and eat it too. Sacrifice means that I reach out to carry the message, even when I'd rather be doing other things. Faith alone is insufficient. Vital faith motivates me to get out of bed in the morning, go to my meditation space and ask God to show me today what God would have me do -- and then to DO it to the best of my ability.

Anonymous



We Need You!



We all love our home meetings and the people who have helped us along the journey of recovery. But it is easy to forget that these blessed meetings are part of a larger network of meetings in the Fort Worth area. The Tri-County Intergroup (TCI) exists as the servant of Fort Worth area OA groups to administer and coordinate OA activities common to the groups in the area. This is in accordance with our mission to carry our message of recovery through the 12 Steps and 12 Traditions to compulsive overeaters who suffer from this life-threatening and soul-sucking disease. We have many service positions that need to be filled for the coming year so please consider visiting us at an Intergroup meeting. Meetings are usually held the 1st Saturday of the month at 10:30 am at the Trinity United Methodist Church, 3216 West Park Row Drive, Wesley House, in Arlington. Remember that service is part of recovery for all of us. We look forward to seeing you at a future meeting.



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

SELFISH?

"I can see why you are disturbed to hear some OA speakers say 'OA is a selfish program'. The work 'selfish' ordinarily implies that one is acquisitive, demanding and thoughtless of the welfare of others. Of course, the OA way of life does not at all imply such undesirable traits.

"What do these speakers mean? Well, any theologian will tell you that the salvation of his own soul is the highest vocation that a man can have. Without salvation – however we may define this – he will have little or nothing. For us of OA, there is even more urgency.

"If we cannot or will not achieve abstinence, then we become truly lost, right in the here and now. We are of no value to anyone, including ourselves, until we find salvation from our compulsive eating. Therefore, our own recovery and spiritual growth have to come first – a right and necessary self concern."

**The disease is progressive,
but so is recovery.**



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

Juda Smith
Region III Treasurer
10517 Goldenrod Lane
Midwest City, OK 73130



The Importance of Faith

"We, who have traveled this dubious path, beg you to lay aside prejudice, even against organized religion. We have learned that whatever the human frailties of various faiths may be, those faiths have given purpose and direction to millions. People of faith have a logical idea of what life is all about. Actually, we used to have no reasonable conception whatever. We used to amuse ourselves by cynically dissecting spiritual beliefs and practices when we might have observed that many spiritually-minded persons of all races, colors, and creeds were demonstrating a degree of stability, happiness and usefulness which we should have sought ourselves. Instead, we looked at the human defects of these people, and sometimes used their shortcomings as a basis of wholesale condemnation. We talked of intolerance, while we were intolerant ourselves. We missed the reality and the beauty of the forest because we were diverted by the ugliness of some of its trees. We never gave the spiritual side of life a fair hearing." AA BIG BOOK, p. 49-50

I used to view religious people as weak-minded, boring, and gullible. Today I'm beginning to admire their faith and conviction.

"We, who have traveled this dubious path, beg you to lay aside prejudice, even against organized religion. We have learned that whatever the human frailties of various faiths may be, those faiths have given purpose and direction to millions. People of faith have a logical idea of what life is all about."

It's so easy to find things that are wrong with religion, but it takes some effort to see the good. And the many people who do good work in the name of their faith are trying to make the world a better place.

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I often thought of myself as being superior to religious people. My ego convinced me that they were weak, and I was strong. Little did I know that one day I hoped to be more like them. I wanted to have the kind of faith that these people had all along. Their faith showed strength and my lack of faith showed weakness.

"Instead, we looked at the human defects of these people, and sometimes used their shortcomings as a basis of wholesale condemnation. We talked of intolerance, while we were intolerant ourselves. We missed the reality and the beauty of the forest because we were diverted by the ugliness of some of its trees. We never gave the spiritual side of life a fair hearing."

Many years ago I had a friend named David, who devoted his life to his religious faith. Many of our fellow high school classmates regarded David as an oddball, but I couldn't help but notice the serenity he had in his life. In the throngs of my food addiction I've often wondered what I needed to do to have the peace and serenity of David. Today I realize that faith in my Higher Power is where I need to start.

Ron C.



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	Acton - Acton United Methodist Church 3433 Fall Creek Highway	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