

# LOOKING UP

OA Tri-County Newsletter  
January 2008



## 2008 Tri-County Intergroup

### Board

**Chairperson:** Rachel R.  
(817)595-3044; (817)272-7509  
raroriro@sbcglobal.net

**Vice-Chair:** Faye F.  
(254)678-3420

**Treasurer:** Glinda E.  
(817)456-1602

**Secretary:** VACANT

### Sub-Committees

**Telephone:** Margaret D.  
(817)303-5405

**Literature:** Maria G.  
(817)870-5070

**Retreat:** VACANT

**Parliamentarian:** Billie S.  
(817)460-3083

**Liaison to DMI:** Rachel R.  
**Workshops:** VACANT

**Delegates:** Margaret D. &  
Glinda E.

**Public Relations:** VACANT

**Web Master:** Marilee  
[www.oatricounty.org](http://www.oatricounty.org)

**Newsletter:** VACANT

**Tri-County Intergroup**  
Group 09163  
Box 14324  
Arlington, TX 76094

**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.**

*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.

## It Works If We Work It Together

Tradition 5: Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

*"The compulsive overeater who still suffers isn't always a newcomer to OA. He or she can also be an established member experiencing difficulties with the disease of compulsive eating or with other problems."* OA 12 & 12 p. 148

This past year, I started to call a fellow OAer who was very happy, joyous and free, who was abstinent and working on Steps 8 and 9. We had good talks, nice and short, but also deep. And then one day she told me that she wanted to talk about food. So we did. Another day she told me she was not willing to weigh and measure and that instead she might eliminate certain foods. Then I didn't catch her for a week and when I spoke to her again, she had relapsed. She had decided to make the changes and knowing this, she went on a spree that turned into full blown relapse. I kept calling her, kept leaving messages even when she was not there. I don't remember what I said to her on the phone calls before her relapse, probably that I weigh and measure most of my meals but not all; that I eat the foods that she wanted to eliminate, and I'm grateful for my abstinence and my plan of eating. After her relapse I may have listened to her more than spoken. I don't know if the calls helped or not. I do know that I was committed to calling her, no matter what. The relapse got stronger before, by the grace of HP, she regained her abstinence.

I must admit that it was harder for me to call her when she was struggling. But thank HP I still did because I'm learning more and more that her recovery is tied to my own, that all of our recoveries are interdependent on our reliance on HP and on each other. Although my sponsor has told me many times, relapse isn't contagious and recovery is. I have to admit that I am highly suggestible. I've now uncovered that I had a big slip soon after I learned of her relapse. And during my first couple weeks in OA, when my sponsor said to me, "We're liars", I heard it loud and clear and was offended. But, like clockwork, I lied to her the next day about the ingredients listed on a bag of something I wanted to eat. I'm glad that I can laugh about it now; it wasn't funny then. This might sound like I'm sharing someone else's story, but in fact, I'm uncovering something about my recovery and my relationship to the OA fellowship. I maintain my abstinence not only so I will live a better life, but more importantly so I can help others. HP knows we're not alone and it works if we work it, together!

Anonymous, reprinted from METRO MEMO, Greater NY OA Metro Intergroup



## Open Service Positions

As you can see by our 2008 Tri-County Intergroup roster, we have several open positions. TCI coordinates OA activities in our area and helps to carry our message to those who suffer from our disease. Some of the activities we were responsible for this last year included a workshop and a retreat, attendance at OA business conferences, reaching out to others through local health fairs, and maintaining a newsletter, phone line and web site. There is more that we could be doing, if only we had the manpower. Please consider joining us at future intergroup meetings. Meetings are usually held the 1<sup>st</sup> Saturday of the month at 10:30 am at the Trinity United Methodist Church, 3216 West Park Row Drive, Wesley House, in Arlington.

### TRI-COUNTY MEETINGS

<b>MONDAY</b>				
6:30 pm	<b>Fort Worth</b> - Bethel Methodist Church 5000 Southwest Blvd.	HOW	Patrice	(817)927-7116
7:00 pm	<b>Arlington</b> - Trinity United Methodist Church 3216 West Park Row Drive, Wesley House	Abstinence	Billie	(817)460-3083
7:00 pm New Location!	<b>Southlake</b> - White's Chapel United Methodist Church 185 South White's Chapel Blvd., portable building 3B		Mike	(817)498-4244
7:30 pm	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade	Step Study/ Literature	Happy	(817)370-7207
<b>TUESDAY</b>				
Noon	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade	Commitment and Writing	Happy	(817)370-7207
6:00 pm	<b>Weatherford</b> - 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	<b>Aledo</b> - Aledo United Methodist Church 100 Pecan Street, Education Annex (small red house)	Big Book	Katherine	(817)917-6617
7:00 pm	<b>Arlington</b> - Covenant United Methodist Church 3608 Matlock Road (west side between Arbrook & Mayfield)		Dianne	(817)980-3013
7:00 pm	<b>N. Richland Hills</b> - St. Johns Hall (the center building) 4101 Frawley Rd., between Glenview & North Hills Mall	HOW	Barbara S.	(817)284-4258
7:30 pm	<b>Eules</b> - United Memorial Christian Church 1401 N. Main Street	Speaker and Literature	Rosalie	(817)355-5070
<b>WEDNESDAY</b>				
12:00 noon	<b>Fort Worth</b> - King of Glory Lutheran Church Corner of Sandy Lane and Brentwood Stair	Literature	Gay	(817)275-1085
7:00 pm	<b>Arlington</b> - Trinity United Methodist Church 3216 West Park Row Drive, Wesley House	Literature	Billie	(817)460-3083
<b>THURSDAY</b>				
6:30 pm	<b>Fort Worth</b> - Bethel Methodist Church 5000 Southwest Blvd.	HOW	Patrice	(817)927-7116
6:30 pm	<b>Cleburne</b> - St. Marks United Methodist 1109 W. Henderson		Roxy	(817)641-5020
7:00 pm	<b>Southlake</b> - White's Chapel United Methodist Church 185 South White's Chapel Blvd., portable building 3B	Literature	Mike	(817)498-4244
7:30 pm	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade		Happy	(817)370-7207
<b>FRIDAY</b>				
Noon	<b>Arlington</b> - Covenant United Methodist Church 3608 Matlock Road (west side between Arbrook & Mayfield)		Katie	(682)438-1851
Noon	<b>Waco</b> - St. Alban's Episcopal Church 305 North 30 <sup>th</sup>		Faye	(254)678-3420
<b>SATURDAY</b>				
9:00 am	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade	Step Study/ Writing	Happy	(817)370-7207
10:00 am	<b>Southlake</b> - White's Chapel United Methodist Church 185 South White's Chapel Blvd., portable building 3B		Mike	(817)498-4244
12:00 noon	<b>Arlington</b> - Trinity United Methodist Church 3216 West Park Row Drive, Wesley House		Billie	(817)460-3083
12:00 noon	<b>Eules</b> - United Memorial Christian Church 1401 N. Main Street	Discussion & Big Book	Rosalie	(817)355-5070
<b>SUNDAY</b>				
4:00 pm	<b>Arlington</b> - Millwood Hospital 1011 N. Cooper St. at Randol Mill Rd.	Newcomer/ Big Book	Glinda	(817)456-1602
6:00 pm	<b>Weatherford</b> - Trinity Lutheran Church 1500 W. Ball	HOW	Kim	(817)613-6670
<b>Seventh Tradition Donations</b>				
<p>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:</p>				
<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> Juda Smith Region III Treasurer 10517 Goldenrod Lane Midwest City, OK 73130		