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

**Tri-County Information**  
Line (817)303-2888

LOOKING UP is a monthly publication of the OA Tri-County Intergroup. The opinions expressed here are those of the author and not of the OA Tri-County Intergroup or OA as a whole. Editor reserves the right to edit material submitted.

*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

Tri-County Intergroup Newsletter • April 2008

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April Intergroup Meeting has been rescheduled for Saturday, April 12.

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The Intergroup needs you! Please consider volunteering your time to be an Intergroup Representative or to fill one of the vacant Intergroup Board positions. See the column on the left side of this page for contact information.

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## **Overeaters Anonymous Public Awareness Campaign**

Have you ever opened a newspaper or magazine to find a favorable article about OA, or about compulsive eating in which OA is mentioned as a valuable resource? Members often send such articles to the World Service Office (WSO), noting with pride their pleasure in seeing OA given such positive press. What if you saw articles like this every week in the media? What if other still-suffering compulsive eaters read those articles and started showing up at meetings?

The goal of the 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. Delegates at WSBC in May passed a motion that OA conduct the campaign and that the campaign "be supported by member contributions to a special public awareness campaign fund established by the Board of Trustees." The motion also authorized the use of "\$20,000 of current reserves for 'seed' money to initiate the campaign. Such funds are to be reimbursed from the special fund established for this purpose." **We encourage all members, groups and service bodies to help raise funds for this campaign by passing the basket an extra time. Make sure to specify the name of the fund on your donation.**

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Supported your Intergroup lately? Tri County Intergroup meets at 10:30 a.m. the first Saturday of every month at Trinity United Methodist Church, 3216 West Park Row Drive, Arlington, in "Wesley House."

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**WE NEED YOUR WORDS! PLEASE SEND NEWSLETTER SUBMISSIONS TO [BETHELHOW@GMAIL.COM](mailto:BETHELHOW@GMAIL.COM)**  
ALL SUBMISSIONS ARE WELCOME: JOURNAL ENTRIES, ARTICLES, THOUGHTS FOR THE DAY, ETC.

## RECOVERY

"The people who get on in the world are the people who get up and look for the circumstances they want." ~ George Bernard Shaw

There was a time, not so long ago, that my life was much different than it is right now. My weight was skyrocketing because my eating compulsion was out of control. I couldn't walk very far without huffing and puffing. My lower back hurt because my stomach pulled my spine out of alignment. My feet and ankles were swollen, my knees hurt, just standing was painful. I was hot all the time because my fat acted as insulation, keeping my body temperature high. My wife was hounding me about losing the weight, my doctor was taking her side, and even the kids at my son's daycare were asking me why I was so big.

I didn't start the recovery process (and it IS a process!) until I got to the point where I was so uncomfortable with myself that I had to do something. It wasn't just that I was physically uncomfortable. I had to get past the comfort zone I had mentally and emotionally set up for myself; I had to get uncomfortable. I had to jump into the unknown, which was the most frightening thing I'd ever done.

Sitting around, moaning about my circumstances and suffering the physical consequences of my weight, didn't get me anywhere. It was only when I became ready to see my life change, mentally, emotionally AND physically, that I began the footwork of this Program. That was the key to the beginning of my recovery, the getting up and actually doing something about it. When I took that first Step, the miracle began.

ONE DAY AT A TIME . . . I will take the necessary steps to maintain my recovery from compulsive eating.

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I have no idea what God's vision for me is but I think and believe that God wants me to be happy, joyous, and free. Those three things don't mean what they used to mean. Happy includes being satisfied materially with what I have, having meaningful relationships with people, places, and things, and being grateful, which includes the action of responding to that gratitude by helping others wherever possible. Joyous means I have a spiritual relationship with God, that I live from a place of spirituality, and that I experience life, as best as I can imagine, through God's eyes. Free means that I am not in bondage to any person, place, or thing, but that I am obedient to God's will, i.e., obedient to the unenforceable. These answers and more come because I have learned to put God first, me next, and others after that.

— Anonymous

### *A Common Solution*

*I have been a member of OA for 14 years. I have come to enjoy participating in group conscience meetings more as my recovery has progressed over the years. I attribute this to focusing on what my higher power's will would be for the good of the group. Because I have kept coming back and have become experienced at speaking in regular group meetings, I am comfortable expressing myself in group conscience meetings. I am blessed to receive a good feeling when we agree on a common solution for the benefit of the group.*

— J.K., Cleveland, OH

Reprinted from *Lifeline* 02/2001

IF YOU'RE NOT DOING ENOUGH FOR O/A,  
YOU'RE NOT DOING ENOUGH FOR YOURSELF.

**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  
P.O. Box 14324  
Arlington, TX 76094

**30% to OA World Service Office**

P.O. Box 44020  
Rio Rancho, NM  
87174-4020

**10% to Region III**

Juda Smith  
Region III Treasurer  
10517 Goldenrod Ln.  
Midwest City, OK  
74868

**AS BILL SEES IT**

**Give Thanks**

Though I still find it difficult to accept today's pain and anxiety with any great degree of serenity – as those more advanced in the spiritual life seem able to do – I can give thanks for present pain nevertheless.

I find the willingness to do this by contemplating the lessons learned from past suffering – lessons which have led to the blessings I now enjoy. I can remember how the agonies of compulsively eating, the pain of rebellion and thwarted pride, have often led me to God's grace, and so to a new freedom.

South Hills Thursday night meeting is working through the Big Book.

**Comments on Honesty,  
Open-mindedness and Willingness  
Part 1 of 3 • by Katherine L.**

**Honesty:** The program is based on honesty. I have to be honest about whether I believe I have a disease. I have to be honest about whether I'm working my program or not. Talking regularly with a sponsor helps me to do this, as I have to stay honest with this person about what actions I'm taking to stay abstinent. Honesty has to be there in every area, including my marriage, my management of money, sex relations, relationships with friends and family, my work, everything. When I start being dishonest in any area, it eats at me, and will lead me back to food addiction.

**Treasurer's Report 02/08, Your trusted servant, Glinda E.**

<b>Income</b>		<b>Expenses</b>	
Bethel HOW	\$191.00	February AT&T	
South Hills	\$135.35		\$250.02
NRH	\$50.00	Bank Fees	\$14.00
Wrist Band Sales		<b>Total</b>	<b>\$264.02</b>
	\$20.00		
<b>Total</b>	<b>\$416.59</b>	<b>Category Balances</b>	
		Delegate Fund	\$868.20
		General Fund	\$1202.12
		Retreat Fund	\$734.37
		<b>End Balance</b>	<b>\$2804.69</b>

If you want to receive the electronic version of this newsletter, please send an email with the subject line "Subscribe" to [bethelhow@gmail.com](mailto:bethelhow@gmail.com)

**Monthly Treasurer's Report and Intergroup Meeting Minutes** are available on the Tri-County Website: <http://www.oatricounty.org/>

**TRI-COUNTY MEETINGS**

<b>MONDAY</b>				
6:30* pm	<b>Fort Worth</b> - Bethel Methodist Church 5000 Southwest Blvd. *beginning June 2, start time changes to 6:45	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
7:30 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	Richard	(817) 929-5767
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
<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>				
<b>NEW!</b> 6:00 pm	<b>Stephenville</b> – First Presbyterian Church 1302 Harbin Drive		Pat	(254) 485-0921
6:30* pm	<b>Fort Worth</b> - Bethel Methodist Church 5000 Southwest Blvd. *beginning June 2, start time changes to 6:45	HOW	Patrice	(817) 927-7116
6:30 pm	<b>Cleburne</b> – St. Marks United Methodist 1109 W. Henderson		Roxy	(817) 641-5020
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
10:30 a.m. First Saturday	<b>Tri-County Intergroup Board Meeting</b> <b>Arlington</b> – Trinity United Methodist Church 3216 West Park Row Drive and Norwood, Wesley House	Tri-County Intergroup Board Meeting		(817) 303-2888
12:00 noon	<b>Arlington</b> – Trinity United Methodist Church 3216 West Park Row Drive and Norwood, 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>NEED A MEETING IN GRANBURY?</b> Call Leah, (817) 219-2393				
<b>Seventh Tradition Donations</b>				
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:				
<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		