

2008 TRI-COUNTY
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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 • July 2008

Fall into Fall Faithfully with Peace of Mind Tri-County Intergroup Fall Retreat

Saturday, August 9, 2008 • 8:30 a.m. to 12:00 p.m.

The purpose of the workshop will be to: Motivate you to stay ABSTINENT during the FALL • Give you an opportunity to practice meditation. • Learn how to listen to God — Let Go, Let God. • Build a God box. • Have an opportunity to visit/share/mingle with others in OA • Build your support system of members in OA • There will be a White Elephant raffle, so please bring a new, unwrapped item to be raffled.

Please R.S.V.P.: Jamie • Phone (817) 917-7180 • E-Mail jcatoo@yahoo.com
Terri Beth • Phone (817) 292-8188 • E-Mail alacko01@charter.net

Travel Tips from Betsy H.

I've traveled abstinely all over the United States, Germany, Austria, and Switzerland since I started in this program in 1997. Here are some of the things I've learned to do to take care of myself and my abstinence when away from home.

- I take at least one OA daily reader and OA wallet pamphlets, a food journal and phone numbers. I try to find an OA meeting where I am going. I try to maintain my morning routine (prayer, meditation, reading, writing, calling or emailing).

- I can ask for what I need. If I don't ask for it, I certainly won't get it.

Car Trips:

- I take a small cooler with my breakfast foods at least. They are the hardest to find and usually the meal that starts my day well.

- I take my favorite diet drinks and water and keep 6-packs in my car.

- I take my own napkins, paper towels, food storage containers, flatware, salt & pepper, and bags for my recyclables and trash.

- I plan my stops to coordinate with my meal times.

Any Trip: I take:

- 1 cup servings of carrot or celery sticks in baggies (keeps up to 3 days w/o refrigeration)

- grains that travel well (Triscuits, WASA crackers, pita bread, whole wheat tortillas)

- packets of Walden Farms zero calorie salad dressing (<http://www.waldenfarms.com>)

- my own sweetener

- extra packs of sugar-free gum

- proteins that travel well (packs of tuna fish, string cheese, etc.)

- my favorite teas

- I call ahead to the hotel and ask for a room with a mini-fridge and/or microwave.

- If I don't have enough vegetables, I can stop at a grocery store and buy a pre-made vegetable tray.

- I take my own food on an airplane. If I run out, I can buy abstinent meals at the airport after I've gone through security and take it on the plane.

The OA/HOW group of Bethel United Methodist Church in Fort Worth has updated and revised their HOW Recipe Book. If you would like a copy, please send \$7.00 with your name and address to: Molly Horn • 5329 Locke Ave. • Fort Worth, TX 76107 or email bethelhow@gmail.com for a FREE digital copy.

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."

We need your words! Please send newsletter submissions to **bethelhow@gmail.com**

All submissions are welcome: journal entries, articles, thoughts for the day, etc.

**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
Billie Stamp
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

Treasurer's Report 05/08
Your trusted servant, Billie S.

Beginning Balance	\$3303.95
Income	
South Hills	\$40.00
Primary Purpose	\$20.00
Covenant Met	\$152.83
Literature	\$57.00
Expenses	
Misc. Expense	\$53.51
Bank Fees	\$14.00
Funds	
Retreat	\$784.37
Delegate	\$988.20
Total	\$1733.70

AS BILL SEES IT

Carrying the Message

The wonderful energy the Twelfth Step releases, by which it carries our message to the next suffering compulsive eater and finally translates the Twelve Steps into action upon all our affairs, is the payoff, the magnificent reality of OA.

How I see God Now

God/spirituality/prayer were not encouraged (when I was growing up) - sometimes they were actively discouraged. I was supposed to learn the outward traditions of Judaism, but never need to rely on God. As I read the Bible these days, even though there is a lot that I don't understand and a lot more that makes me very angry, I also read about trusting and relying on God to provide.

I believe that people use hundreds of names to call on God. There are thousands of spiritual ways people try to get close to Him, but though they may not realize it, we are all striving to be close to the same God. I believe there is only one, known by many different names.

It's very difficult for me to write in detail exactly how I see/understand God now, because I believe God is infinite, yet that each living creature carries a tiny spark of Him. A tiny spark of God is all we can handle - any more would kill us!

This tiny spark of Him is personal to each of us. If we allow ourselves to reach inside and contact our spark, He will guide us, and give each of us the correct path, the life that he meant us to live, which will be the most fulfilling any of us could imagine.

It is my spark that prompts me to sit on the floor and say Ohm; to pray in the name of all who have lived and died in service to humanity, and to remember that love isn't really an emotion - love is an action - and God takes action to love me as I take action to reach out to Him.

-Anonymous (reprinted with permission)

Take Your Group to visit another group!

Meetings that need support include Millwood, Covenant Friday night, and Arlington Saturday noon.

OA Region 3 Assembly and Convention - A Climate for Change

September 19-21, 2008 • Tucson, Arizona

<http://www.oasouthernaz.org/index.html>

Registration questions? Call (520) 885-8970 or email
valarion523@msn.com

Register before 8/31/08, get all 3 days for \$75, After 8/31/08 \$85

The Tri-County Website has a new home!

Please spread the word and update your bookmarks.

<http://www.aa-tricounty.org>

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

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

Make me Laugh

Once in program and in recovery, there is no denying the seriousness of this disease - although before program I tried my hardest to turn a blind eye to this fact. Nevertheless, I find it very therapeutic to laugh at myself and this disease these days. And I need that reminder to have fun and enjoy my life. To help me do this, I have started a collection of cartoons related to compulsive eating, dieting, the 12 steps, etc. that remind me to laugh. I am asking any of you who have cartoons along this line posted on your refrigerator (how appropriate), bulletin board, etc., to please consider making a copy and mailing it to me at: Rachel Robbins, 3106 Mimosa Park Drive, Richland Hills, TX 76118. I plan to present this collection at a future workshop and would like to have lots and lots of chuckles to share. Thanks so much.

Finding Joy through Grief

by P.L., Riverside, California • reprinted from Lifeline magazine, June 2001

I grew up in a home where expressing myself didn't feel safe. I was a compliant child and tried to live up to everyone's expectations. I learned to be dishonest about who I was. Whenever an unacceptable feeling came up, I stuffed it down with food (usually something sugary).

My mother was an alcoholic, and we understood that we were not to notice anything strange about our home or to mention her drinking. Denying feelings of neglect and disapproval, I would eat.

Since joining Overeaters Anonymous, I have found a safe haven to express those old feelings along with current uncomfortable feelings. A wise and gifted person close to this program taught me how to grieve. Whenever feelings of sadness, powerlessness or anger overwhelm me, I allow myself to cry. Crying has been an important way of surrendering myself to God. I cry whenever I can't verbalize what is happening to me, and sometimes I wail. I have a safe place to go for this. After crying, I immediately feel exhausted and drained. Within a day or two, I feel more rested, less obsessive, less compulsive and more energized and creative.

When I choose not to eat compulsively, I often cry instead, and the temptation to overeat usually disappears. I tried to work this program intellectually, but I didn't have much recovery until I learned to grieve. Compulsive overeating has damaged or devastated every area of my life. Grieving is one of the ways I have used to heal the damaged places in my heart.

Grieving for me is a deep and intense form of prayer. I stay stuck in my feelings and slip back into addictive behavior, including compulsive overeating, until I allow myself to feel the pain of negative emotions. After I feel the pain, then comes the joy, peace of mind and serenity: all the promises of the program.

The Steps and tool of Overeaters Anonymous are the way of life for which I have been searching. My hunger never really was for excess food, but a yearning and searching for God.

Food Fantasies

by A.K. • Reprinted from Lifeline, November 2000

Have you ever thought about what goes through your mind before you take that first compulsive bite? I decided it might be good to think about this and ask my Higher Power to help me not give in to these food fantasies. Here are a few of the thoughts that wreak havoc with my program:

- I'm alone and lonely. What difference will it make?
- I'll never be thin no matter how hard I try, so here's to ya!
- Just one more small serving; I know I can stop.
- Just do it; it will taste great. It won't kill you. You may have some bad days because of it, but you probably would anyway.
- I'm hungry, so I must need something to eat.

These are a few of the thoughts I've had before that first compulsive bite. We know this is our disease talking. Can you add to the list?

The "Big Book" makes the solution clear. Our defense must come from a Higher Power. Simple, but not easy. All I can do is turn these thoughts over to God because I'm powerless over them today and forever. For me, it's God or food. I choose God. How about you?

*Please submit your articles or writings on the Steps and Traditions to
bethelhow@gmail.com*

**I need to stick with the winners, not with people who co-sign my bullsh-t.
Letting go of others will lift my own spirit high today.**

TRI-COUNTY MEETINGS

MONDAY				
6:45 pm	Fort Worth - 76116 - Bethel Methodist Church 5000 Southwest Blvd.	HOW	Patrice	(817) 927-7116
7:00 pm	Arlington - 76013 - Trinity United Methodist Church 3216 West Park Row Drive, Wesley House	Abstinence	Billie	(817) 460-3083
7:30 pm	Fort Worth - 76133 - South Hills Christian Church 3200 Bilglade Rd.	Step Study/ Literature	Happy	(817) 370-7207
TUESDAY				
Noon	Fort Worth - 76133 - South Hills Christian Church 3200 Bilglade Rd.	Commitment and Writing	Happy	(817) 370-7207
6:00 pm	Weatherford - 76086 - All Saints Episcopal Church 133 S. Waco St. (the white house on the corner)	Step Study/ Literature	Richard	(817) 929-5767
7:00 pm	Arlington - 76015 - Covenant United Methodist Church 3608 Matlock Road (west side between Arbrook & Mayfield)		Dianne	(817) 980-3013
7:00 pm	N. Richland Hills - 76180 - St. Johns Hall (the center building) 4101 Frawley Dr., between Glenview & North Hills Mall	HOW	Barbara S.	(817) 284-4258
WEDNESDAY				
12:00 noon	Fort Worth - 76112 - King of Glory Lutheran Church 1659 Sandy Lane @ Brentwood Stair	Literature	Gay	(817) 275-1085
7:00 pm	Arlington - 76013 - Trinity United Methodist Church 3216 West Park Row Drive, Wesley House	Literature	Billie	(817) 460-3083
THURSDAY				
6:45 pm	Fort Worth - 76116 - Bethel Methodist Church 5000 Southwest Blvd.	HOW	Patrice	(817) 927-7116
6:30 pm	Cleburne - 76033 - St. Marks United Methodist 1109 W. Henderson St.		Roxy	(817) 641-5020
7:30 pm	Fort Worth - 76133 - South Hills Christian Church 3200 Bilglade		Happy	(817) 370-7207
FRIDAY				
Noon	Arlington - 76015 - Covenant United Methodist Church 3608 Matlock Road (west side between Arbrook & Mayfield)		Katie	(682) 438-1851
Noon	Waco - 76710 - St. Alban's Episcopal Church 305 North 30 th St.		Faye	(254) 678-3420
SATURDAY				
9:00 am	Fort Worth - 76133 - South Hills Christian Church 3200 Bilglade	Step Study/ Writing	Happy	(817) 370-7207
10:00 am	Southlake - 76092 - White's Chapel United Methodist Church 185 South White's Chapel Blvd., portable building 3B		Mike	(817) 498-4244
12:00 noon	Arlington - 76013 - Trinity United Methodist Church 3216 West Park Row Drive, Wesley House		Billie	(817) 460-3083
12:00 noon	Eules - 76039 - United Memorial Christian Church 1401 N. Main Street	Discussion & Big Book	Rosalie	(817) 355-5070
SUNDAY				
4:00 pm	Arlington - 76011 - Millwood Hospital 1011 N. Cooper St. @ Randol Mill Rd.	Newcomer/ Big Book	Glinda	(817) 456-1602
6:00 pm	Weatherford - 76086 - Trinity Lutheran Church 1500 W. Ball St.	HOW	Kim	(817) 613-6670
NEED A MEETING IN GRANBURY? Call Leah, (817) 219-2393				

Revised 6/24/2008