

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

August 2008

Tri-County Intergroup Newsletter

## 30th Annual Overeaters Anonymous Convention

presented by the Houston Metro and Galveston Bay Area Intergroups

September 12 -14, 2008 • Galveston, Texas

*"We are going to know a new freedom and a new happiness."*

For more information, contact Dawn G. (713) 864-1130 or Ramona M. (281) 337-0704  
Registration deadline: July 29 • Continuing recovery and service opportunities available.

*One day at a time...  
I will do my part in making  
the world a better place.  
I will listen and hear what  
my Higher Power has in  
mind for me.*

*I am wiser, better  
than I thought.  
I didn't know I held  
such greatness.  
- Walt Whitman*

*It is not because  
things are difficult that  
we not dare; it is  
because we do not  
dare that things are  
difficult. - Seneca*

### Intergroup Announcements

- The August IG meeting will be held August 9th after the workshop.
- Covenant Friday Noon meeting could use your support.
- Tri-County Intergroup Thirtieth Anniversary will be October 4th.
- Has your group returned the attendance card sent by WSO?  
 If not, ask the contact person for your group.
- September 19 - 21 – Region III Convention in Tuscon  
 Tri-County Intergroup is planning to send at least one delegate.
- October 9 - Tarrant County Human Resources Wellness Fair
- October 15 - City of Fort Worth Health Fair  
 Tri-County Intergroup is sending representatives.
- February 27 through March 1 – Dallas Metro Intergroup Convention  
 www.oadallas.org

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 06/08

Your trusted servant, Billie S.

<b>Beginning Balance</b>	\$3506.27
<b>Expenses</b>	
Newsletter	\$176.96
Bank Fees	\$14.00
Phone Bill	\$50.21
	<b>\$241.17</b>
<b>Income</b>	
Primary Purpose	\$20.00
Stephenville	\$26.00
NRH	\$25.00
South Hills	\$50.00
Workshop	\$78.00
Literature	\$46.45
	<b>\$245.45</b>
<b>Funds</b>	
General	\$1649.98
Retreat	\$784.37
Delegate	\$1076.20
<b>Total</b>	<b>\$3510.55</b>

## AS BILL SEES IT

Breach the Walls of Ego

- People who are driven by pride of self unconsciously blind themselves to their liabilities. Newcomers of this sort scarcely need comforting. The problem is to help them discover a chink in the walls their ego has built, through which the light of reason can shine.
- The attainment of greater humility is the foundation principle of each of OA's Twelve Steps. For without some degree of humility, no compulsive eater can stay abstinent at all.
- Nearly all OA's have found, too, that unless they develop much more of this precious quality than may be acquired just for abstinence, they still haven't much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency

**The Woman in the Mirror** - by Regina R. Reprinted from the DMI Newsletter, April 1996

- Just over a year ago I sat alone and nearly naked before the large mirror in my bedroom. I stared long and hard at the woman reflected there. It had been years since I'd had the courage to look, really look at her. Usually my necessary encounters with mirrors, for dressing and such, were hasty affairs in which my eyes focused specifically on the bit of hair to be combed or the space of cheek to be rouged. Whenever I would glimpse the total reflection, my eyes would slide away. I was unwilling to face the truth.
- But now, finally, I sat there looking at the woman full on. She was me, but I had no wish to own her. I looked despairingly for something to love in this woman and found nothing. I had, as they say, "hit bottom." It seems an oddly gentle way to describe such an intensely painful experience.
- I looked at this woman, this strange distortion of me, for a long time. I looked at her in total, and I dissected her in parts. Then I asked myself, who loved her? Not who loved the person she used to be; or who loved the person she potentially could be; or who loved the comfort and ease she brought to their lives. But who loved her? Right now, and just like this. Who loved her - wholeheartedly, completely and without reservation?
- The list was a short one. Her three year-old son, and GOD. I wasn't on the list. At least not at that moment and probably not for years prior to that moment. So I continued to look. And I still found nothing about this woman in the mirror that inspired me to love. Finally I decided to love her anyway. I asked God to help me love her. I looked her in the eye and told her I was going to love her just as she was in this moment. Then I set myself to do something kind and loving for her each day. For myself. One of these acts of love was to take myself to my first OA meeting. And then my second. And then my third. Now, more than a year later, the woman in the mirror looks amazingly different on the outside. Thanks to God and to OA, she's a bit different on the inside as well. And that list of who loves her... it now includes me.

## 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](mailto:valarion523@msn.com)

## The Tri-County Website has a new home!

Please spread the word and update your bookmarks.

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

Monthly Treasurer's Report and Intergroup Meeting Minutes are available on the Tri-County Website:  
<http://www.oe-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](mailto:bethelhow@gmail.com)

The only way you could possibly get more ready to take the Fourth Step is to keep eating compulsively. An unwillingness to take Step Four is a direct desire to eat again.

#### A Step 8 Story

I had a little trouble with this Step. My first list had 189 names on it! I thought I owed amends to any and every one I had ever hurt or felt anger toward, because I felt my anger had hurt our relationship. I came to believe that was another form of insanity, driven by a panicky need to immediately right every wrong I believed I had committed. But that list just sat there. I acted on only one of the amends that needed to be made. Gradually, as I grew in the program, I realized I had only imagined that I owed direct amends to many. I came to believe that although I had indeed harmed many there was no way I could make direct amends to every one on my list. My sponsor helped me see that even though I might have felt badly toward some people and institutions, that didn't necessarily qualify as a "wrong" for which amends were owed. My list shrank considerably and I began to filter out the chaff, leaving behind the real stumbling blocks in my life. My sponsor put it like this: figure out the people and events that continue to haunt you...your ghosts...the ones that keep coming back. Those are the things and people that belong on your Eighth Step list. This was do-able and also made sense to me. It took several months for me to recognize my ghosts but, like my sponsor said, they kept coming back. When I was confronted with a memory for the second or third time, I put that on my list. Those were the things I needed to do something about. The other 100+ things had been resolved by time, maturity, or God. I had to let them go or I would never get my real work done. Now my Step 8 list met both criteria of the step: a list of all persons I had truly harmed and those to whom there was a real possibility of making amends.

#### Tradition 8 Experience

*Tradition 8 - Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.*

I'm not the boss of you. You're not the boss of me. I've heard those phrases in the last few years and they sum up the meaning of Tradition 8 to me. I'm so grateful there are no bosses, leaders, or "pros" in OA. I am your equal and you are mine. I don't know any more than the newcomer. I don't have a place of or in authority even though I have "been in OA" for many years. I believe you and I have the same amount of abstinence and experience...one day...this day. Because I experience this program one day at a time, I am on the same level as everyone else.

A wise sponsor once told me as I was about to take my first service position, "Don't take ownership of it. Do only what is requested or required." That philosophy has saved me from a lot of grief due to hurt feelings, jealousy, and resentment. Just because I hold a service position doesn't mean I know how to do it any better than anyone else. It's not a job. It's service. It's something I do without thought of personal gain. That's the difference to me between a volunteer and a professional.

by Anonymous

#### Growing Through Fear

*Edited and reprinted from OA Awareness Newsletter, Arizona/Phoenix Metro Intergroup, May 1999*

Fear continues to play a major role in my life. Fears can be useful. They can show me my limitations and the areas in which I need to grow. They can move me quickly in the direction of action, recovery and progress. The flip side is the chain around my ankle that at times feels stronger than any power. I must work not to get stuck in the fears and let them fester until my faith is whittled away to nothing.

I know not to fight the fears because they are wonderful teachers. They show me where my faith is lacking, so I can meditate and pray. I often learn (in hindsight) that my overeating has been a way of quelling the fears.

I have walked through many fears in recovery, some of them truly miraculous for me: Moving to a foreign country • Leaving a long-term relationship • Not wearing shoulder pads (it sounds silly, but it was miraculous to me) • Letting my boyfriend see me naked, which is still a challenge • Spending weekends alone when I fear the loneliness will kill me • Letting my mother have her feelings instead of trying to fix them, which brings up my fear of abandonment.

However, I only face my fears when I am ready. No one can make me ready, just as I cannot make others change or move through their fears until they are ready. It's usually after much discomfort and soul-searching, and my family and loved ones feel like a tornado has moved through the room when I suddenly talk about long-held fears. They don't know how much time it has taken me to get to that point.

This is the miracle for me. I do not stay stagnant in this program, even if I try. The courage and changes always come. I can let go of any shame I may have about not doing it sooner.

I have more fears than I can see, but for today, whether they are large or small, I have to acknowledge, accept and love them since they are a part of me. Trusting this is a natural part of the human process; I usually meditate and talk about my fears. I know that when I am ready to move through and face the fears, God and all of you are there to support me.

Each time I feel a fear, my faith becomes stronger for the next time. I'm not doing the program wrong if I have fear. It's just part of who I am. Luckily for me, I have a program of Twelve Steps and a loving Higher Power to help me, not to mention the loving and supportive cheerleading squad made up of fellow OA members.

*Living Traditions: Tradition 5 · Principles, Not Problems · Lifeline, May 2008 · Penny E., Oaklyn, New Jersey USA*

*Each group has but one primary purpose, to carry its message to the compulsive overeater who still suffers.*

Page 147 of the OA "Twelve and Twelve" states, "These Twelve Steps and Twelve Traditions principles, rather than our problems, should be the focus of every OA meeting." If newcomers don't hear the message of how this program works, how will they find the hope they need? Meetings are not group therapy, where we invite members to talk about feelings and frustrations. Carrying the message means that what we have learned in OA · to get through our daily lives without picking up food, no matter what! We take the problem to our sponsor and take the solution to our meeting. "Tradition Five reminds us that our recovery doesn't come from simply discussing our problems with each other. It is in the OA message · in our Steps and Traditions that we find solutions to our problems."

Switching from one compulsion to another is like switching seats on the Titanic.

**When you smile, your brain thinks you're happy!**

Once I admit that I cannot manage my own life (Step One), I relinquish the right to try to manage someone else's.

**TRI-COUNTY MEETINGS**

<b>MONDAY</b>				
6:45 pm	<b>Fort Worth</b> - Bethel Methodist Church 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	(817) 927-7116
7:00 pm	<b>Arlington</b> - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013	Abstinence	Billie	(817) 460-3083
7:30 pm	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Step Study/ Literature	Happy	(817) 370-7207
<b>TUESDAY</b>				
Noon	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Commitment and Writing	Happy	(817) 370-7207
6:00 pm	<b>Weatherford</b> - All Saints Episcopal Church (white house on corner) 133 S. Waco Street Weatherford, TX 76086	Step Study/ Literature	Richard	(817) 929-5767
7:00 pm	<b>Arlington</b> - Covenant United Methodist Church (west side between Arbrook & Mayfield) 3608 Matlock Road Arlington, TX 76015		Dianne	(817) 980-3013
7:00 pm	<b>North Richland Hills</b> - St. Johns Hall (the center building) between Glenview and North Hills Mall 4101 Frawley Drive North Richland Hills, TX 76180	HOW	Barbara S.	(817) 284-4258
<b>WEDNESDAY</b>				
12:00 noon	<b>Fort Worth</b> - King of Glory Lutheran Church (Sandy Lane at Brentwood Stair) 1659 Sandy Lane Fort Worth, TX 76112	Literature	Gay	(817) 275-1085
7:00 pm	<b>Arlington</b> - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013	Literature	Billie	(817) 460-3083
<b>THURSDAY</b>				
6:45 pm	<b>Fort Worth</b> - Bethel Methodist Church 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	(817) 927-7116
6:30 pm	<b>Cleburne</b> - St. Marks United Methodist 1109 W. Henderson Street Cleburne, TX 76033		Roxy	(817) 641-5020
7:30 pm	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133		Happy	(817) 370-7207
<b>FRIDAY</b>				
Noon	<b>Arlington</b> - Covenant United Methodist Church (west side between Arbrook & Mayfield) 3608 Matlock Road Arlington, TX 76015		Katie	(682) 438-1851
Noon	<b>Waco</b> - St. Alban's Episcopal Church 305 North 30 <sup>th</sup> Street Waco, TX 76710		Faye	(254) 678-3420
<b>SATURDAY</b>				
9:00 am	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Step Study/ Writing	Happy	(817) 370-7207
10:00 am	<b>Southlake</b> - White's Chapel United Methodist Church Portable building 3B 185 South White's Chapel Blvd. Southlake, TX 76092		Mike	(817) 498-4244
12:00 noon	<b>Arlington</b> - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013		Billie	(817) 460-3083
12:00 noon	<b>Eules</b> - United Memorial Christian Church 1401 N. Main Street Eules, TX 76039	Discussion & Big Book	Rosalie	(817) 355-5070
<b>SUNDAY</b>				
4:00 pm	<b>Arlington</b> - Millwood Hospital (at Randol Mill Rd.) 1011 N. Cooper Street Arlington, TX 76011	Newcomer/ Literature	Rob	(817) 275-7730
6:00 pm	<b>Weatherford</b> - Trinity Lutheran Church 1500 W. Ball Street Weatherford, TX 76086	HOW	Kim	(817) 613-6670
<b>NEED A MEETING IN GRANBURY?</b> Call Leah, (817) 219-2393				

Revised July 24, 2008