

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 • September 2008

TRI-COUNTY INTERGROUP ANNOUNCEMENTS

- 1.) Dallas Metro Intergroup is hosting a Silent Retreat Nov. 14-16.
- 2.) Tri-County IG will not send a delegate to the Region 3 Convention this year because of lack of funds and the fact that a trip to Tucson is very expensive. We will continue building the delegate fund in order to send someone next year.
- 3.) Oct. 4th: Tri-County IG 30th Anniversary Celebration Theme: "30 and Thriving: Keeping the Traditions Alive Through Service." Plans are underway for a momentous celebration.
- 4.) The next Tri-County IG meeting will be Sept. 6. There will be no IG meeting in October.
- 5.) Tri-County Intergroup suggests the following:
 - A.) Order some copies of the new pamphlet from WSO: "Is Food a Problem for You?" to be distributed at health fairs, doctor's offices, etc.
 - B.) Would your group like to sponsor a Tri-County Workshop? Duties would be to provide a building with rooms that have tables and chairs, perhaps provide a topic, help set up and clean up, and possibly help the Workshop Chairs plan the event. Talk it over with your group and let Jamie S. or Terri Beth M. know if you would like to sponsor a workshop. The next available date would be in January 2009.
 - C.) Consider adding this as a part of your meeting format: "Is anyone sitting on a binge or a purge? If so, please let someone know after the meeting so we can help you."
 - D.) Review the "Strong Meeting Checklist," and see how your group measures up.

STRONG MEETING CHECKLIST

The Strong Meeting Checklist is part of OA's 2008-2013 Strategic Plan. It is not enough to make the public aware that OA exists and can be a solution to compulsive eating; meetings have to be strong and must function effectively for people to "stay for the miracle" and for OA to continue to grow and be there for those who need it in the future. Consider doing an inventory of your OA meeting using the checklist.

1. Does the meeting start and end on time?
2. Are all attending, including newcomers, greeted and made to feel welcome and accepted?
3. Does the meeting focus on OA recovery through the Twelve Step and Twelve Traditions?
4. Do we offer our own experience, strength and hope, sharing the solution we have found?
5. Is the group contributing financially to all levels of OA service as per our Seventh Tradition?
6. Are sponsors available and identified at the meeting?
7. Does the group practice anonymity by reminding members not to repeat who is seen or what personal sharing is heard at a meeting?
8. Does the group follow a meeting format?
9. Is only OA-approved literature on display and for sale?
10. Are group conscience meetings held regularly?
11. Are all service positions filled, and is rotation of service practiced?
12. Is the meeting information readily available and the WSO informed of all meeting details and changes so that newcomers and visitors can find our meeting?
13. Are cross talk and advice-giving avoided?

Overeaters Anonymous®, Inc., World Service Office / www.aa.org / Telephone: 1(505) 891-2664 / Fax: 1(505) 891-4320 / 6075 Zenith Ct. NE, Rio Rancho, NM 87144-6424 USA / Mail Address: P.O. Box 44020, Rio Rancho, NM 87174-4020 / © 2008 Overeaters Anonymous, Inc. All rights reserved.

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 07/08

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

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

SERVICE frees us from self-will. It teaches us about how to care for ourselves and others. It teaches us that we're worthwhile. It teaches us that we make a difference. Service keeps us feeling good.

□ The first part was a hard lesson for me. Service had always been about the rewards so I only did service for the show. That only led to resentments because I was doing service for all the wrong reasons.

□ When I came into 12 step, I had a new reason for giving service, and learned a new way to do it. I want OA to be here for me. That's very selfish sounding, but it's really about self care. So I give what I can, when I can. I was told that here I should do whatever is requested or required of the service position, no more...no less. In that way I do not run the risk of taking ownership of the position and making it all about how great I am. That is the short road to a bunch of my character defects.

□ Just as I try to thank my higher power every day for the greatest service--abstinence – I try to thank OA (all of you) by giving service. Together we can do what we could never do alone.

– Betsy H., Fort Worth, Texas

TO BE ABSTINENT IS ABOUT WILLINGNESS, NOT STRUGGLE

If you are willing to be abstinent, this is a state of great humility.

If you are trying to be abstinent, this is a state of great confusion.

A willingness to be abstinent implies that you do not know how to do it, but are willing to learn.

Trying to be abstinent implies that you should be able to do it, but are struggling with it.

If you are willing to be abstinent, you are open to receive.

If you are trying to be abstinent, you are closed to guidance.

If you have been trying to give up old ways and have condemned yourself for failure to do so, simply be willing to learn how the old ways may be replaced with ways of peace.

If you are trying to be abstinent, you will fear not being able to be abstinent. You will judge yourself a failure.

If you are willing to be abstinent, no setback is a problem, for you know that you will be shown.

If you are trying, you are attempting to surrender by yourself.

If you are willing, you are asking for guidance.

Trying to be abstinent places responsibility on you.

Being willing to be abstinent places the responsibility on God.

Willingness to be abstinent is, in a sense, a prayer.

Trying to be abstinent is an act of separation from God.

When you try, there is resistance. When you are willing, there is acceptance.

If you are trying to be abstinent, everything is an interference.

If you are willing to be abstinent, everything is of assistance.

The freely made choice to be abstinent is the most important decision you make each day because it speaks for your willingness to be abstinent each day.

Outside of the will of God, there is no such thing as success.

Inside the will of God, there cannot be any failure.

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! Spread the word and update your bookmarks.
<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

Step 9 work is not easy. It was the hardest of all the Steps for me. Since pride of self is one of my most practiced shortcomings, it was difficult for me to swallow my pride and admit my wrongs. Pride keeps me from working a clean Step 9. I still want to justify my part. Somehow it makes it easier for me to take. The catch is that I cannot express those justifications to the person or institution to whom I'm making amends. Step 9 work is brief. "I did it. I was wrong. I am making an effort to never do that again. Is there any way I can make this right with you?" That's it. Now I have to wait through the painful moments before the other person reacts or responds. That's where I want to justify thinking that my justifications will somehow make what I did all right. I cannot make what I did all right. Only my higher power can. The only thing that makes the waiting a little easier is to give the results to my higher power and to spiritually and emotionally "walk away." After all, making amends is about the past. I must be able to let go of the past and the only way I can do that is to let my higher power have it. [REDACTED]- Anonymous

GETTING WHAT I DESERVE

Lifeline magazine, March 2002 / Edited and reprinted from Road to Recovery newsletter, Westchester United Intergroup, April 2001

This is my third try with OA. I sampled a meeting or two in my 20s and ran away. I came back in my 40s and drifted away again. A year ago, I came back to OA and have been coming back ever since. These are some of the stumbling blocks I had to overcome:

- When I first came to meetings, I felt left out. I looked around and saw people hugging. It seemed as if everyone knew everyone else, and I didn't belong. But I kept coming to meetings, and soon I knew people and they knew me. I began to feel that I did belong.
- At first, I brought my negative, judgmental attitudes with me to meetings. I compared myself to others. When I looked at the thin people who had been through the Twelve Steps, I said to myself that I would never be as thin or as dedicated to the program as they were. When I looked at the heavy people, I said to myself that I wasn't as bad or as sick as they were. Gradually, I learned not to compare, but to accept.

Here are some of the highlights of the things that have kept me coming back:

- My motto has been, "Just do it!" I may not want to do it, or I may think I can't do it; but if I just do it, I feel better.
- I've had a sponsor from the beginning, and I call her daily. She has taught me much.
- I'm learning to live one day at a time, which is much easier than planning my whole life. It frees me from many of my fears.
- I don't need to be perfect or pretend to be perfect. I'm acceptable and lovable with all my faults.
- I'm learning to look at what I've done, not what I have to do. I'm giving myself a pat on the back, not a kick in the butt.
- I'm learning to treat myself with the kindness, respect and love I usually reserve for those I admire.

If you're new to the program, "Welcome and keep coming back!" OA is the best gift I gave myself, and I deserve the best.

PACIFIER

"After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops."

- From "the Doctor's Opinion," Alcoholics Anonymous (Big Book), page xxviii

I received a call from my son this week telling me that little Josh who is almost two has finally given up his pacifier. For those who are not familiar with what that is, Webster Dictionary says it is 1) one that pacifies 2) a nipple or teething ring for babies. He also goes on to identify pacify as 1) to make peaceful, calm, non-hostile, etc.

Josh cried the first few nights for his pacifier. The first night he cried for it and they gave in. The second night he cried for it and again they gave in. The third night they said "NO!" They gave him a little glass of milk and put him to bed. He laid down and slept and has not had his pacifier since then.

I share this with you only to relate that this was me but with food. I would make up my mind with all of the resolutions that today would be the day that I would follow my food plan, not eat such and such, and claim a day of abstinence. Today would be different. And there were many good days. Then out of the clear I would be somewhere or see one of my favorite binge foods. My mind would start the chatter - oh just a taste, one won't hurt, I am hungry, I have been so good, etc. These were foods of my past. These were the things that would pacify me. In times of stress, strife, anxiety, indecision, or even happiness, these were the things that brought immediate feelings of calmness and peace. Many times I gave in. Once these foods were ingested, it would start the phenomenon of craving for more and more food. It did not make any difference whether I liked them or not. I 'needed' my fix. I was without human aid to stop once I started.

I have heard it said "If I don't ever start, then I don't have to stop." How simple it sounds. Simple but not always easy! The book goes on to tell me that the only answer is a belief in a Higher Power and to experience that 'psychic' change. For me I must follow through with the house cleaning, making of amends, continuous daily inventory, always seeking my HP's will for my life, and helping others. It works when I work it.

Tonight I will pick up my 10 year medallion which represents 10 years of continuous abstinence. For me it represents what God has done for me as long as I am willing to let Him. I have been blessed with willingness, honesty, and an open mind. Most days are that way. I have been given the tools to not have to 'start' again. Yes, the voices still chime in sometimes and say "Go ahead, one will not hurt, you deserve this, etc". Then I remember the years when I could not get one day put together much less one month or a year. How I would give in to only feel the return of fear, anxiety, discontent, resentments, hopelessness, and aloneness. Is that bite worth it? Thank God that today I can choose recovery over the alternatives.

Thank you for letting me share with you and thank you ALL for being here for me. Together we can do what I could never do alone.

- Judy (Length in program 31 years / Current length of abstinence - 10 years / Current weight loss - 89 + pounds)

If you don't take a chance, you don't have one.

Sometimes we don't get what we want. Sometimes we don't get what we need. Sometimes we get what we get.

A person singing her own praises is usually singing solo - and out of tune.

I don't have to be perfect all the time. I just need to be the best me that I can be for today. That is the way God intended me to be.

TRI-COUNTY MEETINGS

MONDAY				
6:45 pm	Fort Worth - Bethel Methodist Church 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	(817) 927-7116
7:00 pm	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013	Abstinence	Billie	(817) 460-3083
7:30 pm	Fort Worth - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Step Study/ Literature	Happy	(817) 370-7207
TUESDAY				
Noon	Fort Worth - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Commitment and Writing	Happy	(817) 370-7207
6:00 pm	Weatherford - 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	Arlington - Covenant United Methodist Church (west side between Arbrook & Mayfield) 3608 Matlock Road Arlington, TX 76015		Dianne	(817) 980-3013
7:00 pm	North Richland Hills - 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
WEDNESDAY				
12:00 noon	Fort Worth - 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	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013	Literature	Billie	(817) 460-3083
THURSDAY				
6:45 pm	Fort Worth - Bethel Methodist Church 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	(817) 927-7116
6:30 pm	Cleburne - St. Marks United Methodist 1109 W. Henderson Street Cleburne, TX 76033		Roxy	(817) 641-5020
7:30 pm	Fort Worth - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133		Happy	(817) 370-7207
FRIDAY				
Noon	Arlington - Covenant United Methodist Church (west side between Arbrook & Mayfield) 3608 Matlock Road Arlington, TX 76015		Katie	(682) 438-1851
Noon	Waco - St. Alban's Episcopal Church 305 North 30 th Street Waco, TX 76710		Faye	(254) 678-3420
SATURDAY				
9:00 am	Fort Worth - South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133	Step Study/ Writing	Happy	(817) 370-7207
10:00 am	Southlake - 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	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive Arlington, TX 76013		Billie	(817) 460-3083
12:00 noon	Euless - United Memorial Christian Church 1401 N. Main Street Euless, TX 76039	Discussion & Big Book	Rosalie	(817) 355-5070
SUNDAY				
4:00 pm	Arlington - Millwood Hospital (at Randol Mill Rd.) 1011 N. Cooper Street Arlington, TX 76011	Newcomer/ Literature	Rob	(817) 275-7730
	NEED A MEETING IN GRANBURY? Call Leah, (817) 219-2393			

Revised 8/22/2008