

**2008 TRI-COUNTY
INTERGROUP BOARD**

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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
and heart of OA
to all who share my
compulsion; for this,
I am responsible.*

Looking Up

Tri-County Intergroup Newsletter
December 2008

Eat, Drink & Be Merry

Janet C., Ormond Beach, Florida – Reprinted with permission for the Tri-County Intergroup Newsletter

"...to eat, to drink, and to be merry..."
Judeo-Christian Bible (Ecclesiastes 8:15)

Someone mentioned this phrase at the meeting this morning, and it drew many "interesting" comments. I could tell that I am in a good place, because of where it took my thinking.

With my food plan, I can eat whatever I want. That is a fact. And the wonderful part is that I truly WANT to eat beautiful, healthy food choices. That is a gift that is given to me each day by my Higher Power, because I sure couldn't do it on my own. That I proved many times.

There was a time when "eating what I want" meant something entirely different. It meant eating some healthy foods, but mostly it meant eating junk, desserts, snacks, in fact, anything that I could put into my mouth. Today, there are things I choose not to eat because they are not good for my body, my mind, and/or my spirit.

The same holds true with what I drink. I can drink anything I want. And with God directing my thinking and my actions, I am able to select sane, healthy things to drink. (OK... I do drink diet soda, and I know it's not healthy.) I drink a lot of water, and have grown to love it. It is good for me in so many ways.

Now, to the "being merry" part. THAT, my friends, is easy. I so love the people in this program, at least the ones I have met so far in my 20 years in OA. Let's put it this way, I haven't met any I didn't like. They may be out there, however. And it is so easy to laugh and be merry with them, knowing they understand me and accept me as I am.

Staying merry is not always possible, thank goodness. I think it would be boring to be that way ALL the time. But I am, much of the time.

Today I had the chance to choose between being merry and not being merry. We went to the store. Our car blew a seal and all our oil leaked out. We made it to a garage where the car is now. We had to take a cab home, which was quite expensive. It meant eating lunch about 1 1/2 hours late. That was definitely a place to be UNmerry if ever there was one.

There is so much to be grateful for about that situation, however, that I am merry. The thing that broke is under warranty. We met some wonderful folks at the garage, even a cab driver who carried the groceries for us. We got home safely and the car is fixable. We have another car to use until this one is fixed. We were able to pay for the cab.

I guess this abstinence thing isn't too bad after all. I get the chance to "eat, drink, and be merry" every day of my life. And my world is filled with kind, caring people because of this program. And for these I am grateful.

Bethel UMC OA/HOW Group Recipe Book

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.

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.

Service

by Rene P., delegate to the Tuscon Region Assembly

I believe that service is one of the keys to our recovery in Overeaters Anonymous. It is such a great feeling to know that even I have made a bit of a difference in the world and especially in the Overeaters Anonymous program. I thank you for allowing me to go to Tucson to be a representative at the Region Assembly recently.

I had been to conventions, conferences and assemblies as a spectator and even as a volunteer once at World Service Conference in Albuquerque, but this time was different. I was there to represent our Intergroup and it was so great to be part of the Region business. I am not one to cherish business meetings. This one was exciting, because I saw, and was part of some of the "big picture". I did not do anything beyond the group level when I first came to program. I had no idea how much work goes into making our organization function. Then I went to Intergroup as a representative from our group and was elected to the board as Vice Chair. Still, my service world was small compared to what I found at the Region Assembly. Going to a conference, assembly or convention as a Delegate or Representative takes on a whole new meaning, as I became involved in the workings of our fellowship.

We worked hard and accomplished great things. I volunteered to be on the Public Awareness Committee, because I feel it is vital that we spread the message to those who still suffer. That is our primary purpose. There are things in "the works" that will help us do this. The assembly met from 8 a.m. to 5 p.m., breaking off for time in committee. It was wonderful brainstorming with those in recovery. I think we really did make some good suggestions to be sent to WSO for their consideration.

I was so proud of our Texas groups. The Lone Star state was well represented with nine of us and Wanda S. from Abilene as our Region Trustee and link to World Service. Representatives were there also from Arizona, Colorado, New Mexico, Nevada, Oklahoma and Utah. In addition, to our Region Chair and Representatives, eight of the ten Region Chairs attended, from all over the country, England and Canada. They were such an asset to the assembly and leading workshops for the recovery convention, which ran simultaneously with the business meetings.

I must tell you that the Tucson group was absolutely tireless in making us feel welcome and appreciated. Though the Conference did not start until Friday, I went a couple of days early, at my own expense, and took part in a great OA meeting the local group had put together on Wednesday night. They hosted a pot luck dinner for us and were so sensitive to the different food plans people used, even listing the ingredients for each dish on the buffet.

On Friday some of the Region Chairs, the Chair of the Conference and I went on an outing. It was fun to be with others and get to know them on a different level. I was picked up at the airport by the Conference Chair – wasn't that nice!

So if you want to enhance your recovery, get involved in service. I heard a long time ago that "service is slenderizing"... well, it is wonderful to know that I played a part, small though it might have been, in the big picture of our wonderful program. Thank you for giving me this opportunity.

No Longer Alone

by P.G., reprinted with permission from "Letters of Hope," newsletter of the Dallas Metroplex Intergroup, May 2008

Before I was guided to the program of OA, I was controlled by food. Food was all that I thought about. While eating breakfast, I would be thinking about what I had to snack on before lunch, where I was going to eat lunch, what I had to snack on after lunch, what I was going to eat for dinner and what my bedtime snack was going to be. What kind of life was this? I can tell you it was not a very pleasant life. I lived to eat anything and everything that I could. Food was my best friend. It could not talk back to me, but I only enjoyed what I was eating at the time I was eating it. Afterward, I would sometimes feel sick. I would tell myself that I was not going to do that anymore, but was never able to keep that commitment to myself. Before an hour or two had passed, I was again searching for food.

When I walked into my first meeting in OA, I realized that I was NO LONGER ALONE. There were other people who had the same thoughts, feelings and fears that I had. I felt at home in the rooms of OA. That day, I stopped eating everything in sight. I, by the grace of God, was able to begin my abstinence and only have three meals a day. I never realized that I could ask God to help me with my food. I thought that I just did not have the willpower or want to lose weight badly enough to be able to diet.

After that meeting when God so graciously helped me to put the thought of food out of my mind, I have been a different person. My friends have commented about my difference in attitude and about the weight that I have lost. I do want everyone to know that God did not take the fork out of my hand. When I asked for help from God I knew that I would have to do the footwork and remove the fork myself. God has given me the strength that I needed to be able to only eat my three meals a day and He has given me the strength to tweak my plan of eating to a point that it is allowing me to lose weight. I can go by the snack aisle in the grocery store and not think about picking up something to snack on. God has given me this strength. I do a lot of service in OA and this has helped me to remain strong in the program. I thank God and I thank OA for the wonderful blessing of remaining abstinent and for removing the control that food had on me. I have a life between meals that I am enjoying.

One day at a time, I will live in the joy of this day and I will strive to share this wonderful gift of self-acceptance to others in program.

I get lots of messages from God, but most are in my own handwriting.

Nothing is so strong as gentleness; nothing is so gentle as real strength. -Francis de Sales

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 09/08

Your trusted servant, Billie S.

Start Balance	\$3743.12
Expenses	
AT&T	\$53.92
Newsletter	\$85.95
Bank Fees	\$16.00
WSO Lit.	\$614.60
Stamps	\$8.40
Plane Ticket	\$552.00
Total	\$1330.87
Income	
South Hills	\$70.00
Primary Purpose	\$20.00
St. John's	\$25.00
Wristbands	\$6.00
End Balance	\$2533.25
Funds	
Retreat	\$784.37
Delegate	\$1254.20
Expense	\$552.00
Donation	\$10.00
General	\$1036.68

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

SELFISH?

I can see why you are disturbed to hear some OA speakers say "OA is a selfish program". The word 'selfish' ordinarily implies that one is acquisitive, demanding and thoughtless of the welfare of others. Of course, the OA way of life does not at all imply such undesirable traits.

What do these speakers mean? Well, any theologian will tell you that the salvation of his own soul is the highest vocation that a man can have. Without salvation – however we may define this -- he will have little or nothing. For us of OA, there is even more urgency.

If we cannot or will not achieve abstinence, then we become truly lost, right in the here and now. We are of no value to anyone, including ourselves, until we find salvation from our compulsive eating. Therefore, our own recovery and spiritual growth have to come first – a right and necessary self concern.

AS BILL SEES IT

Intergroup News

WSO has announced a new Seventh Tradition slogan to replace "it takes two,"
Five as if Your Life Depends On It.

Nominations for officers for 2009:

Chair - Rachel R. Vice Chair - Rene Secretary - Sarah Treasurer - Billie S.
 Sub-Committee volunteers/appointees for 2009:
 Telephone - Margaret D. Literature - Maria G. Retreat - Jamie C.
 Parliamentarian - Billie S. DMI Liaison - _____
 Newsletter - Betsy H./Molly H. Workshops - Jamie C. and Terri Beth M.
 Delegates - Rene and _____ Alt. Delegates - Billie S. and _____
 Public Relations - _____ Web Master - Marilee B.

New Men's Meeting!

Thursdays, 6:30 to 7:30 p.m. – Grapevine. Contact Keith for more information: (817) 692-1641 or keithnail@yahoo.com

Reminder from Your Intergroup

During meetings, it is easy to become bogged down in the problems of one's daily life and forget that we are the face of Overeaters Anonymous for any Newcomers that walk through our doors. Remember to talk about **abstinence**. **Talk about what works – give them a reason to come back.**

Literature Available from Intergroup

Tri-County Intergroup has a library of literature available for purchase by any OA group. If you would like to order literature for your group, please contact Literature Representative Maria at (817) 692-6405.

Beyond Our Wildest Dreams	For Today
Twelve Steps and Twelve Traditions	Lifeline Sampler
Voices of Recovery	Health Fair Materials
Newcomer Kit	Sponsor Kit

Treasurer's Report 10/08

Your trusted servant, Billie S.

Start Balance	\$2533.25
Expenses	
AT&T	\$53.92
Newsletter	\$98.01
Health Fair	\$25.00
Wkshop	\$60.00
Bank Fee	\$16.00
Total	\$236.93
Income	
South Hills	\$74.00
Primary Purpose	\$35.00
Weatherford	\$35.00
Bethel HOW	\$115.59
Seventh Trad	\$18.75
Workshop	\$124.75
End Balance	\$2674.41
Funds	
Retreat	\$784.87
Delegate	\$775.95
General	\$1097.59

Tri-County Website Address
<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

TRI-COUNTY MEETINGS

MONDAY				
6:45 pm	Fort Worth - Bethel Methodist Church 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	(817) 377-0189
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	Big Book Study	Barbara	(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) 377-0189
6:30 pm	Cleburne - St. Marks United Methodist 1109 W. Henderson Street Cleburne, TX 76033		Roxy	(817) 641-5020
7:00 pm	Grand Prairie - Our Redeemer Lutheran Church 4729 South Carrier Parkway Grand Prairie, Texas 75052	Friendship, OA 12 & 12	Keith	(817) 692-1641
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	Eules - United Memorial Christian Church 1401 N. Main Street Eules, 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	Rachel	(817) 595-3044
	NEED A MEETING IN GRANBURY? Call Leah, (817) 219-2393			