

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - JUNE 2012

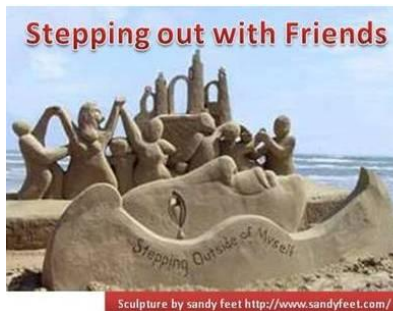
An Unrequited Love Affair

In journaling, we allow our emotions to pour out so together with our Higher Power we can overcome and find a better life...

I like food too much. I do indeed put it before my higher power sometimes, frequently, even. It's an unrequited love affair. Food never gives back what I give to it. I look at it longingly and it never looks back at me. I wait for it and think about it but it never thinks about me. I make plans for it but it doesn't care about my plans. I love it but it doesn't love me back. I create recipes for it, yet it doesn't notice the fame I have created for it. It could not care less about all the time and attention I have given it over the years.

I have wasted so many hours, days, weeks and months pursuing a hopeless relationship. It is totally one-sided. I am nauseous at the thought of it. I would not tolerate this behavior in someone else. I'm in a codependent relationship with food. There is only one way out and that is to leave it but I can't leave it! I have to face it three times a day while it mocks me, just sitting there, without a care for whom or what I am or what I feel.

(Continued on Page 3)



Sculpture by sandy feet <http://www.sandyfeet.com/>

How about a visit from the Tri-County Intergroup Roving Reporter....

We would love to come to your group and write an article sharing the experience, strength and hope within your group. Just contact newsletter@oa-tricounty.org and we will be happy to schedule a visit.

2012 TRI-COUNTY INTERGROUP BOARD

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

Monthly Intergroup minutes
are available at
www.oa-tricounty.org

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 OA Tri-County Intergroup or OA as a whole. Editor reserves the right to edit material submitted.

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

In Gratitude for continuing Support

We have gratefully received donations from the following groups:

**South Hills, Ft Worth - Primary Purpose, Ft Worth
- Richland Hills**

Step 6

Were entirely ready to have God remove all these defects of character.



Willingness

Subscribe to Print Lifeline

Lifeline magazine is published 10 times a year and is available in two versions: a 30-page printed magazine and an electronic online magazine, called *e-Lifeline*. Both contain the same content. *The March/April and September/October issues are 34 printed pages.*

Annual subscription price for the printed version of *Lifeline* magazine, which you receive in the mail, is \$23.00 in the US.



Discover the experience, strength and hope of recovery!

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Special from Looking UP

Any TCI group or individual submitting an article for *Looking Up* will be entered into a drawing to receive one of two free 1 Year subscriptions to *Lifeline*.

Articles must be submitted by **October 1st 2012** for inclusion in the drawing.

Winners will be announced at the **TCI Annual Retreat**.

Share your experience, strength and hope and you might just receive one full year of Lifeline free.

Looking UP

An Unrequited Love Affair (Cont.)

I must use the OA tools to stop this negative thinking and I must ACT AS IF until the feelings start to turn away, too. There is no cure for this affair; there is only a daily reprieve.

Dear God, help me today to do your will, not mine. Help me to free myself from the bondage of this unrequited love affair. Help me to surrender this illicit love to you, to do with it as you will. Give me the courage to look myself in the eye and declare my love for YOU first. Direct my thinking and my actions today. Help me to pick up the phone, not the food. The only choice I have is to finish the affair and to never look back.

Betsy H.

6th & 7th Step: The Desert Journey

To desire relief from the pain of our disease is one thing. But to seek to change all that is “out of focus” with our Higher Power is a step beyond. I refer to these two steps as the desert steps. Two Steps that allow us the unique opportunity to rebuild and reshape our whole being to be what we always wanted to be.



For me the journey, while filled with new challenges, was never a question. I did not want to have anything to do with the old way of life. The freedom from the 4th and 5th Steps and the empowerment provided by Steps 1 thru 3 left me wanting more. And so we begin the quiet contemplation of what it is we still hold on to that is of no use to our new life.

6: Were entirely ready to have God remove all these defects of character.

and

7: Humbly asked Him to remove our shortcomings.

If I look back I see a world that held me shackled in remorse and disease. If I look forward I see a world that I can truly participate in. If you had told me this was the real power of the 12 Steps when I first arrived broken and in pain I could not have believed you.

*Anonymous
Looking Up AUG 2010*

Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS

Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	6:30 PM	Granbury / Acton - Acton United Methodist Church, Adult Education Building, Room 202A 3433 Fall Creek Hwy (Hwy 167S) Granbury, TX 76049		Leah	817-219-2393
MONDAY	6:00 PM	Waco - St. Alban's Episcopal Church 305 North 30th Street, Waco, TX 76710	Big Book Study	(pager)	254-260-1258
MONDAY	7:00 PM	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	Abstinence	Billie	817-460-3083
MONDAY	7:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Literature: Step / Tradition of the Month	Happy	817-370-7207
TUESDAY	Noon	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Big Book Study	Happy	817-370-7207
TUESDAY	6:00 PM	Stephenville - Cross Timbers - First Presbyterian Church 1302 N Harbin Drive, Stephenville, TX 76401	Literature / Topic	Pat	254-485-0921
TUESDAY	7:00 PM	Richland Hills - United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #110	Big Book Study	Rachel	817-595-3044
WEDNESDAY	7:00 PM	Tarrant County - Men's Group 3401 Scenic Hills Drive Bedford, Texas 76021	new location	Keith	817-692-1641
WEDNESDAY	7:45 PM	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	HOW Closed meeting	Billie	817-460-3083
THURSDAY	6:45 PM	Fort Worth - Bethel HOW - Bethel Methodist Church (corner of Southwest Blvd. & Vickery) 5000 Southwest Blvd., Fort Worth, TX 76116	HOW	Patrice	817-692-7180
THURSDAY	7:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Big Book Awakening	Happy	817-370-7207
SATURDAY	9:00 AM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA Workbook	Happy	817-370-7207
SATURDAY	Noon	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	Literature	Billie	817-460-3083
SATURDAY	Noon	Daily Reprieve, Euless - United Memorial Christian Church 1401 N. Main Street, Euless, TX 76039	Step Study / Big Book	Margie M. Pat M.	972-310-3636 817-864-9888
SUNDAY	4:00 PM	Fort Worth - Primary Purpose - Pantego Bible Church, Room 103 8001 Anderson Blvd. Fort Worth, TX 76120	Literature	Renae	817-905-0613
SUNDAY	4:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Writing, Steps and Literature	Chrystyna	214-202-6993

Tri-County Intergroup meets at 10:30 am the first Saturday of every month, Trinity United Methodist Church, 3216 West Park Row Drive, Arlington, TX 76013 in "Wesley House"

last change 5/24/12