

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - DECEMBER 2012

The Present

An OA Friend

A story known in my heart and revealed to me by more than emotions surging through my mind.

I came to understand the voice was my Higher Power calling me home.



I awoke within a dream and there beneath the sparsely decorated tree was a present wrapped in bright ribbon and colorful paper. It held my eye and drew me to my knees.

I opened the package and there was an old worn and scratched up eight ball, a game from my youth, and my heart chuckled remembering days long gone. I asked it the question that the dream forced to the top of my mind “Will I ever be happy?”

Turning the ball the answer was revealed - **TAKE STEP 1.**

I rotated the black globe shaking it furiously and upending it again not liking the answer I received. It revealed - **TAKE STEP 1.**

My feelings raged at the trick of fate that mocked even my dreams, tormenting my flights of fantasy. I threw the black globe back in the box and sat back on my heels preparing to cry.

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

Monthly Intergroup minutes
are available at
www.aa-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.*

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(The Present Cont.)

The dream took hold of me shaking me to my core. A question I had pressed down into the depths of my despair surged up to confront me. Trembling I picked up the child's toy and asked "Is God real?"

Turning the ball the answer was revealed - **TAKE STEP 1.**

The tears poured and unabated they drenched the pains carried for so long making rivulets in the mud of my torments. I looked at the devastation that was my life.

There, shining like a hidden treasure, beneath the denial and the anguish was my life. I saw compulsion and the reality of my disease.

I shook the ball one more time and asked "Is there a life for me?"



Turning the ball the answer was revealed - **TAKE STEP 1.**

Dreams filter through our lives and mark waypoints on our journey. When the winter months approach and life takes on the excitement of the holidays I think of wrapping one present and putting it under a scantily clad tree. I smile. In my dream there was only one answer on the scratched and dented eight ball. I took its advice and now the wonders of a life fill my soul with presents.

An OA Friend

In Gratitude for continuing Support

Your donations at our meetings continue to provide us with the ability to spread the message. In this holiday season let's each keep our arms open and available to help one more to the happiness we find in abstinence.



Step 12

Having had a spiritual awakening as a result of these Steps, we tried to carry this message to compulsive eaters, and to practice these principles in all our affairs.

Looking UP



Tools for Abstinence

- ❖ Learn to listen, not just hear. Be open-minded and nonjudgmental.
- ❖ Know that if your insides match your outsides, everyone looks good.
- ❖ If the rest of the world looks bad, check yourself out first.
- ❖ Gratitude is in the attitude.
- ❖ When all else fails ... punt! Up the number of meetings!!!
- ❖ Remember FEAR = FALSE EVIDENCE APPEARING REAL!

- ❖ Remember FINE = Fouled up, Insecure/insane, Neurotic and Emotionally unbalanced...watch the FINE.
- ❖ Handle what you can and leave the rest, don't overtax yourself. You can only accomplish so much in a given 24 hours.
- ❖ Honesty and consistency are key factors in recovery.
- ❖ Let the little kid in you out - learn how to laugh from the gut.

*These are not in order or comprehensive.
They are but suggestions and items to put in your own OA tool-bag.
OA Houston*

The Gift

Anonymous

I did not find it on a mountain top dressed in flowing robes singing incantations.

I did not touch it with ritual and dance orchestrated by others.

I did not sense it through the incense and pomp and ceremony meant to bring it to life in my heart.



It came to me after an internal journey, piercing the veil of my brokenness and entering the caverns of my closed soul.

It pressed me into hard toil using every ounce of my grit to polish it and reveal its true worth.

It required I give up parts of the world that did not fit the reality of my life and take on gifts that turned my gaze outward.

It set me on a road chosen by another greater than myself awakening me to the truth of life and all its majesty.

It told me you are my gift. - I hold my hand open in service to you and know that I have the greatest gift I could possess.

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Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS					
Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	6:00 PM	Waco - DePaul Center 301 Londonderry, Waco	Big Book Study		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	OA 12X12 writing / AA Big Book	Happy	817-370-7207
TUESDAY	6:00 PM	Stephenville - <i>Cross Timbers</i> - 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	1:30 PM	OA Step & Tradition - New World United Methodist Church, Room 28, 2201 N. Davis Dr., Arlington	New Time and Place as of Jan 2, 2013	Gwenne G	682-429-7990
WEDNESDAY	6:00 PM	Waco - DePaul Center 301 Londonderry, Waco	Big Book Study	Anna Kay	254-498-6898
WEDNESDAY	7:00 PM	Tarrant County - <i>Men's Group</i> 3401 Scenic Hills Drive Bedford, Texas 76021	Men's Meeting	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 - <i>Bethel HOW</i> - Bethel Methodist Church (corner of Southwest Blvd. & Vickery) RING DOORBELL ON DOOR TO THE RIGHT OF THE SANCTUARY 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	Voices of Recovery / OA 12X12	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	4:30 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 11/20/12