

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - APRIL 2012

One Fateful Day

I awoke in pain and attempted to shut out the world's brightness leaking in my window. Defeated by the light and I crawled out from under my covers falling to my knees. It was a moment of import even with my protestations and to this day I believe it was God inspired.

Sponsors gently guide and share their experience, strength and hope - they do not force their will upon us. We choose each step we take, and my sponsor calmly waited for my response after the wonderful celebration of Step 3 faded.

We all know what is next. We all saw it staring down at us from the first day we walked into the rooms. Cold, stark and dreaded beyond most anything we have known except maybe the pain of our compulsion.

Then the light reached that corner of my soul I hid from the world and I saw something I could hardly believe. There on my knees I saw that God already knew the deepest and darkest pain I held in those dark places of my soul and He already forgave them only waiting for my permission to remove the pain.

On that fateful day I picked up the pencil and began to write like my sponsor suggested.

Anonymous

Slogans to Recover by

- Pain is inevitable; suffering is optional.
- Resentments are like taking poison and expecting the other guy to die.
- FEAR = False Evidence Appearing Real.
- Character Defects - if you spot it, you've got it.
- Act with an attitude of gratitude.
- Resentments are acid - they destroy the vessel in which they are stored.
- God may send a rowboat but we must work the oars.

2012 TRI-COUNTY INTERGROUP BOARD

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Region 3 Rep 1:	Terri Beth
Region 3 Rep 2:	Jaclyn

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.*

Looking UP

In Gratitude for continuing Support

We have gratefully received donations from the following groups:

**Primary Purpose - King of Glory
Ft Worth Wedgewood Baptist Church -
Richland United Methodist Church**

Step 4

Made a searching and fearless moral inventory of ourselves.

Have you ever met someone in need of a gentle hand to help them through the day?

Did you know that sharing your experience, strength and hope in the newsletter could be that helping hand?

Such a simple thing for such a special gift.

<i>The Steps</i>		Negatives of Being a Compulsive Overeater	Freedom of the Program	Abridged Steps	Condensed Steps
<i>Here are the steps we took which are suggested as a program of recovery. (BBp59-60)</i>				<i>adapted from http://addictionrecoverybasics.com/12-steps-abridged-version/</i>	<i>Arizona Metrogroup Newsletter</i>
Step #1	We admitted we were powerless over food - that our lives had become unmanageable.	...continual foolishness of lying to oneself...	Freedom from the obsession with food	1 - My life stinks.	1 - Show up
Step #2	Came to believe that a Power greater than ourselves could restore us to sanity.	...feeling ashamed, guilty, inferior...	Freedom from insanity and hopelessness	2 - HP Help!	2 - Look up.
Step #3	Made a decision to turn our will and our lives over to the care of God <i>as we understood Him.</i>	Not being able to eat "trigger foods" in moderation...	Freedom from the bondage of self	3 - Let it go.	3 - Give up.
Step #4	Made a searching and fearless moral inventory of ourselves.	...seeing everyone as watching my plate...	Freedom from dishonesty	4 - OK, I did that AND that AND that...	4 - Fess up.
Step #5	Admitted to God, to ourselves and to another human being the exact nature of our wrongs.	...suffering health complications from overeating...	Freedom from isolation	5 - Like I said...	5 - Fess up.
Step #6	Were entirely ready to have God remove all these defects of character.	Being judged by my outside - not my inside...	Freedom from running the show	6 - I am ready to stop it now.	6 - Open up

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Step #7	Humbly asked Him to remove our shortcomings.	...hating myself...	Freedom from self-reliance	7 - HP take it!	7 - Open up.
Step #8	Made a list of all persons we had harmed, and became willing to make amends to them all.	...trying on clothes - and all that entails...	Freedom from blame	8 - Sorry.	8 - Make up.
Step #9	Made direct amends to such people wherever possible, except when to do so would injure them or others.	...avoiding activities...	Freedom from fear of people	9 - Make up for it...	9 - Make up.
Step #10	Continued to take personal inventory and when we were wrong promptly admitted it.	...wanting to binge in a stressful situation...	Freedom from complacency	10 - stay aware of...	10 - Keep up.
Step #11	Sought through prayer and meditation to improve our conscious contact with God <i>as we understood Him</i> , praying only for the knowledge of His will and the power to carry that out.	...fearing death...	Freedom from loneliness	11 - stay in touch with HP.	11 Keep up.
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.	...never knowing peace and serenity...	Freedom from lack of purpose	12 - Keep on keeping on and pass it on too!	12 - Speak up.



*In this walk of abstinence I see bridges to peace before me.
Guided by gentle steps I find hope in the journey.
The springtime of life is in the joy of sharing the journey.*

An OA traveler

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	Noon	Fort Worth - King of Glory Lutheran Church 1659 Sandy Lane @ Brentwood Stair, Fort Worth, TX 76112	Literature: Step / Tradition of the Month	Lucy	817-275-0144
WEDNESDAY	7:00 PM	Tarrant County - Men's Group - Ste 608, Radio Shack Shopping Center 4105 State Highway 121 @ Cheek-Sparger, Bedford, TX 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 - 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"