

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - SEPTEMBER 2014

Celebration of the Newcomer

A yearlong celebration of the newcomer to our meetings through the words of our member groups. As we walk this miracle program, let's share our experience, strength, and hope. Let's share our personal newcomer experience and how we can continue to reach out and help others find abstinence.



*This month
sponsored by
South Hills Group*

Finding a New Orbit

When I first came to OA I lived to eat. My life revolved around satisfying my cravings. I was surviving. I knew no other way. I had never experienced serenity with food, God, people or myself.

In OA I trust in a power much higher than my own. My God helps me if I seek and am willing to believe He will help me with the food obsession and with life.

Before OA, food was my life. Now food is a small part of my life. My day revolves around seeking God's will and turning to Him for help in decision making.

I learned it is okay not to have all the answers. It is possible to wait on a decision. My self-esteem does not hinge on what others opinion is of me.

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*First homework assignment
of the new school year....*

*Add me to the Newsletter
mailing list!*

newsletter@oa-tricounty.org

*Get your monthly
newsletter electronically
every month in full color
and ready to enjoy. We
would love to spread the
good news of abstinence
with you!*

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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.*

Contact the editor:
[newsletter@oa-
tricounty.org](mailto:newsletter@oa-tricounty.org)

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Once I was willing to ask God and other recovering OA members for help, the healing and ability to listen began. Today I put my recovery first so that I can live the life God intended for me. I have tools that work if I choose to work them. I have friends who listen without judgment or advice giving. There is freedom. There is hope. I don't hate myself and worry about the future. I work the Steps daily because no surgery or diet or amount of self-control has worked for me. I am grateful to God and my sponsor for giving me the gift of unconditional love and acceptance.

It has been a long journey, and I have more challenges in my life now than when I first came into OA thirteen years ago. I have been in and out of OA many times. Either I was not willing to work with a sponsor, didn't like what another member said, or I sought solutions outside OA. I was afraid to come back, anticipating the judgment of OA members who were recovering. Their judgment never came. I come back to meetings for my own recovery. Newcomers are important for me to remember how unmanageable life is while I am in the food. I hope I have hit my rock bottom. Today is going to be all right. Self pity and overeating are not the answers.

To all newcomers and newly returning members: my wish for you is to accept the free gift of OA. It is the gift which keeps on giving.

*Karin W.
South Hills Group*

<u>In Gratitude for Continuing Support</u> <i>Daily Reprieve-Useless</i>	
<u>Tradition 9</u> <i>OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.</i>	

Climbing Out of the Pit

I love to hear from people who are enthusiastic about their abstinence, but like another member said, I also get a lot of hope and inspiration from people who talk about difficulties that they DIDN'T eat over... or who admit that they slipped but still end on a positive note about what they learned and how they'll apply Program to a similar problem in the future.

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Don't let the upcoming holidays steal your abstinence Saturday, October 4th 2014	
	<u>Location</u> South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133
	Registration begins at 12:30 Workshop runs from 1:00 until 4:00


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Continued... Climbing Out of the Pit

What I don't find helpful is hearing someone go on and on about the problem without ever tying it to the solution. When I came to OA, I had spent a lifetime wallowing in the "poor me" quagmire and the last thing I needed was

someone to encourage that by commiserating with me, no matter how well-meaning they were. Instead, I needed people around me who had a solution and could show me how to climb out of that pit. I needed people who would say to me, "Yes, I understand where you are ... but where are you going from there???~"

From those people, I learned that negativity breeds more negativity and that's how the disease keeps us trapped. Dwelling on the problem keeps us in the self-

TCI Annual Retreat	
<p>Eleventh Step Prayer</p> <p>God, make me an instrument of your peace! That where there is hatred, I may bring love. That where there is wrong, I may bring the spirit of forgiveness. That where there is discord, I may bring harmony. That where there is error, I may bring truth. That where there is doubt, I may bring faith. That where there is despair, I may bring hope. That where there are shadows, I may bring light. That where there is sadness, I may bring joy.</p> <p>God, grant that I may seek rather to comfort, than to be comforted. To understand, than to be understood. To love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life.</p> <p>AA Twelve and Twelve book, page 99</p>	<p>TCI Annual Retreat October 31st - November 2nd</p> <p>Led by a male OA member from Scottsdale AZ with 35 years in the program</p>  <p><i>Let your abstinence come alive with us!</i></p> <p>Weekend Price \$110. 00 Saturday only Price \$55.00 For information call Kathy C at 817-307-2331 or Mary Lou at 817-287-9440</p>
<p>Make sure you reserve a spot at the retreat!</p>	

destructive cycle, while tying everything back into the solution helps us break free.

Life is going to happen to all of us. We're all going to have family problems and job problems and health problems and financial problems from time to time. We're all going to have emotional struggles, too... and sometimes that will result in struggles with food. If it didn't, we would not be compulsive overeaters.

When things get rough, I've found that the best thing for me to do is to keep one eye on the prize of RECOVERY, even if I am in the middle of a storm. As long as I do, I have a beacon of hope that serves to guide me through the storm. The last time I lost sight of it; I stayed lost for a very long time. I don't intend to let that happen again.

Dana
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Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS					
Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	7:00 PM	Arlington - Wesley House	Speakers, Step Studies, Literature	Mary Lou B.	817-287-9940
		3216 West Park Row Drive, Arlington, TX 76013			
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	Noon	Bedford - OA Power Hour Real Time Phone Meeting: 712-432-5200, Access Code 956915#	12 Step Practice	Keith	817-692-1641
TUESDAY	6:00 PM	Stephenville - <i>Cross Timbers</i> - First Presbyterian Church	Literature / Topic	Pat	254-485-0921
		1302 N Harbin Drive, Stephenville, TX 76401			
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	OA Literature	Gwenne G	682-429-7990
WEDNESDAY	7:00 PM	Arlington - Wesley House 3216 West Park Row Drive, Arlington, TX 76013	HOW <i>Closed Meeting</i>	Lisa	682-438-9160
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	Big Book Study with writing	Happy	817-370-7207
SATURDAY	Noon	Arlington - Wesley House 3216 West Park Row Drive, Arlington, TX 76013	Literature	Mary Lou B.	817-287-9940
SATURDAY	Noon	Daily Reprieve, Euless - United Memorial Christian Church 1401 N. Main Street, Euless, TX 76039	Step Study / Big Book	Pat M.	817-864-9888
SUNDAY	4:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Writing, Steps and Literature	Blythe	(817) 300-4329

CLOSED MEETINGS - Meeting marked "Closed Meeting" are for any OA Member.

Tri-County Intergroup meets at 10:30am the first Saturday of every month. The meeting will alternate between Wesley House, 3321 West Park Row Dr., Arlington, Texas 76013 and South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133

2014's Intergroup meetings will be held as follows:

February 8th – Fort Worth; March 8th -Arlington; April 5th - Fort Worth; May 3rd - Arlington; June 7th - Fort Worth; July 12th Arlington; August 2nd - Fort Worth; September 6th - Arlington; October 4th - Fort Worth; November ? (might hold it with the retreat); and, December 6th - Fort Worth.

last change 8/2/2014