

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - FEBRUARY 2017

Recovery Means Freedom

Each month a member will provide the experience, strength and hope of their journey so far in OA. From newcomer to friends with years of abstinence, the miracle of this program continues to work if we work it!



This month sponsored by South Hills Saturday

Introduced to Sanity

OA doesn't promise me a pain-free life; it promises that, if I follow this 12-Step way of living, I'll be able to have a peaceful, healthy life in spite of any challenges that may come. I thought I wanted the first option—the life without any pain. That's what I was aiming for with the food; continuous anesthesia. But there really wasn't any true relief or lasting peace. There was only the call for more escape. Now I'm willing to live the full human experience with all its ups and downs. I know that I have everything I need to do more than survive. I can thrive despite whatever comes because I have my Higher Power, an incredible framework for healthy living (OA), and this beautiful fellowship to support and guide me.



The act of turning things over is most definitely freeing. It's not an easy task to do mentally, but when I use my God Box or pause and breathe - say the Serenity Prayer - and ask for guidance and relief - my fear, worry and obsessive thinking are always diminished.

Often, I'm completely released from the mental anguish of circular thinking. I love what this writer said: "God, take this problem from me, and don't give it back unless I need to do something about it". "I trust you, God." I've spoken similar words when I say that I trust God with my day and my life, and I trust God with so-and-so's day and their life...

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Tri-County Intergroup
Group # 09163
P.O. Box 331703
Fort Worth, TX 76163

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

Looking UP

Service is Vital to Our Own Recovery

Here Are 100 Opportunities to fill your heart and secure your

We are still looking to finish this list to 100... Maybe you have a service idea we can include in our list... Still need 20 or so good ideas!

<i>Your focus:</i>	<i>Service you can perform</i>
Ensure the Health of Your Group Meeting	35. Organize a group conscience to determine what the group can do to carry the message of recovery. Consider the group's approach to newcomers and "twelfth step within".
Ensure the Health of Your Group Meeting	36. Ask to take a "group inventory," using an entire meeting or a special business session for an honest and fearless discussion of the group's weaknesses and strengths.
Carry the Message of Recovery	37. Offer your story and support to the still-suffering compulsive overeater.
Carry the Message of Recovery	38. Put up bulletin board notices (at your place of work, in local libraries, grocery stores, coffee shops, student lounges/unions, health clubs, beauty salons, shopping malls, etc.) (Note: "Business cards" and tear-off sheets are available from Intergroup).

H.O.P.E = Happy Our Program Exists My Front line Strategy

I woke up with this phenomenal thought. Winning wars is about having a well trained, large army; with the best technology money can offer. It takes strategy and execution. Am I winning the war against Overeating?

My army general of course, is the God of my understanding. I pray - a lot. I get down on my knees every morning and part of my prayer is to ask for help with my eating that day. And I end my day on my knees to thank Him for another day where food was not the army general! A small battle won.

The army is my support team. I have loads and loads of friends I can call any time of the day or night. My friends in England and France are up when others here are sleeping. I can even call them is I wake up during the night and ache to eat. I have friends in California who I call late when my local buddies have hit the sack. During the day, there are friends here and there is always email. What a great "reserve army" the internet friends have become.

My front line strategy is a plan of eating which I follow like my life depends on it. Why? My life depends on it. It is likely an armored car. I can use it to gain, lose or maintain weight. If it stops working, we can tweak the plan.

Oh yeah, my sponsor is the lieutenant in the field with me. She's barking the front line orders! If I follow her directions, I might just live another day in the foxholes.

Weapons... let me see. How about literature? I can read how others have successfully won the war on compulsive eating. There's that anonymity, too. When Jason was in Iraq, he wasn't allowed to tell us exactly where. That was for his protection. Yeah, anonymity is like that!

Diversion Tactics... maybe service? While I'm knee deep in helping others, I can dodge the bullets of emotional eating. I have my mind on something else other than poor me!

Gerri "Trust God and buy broccoli"
Reprinted from March 2007, Letters of HOPE

Looking UP

*In Gratitude for
Continuing Support*

Bethel HOW and Richland Hills

*Freedom from insanity
and hopelessness*

Freedom

*For many of us, freedom came
when we took Step Three and
turned the entire problem over to
our Higher Power. || — OA
12&12, p. 20 This freedom
continues to grow with each step.*



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I used to hate unknowns. In order for me to be comfortable, I needed to know the details ahead of time and be able to plan, plan, plan. But even when things went according to my detailed plans, there was no peace; only the need for more design and control. It wasn't until I began my relationship with God that I learned how to trust and let go. Nowadays, I trust that the unanswered questions will work out more than I trust my ability to predict and arrange good outcomes. I'm more at ease with what was, what is, and what might be than ever before. And when that dis-ease arises, as it will from time to time, I know exactly how to find relief and it's not with food.

I can't say that I was restored to sanity about food or anything else, but as one beautiful OAer puts it, I was introduced to sanity. At this point in my recovery, anytime I pause to connect to God, I am brought back to center—I am restored. My thinking so easily gets out of whack and will keep going, taking me down the rabbit hole or into space if I don't take action that opens me up for redirection and recovery. I once heard someone speaking and she shared that everyone is born with an inner flame; an inner Higher Power that is like a glass lantern within us. As we go through life, the lantern's glass gets dirty from life's experiences. With God and Step work, the glass becomes clean once again. I like that imagery.



*Anonymous
South Hills Saturday*

Looking UP

Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS					
Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	7:30 PM	Fort Worth - South Hills Christian Church	Literature: Step / Tradition of the Month	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
TUESDAY	Noon	Fort Worth - South Hills Christian Church	OA 12X12 writing / AA Big Book	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
TUESDAY	7:00 PM	Richland Hills - City Point United Methodist Church	Literature meeting	Rachel R.	817-595-3044
		7301 Glenview Drive, North Richland Hills 76180 Room #104			
TUESDAY	7:00 PM	Arlington - City on a Hill	Speakers, Step Studies, Literature	Sherri G.	817-461-4053
		City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120			
WEDNESDAY	7:00 PM	Eules - United Memorial Christian Church		Cindy	817-455-5125
		1401 N. Main Street, Eules, TX 76039			
THURSDAY	6:45 PM	New Beginnings HOW - St. Paul Lutheran Church	New Location	Patrice	817-692-7180
		1800 West Freeway Fort Worth, TX 76102			
THURSDAY	7:00 PM	Arlington - City on a Hill Church	HOW	Lisa	682-438-9160
		City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120			
THURSDAY	7:30 PM	Fort Worth - South Hills Christian Church	OA & AA Literature	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
FRIDAY	11:00 AM	Saginaw Overeaters Anonymous Meeting	Open	Rita R.	817-353-5829
		Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179			
SATURDAY	9:00 AM	Fort Worth - South Hills Christian Church	Big Book Study with writing	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
SATURDAY	10:30 AM	Fort Worth - South Hills Christian Church	Men's focus, all welcome - Topic/discussion	Dan	925-577-8636
		3200 Bilglade Road, Fort Worth, TX 76133			
SATURDAY	Noon	Arlington - City on a Hill	Literature	Blythe	817-300-4329
		City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120			
SATURDAY	Noon	Daily Reprieve, Eules - United Memorial Christian Church	Step Study / Big Book	Margie	972-310-3636
		1401 N. Main Street, Eules, TX 76039			
SUNDAY	4:30 PM	Fort Worth - South Hills Christian Church	Writing, Steps and Literature	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			

Tri-County Intergroup meets at 10:30am the first Saturday of every month. The meeting will alternate between New World United Methodist Church, 2201 N Davis Dr, Arlington 76012 at 10:30 am in Room 28, and South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133

2017's Intergroup meetings will be held as follows: Arlington 1/7, 3/4, 5/6, 9/9 (workshop) 7/1 and 1/6/18; Fort Worth 2/4, 4/1 (workshop), 6/3, 8/5, 10/7, 12/2; 11/4 At our Annual Retreat

last change 1/14/17