

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - MARCH 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's Saturday Morning Group

Why I Need OA

I always thought I needed OA but I was leery of the discipline. Who wants discipline? Isn't there some magic way I can turn off overeating and just be normal? Please can I just crawl out of my fat suit and be free of the results of my obsession?

When I realized my disease had defeated me and I was beyond any magic sprinkles, I attempted an old standby to escape from the results of my illness, bulimia. I came to a meeting hoarse and croaked that I needed a desire chip. Now came the part I dreaded. I needed a sponsor. What would she expect from me? How accountable did I need to be? Would she expect me to eat the same food plan as everyone? You must know I am unique and my needs are unique. One phrase I have heard in meetings is "terminal uniqueness." That fit me.

Desperation led me to admit I was a compulsive overeater and my life was unmanageable, Step One. My sponsor gently led me to the discipline of committing my food to paper and then to another person by calling her daily. She also has me write 3 things for which I am grateful daily. She has been patient and consistently available as I stumble through my learning curves. In the meetings I have heard that same gentleness, as each of us finds the unique way to work our own program. I have always felt so judged about my food issues (Such a pretty face; too bad...).

Continued on Page 2

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

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.


Contact the editor:
newsletter@aa-tricounty.org

Looking UP

The gentle guidance of realizing we are all working our programs in our own way has helped me stay in the program. It has also enabled me to believe there is a God greater than food. Or, as Step Two words it “Came to believe that a power greater than myself could restore me to sanity.”

Gentleness in moving forward with my food issues is healing. My compulsive behaviors bring me pain, both physical from being overstuffed, uncomfortable in my body, etc. and mental pain. My work in OA brings me the ease and peace of living my life with a new focus, a vision of living as a growing, caring, spiritual being.

For me to stay abstinent, I must work with emotional issues as they arise rather than stuff them. Journaling has been an important tool for me to become aware of and acknowledge what’s eating me. Sharing with others has brought me out of the isolation of this illness. To my amazement, I am developing a mature approach to life that others notice. My grown daughter even said that I was centered! I have been able to accept responsibility for my life and my behavior in a way I never imagined.



I Choose the Road Less Traveled

The decision came from pain and confusion but slowly I found the place where peace was real and I could trust just enough to follow those You sent to me in the dark times of my disease.

Now I lay my life gently in Your caring arms and rest, knowing that I have the power of heaven and earth to live my life in fullness and joy.

Now hold me in Your loving arms.

Bill J. 2016

I have released 30 pounds in the 10 months I have been actively working my program. But that’s not the real miracle. The miracle is the emotional and spiritual growth I have experienced. Food is no longer my number one. Now God is my employer. Yet, just as I say this, I know returning to obsessive food behaviors can wreck that Divine order in a second. I need OA not just to lose weight and to eat properly. I need it for me to take my place as a mature, responsible adult living a happy, spiritual life and contributing to the lives of others.

*Carol B.
South Hills's Saturday Morning Group*

*In Gratitude for
Continuing Support*

South Hills

*Freedom from the
bondage of self*

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.

Looking UP

The Power of the Serenity Prayer

The Serenity Prayer is a universal prayer known by many the world over who have never entered the room of a 12 Step meeting. Its appeal lies in its simplicity, encouragement of self-acceptance, moderation, and balance. And the grace with which it fosters healing. Its words are comforting, yet strengthening in their wise counsel.

The Prayer is attributed to a Yale-trained American theologian named Reinhold Niebuhr. He wrote the prayer in the 1920s. During WWII it was distributed to thousands of service men and women by the USO; after the war, it was adopted as the program prayer of Alcoholics Anonymous. Niebuhr first published it in the 1950s and in 1962 Hallmark copyrighted it in his name. The words have changed a little since his writing, but the meaning remains the same.

God grant me the serenity to accept what cannot be changed,

Give me the courage to change what should be changed,

Give us the wisdom to distinguish one from the other.

It is unfortunate that real growth in life is often fueled by crisis. The Serenity Prayer reminds us of the importance of being grateful for the tests of courage that life brings. The act of prayer is a means of opening ourselves to the presence of God in our lives.

Author Unknown



A close study of the principles of the program leads to a deeper understanding of the steps. We have chosen to highlight Discipline, Faith and Willingness (DFW) since it will surround us (literally) during the convention. In this framework we can take a new look at how all the steps are related and how we can practice the principles in all our affairs.

QUESTIONS – contact us at dfwreg3convention2017@gmail.com

A poster for the OA Region III Assembly & Convention. The poster features a black cowboy boot with white stitching, set against a red background with a white paisley pattern. The text on the boot reads: "OA REGION III ASSEMBLY & CONVENTION MARCH 24-26 2017 DALLAS, TEXAS". Above the boot, the words "DISCIPLINE FAITH WILLINGNESS" are written in a bold, blocky font. Below the boot, the text "PRESENTED BY DALLAS METROPLEX INTERGROUP OVEREATERS ANONYMOUS" is displayed in a smaller, sans-serif font.

**DISCIPLINE
FAITH
WILLINGNESS**

OA REGION III
**ASSEMBLY
&
CONVENTION**
MARCH 24-26
2017
DALLAS, TEXAS

PRESENTED BY
**DALLAS METROPLEX
INTERGROUP
OVEREATERS ANONYMOUS**

Looking UP

Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS

Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	0.8125	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	0.791667	Richland Hills - City Point United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #104	Literature meeting	Rachel R.	817-595-3044
TUESDAY	0.791667	Arlington - City on a Hill City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	Speakers, Step Studies, Literature	Sherri G.	817-461-4053
WEDNESDAY	0.791667	Eules - United Memorial Christian Church 1401 N. Main Street, Eules, TX 76039		Cindy	817-455-5125
THURSDAY	0.78125	New Beginnings HOW - St. Paul Lutheran Church 1800 West Freeway Fort Worth, TX 76102	New Location	Patrice	817-692-7180
THURSDAY	0.791667	Arlington - City on a Hill Church City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	HOW	Lisa	682-438-9160
THURSDAY	0.8125	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA & AA Literature	Happy	817-370-7207
FRIDAY	0.458333	Saginaw Overeaters Anonymous Meeting Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179	Open	Rita R.	817-353-5829
SATURDAY	0.375	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Big Book Study with writing	Happy	817-370-7207
SATURDAY	0.4375	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Men's focus, all welcome - Topic/discussion	Dan	925-577-8636
SATURDAY	Noon	Arlington - City on a Hill City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	Literature	Blythe	817-300-4329
SATURDAY	Noon	Daily Reprieve, Eules - United Memorial Christian Church 1401 N. Main Street, Eules, TX 76039	Step Study / Big Book	Margie	972-310-3636
SATURDAY	Noon	Grapevine OA - Grapevine Library Study Rooms 1201 Municipal Way, Grapevine, TX 76051 Ask at the Reference Desk, not the Book Check Out desk, for the "Study Group"	NEW MEETING STARTS MARCH 9TH	Judith D.	
SUNDAY	0.6875	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Writing, Steps and Literature	Happy	817-370-7207

Tri-County Intergroup meets at 10:30am the first Saturday of every month. The meeting will alternate between New World United

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

last change 2/23/17