

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - OCTOBER 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*

Share the Whole Story

To the newcomer, one day of freedom from compulsive overeating often seems unattainable. Even struggling compulsive overeaters who have been in the program for a while may begin to give up because the handle on abstinence is eluding them. The pain, confusion, disappointment, frustration and failures become overwhelming and take their toll. Such people feel lost and slide even further down into the pit of despair. Maybe they make one last try. They make their way to a meeting, along with the newcomers, and what do they hear?

Maybe the leader tells a glowing story about abstaining from compulsive overeating for a number of years. She speaks, about her substantial weight loss; she says that she is emotionally better off than ever before; she has-turned everything over to God, she says, and He takes care of everything.

In the audience is the newcomer who doesn't even know what abstinence is. And the struggling overeater, who last binged on the way to the meeting who can't get a picture of turning over anything to 'God.' Can they relate to what is being said? Probably not - The distance between them and the leader is so discouragingly far from where they are. How could they ever reach the level the leader speaks about? Will they come back? Probably not. They leave saying 'Maybe for these people, but never for me.'

When we lead or share, are we remembering to tell the whole story? Are we taking ourselves back to the newcomer days or the times of our near-disastrous struggles with our disease?

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.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

*In Gratitude for
Continuing Support*

*Richland Hills, South Hills,
and Individual Members*

*Freedom from
complacency*

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.*

Continued from Page 1

Do we share about how half measures availed us nothing? Do we share all about the entire journey - failings as well as the successes? Look at the whole process. We were wounded then: we are healing now. We were discouraged; yet we became encouraged. We had been in the valley, but we became convinced that the height of the mountain was attainable.

The change came sometimes slowly for us, and sometimes quickly, but it did come. There was a lot of pain, but gain too. There was hope. There was help. Even in tears, there were cheers from our fellows. They were always there, and they always will be. There will be new faces among the old, but the spirit will be the same.

A Practical Journey Through the Twelve Steps

November 3rd - November 5th, 2017

Glen Lake Camp at Glen Rose

Sponsored by

Tri-County OA Intergroup

*There is
an
answer
to your
prayers*



For more information call:

Karin W. 817-739-2913 or Carolyn D. 817-243-4103

Any one of us may give the first message, maybe the only message that newcomers or suffering overeaters hear. Help them to stay with us. Help them to keep coming back. We need them.

From "A New Beginning"

page 52

Looking UP

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.

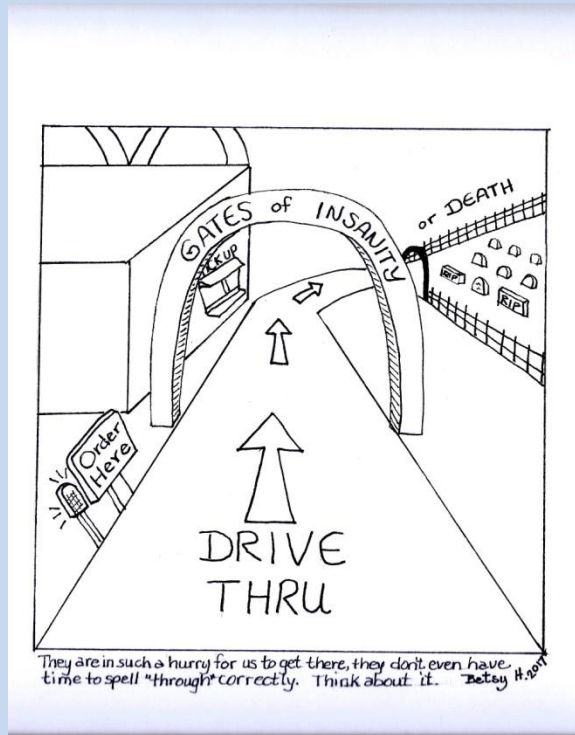
Before OA, food was my life. Now food is a small part of my life. My day revolves around seeking God's will and turning to Him for help in decision making.

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.

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.



They are in such a hurry for us to get there, they don't even have time to spell "thru" correctly. Think about it. Betty #1001

*Karin W.
South Hills Group SEPT2014*

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	0.79166667	Richland Hills - City Point United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #104	Literature meeting	Rachel R.	817-595-3044
TUESDAY	0.79166667	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	0.79166667	Eules - United Memorial Christian Church 1401 N. Main Street, Eules, TX 76039	Big Book, Voices of Recovery	Tammy G.	(817) 995-3895
THURSDAY	Noon	Grapevine OA - First United Methodist Church 421 Church St Grapevine, TX 76051 Brick Thrift Store across the street from the GV First Methodist Church. Park on south side of building, enter thru double glass door, Conf Room C, on right.	Meeting leader chosen topics from OA 12X12, Big Book and OA Literature	Judith D.	682-313-8484
THURSDAY	0.78125	New Beginnings HOW - St. Paul Lutheran Church 1800 West Freeway Fort Worth, TX 76102	HOW	Patrice	817-692-7180
THURSDAY	0.79166667	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	0.45833333	Saginaw Overeaters Anonymous Meeting Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179	Womens Focus	Deb R.	682-802-0391
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
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 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 Arlington 1/6/18

remaining: Fort Worth 10/7, 12/2; 11/4 (at our Annual Retreat)

last change 9/12/17