

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - APRIL 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*

*Arlington -
Saturday
Literature*

I Truly Do Need a Solution

In Overeaters Anonymous we begin our program of recovery by admitting that we're powerless over food. Some of us have difficulty with this admission because we've had so much experience in trying to control our eating. At one time, or periodically, most of us were able to do so. Our eating may be out of control right now, we persisted in thinking, but someday soon we'll again muster the strength of character needed to check our eating excesses, and this time we'll keep them under control. For all of us, however, the days of controlled eating grew fewer and farther apart, until at last we came to OA, looking for a new solution.

Step One, paragraph one; OA 12 and 12

This paragraph speaks to me on many different levels. First, it is a place to begin, to begin my recovery, my program, my new way of living. It is the beginning of my honest confession that I am... *I am a compulsive eater/overeater* depending on any number of circumstances. It is the beginning of my awareness that I am powerless over food, completely powerless.

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Are you on the email list for receiving your newsletter?

Contact us at newsletter@oa-tricounty.org

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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

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Continued from page 1

Even in that confession with all the evidence at hand I want to hang on to my old way of thinking that says, "I'm not powerless all the time." I still want to be in charge. I want to control myself, my food, and my weight. It is nearly impossible for me to grasp the concept that I never once possessed any kind of control outside what my Higher Power had planned. I sincerely think I will muster the strength of character needed to keep myself in check and get my weight down.

It is an entirely new way to think that my Higher Power may have a process for me to go through that involves rock bottom despair so I can begin my recovery on His terms and not mine. My eating is worse now than ever. Even the lack of desire to stop is worse. It is true I want the pain and the physical symptoms to stop but not necessarily my food consumption. All I can say is, "Wow. I truly do need a new solution."

Anna Nemity

I Believe

When I read page 354 in **For Today**, I realized that I think it is the best page in that book. It's about believing. Whether believing in myself or something else; it seems an appropriate mental state to carry me through a holiday.



Believe I will be abstinent and I will be. Believe I can contribute something to the world today and I will. Believe I can be an expression of God's joy and I will be. Believe I will feel full and I will. Believe I have all of my needs met and I will. Believe I will not starve and I won't. Believe I will be satisfied and I will be. Believe that every gift, no matter how small, is an expression of someone's love and it will be.

Believe that I can be kind, patient and loving and I will be. Believe I can be an encouragement to others and I will be. Believe I can help others and I will. Believe I can carry the message of this program and I will. Believe I can lift someone's spirits today and I will. Believe that as I give to the world, the world will give to me. Believe in recovery and I will be recovered. Believe in love and I will be loved. Believe that I will have friends and I will. Believe that I am full and I am.

*Love and hugs,
Betsy H.*

Looking UP

ABC's of Self Care

- A. Action, Abstinence, Affirmation, Acceptance
- B. Believe, Balance, Bravery, Bath, Best I can
- C. Call, Compassion, Courage, Community, Cry
- D. Decide, Dignity, De-clutter, Dye hair
- E. Exercise, Email, Easy does it, Eating plan, Emotions
- F. Forgive, Feel Feelings, Flowers, Fun, Find voice
- G. God, Good Orderly Direction, Gratitude, Giggle, Go for a walk
- H. Honesty, Humor, Help someone, Health care, Higher Power, Heat, Happy dance
- I. Imagine, Inspired, Invite help, I Love You, Inventory
- J. Journey, Just for Today, Joke, Join OA,
- K. Kiss, Knowledge of self, Keep it simple, Kindness, Keep coming back,
- L. Laugh, Love, Lollygag, Laptop, Literature, Lifeline, Listen, Library, Love myself
- M. Miracles, Movies, Meditate, Make phone calls, Make love/ not war
- N. Nurture, New attitudes, "No", New friends, Nutrition, Nap, Nature walk
- O. Open-mindedness, Organize, Outreach, Open to Higher Power,
- P. Powerless, Play music, Pick up Phone, Pray, Put myself first, Pause, Peace, Patience, Progress
- Q. Quiet time, Questions, Quest, Quit going to the food,
- R. Read, Rest, Relax, Run, Rowdy, Ride bike, Remember, Radiate joy
- S. Service, Serenity, Surrender, Stay focused, Sponsorship, Smile, Steps, Smell roses, Stop,
- T. Telephone, Text, Tenth step, Tools, Twelve steps, Today, Talk things out, Talk & listen,
- U. Unmanageable, Unwind, Unconditional, be Uncomfortable
- V. Vegetables, Voices of Recovery, Visit a good memory, Vigilance, Voice
- W. Whatever it takes, Willingness, Writing, Walking, What's eating me?, Wake up,
- X. eXtra lengths, eXtra lean, eXpect miracles, eXercise
- Y. Yack on phone, Yahoos, Yield, Yoga, Yes, Yellow sunshine
- Z. Zzzzz (nap), Zoo, Zoo lights, Zip my lip, act asZif,

Author Unknown -

In Gratitude for Continuing Support

South Hills - Daily Reprieve, Eulless

Tradition 4

Each group should be autonomous except in matters affecting other groups or OA as a whole.



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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 - 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	OA 12X12 writing / AA Big Book	Happy	817-370-7207
TUESDAY	Noon	Bedford - OA Power Hour 3401 Scenic Hills Drive Bedford, Texas 76021	12 Step Practice NEW	Keith	817-692-1641
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	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	7:45 PM	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	HOW Closed Meeting	Lisa	682-438-9160
THURSDAY	6:45 PM	Fort Worth - Bethel HOW - 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	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	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	Happy	817-370-7207

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 3/15/2014