

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - AUGUST 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*

*Bedford - OA
Power Hour*

1...2...3...GO!

Step One – I had to admit that I was powerless over food and that my life was unmanageable.

In 2008 I was at my heaviest weight ever. At that point I could not stick to any diet plan whatsoever. One of the crazy things I did with food was drive to multiple fast food places for one meal. I tried to tell myself other people do this too. It was humbling when I realized that what I was doing with food was insane. I had heard about OA a few years prior and had even attended a few meetings but the light bulb never went off. Like we say about attending meetings, I found out the seed had been planted and, when ready, I decided to find my meeting.

Step Two – Came to believe that a power greater than myself could restore me to sanity.

I struggled with the concept of this step because I was a religious individual. I believed in God and went to church, so why was I insane around food. It was not until later on in my OA program that I realized that yes I knew God but I did not have a true intimate relationship with Him. To me this is the true blessing of the OA program because today I am not religious I am spiritual and my relationship with God, my Higher Power, grows deeper and deeper every day.

Continued on Page 2

2013 TRI-COUNTY INTERGROUP BOARD

Chairperson: Joy S.
Vice-Chair: Linda B
Treasurer: Betsy H.
Secretary:
DMI Liaison: (open)
Public Relations: Jaclyn
Newsletter: Terri Beth
& Joy S.
Telephone: Margaret
Retreat: Kathy C
& Mary Lou
Workshop: Carolyn D.
Web Master: Ron C.
WSO Delegate 1: Terri Beth
Region 3 Rep 1: Terri Beth

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)*

Looking UP

1...2...3... Continued

Step Three – I then became willing to turn my will and my life over to the care of God.

When I realized that trying to control my life was not working and it never had, it was fairly easy to give up the control and just ask God, everyday, to show me how I could serve Him by serving others. It is then that I get out of my self-centered thoughts and actions. Fear no longer haunts me, because fear to me is a lack of trust in God. It is only when we become spiritually fit, that we will become mentally fit, then we will become physically fit.

I came into OA looking for a food plan and a way to lose weight, but what I received was so much more. If I could take before and after pictures of my insides; my spirit, then, would not recognize the OA me now.

*A 12 Step Friend
Bedford - OA Power Hour*

In Gratitude for Continuing Support

*Bethel UMC - HOW; South Hills
Richland Hills; Arlington-Wed. 1:30 pm group*

Tradition 8

*Overeaters Anonymous should remain forever non-professional,
but our service centers may employ special workers.*



Delegation

What do we say to a Newcomer

Ask-It-Basket and Archive

<http://www.oa.org/ask-it-basket-3/>

Q: What do you suggest we say to newcomers who feel discouraged by overweight or obese members who claim to be abstinent or long timers who are not in the process of losing weight?

A: To begin addressing newcomers' concerns, share with them OA's Third Tradition: "The only requirement for OA membership is a desire to stop eating compulsively." Elaborate by quoting OA's Statement on Abstinence and Recovery: "Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program" (Business Conference Policy Manual, 1988b, amended 2002, 2009, 2011).

Looking UP

OA members are in various stages of the compulsive-eating illness and recovery. Our program cautions us not to judge another member's abstinence, program or recovery. A helping hand extended to move them along the OA road of recovery helps members, as does accepting them where they are. Emphasize the stability of the OA program and point to your success and the success of countless numbers of compulsive overeaters experiencing recovery on all three levels: physical, emotional and spiritual.

Suggest they attend different meetings, seek recovering members who have what they want and ask those members for help. Suggest the value of reading the excellent OA literature, such as [To the Newcomer](#); [Abstinence, Second Edition](#); and [Overeaters Anonymous, Second Edition](#). As we come to meetings, we learn and practice as best we can, staying focused on our own recovery and letting others stay focused on theirs.

LISTEN FOR RECOVERY



The Twelve Steps and Twelve Traditions of Overeaters Anonymous

All yours for \$16.00

Listen to OA's basic text while driving or doing physical activities.
CD #696

We have a limited supply of OA 12X12 CDs available. Get one while supplies last. This could be just the right tool to help your abstinence this summer. *As you set out on vacation, pop the CD into the car's player and spend some quality time with the steps!*

Please email us at
newsletter@oa-tricounty.org
 so that we can coordinate payment and delivery

OA.org's Ask-It-Basket
 Members of the Board of Trustees
 provide answers to these questions-

TCI Annual Retreat

The Promises

We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us, sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Big Book, pages 83 - 84

Make sure you reserve a spot at the retreat!

TCI Annual Retreat
 October 31st - November 2nd

Led by a male OA member
 from Scottsdale AZ
 with 35 years in the program



*Let your abstinence come
 alive with us!*

Weekend Price \$110.00
 Saturday only Price \$55.00
 For information call
 Kathy Cat at 817-307-2331 or
 Mary Lou at 817-287-9440

Looking UP

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 - 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	7:00 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 - 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	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	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 7/29/2014