

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - DECEMBER 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
South Hills Group*

A Plan of Eating

As a newcomer, I often confused a "plan of eating" with abstinence so I decided to write out what a plan of eating is, based on several different writings from the OA literature.

Abstinence is the action of refraining from compulsive eating. A plan of eating is one of the ways in which I as an OA member chose to be abstinent. Developing a healthy plan of eating is one of the first tools of the program I used. Using a plan of eating as a tool allows me to deal with food in a calm, rational and balanced way. A plan of eating gives me a tool for living one day at a time. A daily plan helps separate my eating from my emotions and relieves me of making snap food decisions. A plan of eating puts food in the proper perspective, so I can devote clear headed energies to working with my Higher Power. A plan of eating also allows me to minimize the time in the day that I have to think about my food.

Continued on Page 3

*First homework assignment
of the new school year....*

*Add me to the Newsletter
mailing list!*

newsletter@oa-tricounty.org

*Get your monthly
newsletter electronically
every month in full color
and ready to enjoy. We
would love to share the
good news of abstinence
with you!*

2013 TRI-COUNTY INTERGROUP BOARD

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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

Looking UP

God's Gift

Long before light was separated from the void, God knew me.
Long before I stumbled and fell to this disease, God created a pathway to hope.

God created a world with 12 months to mark my path.
Then God created OA with 12 steps to guide my life.
Then God created special friends to show me the way to recovery.

Long before I knew there was hope, God knew.
Long before I thought of giving up, God reached out and touched me.

God gave me others to share the darkest parts of my journey.
Then God filled in the broken holes in my soul with purpose.
Then God gave me a precious gift - my chance to help another.

Moments ago I hurt beyond expression.
God reached out and gave me a world filled with healing steps.
Now it is my turn to pass on this joyous gift.

Bill J.

In Gratitude for Continuing Support

South Hills

Tradition 12

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

GUIDELINES



*May this season of love fill your hearts
with the joy of giving, fulfilling the
hope of our program that we too can be
part of the gift of recovery.*

Looking UP

A Plan of Eating Continued

In OA I believe in abstaining from compulsive eating, every day, one day at a time. I am free to determine my own way of achieving abstinence according to personal needs and preferences. A plan of eating includes a guide to the food I choose to eat each day. It simplifies my daily life and frees me from on-the-spot decision making. Using a plan of eating is the beginning of freedom from compulsive overeating. Instead of depending upon willpower to help me make good decisions, I develop a sensible plan of eating in advance.

To develop a plan of eating, I reviewed my eating patterns with my sponsor in order to learn which foods and/or eating behaviors create cravings for me. To use the plan of eating tool I have to be willing to accept that the disease of compulsive overeating is stronger than my willpower. I must be willing to try a way other than my own. I must remember, however, that if I focus only on my eating behavior to the exclusion of the rest of my program, I am only using OA as a diet program.

A plan of eating is the beginning of learning a new, healthier way of eating. It is a way of life, not a temporary solution. A plan of eating is not about deprivation – it is about making a positive choice for life. Excess food keeps me from “feeling and dealing” and I must put the food down before I get the full benefits of the program. Abstinence is a state of mind characterized by freedom from food obsession. This comes as a result of working the steps and surrendering to a Higher Power. I



I follow my plan one meal at a time, one day at a time. This is the beginning of learning to eat according to my physical needs rather than my emotional cravings. One of the results of working the steps is that my obsession with food is lifted. I learn to live without eating compulsively. The basis for stopping my compulsive eating behaviors – and staying stopped – is personal inner change. I need to remember that compulsive overeating and bingeing has outlived its usefulness to me.

I deny myself the full potential of the program when I perceive weight loss as my primary goal and resort to self-will in order to achieve that goal. When I really work the program, I find that I am on God's timetable, not on some superficially imposed weight loss timetable. When I think of this process not as deprivation but as a positive act and an ongoing spiritual discipline, I begin to find freedom from the food obsession.

*Anonymous -
Richland Hills*

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	12 Step Practice	Keith	817-692-1641
		Real Time Phone Meeting: 712-432-5200, Access Code 956915#			
TUESDAY	6:00 PM	Stephenville - Cross Timbers - First Presbyterian Church	Literature / Topic	Pat	254-485-0921
		1302 N Harbin Drive, Stephenville, TX 76401			
TUESDAY	7:00 PM	Richland Hills - United Methodist Church	Big Book Study	Rachel	817-595-3044
		7301 Glenview Drive, North Richland Hills 76180 Room #110			
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	HOW <i>Closed Meeting</i>	Lisa	682-438-9160
		3216 West Park Row Drive, Arlington, TX 76013			
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	Literature	Blythe	(817) 300-4329
		3216 West Park Row Drive, Arlington, TX 76013			
SATURDAY	Noon	Daily Reprieve, Euless - United Memorial Christian Church	Step Study / Big Book	Pat M.	817-864-9888
		1401 N. Main Street, Euless, TX 76039			
SUNDAY	3:00pm	Willow Park, St. Francis Episcopal Church (in education annex) 117 Ranch House Road, Willow Park, TX 76087-7688	Big Book 12-Step Recovery Meeting	Katherine L.	(817) 917-6617
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 9/27/2014