

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - JULY 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
Monday
Abstinence*

The Phenomenon of Craving

A friend in OA introduced me to the concept of The Hungry Ghost. Some are described as having 'mouths the size of a needle's eye and a stomach the size of a mountain.' This is a metaphor for people futilely attempting to fulfill their illusory physical desires. I found this definition in Wikipedia (to be taken with a grain of salt, and not to be confused with the Big Book of Alcoholics Anonymous, which requires no seasoning whatever in my opinion.)

The "ghost" takes on different meanings in several Eastern religions. ("Be quick to see where religious people are right. Make use of what they offer." Big Book, pg.87)

So here's the point: I often feel as though I am that Hungry Ghost. Hungry not just for large quantities of food, but your food; food that might go stale or rancid if not eaten soon; food that will make my blood pressure lower; my skin radiant; my antioxidants ready to do battle with temporarily benign maladies that lurk within my body just waiting for their moment to take me out for good.

And it's not just food that's wanted. It's **MORE** - the free floating **MORE**. **MORE** respect, love, money, security, admiration— you get the drift. If a little is good, a whole lot's bound to be real good. I've had **MORE** before. It makes me high, and I want it again. I recall that it also made me sick, sad, and very sorry.

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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](mailto:newsletter@oa-tricounty.org)

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William D. Silkworth, M.D. said, “Then there are types entirely normal in every respect except in the effect alcohol has upon them. They are often able, intelligent, friendly people. All these, and many others, have one symptom in common: they cannot start drinking without developing the phenomenon of craving.”

I am, with some tasks, able, intelligent enough to get by. Friendly unless you try to get something I think is mine, or could be mine if I get to it before someone else does.

And Another Thing . . . Fear

“The chief activator of our defects has been fear—primarily fears that we would lose something we already possessed or would fail to get something we demanded.” 12&12 Step Seven, p.76

What if I don’t eat enough before I leave, get hungry on the road and it is miles before the next place to get **MORE**? What if I eat too light a dinner and wake up hungry? Sleep interrupted, leading to being tired the next day, leading to lowered ability to resist just a little “something” that triggers the phenomenon of craving.

If I don’t have the best clothes and house and car and kids and spouse, people may not like me. If they don’t like me, how am I going to get a job? Or keep a job? Or keep my spouse from leaving me for someone who has **MORE** and a job?

So who can blame me if I cheat a little to get **MORE**? Lies can be little and white. If I gossip about someone to make myself appear to be **MORE**, how bad is that?

Taking steps four through nine has given me the courage to be myself, and the ability to be a different, better self much of the time. Today, I have freedom from cravings of all types. The failings of my past are memories I call up to know better how to be different today. I have peace. I see how my experience can benefit others. I now know I am neither the first to commit selfish acts nor the creator of them. Talking about fear of the 5th step, an OA member said, “If there’s a word for it that means someone else has already done it.” I am interested in other people. I don’t need **MORE** nearly as often. My attitude and outlook upon life continue to change for the better. Fear of those who are richer, more attractive, smarter and/or better-educated has left me.

I no longer picture myself living alone in a cardboard box under a bridge. (I picture having all my friends with me, hehheh.) I sometimes intuitively know how to handle situations which used to baffle me. I see that my higher power is doing things for me that I never could have done by myself.

Today, I am abstinent, at peace, responsible, kind, and accepting. Just for this one day.

*Submitted by Sherri G
Arlington Monday Abstinence*

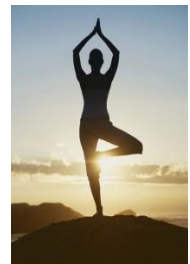
In Gratitude for Continuing Support

North Richland Hills

Tradition 7

Every OA group ought to be fully self-supporting, declining outside contributions.

Balance



Looking UP

TCI Annual Retreat

Seventh Step Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen

Big Book, page 76



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 817-307-2331 or
Mary Lou at 817-287-9440

To the Newcomer

If you are feeling scared, you're not alone; we've been there.

If you cannot stop bingeing on food, you're not alone; we've been there.

If you eat because you are angry, lonely, tired or for any reason other than hunger, you're not alone; we've been there.

If you are ashamed of your body size or shape, you're not alone; we've been there.

If you have tried to diet, only to regain the lost weight and then some, you're not alone; we've been there.

If you have tried to control your weight through excessive exercising, you're not alone; we've been there.

If you feel you are not good enough, you're not alone; we've been there.

If you think you are the only person who ever used food the way you do, you're not alone; we've been there.

If you think life would be perfect if only you had a better body, you're not alone; we've been there.

And we're here for you now. Welcome to Overeaters Anonymous.

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

*Reprinted from Lifeline
July 2000*

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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	Abstinence	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 - Trinity United Methodist Church, 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	OA Workbook	Happy	817-370-7207
SATURDAY	Noon	Arlington - Trinity United Methodist Church, 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 6/24/2014