

# Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - MAY 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*

*Richland Hills*

## LOOKING BACK

Thinking back to when I was a newcomer to OA 20 years ago I was scared, lonely, miserable and obese. I felt that I had tried just about everything else out there. I remember being confused about what I was hearing, but I was desperate enough to try the suggested 6 meetings before deciding if OA was right for me.

By the time I hit the 6<sup>th</sup> meeting I had a sponsor and was working the steps. The first thing my sponsor asked me was if I was willing to be abstinent for one day, which for that day was defined as 3 meals with nothing in between and no desserts. It was the no desserts that scared me the most, but I committed to that plan for one day. For someone who used excess food to dull the pain of living, the idea of abstinence was frightening. I had my doubts that the recovery I saw in others would happen to me because I had failed to keep off any weight I lost on diets. But for some strange reason this felt different from a diet - perhaps because I did not feel judged and felt accepted and respected in these OA rooms.

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*Are you on the email list for receiving your newsletter?*

*Contact us at [newsletter@oa-tricounty.org](mailto: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](http://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

## TCI Annual Retreat

### *The Serenity Prayer*

God, grant me the serenity to accept the things I cannot change,  
The courage to change the things I can,  
And the wisdom to know the difference.

### *The OA Promise*

I put my hands in yours and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend up on our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

***Make sure you reserve a spot at the retreat!***

TCI Annual Retreat  
October 31<sup>st</sup> - November 2<sup>nd</sup>

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

### *Continued from page 1*

One thing I learned early on is that I worshipped the food before anyone or anything else in my life. Food had become my Higher Power. That first year in program I wound up putting as much energy and time into my recovery as I had put into my compulsive overeating, with good results; I lost 75 pounds. I learned that I could live each day without excess food provided that I concentrate on this day, now, this moment. I became a new person by admitting that my way had not worked and that I needed help. Needless to say this was a humbling experience to ask for help, but that humility put me on the road to recovery.



OA became my refuge from the harsh judgments society passed on me as a compulsive overeater as well as the harsh judgments I placed on myself. I did not like this disease, but in these rooms no one confused me with my disease. And similarly, my fellow members received unconditional acceptance and respect, not judgment, from me.

Since ours is a program of attraction rather promotion, I try to live the message of love and acceptance and reach out my hand to the newcomer. The best way to plant a seed is to be the best example I can be of how OA is working in my life. My experiences are my gift to the newcomer – a reminder of how far I have come. Each opportunity I take to spread the good news of the program enriches our shared recovery.

*Anonymous -  
Richland Hills OA*

# Looking UP

## *Recovery is like a Ride on the Titanic*

Our early days in OA can be compared to being a passenger on the Titanic. As we took our beloved and wonderfully-powerful first three steps, we were taking a voyage. In Step One we realized we were on the Titanic and that we were doomed. In Step Two we spotted a lifeboat. And in Step Three we took our seats in the lifeboat.

<b>9 TOOLS OF RECOVERY</b> <i>Saturday, June 7th 2014</i>	
	<u>Location</u> South Hills Christian Church 3200 Bilglade Road Fort Worth, TX 76133
	Registration begins at 12:30 Workshop runs from 1:00 until 4:00
<i>Anyone interested in volunteering to help with the workshop, either as a speaker or to help set-up and/or take down should call Carolyn D. at 817/924-2328.</i>	
Suggested donation \$5 per person	

My voyage began with Step One when I realized the connection between the weight I was carrying and some health issues I had last year. I had developed "pitting edema" in both ankles. That was a sign of congestive heart failure. I was on the Titanic! In addition to my physical health condition, I discovered that my inner-health was also challenged. I had lived my life filled with resentments and negative thinking which ate at my very being. I had lost much of my spiritual strength and was in need of spiritual renewal. I was indeed a passenger on my own personal Titanic.

My voyage continued with Step Two. Though I didn't believe at that time what the fellowship said in the meetings, I "acted as if" I believed my Higher Power could relieve me of these horrible compulsions to overeat and to live in resentment and negativity. That was all it took. I had spotted the lifeboat and was "acting as if" I believed it had come for me.

I was being changed. My early days of abstinence were difficult, but achievable. I had gotten into the lifeboat. I will always remember where I was when I suddenly realized that God had relieved me of the compulsion to eat between meals and at night. That realization had a huge impact on me. That day I took my seat on the lifeboat. I have been blessed with so much recovery. The ride I am on in this lifeboat isn't a free ride; it requires that I work this program on a daily basis. But when I consider the alternative, I love the ride I am on and I truly cherish the passengers with whom I am sharing this boat!

*Karen A. On-line article from OA.org*

### ***In Gratitude for Continuing Support***

*South Hills - OA Step & Tradition  
Richland Hills - Waco*

#### ***Tradition 5***

*Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.*



# Looking UP

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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
		Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133			
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 <b>NEW</b>	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
		Richland Hills - United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #110			
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
		Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013			
WEDNESDAY	7:00 PM	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	HOW <b>Closed Meeting</b>	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
		Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133			
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
		Daily Reprieve, Euless - United Memorial Christian Church 1401 N. Main Street, Euless, TX 76039			
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 4/02/2014**