

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - JUNE 2015

The Joys of OA Community

A yearlong exploration and witnessing of how, together, we can do what seemed impossible to us alone. Of all the joys of the recovery process, having community continually adds to our potential recovery and eases the process of gaining abstinence.



*This month sponsored by
South Hills, Literature:
Step / Tradition of the
Month*

I Found Real Community

When I came to OA, I was depressed and angry with the circumstances of my life. I had spent many years in bed in pain and had been experiencing the isolation, hopelessness and desperation of my disease. I honestly did not have the desire to stop eating compulsively. I wanted to wake up a size 6 and never have to try to control my overeating again. At the very first meeting of OA I heard others tell their experience, strength and hope, and for the first time I felt some hope, too.

The fellowship of OA has been so good to me. They helped me to feel accepted and valuable. The program has helped me develop into a loving, caring person. The weight I have lost has allowed me to stop taking pain medication - to actually have a life. I am driving again and able to give service to OA and to my church.

This community of caring and sharing individuals have shown me a path of living every day in fellowship with them and with my higher power. I hid behind so many masks while I was in my disease and my OA friends have heard some of my worst feelings about myself and some of my worst actions and have only reflected understanding to me. I was so afraid anyone who really knew me would despise me that I have always isolated myself, having few friends. My OA fellows have always welcomed me with open acceptance.

Continued on Page 2

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Tri-County Intergroup
Group # 09163
PO Box 14324
Arlington, TX 76094

Monthly Intergroup minutes are
available at
www.aa-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@aa-tricounty.org

Looking UP

I Found... Continued

Finding a likeminded group of individuals in OA has been a life altering experience for me. The 12 Steps and 12 Traditions have given me a foundation for a fulfilled and joyous life. Closer communication with my higher power has further enriched my spiritual life. My daily gratitude list starts with OA and my OA friends, without whom I would have been trapped in a hopeless half-life.

*A member of
South Hills, Literature:
Step / Tradition of the Month*

<p><u>In Gratitude for Continuing Support</u></p> <p><i>Bethel HOW South Hills Group</i></p>	<p><u>Responsibility</u></p> 
<p>The Concepts of Service</p> <p><i>There are spiritual principles for all who serve. See the OA pamphlet on the 12 Concepts if you desire further explanation</i></p>	

Make the most out of your annual OA Retreat.

Our speaker has asked that we prepare by listening to these recordings as part of the preparation for the retreat.



Date	Topic	Listen / Download
8-Feb-2015	Bill's Story	Click to Play
4-Jan-2015	The Doctor's Opinion -	Click to Play
12-Jan-2014	Chapter 5: How It Works -	Click to Play

You can find these recordings on:

[http://www.avision4you.info/special-
editions-current-year/](http://www.avision4you.info/special-editions-current-year/)

Big Book Continued in OA
November 6th - November 8th, 2015

Glen Lake Camp at Glen Rose
Sponsored by
Tri-County OA Intergroup

Looking UP

Top 10 Reasons to be Abstinent from Overeating

- 10 Nothing tastes as good as abstinence feels.
- 9 Abstinence allows me the freedom from being chained to the refrigerator or other food containers.
- 8 Abstinence leads to health and wholeness. . . COEing leads to the disease and its physical side effects (obesity).
- 7 Eating does not satisfy. .. There is NEVER ENOUGH... abstinence does satisfy.
- 6 Abstinence allows me other freedoms . . . eating imprisons.
- 5 Abstinence opens new doors. ..LITERALLY...COE closes them. .. Especially narrow shower stalls and closet doors.
- 4 HOPE springs eternal with abstinence. . . COEing leads to despair.
- 3 Abstinence leads to other improvements in life such as working the 12 steps of OA.
- 2 Abstinence is a matter of life. .. COEing, a matter of death (for me).
- 1 Abstinence is the most important thing in life...

COE - Compulsive Over Eating

...that is my take on it.

*Rob
Looking UP May 2005*

The Promise of Food Addiction

If we are casual about this phase of our development, we will be bingeing before we are halfway through. We are going to know a new imprisonment and a new misery. We will relive the past and won't be able to shut the door on it. We will comprehend the work "conflict" and we will know pain. No matter how far down the scale we have gone, we will sink even lower. That feeling of uselessness and self-pity will deepen. We will gain interest in selfish things and lose interest in our fellows. Self-esteem will slip away. Our whole attitude and outlook upon life will suck. Fear of people and of economic insecurity will multiply. We will intuitively know how to run from situations, which never used to bother us. We will suddenly realize that God would never have done to us what we are doing to ourselves. Are these extravagant promises? We think not! They are being fulfilled among those of us who are still bingeing — sometimes quickly, sometimes slowly. They will always materialize if I pick up that first compulsive bite.

*T.S.
SOCIETY Pages May 2005*

Looking UP

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 Room C202 - 1200 West Green Oaks Boulevard, Arlington Texas 76013 (<i>Ring doorbell if doors are locked</i>)	Speakers, Step Studies, Literature	Mary Lou B.	817-287-9940
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	11:00 AM	Saginaw Overeaters Anonymous Meeting Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179	New Meeting	Rita	817-353-5829
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	7:00 PM	Richland Hills - United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #104	Literature meeting	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	Robbie R.	817-201-5004
WEDNESDAY	7:00 PM	Arlington - Trinity United Methodist Church Room C202 - 1200 West Green Oaks Boulevard, Arlington Texas 76013 (<i>Ring doorbell if doors are locked</i>)	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 - Trinity United Methodist Church Room C202 - 1200 West Green Oaks Boulevard, Arlington Texas 76013 (<i>Ring doorbell if doors are locked</i>)	Literature	Blythe	(817) 300-4329
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

2015's Intergroup meetings will be held as follows: 1/3 Arlington, 2/7 FW, 3/7 Arl, 4/11 FW, 5/2 Arl, 6/6 FW, 7/11 FW, 8/1 FW, 9/12 FW, 10/3 FW, 11/7 Retreat, 12/5 FW.

last change 5/15/2015