

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - JANUARY 2016

The Tools of OA Recovery

Each month a new article will open our minds and hearts to the wonders of a specific tool and how it supports our recovery. With only 9 tools, we will assign special articles throughout the year to enhance our understanding of our program.



*This month
sponsored by
Richland Hills*

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.

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.

Continued on Page 2

2016 TRI-COUNTY INTERGROUP BOARD

Chairperson:	Terri Beth
Vice-Chair:	Carolyn D.
Treasurer:	Joy
Secretary:	Charra
DMI Liaison:	Dianne S.
Public Relations:	Jaclyn
Newsletter:	(open)
Telephone:	Mary Lou
Retreat:	Carolyn D.
Workshop:	Committee
Web Master:	Ron C.
WSO Delegate 1:	(open)
Region 3 Rep 1:	Ron C.

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

Tool 1 - A Plan of Eating

As a tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where and why we eat.

There are no specific requirements for a plan of eating; OA does not endorse or recommend any specific plan of eating, nor does it exclude the personal use of one. (See the pamphlets [Dignity of Choice](#) and [A Plan of Eating](#) for more information.) For specific dietary or nutritional guidance, OA suggests consulting a qualified health care professional, such as a physician or dietitian. Each of us develops a personal plan of eating based on an honest appraisal of his or her past experience. Many of us find it essential to take guidance from our sponsors to develop a plan of eating that reflects an honest desire to achieve and maintain abstinence.

Although individual plans of eating are as varied as our members, most OA members agree that some plan—no matter how flexible or structured—is necessary.

This tool helps us deal with the physical aspects of our disease and achieve physical recovery. From this vantage point, we can more effectively follow OA's Twelve-Step program of recovery and move beyond the food to a happier, healthier and more spiritual life.



Nine Tools Of Recovery

<https://www.oa.org/newcomers/tools-of-recovery/>
The OA Board of Trustees has approved an [abridged version](#) of the Tools of Recovery that can be read at meetings.

Billie S. passed away Sunday Dec. 7th.



I was fortunate to have visited her this past Thursday, Dec. 3rd. I spent two hours with her. She looked good and was in good spirits.

I had taken her the newest *Lifeline* and a serenity prayer bookmark. She was very happy to have the Serenity Prayer especially since her stroke she had to re-learn the prayer again. Program never left Billie.

Billie had been a faithful member of OA for over 40 years. She was one of the original members who started Tri County Intergroup. From the very founding of Tri County Intergroup, she served in every position on

the board. She represented Tri County for many years as our Region III representative, traveling and gathering information to make OA stronger in our area. She represented us at WSO serving on the literature committee during the many years it took to pass the writing and printing of our Overeater Anonymous' 12 Steps & 12 Traditions.

Billie was a trusted servant making sure the traditions were upheld to make our groups strong. She was chairperson of the annual Tri County Intergroup Retreat for more years than I can remember. I know her husband Donald would complain about all the space the retreat supplies took up in their home.

Even when she physically couldn't attend meetings she carried the message of OA. She was the contact for Arlington OA meetings and contact with WSO for OA in our area, receiving phone calls, giving people hope, and directing them to meetings.

Personally she was my service sponsor, my companion and roommate at many Region III meetings. She was always there for me helping me understand the traditions. I owe a debt of gratitude to Billie for her patience and guidance. She will be greatly missed in my life and by OA as a whole.

Jaclyn D

Looking UP

*In Gratitude for
Continuing Support*

North Richland Hills Group

*We will be amazed before
we are half way through.*

The Promises

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

A Plan Continued from page 1

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 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 DEC 2014*

Looking UP

Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS

Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	7:00 PM	Arlington - City on a Hill	Speakers, Step Studies, Literature	Mary Lou B.	817-287-9940
		City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120			
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	Open	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
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	7:00 PM	Arlington - City on a Hill Church City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120 - <i>child care is available</i>	HOW	Lisa	682-438-9160
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 - City on a Hill City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	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

Tri-County Intergroup meets at 10:30am the first Saturday of every month. The meeting will alternate between New World United Methodist Church, 2201 N Davis Dr, Arlington 76012 at 10:30 am in Room 28, and South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133

2016's Intergroup meetings will be held as follows: Jan 9, New World;

last change 12/5/2015