

# Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - JULY 2017

## Recovery Means Freedom

*Each month a member will provide the experience, strength and hope of their journey so far in OA. From newcomer to friends with years of abstinence, the miracle of this program continues to work if we work it!*



*This month sponsored by  
Bethel HOW*

## Is OA a Cure?

Sometimes a newcomer may ask if the program is a “cure” for the disease of compulsive overeating. My response is no, I don't see it as a cure. Just for today I have a reprieve, a solution if I want it but none of this, even just today, is guaranteed.

I have been learning that I have to pay attention to the words used in the Big Book. What is a reprieve? I usually think of it in connection with death row. The dictionary says, “To suspend temporarily the execution of a sentence upon; to relieve for a time from suffering, danger, or trouble; to postpone or delay.” The key idea here is that is it temporary, only for a time, not permanent. To me a cure is permanent.

The program has given me a reprieve and it is contingent on the daily maintenance of my spiritual condition. There is ALWAYS the element of choice in this, moment by moment. If I had a "cure" today, I could choose whatever I wanted to eat, do whatever I wanted to do and it would make no difference because the treatment would have removed or "cured" the problem of compulsive overeating.

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Tri-County Intergroup  
Group # 09163  
P.O. Box 331703  
Fort Worth, TX 76163

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

## *Cure Continued*

That is not true with this disease. ALL of my choices make a difference every minute of every day. Does that sound to extreme? Well the Big Book also tells me that I have to become willing to go to any lengths for recovery and I have discovered that it takes some lengths. It takes being willing to go to any length to be honest with at least one other person in my life about what I am eating and what I am doing, saying and thinking. I also have to be willing to go to any length to establish a relationship with my Higher Power. I have to be willing to go to any length to get rid of old, false ideas about life and substitute them with thoughts that are true, healthy, and life-giving.

I remember my uncontrolled steps just before OA, I wanted to do everything. I wanted my own way, eat whatever I wanted and never gain weight, just be my own god, completely free to do it my way.

Since coming to OA, I am still completely free to make choices but the program opens my eyes to see the consequences of those choices so that I can then decide if I am able to live with those consequences or not.

So I can still choose to eat foods that trigger my allergy. What are the consequences? I will be out of control once again. I can still choose to demand that everyone do as I say so that I will be happy. What are the consequences? My relationships will die, murdered by my own selfishness and self-centeredness.

No, my daily choices must be to surrender to my Higher Power, to let go of self, and think of others first. I must be honest about my food, follow my plan, and help others if I want that daily reprieve that temporarily lifts me out of a hell of my own making and into a realm filled with peace, serenity, and the knowledge of what to do next, even when it is hard.

*Kathy W.  
Bethel HOW*



*In Gratitude for  
Continuing Support*

South Hills, City on a Hill

*Freedom from self-  
reliance*

*Freedom*

*For many of us, freedom came  
when we took Step Three and  
turned the entire problem over to  
our Higher Power. || — OA  
12&12, p. 20 This freedom  
continues to grow with each step.*

# Looking UP

## *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.

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.

*Anonymous  
South Hills, Literature:  
Step / Tradition of the Month  
Looking Up JUN 2015*

### *A Practical Journey Through the Twelve Steps*

November 3rd - November 5th, 2017

Glen Lake Camp at Glen Rose

Sponsored by

Tri-County OA Intergroup



*Will you  
take the  
Steps  
towards  
Abstinence?*

**For more information call:**

**Karin W. 817-739-2913 or Carolyn D. 817-243-4103**

# Looking UP

## Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS

Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	7:30 PM	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Literature: Step / Tradition of the Month	Happy	817-370-7207
TUESDAY	Noon	<b>Fort Worth</b> - 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	<b>Richland Hills</b> - City Point United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #104	Literature meeting	Rachel R.	817-595-3044
TUESDAY	7:00 PM	<b>Arlington - City on a Hill</b> City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	Speakers, Step Studies, Literature	Sherri G.	817-461-4053
WEDNESDAY	7:00 PM	<b>Eules</b> - United Memorial Christian Church 1401 N. Main Street, Eules, TX 76039	Big Book, Voices of Recovery	Cindy	817-455-5125
THURSDAY	Noon	<b>Grapevine OA</b> - First United Methodist Church 421 Church St Grapevine, TX 76051 Brick Thrift Store across the street from the GV First Methodist Church. Park on south side of building, enter thru double glass door, Conf Room C, on right.	Meeting leader chosen topics from OA 12X12, Big Book and OA Literature	Judith D.	682-313-8484
THURSDAY	6:45 PM	<b>New Beginnings HOW</b> - St. Paul Lutheran Church 1800 West Freeway Fort Worth, TX 76102	HOW	Patrice	817-692-7180
THURSDAY	7:00 PM	<b>Arlington - City on a Hill Church</b> City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	HOW	Lisa	682-438-9160
THURSDAY	7:30 PM	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA & AA Literature	Happy	817-370-7207
FRIDAY	11:00 AM	<b>Saginaw Overeaters Anonymous Meeting</b> Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179	Womens Focus	Deb R.	682-802-0391
SATURDAY	9:00 AM	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Big Book Study with writing	Happy	817-370-7207
SATURDAY	10:30 AM	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Men's focus, all welcome - Topic/discussion	Dan	925-577-8636
SATURDAY	Noon	<b>Arlington - City on a Hill</b> City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	Literature	Blythe	817-300-4329
SATURDAY	Noon	<b>Daily Reprieve, Eules</b> - United Memorial Christian Church 1401 N. Main Street, Eules, TX 76039	Step Study / Big Book	Margie	972-310-3636
SUNDAY	4:30 PM	<b>Fort Worth</b> - 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

**2017's Intergroup meetings** Arlington 9/9 (workshop) 7/1 and 1/6/18

**remaining**: Fort Worth 8/5, 10/7, 12/2; 11/4 (at our Annual Retreat)

last change 6/10/17