

May 2018

# Looking Up

## First Things First

- **Step Five:**

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

- **Tradition Five:**

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

- **Concept Five:**

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

- **Disclaimer**

Personal stories express the experience, strength, and hope of the individual member and not of OA as a whole.

Tri-County Intergroup, Fort Worth, Texas Information Line: 817-303-2888

## To the Newcomer

Next month you will have the opportunity to attend what may be your first OA workshop. Tri-County Intergroup is hosting a one-half day workshop on nutrition. What are our workshops like? Who will be there? Will I have to talk? Will I know anyone? What will it cost? How will I get there? I'm scared to get that involved in OA.

These are all reasonable questions and common reactions, especially when

thinking about doing something new. It was hard enough going to your first OA meeting and now they want you to attend a workshop?

Yes, we would love for you to join us at a workshop. They are fun, informative, and emotionally and spiritually moving. What is really interesting, however, is having the opportunity to meet others like you. We know that you are unique

and that in our smallish meetings, you might not have clicked yet with the stories you have heard. At a workshop, your OA universe of support will grow and you just might find that one person who seemed to have grown up in your house. People come from all over the metroplex, sometimes even farther. Look for details in the "[Upcoming OA Events](#)" section later in this newsletter. Y'all come!

## Living Instead

My psychologist recommended I go to an OA meeting, but it took three months before I actually set foot through the door. I told him I didn't think I could give up sugar and didn't believe in god, so OA wouldn't work for me. He laughed and told me that was the addict speaking.

It took me those three months of bingeing to finally admit to myself I needed to try something new. I also had to talk my mother into attending with me so I didn't have to be

alone in my newness. Since I didn't believe in god in a traditional sense, I thought I wouldn't get anything out of OA. I almost left halfway through that first meeting because I was incredibly uncomfortable with how much people were talking about god. The fact that my mother had driven us there was probably the only thing that kept me in my seat. Despite the god talk, I found some startling correlations between what other people were saying and how I'd always felt. I

always knew I was different, but I couldn't really believe that thin people could think about food the way I did. I thought my special kind of craziness was reserved for chubby gals. That first meeting was just people sharing stories and thoughts. I heard a couple of people talk about having more than thirty years of recovery. That seemed so out of reach to me, but I decided to go back the next week and just see if something came of it.

(cont'd next page)

## A NEWCOMER'S STORY

It's been over a year now and the recovery I've experienced in that time is nothing short of amazing for me. Besides shedding 80 pounds (36 kg) of weight, I've also experienced a deeper understanding of myself and what triggers my binges. I grew in my spirituality as well and found my Higher Power. I didn't gain abstinence

immediately, and this has been an imperfect ride so far, but for the first time in my life, I feel like I'm living life instead of being a bystander.

--April B.

*Lifeline, March 2018  
"Copyright Overeaters Anonymous, Inc. All rights reserved."*

**"I didn't think I could give up sugar."**

## A Plan of Fating

OA literature suggests that the newcomer visit a doctor to decide upon a plan of eating suited to both physical needs and family habits. I can verify that this was, indeed, the policy with a number of patients whom I have referred to this group. OA is not concerned with the medical aspects of obesity, but with the compulsive nature of overeating.

Peter G. Lindner, M.D.

*"From Overeaters Anonymous, Third Edition, copyright ©2014 by Overeaters Anonymous, Inc. Reprinted by permission of Overeaters Anonymous, Inc."*

### Miracles to Me

The word "abstinence" comes from "abstain," which means "to refrain from." Since we cannot completely refrain from

eating, we have to figure out a food plan that meets our nutritional needs but does not include trigger foods or things we're addicted to. "Keep it simple" is the best advice anyone has given me when it comes to my food plan.

My food plan lets me know if I am abstinent or not. If my food plan meets the requirements stated above and I eat accordingly, I am abstinent. If I need to change something I've planned, I need to check with someone who understands my need to follow a food plan to be sure my proposed change is nutritionally equivalent. When I'm upset, I also need to be vigilant about my manner of eating. Even if I eat exactly what I planned, I am not abstinent if I gobble down

the food in a compulsive way.

I have several chronic conditions, so I enlisted the help of a nutritionist to be sure I'm getting the nutrients I need, without taking in too many calories or carbohydrates or negatively affecting my health. She helped me understand how to maintain abstinence.

When I am abstinent, I have calmness around food. I don't have white knuckles. I have few or no cravings. I am satisfied when I'm finished with my planned meal. These changes may sound mundane to someone who is not a food addict or compulsive eater, but to me they are miracles.

--Nancy S.

*Lifeline, March 2018  
"Copyright Overeaters Anonymous, Inc. All rights reserved."*



Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

## *A Step Five Story*

When I was in another twelve-step program prior to joining OA, I had previously worked through steps four and five a couple of times. I never had any major spiritual experiences as a result of those events. I felt better, yes, because I had relieved myself of some of my burdens, but I did not feel “delighted” as is promised in the big book of Alcoholics Anonymous. The first time I wrote my “life history” as my sponsor requested and then I read it to her. It wasn’t very long and I’m not really sure what I put in it except the facts of my life up to that point. My next fourth step was a list of people I resented. There were 189 people on that list. When I went to visit my sponsor, she had me briefly tell her about each one. When that was over, we threw it away in her trash bin. I was making progress, but I was still very much struggling with food and neither of these fourth or fifth steps covered my food history at all. How could that be? How could something so woven into my life have been skipped altogether in a searching and fearless moral inventory? After three years in that program, I found OA, and found some success with abstinence right away. I believe those three years prepared me for the rigorous honesty that would be required of me in OA, for it was in OA that I came to the heart of my “deeper emotional problem.” After working the steps in OA, I came to believe that I never could have been

successful at all if it had not been for those three years in another program. I was in denial about my food problem and I had more than one blind spot about my role in my own life as well as in the lives of those around me.

In OA, the inventory that was handed to me was a list of about 186 questions, split into different sections. Who wrote it? I don’t know but they lived my life. They knew exactly the right questions to ask me, the ones I had been avoiding my entire life, the ones that would force me to be accountable for my actions and to own up to my part in this play. It was thorough and I was fearless, finally, because I was desperate to heal. I knew this was it for me; my last chance to confront my eating behavior, the only time, the final time, that God would listen to me. If I didn’t come clean this time, I would never be given the chance again – whether that’s true I don’t know but it is how I felt because I had bargained with God so many times before and always failed. I did not feel I was owed another chance after this.

So I answered those questions, honestly and thoroughly, until I had written every fact or feeling related to them. I made a date with my sponsor and went to her house. I was terribly afraid to tell another human being what I had done – that was going to make it real. It would

be “out there” for the world to know and I could never take it back. I was driven to do this as if by the “hound of heaven.” I sat at her beautiful table in her beautiful home and told her my horror story. I was so ashamed that I could not even raise my head. I was so afraid I barely stopped to breathe. I knew if I stopped, I would never begin again. I finally came to the humiliating end. There was silence until she realized that I was through. “Well,” she said, “it’s good to get all that crap out, isn’t it?” I was stunned. Was that it? Is that all she had to say? No judgment? No punishment? I guess I had confused my sponsor with God. She wasn’t God, but she was definitely God’s messenger. I left her house that day about 50 pounds lighter. The sun was brighter, the sky was bluer, and I was DELIGHTED because I was finally free. I could finally look the world in the eye. I had my major spiritual experience, all because I was as honest as I could be.

Eddie

Upcoming OA Events

TRI-COUNTY INTERGROUP MAY 5, 2018 10:30 AM South Hills Christian Church, Fort Worth

MEMORIAL OPEN HOUSE FOR NANCY E. MAY 19, 2018 2-6 PM 3104 Yellowstone Arlington 76013

DMI INTERGROUP MAY 20, 2018 1pm - 2pm Dallas Metroplex Intergroup Office, 331 Melrose, Suite 120 Richardson, TX 75080

TRI-COUNTY INTERGROUP JUNE 2, 2018 10:30 AM South Hills Christian Church, Fort Worth

WORKSHOP "WORKING THE OA PROGRAM" JUNE 3, 2018 1pm - 4pm Dallas Metroplex Intergroup Office, 331 Melrose, Ste 120 Richardson, TX 75080

WORKSHOP "AN INTRO TO NUTRITION" JUNE 23, 2018 1pm - 4pm South Hills Christian Church, Fort Worth, Suggested Donation = \$5

FALL REGION 3 ASSEMBLY AND CONVENTION OCT. 12-14, 2018 There will be experience, strength and hope as we gather together to examine the key of ACCEPTANCE. oasoutherncolorado.org

FALL TRI-COUNTY RETREAT NOV. 2-4, 2018 5 PM Friday - Noon Sunday - Glen Lake Camp, Glen Rose, Texas Stand by for more details!



2018 TRI-COUNTY INTERGROUP BOARD

- Chair: Charra W. Vice-Chair: Jackie H. Treasurer: Joy D. Secretary: Carolyn Liaison to DMI: Dianne S. Liaison from DMI: Frances P. Public Relations: Jaclyn Newsletter: Betsy H. Telephone: Mary Lou Retreat: Jaclyn Workshop: Sherri Web Master: Ron C. WSO Delegate: (open) Region 3 Rep: (open)

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

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.

Editor Contact Info:

newsletter@oa-tricounty.org

We're on the Web!

See us at:

www.oa-tricounty.org

Tri-County Intergroup generally meets at 10:30 am the first Saturday of every month at South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133.

With gratitude for the support from these groups

South Hills City on a Hill

# 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
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 B, on left.	Meeting leader chosen topics from OA 12X12, Big Book and OA Literature	Judith D.	682-313-8484
THURSDAY	5:30 PM	<b>Whitney, Texas</b> - King Memorial United Methodist Church, 502 N Colorado, Whitney, TX 76692	Big Book, Voices of Recovery	Cindy	214-600-1158
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, Euless</b> - United Memorial Christian Church 1401 N. Main Street, Euless, 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