

July 2018

Looking Up

First Things First

• Step Seven:

Humbly asked Him to remove our shortcomings.

• Tradition Seven:

Every OA group ought to be fully self-supporting, declining outside contributions.

• Concept Seven:

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• 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 – Of Our Kind

I was watching a popular movie this week about a group of very unusual people who came together for a common purpose. They had only one thing in common as people. They were different from other people.

This evening, as I read the introduction to our OA meeting, I was struck by the similarity of our kind of people to the people in the movie. We are different. There is no kind of treatment that will make us like other people. And yet we come together with

a common problem, seeking a common solution, and in so doing we find that we are indeed like each other, we are “of our kind.”

As I was preparing to leave the meeting, I was moved by the love I have for the people I have met here. I have known and loved these people for over 20 years. They are my kind of people. They are my special friends.

As a newcomer, I was not happy to be here. I did not want to associate myself with you. I wanted

to be like everyone else. But I could not deny that I felt kinship with you immediately and that attracted me. I knew I belonged even though I didn't want to, so I came back, to feel that same feeling.

The loneliness and isolation I felt before coming to OA was killing me. Just like in the movie, coming together with you gave me a new life where I learned self-respect, no matter what I look like or how different I am from others.

Why am I a Compulsive Overeater?

I am a compulsive overeater because I was born that way, not because I was abandoned, not because I was abused, not because I had no friends, not because I was first or last in a long line of siblings, not because we moved every few months, not because my parents were alcoholic, not because my parents were overeaters. There is no one to blame, not even myself.

But when you're fat, everything is your fault. If you're so smart, why are you fat? It's indefensible. The food came into your life as a murderer. All I ever wanted to be was thin; all I ever wanted to do was eat. When I don't eat, I feel better: I feel anger better, I feel fear better. The food came and took me away and made me its slave.

Then I discovered dieting

with group support. But it wasn't enough. It didn't work. What I needed was recovery through the program of Overeaters Anonymous. The first thing I was ready to hear is on page 58 of the big book: “if you want what we have and are willing to go to any length to get it.” Read the big book: look at page 45: the main object of this book is to solve your problem.

*Notes from a speaker meeting
Spring 2018*

Reflections from a Step 6 Meeting



What's going to be left of me if I let God have all of my defects of character?

This is a step of prayer. I have to pray all the time to be different and being different frightened me to death.

By myself, I can't control anything.

I had to listen to people to learn, "Oh! I do that! I know how I feel when someone does that to me. It's awful." It's a big deal to be able to make changes.

In Step 6, my Higher Power guides, directs, and looks out for my best interests because I don't recognize them.

When I try to do it by myself, that's when I realize I'm getting nowhere.

Is There Any Such Thing as The Good Old Days?

I couldn't occupy myself with anything else. It started taking over my mind.

I think I miss the old pleasures – what? Clothes that don't fit?

Food was the center of the event; the event was never joyous.

I kept trying to capture those days but there weren't any!

Obsession of the mind and compulsion of the body; they are always waiting for me; they are my four horsemen.

I remember facing these guys every morning. I would be so desperate for a miracle. I had a sleeping beauty syndrome – hoping I would wake up a new person.



Tradition 6 Reflections

Reflections on Tradition 6



Stick to the primary purpose. Why say No? To keep it simple. OA has a unique function.

It's subtle. The harder things get, the more I hold onto my program.

The way I learned to access God was through the 12 Steps.

OA emphasizes that the 12 Steps and the 12 Traditions are the program of recovery.

I had to get my food in some sort of order before I could hear the Steps.

OA didn't change. God didn't change. I changed.

I don't know how to explain it to someone who's never had that experience.

Why is it that x, y, and z wasn't enough? It doesn't matter why. The 12 Steps just work.

Step Seven – Heard at a Meeting

The reason I'm having such a hard time with humility is that I don't know what it is.

I was bathing that moment in prayer. This step was preparing me to go to that party. If I can just be humble enough to give it to God – that's when I have the strength.

I'm so glad God gave me this program so I'd know that I'm teachable.

All things aren't collected at one time. I can keep butting ahead to the old spot – but there may be a better way.

I'm not as pissed off at this step as I used to be.

If I take a little action and pray, my feelings are different. If I'm confused, how can I ask God to rid me of whatever it is?

In the beginning I took Step 7 so seriously. Now I can laugh. It's like polishing silver – sometimes I get real tarnished and then I pray. God keeps me clean.

One thing after another keeps coming up and I get to look at my part. I'm glad I have a program and I can at least pray about it.

I used to view it as a throw-away step. Rationalization and justification were really hurting me. I could take that step only so far. Then I had to trust.

I get to ask and then do the footwork.

I need to be accepting and listen.

Working the steps is like walking into the arms of God. Our higher power is love and that's what Step 7 is about. I always thought humility as giving up myself. But it's like this big-eye mirror my mother gave me – looking back at your past and calling it "My Troubled Years." Instead of running away, I'm learning to ask for help. I've had to do a lot of reading on being able to be happy. I'm going to be willing and be thinking.

Anytime you're talking about truth, I always think about OA.

How do I know I'm on the right path? Somedays I feel real clear and somedays it's just fog. Before we do any of this, we gotta pray.

I ask God to show me how to handle it in the best way. It's funny how God pops things into your mind.

It's been a strange time for me. There's been no resolving of it really, but I'm glad for that. It means I have to do something different.

Ask for help. Acknowledge help. Accept help.

You surrender your life to God and let Him make your choices.

I've never done 7 until the pain

of the solution was equal to the pain of the problem. It has to be by the grace of God that one got here. I'm sure we could have found something else to be doing.

When I'm physically tired, everything is black and dark. I wanted to vacate. It's like a headless angel. It's scary when something's changed and I know it's not me.

She'll do it when she hurts bad enough.

I thought if I didn't write it down, it wouldn't be so. It's the ability to ask for help.

The contract is for me.



Humbly
asked Him to
remove our
shortcomings.

Upcoming OA Events

TRI-COUNTY INTERGROUP

JULY 7, 2018
 AUG. 4, 2018
 SEPT. 8, 2018
 OCT. 13, 2018
 NOV. 3, 2018 (AT THE RETREAT)
 DEC. 1, 2018
10:30 AM, South Hills
 Christian Church
 3200 Bilglade Rd
 Fort Worth 76133

DALLAS METROPLEX INTERGROUP

JULY 15, 2018
 AUG. 19, 2018
 SEPT. 16, 2018
 OCT. 21, 2018
 NOV. 18, 2018
 DEC. 16, 2018
1 PM, DMI Office
 331 Melrose, Suite 120
 Richardson 75080

FARMERS BRANCH WORKSHOP

September 15, 2018
10am – 4pm
 Faith United Presbyterian Church
 12717 Marsh Lane Farmers
 Branch, TX 75234
 “Hiking to the High Life”
 Our Speaker from Killeen, TX. has 12
 years of abstinence. Learn how to
 meditate, relax and journal in order to
 achieve long term abstinence one
 day at a time.

FALL REGION 3 ASSEMBLY AND CONVENTION

OCT. 12-14, 2018
 Hotel Elegante Conference &
 Event Center, 2886 S Circle Dr,
 Colorado Springs, CO 80906
 There will be experience,
 strength and hope as we
 gather together to examine
 the key of **ACCEPTANCE**.
oasoutherncolorado.org

CENTRAL NM SILENT RETREAT

Oct 26 – 28, 2018
 Pecos Benedictine Monastery,
 16 Guadalupe Lane, Pecos, NM
 87505, Pecos, NM 87552
 “Exploring the Eleventh Step”
<http://oa-cnmi.org/events/pecos-silent-retreat/>

TRI-COUNTY RETREAT

Nov. 2-4, 2018
 5 PM Friday – Noon Sunday
 Glen Lake Camp & Retreat
 Center, 1102 NE Barnard St,
 (Hwy 144N) Glen Rose, TX
 76043
 “Don’t Give Up Before The
 Miracle”
 Our speaker is from California,
 and she’s been in OA since
 1988. Focusing on “Finding
 Forgiveness for Ourselves and
 Others: Acceptance.”



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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.

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We're on the Web!

See us at:
www.oa-tricounty.org

With gratitude for the support from these groups

*Grapevine
 New Beginnings HOW
 South Hills*



Don't Give Up Before the Miracle!

November 2nd - November 4th, 2018

Glen Lake Camp OA Retreat in Glen Rose, TX
Sponsored by Tri-County OA Intergroup

Our speaker is from California, and she's been in OA since 1988. Focusing on "Finding Forgiveness for Ourselves and Others: Acceptance"

Registration includes accommodations for 2 nights (Friday and Saturday) and 4 meals (3 on Saturday, 1 on Sunday). If you have special food needs, you may bring an ice chest. There is limited space in refrigerator in Jones Lodge but ice is available.

No dinner will be served Friday. There are several places to eat in Glen Rose or bring your dinner with you.

Sleeping arrangements are in a rustic air-conditioned/heated dormitory-style cabin with twin-sized bunkbeds. There is no individual climate control in each hotel room. Limited number of double hotel style rooms at additional cost, with central living area, refrigerator and microwave. See registration form for the additional cost.

Special Saturday-only tickets include 3 meals

Things to bring

- Sheets, blankets and pillow or sleeping bag
- Personal toiletries
- Towels
- **Cushions for hard chairs**
- Writing supplies
- **Your Big Book**
- Flashlight
- Bug repellent
- Comfortable, casual clothes, walking shoes
- Jacket or sweater - *bring to speaker sessions as the temperature is hard to regulate in the Smith Bldg.*
- Games, cards etc.

For more information call: Joy D. (817) 905-4949 or Jaclyn D. (817) 996-8711

CUT OUT AND MAIL THIS FORM ALONG WITH YOUR CHECK

<p>Registration Deadline: 10-19-2018 <small>(No refunds. Unused payments may be transferred to another member or our Scholarship Fund)</small></p> <p>COST Per Person \$120.00 Weekend \$65.00 Saturday Day Only</p> <p>Make checks payable to: Tri County Intergroup OA</p> <p>Mail to: Joy Dobbins 6833 Maize Road, #2201 Fort Worth, TX 76133</p>	NAME:		<p>Saturday Only Registration Special</p> <p>COST \$65.00 per person</p> <p><i>Saturday only charge includes three meals</i></p>
	Address:		
	City, State and Zip:		
	Phone:	Email	
	<input type="checkbox"/> Please check here if you would like to receive our newsletter or any electronic announcements.		
Yes	Total Enclosed \$	Home OA Group:	
	<p>If you desire a hotel style room, you will have a roommate and will need to pay an extra \$\$\$, for a total of \$208.00/person. You must email (joydobbins99@gmail.com) or speak with Joy Dobbins (817) 905-4949 to reserve a hotel-style room. Name of pre-arranged roommate: _____</p>		
	<p>NEW THIS YEAR! I would like to donate \$ _____ to help fund the "Nancy E. Memorial Retreat Scholarship Fund"</p>		
	<p>Yes, I would like to apply for a 1/2 Scholarship & in exchange, I will be willing to give service at the Retreat. Contact Joy Dobbins (817) 905-4949 to find out if there are funds available this year.</p>		

Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS

Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	7:30 PM	Fort Worth - South Hills Christian	Literature: Step / Tradition of the Month	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
TUESDAY	Noon	Fort Worth - South Hills Christian	OA 12X12 writing / AA Big Book	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
TUESDAY	7:00 PM	Richland Hills - City Point United Methodist Church	Literature meeting	Rachel R.	817-595-3044
		7301 Glenview Drive, North Richland Hills 76180 Room #104			
THURSDAY	Noon	Grapevine OA - First United Methodist Church 421 Church St Grapevine, TX 76051	Meeting leader chosen topics from OA 12X12, Big Book and OA Literature	Judith D.	682-313-8484
		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.			
THURSDAY	6:45 PM	New Beginnings HOW - St. Paul Lutheran Church	HOW	Patrice	817-692-7180
		1800 West Freeway Fort Worth, TX 76102			
THURSDAY	7:00 PM	Arlington - City on a Hill Church	HOW	Lisa	682-438-9160
		City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120			
THURSDAY	7:30 PM	Fort Worth - South Hills Christian Church	OA & AA Literature	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
FRIDAY	11:00 AM	Saginaw Overeaters Anonymous Meeting	Womens Focus	Christine	817-874-3849
		Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179			
FRIDAY	6:00 PM	Fort Worth - South Hills Christian Church	Spanish Language	Maria G.	817-681-6227
		3200 Bilglade Road, Fort Worth, TX 76133			
SATURDAY	9:00 AM	Fort Worth - South Hills Christian	Big Book Study with writing	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
SATURDAY	Noon	Arlington - City on a Hill	Literature	Blythe	817-300-4329
		City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120			
SATURDAY	Noon	Daily Reprieve, Euless - United Memorial Christian Church	Step Study / Big Book	Margie	972-310-3636
		1401 N. Main Street, Euless, TX 76039			
SUNDAY	4:30 PM	Fort Worth - South Hills Christian	Writing, Steps and Literature	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			



New