

August 2018

# Looking Up

## First Things First

### • Step Eight:

Made a list of all persons we had harmed and became willing to make amends to them all.

### • Tradition Eight:

Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

### • Concept Eight:

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.

### • 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

"Food is not the problem."  
"Food is the solution."  
What? How can that be? Who could say that and be in OA? In my experience, only someone who has searched into the heart of his or her darkness could, and would, say that. It is true. Food is not the problem. I am the problem and I used food as a solution until I was 46 years old, when I hit bottom, when it didn't work for me anymore. I couldn't eat anymore; I couldn't diet; I couldn't lose weight; I had

aching knees and joints; clothes didn't fit; I began to fall apart physically and I couldn't put myself back together again. I was a mess spiritually and emotionally and I took out all my problems on those closest to me. I was at the turning point.

That's when I sought and found another solution in the program of Overeaters Anonymous. This is the one, true solution for the problem of ME, recovery with the 12 Steps of AA. Put down the food. Pick up the Steps.

There is an OA member who lives near Ridgmar Mall who needs assistance with transportation to the 9:00 am Saturday morning meeting at South Hills. She is willing to contribute to the cost of gas if someone is willing to do this service. Please call the meeting contact person (see back page) if you can help. Thanks!

## Dog Days of Summer – Forecast: Hot, Getting Hotter

Would you like to take the easier, softer way? I know; it's hot, very hot. We are stuck in our houses, in the a/c, with the food. It's like a game of Clue.

Can we find our way out? Can we find the culprit? What better way to spend time inside than working on our Steps. Did you stop at Step 3 or 4 or 5? That unfortunately happens to a lot of members. The thought of

doing 4 and 5 is scary. What have you got to lose? Who are you going to find? Colonel Green in the kitchen with the knife? How bad can it be? Did you murder someone? If not, ain't no big deal. If so, someone in the program has done it. You are not alone.

Put down the food. Pick up the Steps. Get back to your Step work. It's too hot to do anything else.

Sun 7/15	☀	100° 79°	▲ 0%	▼
Mon 7/16	☀	101° 80°	▲ 0%	▼
Tue 7/17	☀	101° 80°	▲ 0%	▼
Wed 7/18	☀	103° 80°	▲ 0%	▼
Thu 7/19	☁	103° 81°	▲ 0%	▼
Fri 7/20	☁	102° 82°	▲ 0%	▼
Sat 7/21	☀	106° 81°	▲ 0%	▼
Sun 7/22	☀	106° 82°	▲ 0%	▼
Mon 7/23	☁	104° 81°	▲ 0%	▼

*Nothing is Impossible*



### Step Fight – Heard at a Meeting

When the time is right, God will present the opportunity. The biggest part is to become willing.

My goal is to better understand so I don't keep repeating it. Address a wrong, understand it and go on into the future, whatever the future is.

The promises are after Steps 8 and 9, not after 12. I thought I was working such a perfect program, I was ahead of myself! By making a list, I begin to be willing to forgive. Steps 8 and 9 help you get rid of the past.

Here I am. Do with me as you wish. False Evidence Appearing Real. To bury the hatchet and not have to bury it in someone's head is good.

Maybe He has to get my mind off in other places.

I'm just looking for something to be resentful about. I can ask God for the willingness to be willing.

You talked about ticking people off your list. The people that I ticked off ought to be on my list! Face Everything And Recover.

Now I have to look at all this crap. I'm glad I have somewhere to go. What's my part, God? Today, my part is to be quiet and see what it is I'm supposed to see. It isn't easy to face the pain

you've created and to forgive yourself because you didn't know any better.

Through this step, I have made an amends.

My higher power says it's not good for you now. It was almost an unawareness. Sometimes I'm that one-year old child kicking and screaming.

I've got to answer these questions before I can expect anyone else to act differently. I find myself thinking about people differently.

No matter what I hear from you all or in the program, I always want perfection for myself. I don't think it would be much fun to always be perfect.

I get to look and see how I was responsible for that. I was into everybody else's business so much, I knew absolutely nothing about myself or my own. The first time I go through the program, I may not see everything.

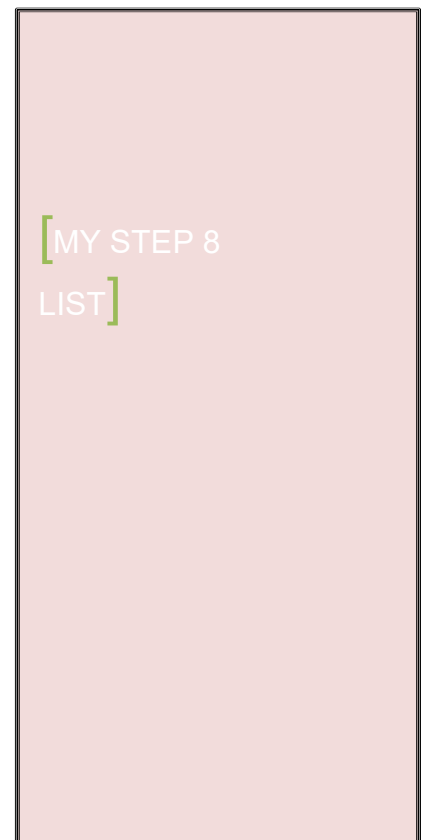
Sometimes I wish I could eat serenity. I needed to soak some things up because I was on "E."

I was pissed off at me and they really paid the price for it. The blessing is that I've been able to

see my part. My father taught me that it is a daily reprieve. Thanks for letting me see the flowers that are blossoming in all of y'all.

Where's God on my list? God is number one and I'm number two. I've told Him I'm not answering the door anymore. I need to have somebody else tell me whether I need to make amends. I don't want God to humble me anymore. I know today it's the tears that soften me.

I am becoming willing.



Upcoming OA Events

TRI-COUNTY INTERGROUP

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

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/

GALVESTON BAY AREA/HOUSTON CONVENTION

Oct 26 - 28, 2018
SOUTH SHORE HARBOUR
CONFERENCE CENTER
2500 SOUTH SHORE BLVD.
League City, Texas 77573
"OA Recovery Gives More Than A
Ghost of A Chance"

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."
http://www.oa-
tricity.org/event/tci-fall-
retreat/?instance\_id=11



2018 TRI-COUNTY INTERGROUP BOARD

- Chair: Charra W.
Vice-Chair: Jackie H.
Treasurer: Joy D.
Secretary: (open)
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Web Master: Ron C.
WSO Delegate: (open)
Region 3 Rep: Joy D.

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:

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We're on the Web!
See us at:
www.oa-tricity.org

With gratitude for the
support from these groups

Saginaw
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><b>Registration Deadline: 10-19-2018</b> <small>(No refunds. Unused payments may be transferred to another member or our Scholarship Fund)</small></p> <p><b>COST Per Person</b> \$120.00 Weekend \$65.00 Saturday Day Only</p> <p><b>Make checks payable to:</b> Tri County Intergroup OA</p> <p><b>Mail to:</b> Joy Dobbins 6833 Maize Road, #2201 Fort Worth, TX 76133</p>	NAME:		<p><b>Saturday Only Registration Special</b></p> <p><b>COST \$65.00 per person</b></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 (<a href="mailto:joydobbins99@gmail.com">joydobbins99@gmail.com</a>) or speak with Joy Dobbins (817) 905-4949 to reserve a hotel-style room. Name of pre-arranged roommate: _____</p>		
	<p><b>NEW THIS YEAR!</b> 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 &amp; 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	<b>Fort Worth - South Hills Christian</b>	Literature: Step / Tradition of the Month	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
TUESDAY	Noon	<b>Fort Worth - South Hills Christian</b>	OA 12X12 writing / AA Big Book	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
TUESDAY	7:00 PM	<b>Richland Hills - City Point United Methodist Church</b>	Literature meeting	Rachel R.	817-595-3044
		7301 Glenview Drive, North Richland Hills 76180 Room #104			
THURSDAY	Noon	<b>Grapevine OA - First United Methodist Church</b> 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>B, on left.</b>			
THURSDAY	6:45 PM	<b>New Beginnings HOW - St. Paul Lutheran Church</b>	HOW	Patrice	817-692-7180
		1800 West Freeway Fort Worth, TX 76102			
THURSDAY	7:00 PM	<b>Arlington - City on a Hill Church</b>	HOW	Lisa	682-438-9160
		City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120			
THURSDAY	7:30 PM	<b>Fort Worth - South Hills Christian Church</b>	OA & AA Literature	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
FRIDAY	11:00 AM	<b>Saginaw Overeaters Anonymous Meeting</b>	Womens Focus	Christine	817-874-3849
		Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179			
FRIDAY	6:00 PM	<b>Fort Worth - South Hills Christian Church</b>	Spanish Language	Maria G.	817-681-6227
		3200 Bilglade Road, Fort Worth, TX 76133			
SATURDAY	9:00 AM	<b>Fort Worth - South Hills Christian</b>	Big Book Study with writing	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
SATURDAY	Noon	<b>Arlington - City on a Hill</b>	Literature	Blythe	817-300-4329
		City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120			
SATURDAY	Noon	<b>Daily Reprieve, Euless - United Memorial Christian Church</b>	Step Study / Big Book	Margie	972-310-3636
		1401 N. Main Street, Euless, TX 76039			
SUNDAY	4:30 PM	<b>Fort Worth - South Hills Christian</b>	Writing, Steps and Literature	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			



New