

# Looking Up

## First Things First

• **Step Nine:**

Made direct amends to all such people wherever possible, except when to do so would injure them or others.

• **Tradition Nine:**

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

• **Concept Nine:**

Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

• **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

### *How to get started*

1. Write a food plan for tomorrow. After you write it, call your sponsor and commit it. Remember that abstinence is *working toward or maintaining a healthy body weight*. So get busy getting better.

2. Get a phone list and start making outreach calls. Just pick a name and call. Ask how they work the OA program and how they made it through the first 30 days. Make 3 calls a day. If you get voicemail, that still counts.

3. Get a list of meetings and begin attending them as often as necessary to keep you from overeating. If you can't find an OA meeting that's convenient, attend open AA meetings. Your recovery will skyrocket!

4. Call your sponsor at least once daily without fail. Your sponsor has been where you are and can help you. A sponsor is a person who is experienced in the OA program, who is abstinent, who is working the program, and who is experiencing recovery.

Call your sponsor if you wish to change your food plan.

5. Read and write daily. Use the AA "big book" and "12 & 12," the OA "12 & 12," and the accompanying workbook, and anything else you can find to uncover the deeper emotional problem.

Remember OUR recovery is wholly dependent upon being of service to YOU.

Put down the food and pick up the phone.

### *How can a newcomer relate to and begin working Step 9?*

In Step 8 I looked at those persons I had harmed and became willing to make amends to them.

The person I harmed the most because of my overeating was me.

By coming to OA, getting a sponsor, a food plan, and working the steps, I began to make amends to myself and I wasn't even aware of what I was doing.

First I made physical amends. I stuck to my food plan and lost the excess weight I had gained over many years. Releasing it took many months and I began to trust myself as long as I put my food decisions in the hands of my sponsor and my higher power.

Then I made emotional amends. I learned to forgive myself for being an overeater. It was not my

fault. It just is.

Then I made mental amends. I work the program every day. I pray. I meditate. I do not take my abstinence for granted. My mind is a dangerous neighborhood; it's best if I don't go there alone.

In these three ways, I began working Step 9 from day one in OA.

*Do Not Give Up!*



### Step Nine – Heard at a Meeting

It's God's turn to work the Steps. I'm an incest victim but I don't dwell on that today. I remember the good stuff. That's God that healed me. I don't make any amends without talking to my sponsor first. I get stuck on something and go back and do a One, Two, Three on it. I love this Step because it makes me feel so good afterwards.

God puts in front of me what I need to do. An amends to myself – not being around unhealthy people.

We got to laughing . . . .

It's real hard when someone points a finger at me.

Do you ever take home these baggies full of half-finished conversations? My family deserves better than leftovers.

In God's time, not mine.

Dignity - after I've made an amends, it helps me to have dignity where I didn't before.

There's never a right or wrong – God will show me where the line is.

If I pray about it first, it will be okay.

I thought it was either one person's fault or the other person's fault. I carry the sick feeling around in my stomach

until I see my part.

Because I didn't take responsibility for myself, I let other people down. I need to listen and learn. I look forward to doing Step Nine.

Procrastination is very destructive to honesty.

At the same time I'm making amends to me, I'm making amends to God.

I was being held hostage within myself.

One of the things that come with Step Nine is spiritual truths and knowing them when they come along. I knew right from wrong before, but I always made excuses. It has to do with hurting myself.

#### MY FOOD PLAN

##### BREAKFAST

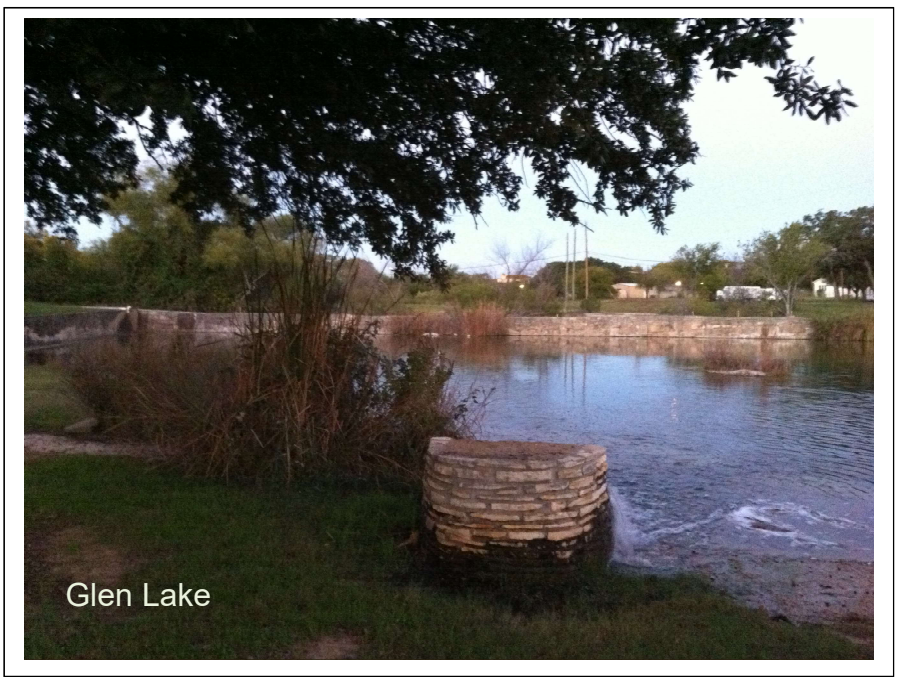
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

##### LUNCH

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

##### DINNER

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Glen Lake

Upcoming OA Events

TRI-COUNTY INTERGROUP

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

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: Carolyn D.
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: 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:

newsletter@oa-tricity.org

We're on the Web!

See us at:

www.oa-tricity.org

With gratitude for the
support from these groups

South Hills
Richland 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> (No refunds. Unused payments may be transferred to another member or our Scholarship Fund)</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> 3200 Bilglade Road, Fort Worth, TX 76133	Literature: Step / Tradition of the Month	Happy	817-370-7207
TUESDAY	Noon	<b>Fort Worth - South Hills Christian</b> 3200 Bilglade Road, Fort Worth, TX 76133	OA 12X12 writing / AA Big Book	Happy	817-370-7207
TUESDAY	7:00 PM	<b>Richland Hills - City Point United Methodist Church</b> 7301 Glenview Drive, North Richland Hills 76180 Room #104	Literature meeting	Rachel R.	817-595-3044
THURSDAY	Noon	<b>Grapevine OA - First United Methodist Church</b> 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>B, on left.</b>	Meeting leader chosen topics from OA 12X12, Big Book and OA Literature	Judith D.	682-313-8484 leave voice mail or text
THURSDAY	6:45 PM	<b>New Beginnings HOW - St. Paul Lutheran Church</b> 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 - South Hills Christian Church</b> 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	Christine	817-874-3849
FRIDAY	6:00 PM	<b>Fort Worth - South Hills Christian Church</b> 3200 Bilglade Road, Fort Worth, TX 76133	Spanish Language	Maria G.	817-681-6227
SATURDAY	9:00 AM	<b>Fort Worth - South Hills Christian</b> 3200 Bilglade Road, Fort Worth, TX 76133	Big Book Study with writing	Happy	817-370-7207
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 - United Memorial Christian Church</b> 1401 N. Main Street, Euless, TX 76039	Step Study / Big Book	Margie	972-310-3636
SUNDAY	4:30 PM	<b>Fort Worth - South Hills Christian</b> 3200 Bilglade Road, Fort Worth, TX 76133	Writing, Steps and Literature	Happy	817-370-7207