

## First Things First

### • Step Ten:

Continued to take personal inventory and when we were wrong, promptly admitted it.

### • Tradition Ten:

OA has no opinion on outside issues; hence the OA name ought never be drawn into public controversy

### • Concept Ten:

Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

### • 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*

## Abstinent Holidays

1. Focus on the true meaning of the holiday or event rather than the food orgy that sometimes accompanies it.

2. Don't set yourself up to feel bad because of unrealistic expectations of what the holiday will bring. Sometimes we're with family, sometimes with friends, sometimes we are alone. Face the reality of the situation beforehand. For example, if a family occasion almost always turns unpleasant, plan not to be a part of the unpleasantness. If you're going to be alone, face

that you may be sad. Plan to deal with it without excess food.

3. Build up your recovery bank account before and during the holidays by attending lots of meetings, working extra hard on your 12 Steps and using all the tools, especially service. Keep in constant contact with your sponsor. The disease doesn't take a holiday, nor should our recovery.

4. Keep your OA phone numbers with you at all times. Use them.

5. Know the limits of your recovery. When in doubt, avoid persons, places and things that have in the past triggered overeating. The party is not worth it. Choose not to attend if you feel it may be a major problem. Remember that abstinence, one day at a time, has to be the highest priority in your life. Without it, all other things suffer.

6. From the food perspective, treat the holiday like any other day. Our disease never takes a holiday.

*(cont'd on page 3)*

## ? Love Confirmation!

I had a situation at work that was troublesome. I spent the afternoon after it happened thinking how I could make this person regret their actions, without repercussions for myself. I contemplated everything from quitting outright; to filing an official complaint, but this is the boss of my boss so it could make future endeavors stressful.

Later I couldn't fall asleep because I kept thinking how I was a failure for letting someone step all

over me, and of course they had to pay!!

Realizing I needed to get to sleep I started to pray and told God to please give me clarity and understanding on the issue and what was my best course of action. After that prayer I was able to drift off to sleep. The next morning in the shower God asked why did I not 4<sup>th</sup> step this issue. I had to answer the columns honestly. I recounted it in my brain and realized that though

this person behaved unethically, the long range effects would be worse for me, financially and security wise.

My ego was threatened, my security and self-esteem; but I was not honest from the beginning of my expectations. Ego and people pleasing were my driving forces, and being so wrapped up in showing my "prowess" that I did not establish

*(cont'd on page 4)*

## *Participation is the Key to Harmony*

OA Responsibility Pledge:

Always to extend the hand and heart of OA to all  
who share my compulsion; for this, I am responsible.

Nominations for the 2019 Tri-County Intergroup **Executive Officer** positions will be held at the November retreat in Glen Rose. Please consider volunteering your time to Intergroup. The more voices are heard, the better the Intergroup may serve you. Elections will be held at the December IG meeting in Fort Worth and terms begin in January 2019. Brief descriptions follow—See your IG board members for more information.

Qualifications:

- Actively working the 12 Steps after having completed all 12
- Actively working the 12 Traditions
- Actively working the 12 Concepts
- Six months abstinence

Term: 1 year

### **Chairperson**

Duties: Preside over meetings; set agendas. Oversee the management of Intergroup. Co-sign on bank account.

### **Vice Chair**

Duties: Serve in absence of chair and assist in chair duties. Help new meetings get started and maintain current list of meetings, contacts, etc.

### **Secretary**

Duties: Record and report minutes; keep past minutes. Maintain list of board members and contact information.

### **Treasurer**

Duties: Maintain bank account; submit monthly financial statement; oversee IG mailbox and mail distributions.

## **Other Intergroup Board Positions and Committees that may be of interest to you are:**

### **Intergroup Rep**

Qualifications determined by the group they represent. Attend monthly IG meetings. Allowed to vote at IG meetings. Act as liaison between IG and group they represent.

### **DMI Liaison**

Attend monthly Tri-County and Dallas Metroplex Intergroup meetings to exchange information between intergroups.

### **Region 3 Delegate**

Represent the IG and area groups at the Region 3 meetings and report back to our area important information. See IG Bylaws for additional important information about this position.

### **WSO Delegate**

Represent the IG and area groups at the World Service Business Conference and report back to our area important information. See IG Bylaws for additional information about this position.

### **Telephone**

Maintain telephone answering service for Tri-County IG.

### **Newsletter**

Compile and distribute monthly IG newsletter, "Looking Up."

### **Website**

Maintain Tri-County IG website.

### **Retreat**

Organize the annual fall IG retreat with the assistance of a committee.

### **Workshops**

Plan and hold IG workshops with the assistance of the IG board.

### **Public Relations**

Handle requests for information about OA and distribute information through local health fairs, newspapers, and other public means of communication.

These positions are appointed by the IG Board at the January 2019 intergroup meeting. The terms are 1 year and the abstinence requirement is 6 months except as mentioned above. Attendance at 3 IG meetings prior to taking office or accepting a position is required.

## *Abstinent Holidays*

### *Continued*

7. Plan something special for yourself during the time other people are eating sugary desserts that you choose not to include in your food plan. Special tea, hot water with lemon, fruit...anything that is special for you and allowable in your plan.

8. Whether attending a holiday gathering or ordinary party, choose to focus on the people rather than the food. Pick out people and engage them in real conversation. If they don't want to participate, move on to the next person. People like to talk about themselves. Ask them questions about their life, their work, their families, and really listen to their answers.

9. Try to genuinely connect with people at the holiday table. The food is secondary.

10. There is no law that says you have to give out Halloween candy. We're not doing these kids a favor by giving them junk food. Give nutritious snacks, toys, or money. Do not give out things you would not consume yourself. Then there will be no problem with leftovers.

11. Set an extra place beside you (in your mind or in reality) at the table for your Higher Power.

12. Remember Step Two: with the help of a Higher Power, we can be restored to sane eating behavior. Call on your Higher Power. HP can keep you sane, one day at a time, one meal at a time.

13. During the holidays, get out of yourself by giving service, any service, whether it is to the program, to needy individuals, or to the community. Do something that may be a little hard for you,

but that you know will feel good about later. Give yourself something to build self-respect.

14. Plan, plan, plan! Be proactive toward the holidays and the meals. Don't just sit back and hope for the best. Rehearse in your mind over and over exactly what you will do, particularly what, where, and when you will eat. Pray just before sitting down to the meal.

15. Just before sitting down to eat or being served, go to a private room somewhere in the house or restaurant, call your sponsor, and commit what you are about to eat, as well as what you will choose not to eat. It makes no difference whether you get your sponsor or an answering machine – it is *your* commitment.

16. If you are visiting others for a holiday dinner, it is up to you to know what is being served and whether it is something that you choose not to eat. Call the host ahead of time. Plan accordingly. People understand others' food limitations. Even people without our disease have foods they don't eat for one reason or another. Volunteer to bring something that is good for you. The host then thinks you are gracious, while you are taking care of yourself!

17. Remember that you are responsible for what you eat. It's easy when sitting with family to slip into old childish roles where you feel you must eat whatever you are given. This does not have to be. We are adults and are responsible

for our own choices. It is up to us to take care of ourselves. It is up to us to set whatever parameters or boundaries we need to set with our families.

18. Gratitude, gratitude, gratitude! There is nothing as good for staying abstinent, particularly during the Thanksgiving season, as focusing on the many things we have, rather than what we do not have. Write gratitude lists frequently.

19. How about writing a little card or note to each person who will be at the Thanksgiving dinner table telling them why you are grateful to know them? Leave it at their dinner place. The focus will quickly get to the real meaning of Thanksgiving rather than on the food.

20. For many of us, the most dangerous period for our abstinence is after we have successfully gone through a difficult occasion. The insanity of our disease subconsciously or consciously tells us to reward ourselves with food because we did so well yesterday. Or, we suffer some type of letdown about the occasion because it didn't meet our expectations. Some of us feel emptiness after holidays that in the past we have tried to fill with food. For these reasons, plan to go to meetings the next day after the holiday.

21. A holiday is not a crisis, Holidays come every year. They are simply calendar times set aside to honor certain things. We deal with holidays the same way we deal with the rest of the days in the year. You can do it. Relax and work your program the best way you know how. One day at a time.

*I Love Confirmation! (cont'd from page 1)*

*(cont'd from page 1)...*

proper ground rules as is needed in any business dealing. I had to accept that though the behavior was unethical, it was not illegal or against any rules. More importantly; my side of the street was not clean enough to allow me to be blameless in the situation.

Later that morning in listening to A Vision 4 You; in the Chapter: To Wives” the prevailing message was that God is in control. I am not the power that determines who is avenged, and how. I have to accept my small place in the dynamics of this

world, and trust God to direct me in keeping my side of the street clear. It reminded me of past events when God has resolved my issues his resolutions left me amazed at the pure just outcomes of these events. It also humbled me that I spent an entire evening thinking in my own finite puny power instead of employing the might of my Higher Power, how silly. I couldn't do anything but laugh, and thank God for answering my prayer so quickly and completely.

Jackie H.



*Heard at a Step 10 Meeting*

*Don't be sorry*  
∞  
*Be different*

This disease is cunning, baffling, and powerful. The person I fight the most is myself. Take inventory of how I'm feeling about me. I go on emotional day-benders and I want to go at recovery vigorously. I've done a lot of things vigorously, but it has not always been recovery.

It makes a difference when you write it.

I've been having to live it more than love it.

What part am I playing? It's really hard to quit being negative. In the morning, I list 5 things I'm grateful for.

It doesn't say, "when we were sorry promptly said it." I was wrong to do \_\_\_\_\_

And I'll try not to do it again. God, show me how to do this differently.

I know I want to be different but with some people I just can't.

What goes around comes around. Step 10 is "I'm not gonna have that come back at me." Is my behavior today gonna come back on me?

I don't have to take the blame for everything.

Don't be sorry, be different.

If I'm uncomfortable about something, I ask God to show me my part.



Upcoming OA Events

TRI-COUNTY INTERGROUP
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
OCT. 21, 2018
NOV. 18, 2018
DEC. 16, 2018
1 PM, DMI Office
331 Melrose, Suite 120
Richardson 75080

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-tricounty.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-tricounty.org

We're on the Web!

See us at:

www.oa-tricounty.org

With gratitude for the support from these groups

Saginaw South Hills

### 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