

December 2018

Looking Up

First Things First

• Step Twelve:

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

• Tradition Twelve:

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

• Concept Twelve:

The spiritual foundation for OA service ensures that: (a) no OA committee or service body shall ever become the seat of perilous wealth or power; (b) sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle; (c) no OA member shall ever be placed in a position of unqualified authority; (d) all important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity; (e) no service action shall ever be personally punitive or an incitement to public controversy; and (f) no OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

Tri-County Intergroup, Arlington, Texas

Information Line: 817-303-2888

To the Newcomer

"It Works if You Work It"

I have heard sponsors tell people they could not work with them because they would not commit to this or that and I thought that was harsh. In the Big Book Chapter, "To the Employer" it says that if the fellow is not ready to make this commitment you might as well drop them and move on. I'm still on the fence on this one because I know that if someone had said those things to me I would not be here because I would have rebelled. In the same instance it's said if someone is not ready you can say nothing to get them there, and if they are ready you can say nothing to stop them. I spent six months listening, stopped the snacking, and was losing weight, but I had not addressed what I was eating, and what were my triggers. I did not get a sponsor because I knew I didn't want to be a liar, and I would most certainly be lying about what I was eating.

At some point in this insanity I was talking to a recovered fellow and she confronted me about the fact that I had not surrendered. Of course I thought she was being terribly rude and did not understand what I had already given up. I mean come on now, I was missing a lot of delicious food at this point what else did I need to surrender. I ended the conversation, but what she said continued to gnaw at me, "You have not surrendered, you still want to be in control."

I needed the illusion of control until I had that spiritual awakening some call a light bulb moment, and this conversation was my spiritual awakening. I wanted to surrender to my higher power; I wanted the promises; I wanted the neutrality of not avoiding friends and family because of what was being served.

WOW, what a change to go anywhere, lunch with

anyone and actually be a part of the surroundings, not the food. Hear the conversations, participate with my fork down. The promises are real. I am not at my healthy weight, but I am 80lbs from where I was, and more importantly, there is nothing white knuckle about it!

I still want to be soft with people I speak to, but I do want to make sure to point out that working the Steps, and absolute, not gray, abstinence is the only workable full time solution.

Half measures avail us in the beginning, but will fail us in the long haul.

Jackie H.

Newcomer
Friendly Meeting!
*Arlington City
on a Hill,
Saturday noon*



"My delusions have been smashed but sometimes they try to wake up and tell me that one bite won't hurt."

Things I Tried Before OA

- Smoking
Chewies
Diet pills
Paid diet programs
Grapefruit diet
Commercial diet food
Diets from magazines
My own diets
Celebrity diets
Starvation paid programs
Self-constraint
Mediterranean diet
500 cal/day diet
Liquid diet supplements
Diet shakes

- Over-exercise
Skip meals
Goal-oriented dieting
Counting calories
Dieting with friends
Aversion therapy
Rotation diet
Macrobiotic diet
Skipping meals
Competition dieting
Fasting
Gamification
Add your own:

Blank lines for writing, including a section for 'What I would still like to try:' and 'Have my delusions about these and other methods been smashed?'

They Stopped in Time

I joined OA because I wanted to lose weight and it was free. I had spent a lot of money on hypnosis and aversion therapy, etc. so I was at the end. I was cornered with no other options – for this I am truly grateful.

K.

I joined OA because I was afraid of what I would become. I had a vision of my bedridden, obese grandmother who had lost all quality of life and was miserable, trapped in a bed in a nursing home for 15 years.

B.

Why did you join OA?

Blank lines for writing the reason for joining OA.



Tips for Abstinent Traveling



Driving:

Pack breakfast, lunch, and dinner if you can in a cooler. Take already made meals and lots of water.

If you can't pack ahead, you don't have to stop just anywhere. Find a grocery store and buy a veggie tray and a protein, like yogurt, cheese sticks,

beef sticks, etc.

Hotels:

Get a room with a kitchenette if possible and fix your own meals.

Flying:

Take a bag of carrot sticks in your carryon. Take your own grains. Take some hardboiled eggs or packaged/canned tuna.

Plan ahead

Call ahead

Google your destination

Contact your host in advance about bringing what you need

Take OA Tools

Take care of yourself

Betsy H.

Higher Power

The thing I have been hearing most often lately in program is that people think the program is a good idea, but they don't believe in God, or people do have a faith based God, but they don't trust him enough to let him run the show. I wish I had the quick version to finding that, because that is the crux of our problem, and the absolute gift of our recovery.

I heard a speaker say recently, "If you don't believe there's a power greater than you, well it's supposed to rain tomorrow; stop it from happening."

That put into focus how I had been thinking of this issue, and trying to explain to someone to just do it, just believe. Actually we believe every day, more times per day than we can count.

I was reminded of a time I was leaving for work early one morning and I backed out of the carport before realizing I had a flat tire. My husband was fussing about how I could have damaged the rim. "You just get in and drive and don't check anything", he said.

I did, and I still do. Ninety percent of the time I don't do a walk around and

check my tires, I can't remember the last time I checked the oil. I get in and trust that the car, whose controls I barely understand, will start and do what I want it to for the day.

I can put that kind of trust into a machine, but have a problem putting that kind of trust into a power that can save my life?

Trusting God and turning things over to his will keeps me honest, and in recovery. The bargaining, the lapses, the excuses don't cut it in my commitment to honor my HP and the directions given.

Maybe people want that experience that Bill had when God knocked him to his knees and he cried. I was looking for that too, but I learned to see him in my fellows who said the right thing at the right time. Only God knew what I needed to hear, and that person just said it to me. That's what started my connection, and my knowing that I could trust God. Just pray and wait, and be open to the message, but I have to do the work.

Get a sponsor, follow directions, work the steps, study the Big Book and look for opportunities for study groups, and meetings that go deeper.

If I give it my all, it will give all to me, "Beyond your Wildest Dreams".

Jackie H.

Happy Birthday OA – January 19, 2019

The following are excerpts from Rozanne's Story

One crisp January day I was walking down the street with my very overweight neighbor, chatting as we both pushed our babies in strollers. I remember telling her about my problem and my solution, never once intimating that she had the same problem. Finally, she was so intrigued; she coaxed me into telling her the name of the organization. I told her; then said, "But I

know you won't be interested."

"Oh yes, I am," she said. "I think I need it too." At that moment, the fellowship of Overeaters Anonymous was born.

On January 19, 1960 we held the first OA meeting.

We struggled along.

Praying for guidance, I did expect a miracle. In December 1975, the miracle happened. I was sitting in a Big Book study group. The leader began paraphrasing the first

sentence of Chapter Three: "Most of us were unwilling to admit that we were real compulsive overeaters."

Suddenly, I knew what was wrong with me. I had not fully conceded to my innermost self that I was a compulsive overeater.

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"Most of us were unwilling to admit that we were real compulsive overeaters."

Thank you from an OA Friend

**THANK
YOU FROM
THE
BOTTOM
OF MY
HEART**

When I joined OA in February, 2013, I was a defeated, angry, selfish, lonely, compulsive overeater and unable to even acknowledge that I had any problems. I was fine, just fine. I was also 150 pounds overweight with all the attending medical issues, diabetes, heart disease, high blood pressure and arthritis. I had lied to myself and to everyone around me about going to change my habits. Program opened a whole new existence to me. Striving to be honest, open and willing, putting others first, working on my relationship with my HP just as I would work on a relationship with a friend were all instrumental in helping me put food in its

proper place as nourishment for my body while I learned non-food ways to nourish my spirit. The friendships that have developed since I joined are closer than I had ever experienced before. In October, 2018, my husband, Bennie, of 53 years, was taken from me in a 10 day period by cancer. During his hospitalization, surgeries and eventual transfer to hospice and death, my OA family helped me cope with all the stress involved. Our two daughters were suffering too and OA reached out to them as well. The phone calls, visits, food, cards, texts, prayers helped me see that I was never alone. It gave me

confidence that I could make the changes necessary to go from wife to widow with help from my friends and my OA program. It is so true that weight was not the problem, it was a symptom, and my problem was inability to live life. The skills demonstrated by other OA members helped me to grow. It is difficult to express how grateful I am to each one of you for the unfailing support you have given me and my family. Thank you from the bottom of my heart.

Carolyn D.

2018 Fall Retreat Evaluation Comments (excerpts)

My experience was amazing; one of the best I remember!

Good to have a topic for a change. Didn't agree with everything but great tips on forgiveness.

Great speaker – matter of fact, simple, not legalistic good topic – sponsoring & forgiveness answering questions, personal examples.

Great speaker – informative, entertaining and she has a very strong

grasp on 12 step program. Appreciated her sharing her approach to working the 12 steps with a sponsee.

I really enjoyed this speaker. She's very upbeat and knowledgeable. I would love to see her again; I like coming cause it keeps me guessing. I have also enjoyed all of the past speakers also.

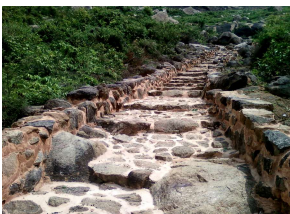
Loved it all. I really enjoyed the speaker. I especially enjoyed the

hands on 4th step with the volunteers on the stage. Left a huge impact on me.

I love the program schedule and the speakers you get! That's why I keep coming back year after year!

It was my first OA retreat and I felt welcomed, a part of, and fulfilled. The only thing that could be better would be more!!

Excellent speaker. Best yet. She gave a very hopeful message all weekend.



Upcoming OA Events

TRI-COUNTY INTERGROUP JANUARY 5, 2019 10:30 AM South Hills Christian Church, Fort Worth

DMI INTERGROUP JANUARY 20, 2019 1pm - 2pm Dallas Metroplex Intergroup Office, 331 Melrose, Suite 120 Richardson, TX 75080

COLORADO 3-DAY WORKSHOP FEBRUARY 22-24, 2019 "Building Relationships in Recovery Through the 12 Traditions" oadenver.org

OA UNITY DAY FEBRUARY 23RD, 2019

This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February, at 11:30 a.m. pacific standard time, OA members pause to reaffirm the strength inherent in OA's unity.

DALLAS 12TH STEP CONVENTION APRIL 26-28, 2019 Hosted by Dallas Metroplex Intergroup Embassy Suites 75 & 635 in Dallas. oadallas.org

WORLD SERVICE BUSINESS CONFERENCE 2019 May 6-11, 2019 Albuquerque, NM USA. Delegate registrations are due February 25, 2019

WORLD SERVICE CONVENTION 2020 Convention Theme: Sunshine of the Spirit: 60 Years Around the Sun! August 20-22, 2020

SAVE THE DATES!

2018 TRI-COUNTY INTERGROUP BOARD

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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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In gratitude for continuing support: South Hills Group New Beginnings HOW Richland Hills

"Healing begins when I give up all hope of a different past."

Disclaimer

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

Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS

Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	6:30 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 leave voice mail or text
		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 Located in the Student Ministry Office. Down the access road past the church. Right on 11th. Left on Broadway. Left into parking lot. Ring bell for entry.			
THURSDAY	6:30 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			
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	Newcomer Friendly	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			