

January 2019

# Looking Up

## First Things First

### • Step One:

We admitted we were powerless over food—that our lives had become unmanageable.

### • Tradition One:

Our common welfare should come first; personal recovery depends upon OA unity.

### • Concept One (Unity):

The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

### Disclaimer

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

Tri-County Intergroup, Arlington, Texas

Information Line: 817-303-2888

## To the Newcomer Welcome Home

Home: The place where one lives permanently, especially as a member of a family or household.

Welcome: Gladly received.

You are indeed gladly received at your OA home. I am here to serve you, because of you, and to hear you at every meeting, phone call, email, or text message.

Without you, I will die of this disease.

I must keep carrying the message as that keeps me grounded in the joy of being in this program. Without being able to carry the message, my program is dead.

How can this be?

What is different about OA than other diet clubs? What is different is that OA, based on the program of Alcoholics Anonymous, is that it is not about “me.” It is about you. Every aspect of the program from anonymity to being self-supporting is about selflessness and being of service to my OA friends.

Being selfless is definitely something I learned at home. Home is where I was taught how to take care of others, as well as myself. It is where I learned to participate in the family discussions, work, and play. It is where I show up even when I don't want to, because it's family.

Home is where I return to when I am in pain and when I am joyful. It is where I can rest.

Welcome home to OA where you can:

- be yourself, warts and all
- be honest
- hear Truth
- grow
- love
- learn
- play
- work
- share
- participate
- clean up
- show up

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



*It's not being selfish.  
It's being proactive.*

### *First Things First*

Where food is concerned I must think of myself first or I will become too tired to fix the food that's on my plan.

Since my plan includes fresh foods, not packaged or processed, I must also plan the time to shop for it and the time to fix it.

When I fix meals for the family, I always put mine first and then

think about what they could have.

If I wait and put myself last, which is what my mother taught me, then I am too tired to do the work necessary and I will slip.

It's not being selfish, it's being proactive.

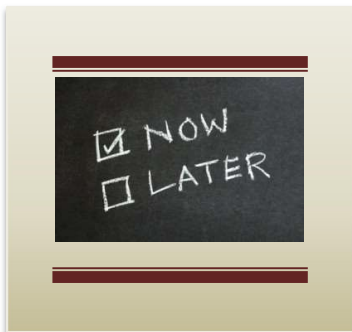
### *One Day at a Time*

ODAT reminds me that I don't have to do this eating plan FOREVER, or whatever time period seems intolerable at the time. I can live through this day only, sometimes quietly and peacefully, sometimes upset and angry, sometimes terribly sad and lonely. Those seem to be my default attitudes these days. I can remember

that if I feel bad, angry, hungry, or lonely today, I will feel better tomorrow. It reminds me that I have time to learn something new and that I am not going to be the master of a new skill in one day, but that each day I will get a little better and that's encouraging, not discouraging. It reminds me that, as I move

towards retirement, I can do it with grace and dignity as long as I remember to be the best I can be each day. It reminds me that I have ONLY this one day, that this day, right here and right now, is where God is. God will solve my problem.

### *Discipline? What about it?*



I never was good at finishing things as a child. If something got hard, I quit, and justified my behavior by telling myself that I wasn't good at it anyway. In recent years, I tried working the program with a diet mentality. After a debacle with vegan eating, I tried going off grains for 30 days; I couldn't do it. I tried switching brown rice for all grains and could not do

that. I tried going on basic; I couldn't do that for even 30 days. I tried cutting back on food because of my age; I couldn't do that for more than a couple of months. Obviously, I have a deeper emotional problem that cannot be cured with discipline alone. I struggle and fight against myself, my will, my mind, my wants. I was somewhat encouraged that the

authors of the big book of Alcoholics Anonymous had no idea why we behave this way. I guess that is immaterial and that is what I want to focus on; that yes, I failed at discipline, but it doesn't matter now. What matters is working the program one day at a time.

Giving Service

In the Big Book on page 164 it advises us to meditate on what we can do to help the fellow who is still sick.

My ego tells me I need to do something spectacular, like curing cancer so everyone can see wonderful me, and since I don't have time to cure cancer I might as well do nothing until I do have time right?

Wow, what an egotistical diseased mind. So what can I do daily to help the fellow who is still sick?

How about I assist in meetings with set-up or

shut down? How about I talk to members who are lingering after the meeting and may have questions? How about I answer the phone when a fellow is calling and maybe on the verge of eating the wrong thing and needs a word? How about I attend workshops, get more education, and consult my sponsor to help me feel more confident in sponsoring and assisting others. How about I plant those seeds when someone says I look great instead of just thanking them (without preaching though).

Also we are not the only

people who need service. How about I see someone struggling with packages and I assist them, how about someone is short at the grocery store and I say I can help? How about instead of shrinking in my chair when people are asking for volunteers or assistance I take a step in that direction to see where I may fit?

There are so many opportunities daily to help someone, or be of service in those small unobserved ways that make a difference to someone that we could fulfill our call to service many times a day.

My charge is instead of a nightly review to recall where I could have been of service when presented with the opportunity, have those experiences in real time.

This will not only benefit me, but the persons in the line of that giving who maybe thought there was no one out there who cared enough to assist, or hear them.

It may not matter to everyone, but it mattered to that one and one at a time is more than enough!

Jackie H.

Negative Thinking was a Large Part of our Disease



Paluxy River at Glen Rose Camp from Tri-County Retreat in 2010.

*Do you truly see yourself as a "compulsive overeater"?*

***The self-confidence that I developed in my years in the program worked against me.***

When first challenged to admit defeat, I fought back; I argued, I delayed, I denied. The self-confidence that I developed in my years in the program worked against me. It deluded me into a sense of self-containment, of immunity to the disease. I have proved to myself in the last few years how powerless and hopeless I am where food is concerned. I have put on 10 pounds while still following a food plan. I am not comfortable; my clothes don't fit,

and I don't feel good. I was not willing to admit this defeat until I saw my fatal progression in the form of nail biting. Instead of seeing the 10 pounds as a sign, I saw my compulsive behavior as a sign. That got my attention and I accepted, once again, the fatal nature of my disease. I became willing to become rigorously honest again, which in turn allowed me to see myself, accept myself, and become willing to take action. I became willing to

listen to become free of these merciless, disgusting obsessions.

Yep, once again I see myself as a compulsive overeater. When I look in the mirror, when I look at my plate, when I look at you, when I look around me, I am still me. I am still a compulsive overeater yesterday, today, and tomorrow. I have a daily reprieve through the grace of God and the strength of this program.

*Your story; your share; your recovery goes here*

Do you ever use the Tool of Writing?

Yes

No

appropriate for general publication.

Email your submissions to:

[newsletter@oa-tricounty.org](mailto:newsletter@oa-tricounty.org)

If you answered Yes to this simple question, please consider sharing your writing with others through the vehicle of this newsletter.

Run a writing by your Sponsor if you have any doubts. She or he will be able to tell you if it's



Upcoming OA Events

TRI-COUNTY INTERGROUP MEETINGS
JANUARY 12, 2019
FEBRUARY 2, 2019
MARCH 2, 2019
APRIL 6, 2019
MAY 4, 2019
JUNE 1, 2019
JULY 13, 2019
AUGUST 3, 2019
SEPTEMBER 7, 2019
OCTOBER 5, 2019
NOVEMBER 2, 2019
DECEMBER 7, 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" oadenvver.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

SAVE THE DATES!

2019 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: Terri Beth M.
Newsletter: Betsy H.
Telephone: Mary Lou B.
Retreat: (open)
Workshop: Cindy and Judith D.
Web Master: Ron C.
WSO Delegate: (open)
Region 3 Rep: Joy D.

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

In gratitude for continuing support:
Richland Hills
Euless
South Hills

### Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS

Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	6:30 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 12&12 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, on left.	Meeting leader chooses topics from OA 12&12, 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 (do not use main parking lot-see directions)</b>  1800 West Freeway Fort Worth, TX 76102 <b>Located in the <u>Student Ministry Office.</u></b> <b><u>Down the access road past the church.</u></b> Right on 11th. Left on Broadway. Left into parking lot. Ring bell for entry.	OA/HOW All are welcome!	Patrice	817-692-7180
THURSDAY	6:30 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
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	Newcomer Friendly	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