

February 2019

# Looking Up

## First Things First

### • Step Two:

Came to believe that a power greater than ourselves could restore us to sanity.

### • Tradition Two:

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

### • Concept Two (Conscience):

The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

### 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 Writing as a Tool

When I write I get honest and honesty is the foundation of my recovery. What might start as me just “talking” on paper often ends up as an analysis of whatever issue is on my mind and affecting my life at the time. I may start out with a strange stream of consciousness but I always end up identifying an inner truth, often one that I’ve been avoiding dealing with.

I often start writing to vent about something. This starts to clear the air. What I might end up doing is realizing that I need to work a particular Step to move forward. Maybe I need to make a Step 10 amends. Maybe I need to pray and

meditate on what God’s will is for me. Maybe I need to turn Step 3 control back over to God. Maybe I need to remember that I believe in Step 2 that my Higher Power can restore me to sanity.

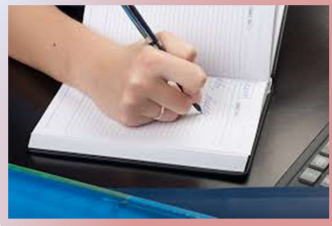
Looking at writing as a formal learning tool, research shows that writing helps people think critically while encouraging them to grasp, organize, and integrate prior knowledge with new concepts. Critical thinking problems are designed to convert me from a passive to an active learner who can confront problems. So I take what I’ve read in the Big Book and the 12 & 12 and For Today and Voices of Recovery and apply them to new

circumstances or problems in my life. This is especially important if these circumstances or relationships are causing resentments and anger which, as a compulsive overeater, I know I do not have the luxury of holding onto. Remember, the AA big book says that resentments are fatal and anger is poison. Critical analysis can also cause me to see the good in certain situations and relationships that I didn’t see before. This way my gratitude list expands.

Another goal of formal learning from writing is to explore. This use of writing aims to clarify thinking, explore ideas, ask questions,

(cont’d on p. 2)

Writing as a Jool - Continued from P. 1



I always end up identifying an inner truth.

reflect on learning, and search for connections between theory and practice. Exploratory writing values process over product. I don't focus on issues of writing styles but rather on using action verbs to guide me. Words like imagine, consider, contemplate, respond, and reflect.

commitment to thinking and working. Everything worthwhile in this world takes effort. I may not know where writing will lead me but I am putting forth the effort because I know it will help me remain abstinent. And for me, abstinence is the most important thing in the world.

Putting pen to paper is a

Joy D. South Hills

Step Two

Because it is one's spirit that must change in order to recover, change must come within, not from without.

I cried and I finally asked for help. This time I prayed from the beginning and every step of the way.

Chart out the facts and feelings. Are the feelings

appropriate for the facts? I don't have to act insane because I feel insane.

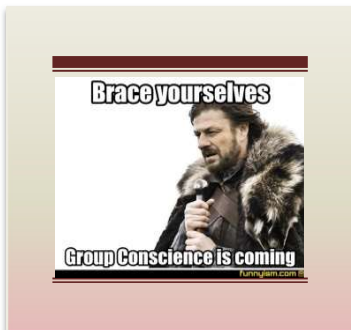
I don't know how to do it alone. The insanity really is there. Finally I can see it. Finally it is clear. When it happens for you, I know it's going to happen for me.

All the Steps ask me is to have an open mind.

I thought Step Two was about acceptance, but I can see it is about hope.

You get to plant and water but God does the miracle. We get to do the footwork. "God could and would if He were sought."

Tradition Two



If the minority opinion has enough time, it can change the opinion of the majority. This tradition reminds me that I don't always know. When I am putting thoughts into words, that's all it is. I have an ideal, but putting it into practice is difficult.

This never happened in any of the relationships

I had growing up. I don't remember anyone ever saying how they felt about something.

You got to run things as long as you did it their way. A lot of times I had to take control because there was nobody else to do it. When it comes down to the nitty gritty, God comes first. You gotta do it God's way,

not the way you wanna do it. An intimate relationship is a two-way street.

I'm having a hard time with this tradition. I supervise all day and I'm real vocal.

The ultimate authority rotates from one to another depending on who's got the most to lose. We struggle against each other.

*Slogans!*

- O** - One day at a time.
- V** - Veni, vidi, velcro ... I came, I saw, I stuck around.
- E** - Easy does it. But do it.
- R** - Resentment: I did not get my way.
- E** - Each day I am to turn my self-will over to God.
- A** - Act as if.
- T** - Take action
- E** - Easy does it. But do it.
- R** - Resentment: I did not get my way.
- S** - Serenity is not freedom from the storm but peace amid the storm.
  
- A** - Abstinence is a journey, not a destination.
- N** - Nobody ever found recovery as a result of an intellectual awakening!
- O** - OA is the Soul-ution.
- N** - Nothing tastes as good as abstinence.
- Y** - You can't do it alone, but only you can do it.
- M** - My daily abstinence is contingent on my spiritual condition.
- O** - One bite is too many, a thousand not enough.
- U** - Unity does not mean uniformity.
- S** - Seven days without an OA meeting makes one weak.
  
- F** - Feel and heal.
- E** - Easy does it. But do it.
- A** - Ask God for the power to carry out what I need to do.
- R** - Recovery is a lifestyle, not a turnstile.
- S** - Stay out of my head.

Submitted by Linda B.

## Thoughts from Just for Today

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***I always think I'm going to starve.***



**Living through this day only:** This is so important to me with regard to food. I always think I'm going to starve if I don't keep eating endlessly. Sticking to my food plan is hard! It's never been easy. It's hard work, takes a lot of time, and a lot of commitment. But if I look at the chunk of this one day, instead of my entire lifetime, I am encouraged and seem to find the strength to make it through abstinent.

**I will be happy:** Oh – this was a hard one at first. I was so unhappy, but within three months of my first abstinence, after I had worked my 5th step, I began to experience joy for the first time that I could remember. After that, I was able to bring that up when needed. I learned I'd rather be happy than right. I gave up fighting and self-pity, two things that lead me to misery. I was having more good days than bad days and I began to really enjoy that. After a while, I wanted to be happy. I no longer needed the attention I sought by being miserable.

**I will exercise my soul in three ways; do something for exercise/discipline; not show my feelings are hurt:** I love doing things without getting found out; I

don't do it a lot these days, but the thought often comes to mind, when thinking about someone else, to do something without telling anyone about it. I think of this when needing to do household chores, or things at work that I don't particularly like. This idea helps me keep things in their proper perspective. Not showing my feelings are hurt was a real challenge for me; I was so used to pouting and self-pity. I love practicing this. It has helped me in my marriage more than I can say.

**Be agreeable; not criticize; look well:** I use this almost every single day. Years ago I didn't wear makeup for about 10 years because I wanted people to accept me for who I really am. Then one day I decided on my own to start wearing make up again. I found that I felt better about myself when I do so that's why I wear makeup today, to look as good as I can. I practice this mostly at work but also on weekends because I also want my family and friends to see me at my best. It's pleasant to look on someone who has taken care with their appearance. The feeling of self-worth is contagious. Part of my dysfunction was to let

myself go. I don't want to do that anymore. I also practice not criticizing every day – that goes along with being agreeable. I had such a big problem with being judgmental and it got me into so much trouble in my relationships. I finally had enough of that pain and quit doing it.

**I will be unafraid; you get what you give:** This is often a challenge but time and experience in the program has taught me that I really don't need to be afraid. Take this morning, I had a terrible nightmare; really scary. When I woke I knew I needed to get busy to get it out of my mind. I don't need to linger there, hashing it over with someone, trying to figure out what it means. Maybe it means nothing? If it means something, that will come to me. But I have the choice to move on to better things. Right now, I am fine. There is no need to be afraid. I really try to practice giving to the world. I have had some success with that in giving service to OA, my family, work, and with my art. I feel the love that people give back to me. I save cards and emails of thanks to remind me that people do love me.

Betsy H.

New Beginnings HOW

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Upcoming OA Events

TRI-COUNTY INTERGROUP MEETINGS 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 FEBRUARY 17, 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

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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:

South Hills

### Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS

Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
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
		<b>Richland Hills - City Point United Methodist Church</b> 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 chooses topics from OA 12&12, 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	<b>New Beginnings HOW - St. Paul Lutheran Church</b> (do not use main parking lot-see directions) 1800 West Freeway Fort Worth, TX 76102 Located in the <b>Student Ministry Office.</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
		<b>Fort Worth - South Hills Christian Church</b> 3200 Bilglade Road, Fort Worth, TX 76133			
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