

March 2019

# Looking Up

## First Things First

### • Step Three:

Made a decision to turn our will and our lives over to the care of God, as we understood him.

### • Tradition Three:

The only requirement for OA membership is a desire to stop eating compulsively.

### • Concept Three (Trust):

The right of decision, based on trust, makes effective leadership possible.

### 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*

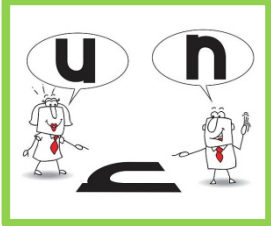
*Information Line: 817-303-2888*

## To the Newcomer a relationship survey

- |  |   |  |
|--|---|--|
| 1. When I first saw food, I thought: Wow; It's amazing; It isn't bad; I could take it or leave it        | 7. Is your relationship with food satisfactory? Absolutely; I'm very happy; It's okay; No               | Occasionally; No   |
| 2. I am still turned on by food: All the time; Occasionally; Once in a while; I'm turned off             | 8. How is the quality of your relationship with food? Perfect; Pretty great; Good; Could be better; Bad | 14. Has food ever lied to you? Never; A few times; Many times  |
| 3. I find food: Extremely appealing; Not bad at all; Average; Not so appealing                           | 9. Is food your best friend? Absolutely; Pretty sure; Think so; No                                      | 15. When we are apart, I think of food: Constantly; Several times a day; Occasionally; Virtually never |
| 4. Food fits my ideal standards: Agree; Disagree   | 10. Is food a giver or a taker? Giver; Taker  | Ask yourself now: Is this relationship healthy for you?  |
| 5. Does it give you pleasure just to watch or look at food? Agree; Disagree                              | 11. How often do you and food argue? Virtually never; Weekly; Monthly; Daily                            |  |
| 6. How often are you and food honest with each other? Every day; Every week; Occasionally; Rarely; Never | 12. How do arguments usually end? You win; Food wins  |  |
|  | 13. Do you feel like you can trust food? Always; Sometimes;   |  |

You don't let go of a bad relationship because you stop caring about them. You let go because you finally start caring about yourself.

*As we understood...*



*Both are right.*

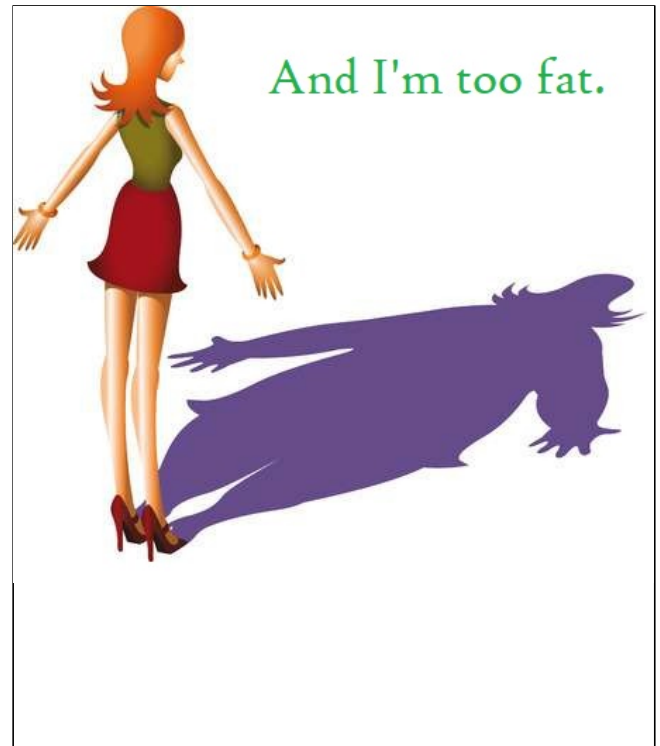
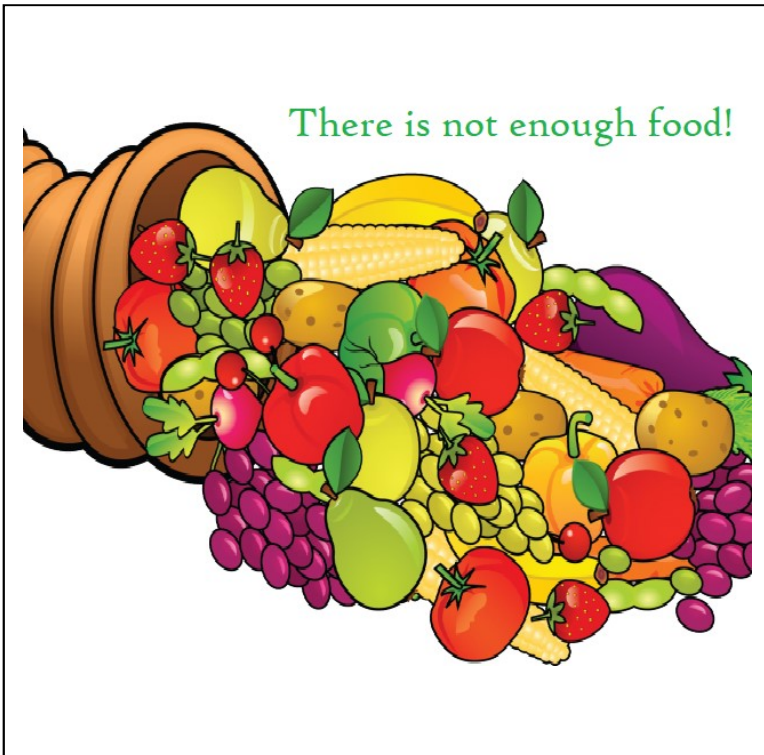
“I hope this relationship will continue and will grow and that I never lose site of the fact that I must also take appropriate actions.”

“I need a powerful, loving, forgiving God who is personally interested in me – even in what I eat at breakfast, lunch, and dinner.”

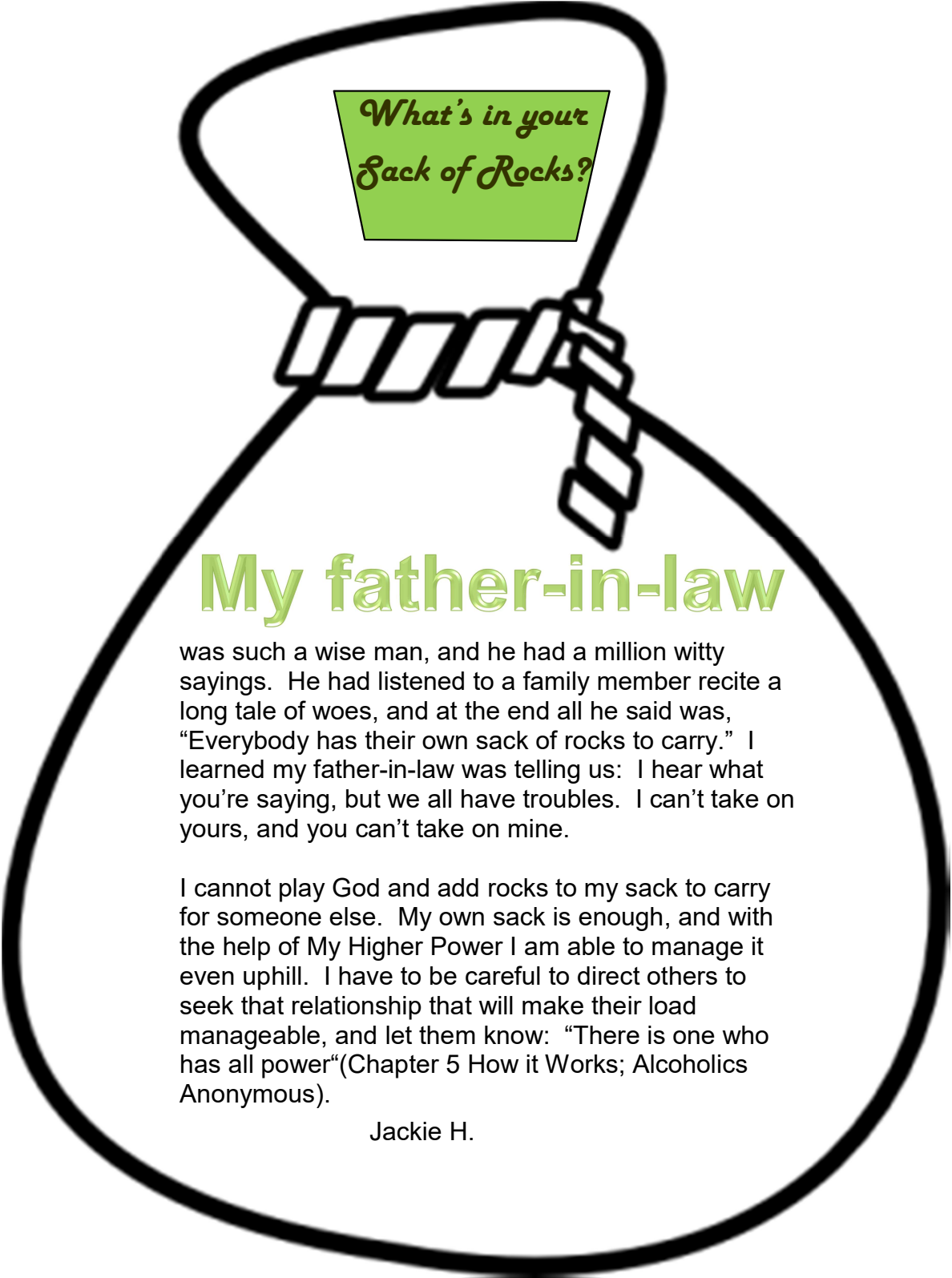
“The one to be the leader is obligated to be the servant of all. The least will be first.”

“It doesn’t really matter what God is. It only matters that I believe something outside of myself has my back and is there waiting for me to ask for help.”

*Matters of Perspective*



*I can't think my way into right acting;  
I have to act my way into right thinking.*



*What's in your  
Sack of Rocks?*

## My father-in-law

was such a wise man, and he had a million witty sayings. He had listened to a family member recite a long tale of woes, and at the end all he said was, "Everybody has their own sack of rocks to carry." I learned my father-in-law was telling us: I hear what you're saying, but we all have troubles. I can't take on yours, and you can't take on mine.

I cannot play God and add rocks to my sack to carry for someone else. My own sack is enough, and with the help of My Higher Power I am able to manage it even uphill. I have to be careful to direct others to seek that relationship that will make their load manageable, and let them know: "There is one who has all power" (Chapter 5 How it Works; Alcoholics Anonymous).

Jackie H.

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*A disease of the mind – cunning, baffling and powerful*



Cunning Baffling  
Powerful

“I am struck again at exactly how crazy I have been with food when I am not abstinent. It totally controls my life and I am totally powerless over it. Heck, I have enough hard moments with abstinence, when the crazy thinking is right there, waiting for me to choose it rather than sanity and recovery. I am glad that I can see the insanity and to be willing to be powerless or I would lose all the good things I love so much about my life.”

Kathy W.

“Food is the major problem but not the only problem. I’m prone to addiction. I can become too engrossed in one thing

and forget everything else. Raking leaves, reading books, etc. I live alone, but I’m not alone. I can’t fool God. I could not, of my own will, follow a food plan.”

Charra W.

“Food is the solution to the problem. The problem is the buildup of everyday normal human emotion. In the mind of a compulsive overeater, there are two things going on: The mental twist and the mental blank spot. \*\*\* The food does something for me. For about 8 seconds, I feel fantastic. For about 10 seconds, I feel horrible. I can’t stop. I have tripwired my allergies. Can I find a way

to live where I already feel better?”

Harlan

“Recently I thought, “It’s not the food that’s the problem, it’s my behavior.” I thought I’d had a new spiritual awakening and that I could now be cured. Later that day it hit me like a ton of bricks that, of course, it’s the food. Food + me = insanity because I am addicted to food. Any food. Yes, I have been relieved of the craving for sugar but not for anything else. My problem must be tackled by first getting toxic food and food behaviors out of my life. Then maybe I can start to look normal, but I’ll never be normal.”

Betsy H.



*Later that day, it hit me like a ton of bricks.*

*Food + me = insanity*

Upcoming OA Events

TRI-COUNTY INTERGROUP MEETINGS 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 MARCH 17, 2019 1pm – 2pm Dallas Metroplex Intergroup Office, 331 Melrose, Suite 120 Richardson, TX 75080

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

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

SENIOR SYNERGY FAIR MAY 9, 2019 8:30am – 1:30pm Will Rogers Contact Terri Beth

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

SOUTHSIDE COMMUNITY HEALTH FAIR MARCH 9, 2019 9am – 1pm Contact Terri Beth

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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In gratitude for continuing support: Richland Hills South Hills Saginaw

“God loves me. He wants me to be whole, healthy in body, mind and spirit. He wants me to accept that I have a part to play in my own recovery and only after I begin to do my part will I begin to see results, whether it is about my weight, my food, or my spiritual and emotional health.”

Charra W.

## Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS

Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
TUESDAY	Noon	<b>Fort Worth</b> - South Hills Christian 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</b> - City Point United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #104	Literature meeting	Rachel R.	817-595-3044
THURSDAY	Noon	<b>Grapevine OA</b> - First United Methodist Church 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</b> - St. Paul Lutheran Church (do not use main parking lot-see directions)  1800 West Freeway Fort Worth, TX 76102 Located in the <b>Student Ministry Office</b> . <b>Down the access road past the church</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	7:00 PM	<b>Fort Worth</b> - South Hills Christian Church 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</b> - South Hills Christian 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</b> - United Memorial Christian Church 1401 N. Main Street, Euless, TX 76039	Step Study/ Big Book	Margie	972-310-3636
SUNDAY	4:30 PM	<b>Fort Worth</b> - South Hills Christian 3200 Bilglade Road, Fort Worth, TX 76133	Writing, Steps and Literature	Happy	817-370-7207