

April 2019

Looking Up

First Things First

• Step Four:

Made a searching and fearless moral inventory of ourselves.

• Tradition Four:

Each group should be autonomous except in matters affecting other groups or OA as a whole.

• Concept Four (Equality):

The right of participation ensures equality of opportunity for all in the decision-making process.

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

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To the Newcomer

What does it mean to “Work the Steps”?

“I see things differently now.” I never knew that was a slogan and maybe it isn’t, but it certainly sums up the results of working the 12 Steps. It capsulizes the idea that we are slaves to our perceptions, especially negative ones. I see so many things differently now.

“What about your life would you like to change?” I would still like to lose another 10 pounds. I’ve lost 5 or so already. To do that, I need to keep doing what I’m doing, working the program, following the food plan, committing my food daily, calling my sponsor, getting exercise.

“We can’t love others until we love ourselves.” After working the Steps and achieving some spiritual awareness, I was able to start forgiving myself and after that

came the ability to see things about me that were loveable. I took an entire year to work a 4th Step on my assets. After that year, I was able to start loving myself because I could see in black and white the good things I had done and felt. This growth in self-awareness allowed me to be more understanding of others and their faults in my eyes. Then I started to forgive the people who had harmed me, or whom I thought had harmed me. After forgiveness, came tolerance and after tolerance came tiny moments of feelings of love. In time, I was able to perform acts of love and kindness to others and really enjoy doing that.

“Difficulty is the result of idleness.” The life of recovery isn’t just half-measures. It is indeed a

one-day-at-a-time, but every day, program. It takes a lot of work. These last few years proved to me that I cannot be recovered while only attending meetings. It doesn’t work. That’s not the formula for success. The formula is complicated: abstinence + prayer + meditation + reading + writing + calling + service + meetings + working the Steps = recovery.

“It is a one-day-at-a-time, but every day, program.”

Heard at a Step 4 Meeting

There
is
no wrong way

Just do it.

"It's so hard to help myself. It's about fear. It's about change. I really don't like these feelings. I don't want to eat over these feelings anymore."

"I have so many fears. I just go bonkers. I don't know a whole lot about me. I want to know about me. It's exciting but also fearful. What am I going to do with my life? When I got into a lot of pain, I was willing to do a Fourth Step."

"I have chosen to look at myself and it's hard and painful. Take away the layers and the rationalization. Look at the areas of my life that cause me discomfort. How am I dealing with what's going on? I want to learn how to be different. It's scary. I figured recovery would be easy. It's not easy."

"I don't know if I did my Fourth Step right. I started it and I thought I would finish in three hours. I'm not finished. All of a sudden I'm worried that I called up something I shouldn't have. I always have to back up and worry if I did it right. I can laugh about that now."

"Look at your current addictions. I have to justify those things. It's just physical and emotional...it will pass. I don't feel that. I always think it will last forever. I isolate. I overeat. I'm lazy. I watch TV. I have a long way to go."

"I'm throwing things away. I've been doing my yard. There is a monster who lives in my yard. It's just so hard. The blessing is, I can do it myself. There is no wrong way."

"We ask him to remove our fear and direct our attention to what he would have us be.

At once, we commence to outgrow fear."

Slogans for the Soul



*"Let go of the
hunger,*

[your name],

and

*let God get you to
the next meal."*

"Let go and let God."

I remember a friend sharing in a meeting years ago that sometimes she was so full of ego that she had to lie down on the floor and say repeatedly, "Let go, [her name], and Let God." The point was, she had to say her name in order to get her own attention. A few years later, I had to adopt that method in order to make myself hear this slogan again. The slogan had become stale and I had become full of self, or fear, or anger, or something very powerful in my mind. That's where my problem lies, in my mind. If I cannot even stop my thoughts voluntarily, how can I possibly think I can control my mind? Using this slogan reminds me to direct my thoughts to God's will, God's power, and God's love. There are so many people, places, things, and food, that I cannot control that I could use this slogan minute by minute, if I could only remember to do so. God's will is always better than mine. It's an especially helpful tool when I'm hungry. Let go of the hunger, [my name], and let God get you to the next meal.

"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. If that is true, and I believe that it is, then the solution is in this one day where God is present and knowable, intangible but perceivable. I don't need to wait until after I die as I truly believe God is for the living, not the dead. This is the way of living that keeps me rooted in the present, no longer worrying about the future or regretting the past so that I can be of

maximum service to God and to my fellows. One day at a time will lead me to a full life with my focus on what is in front of me right now, where I am able to feel joy unbounded in even the smallest of God's gifts. One day at a time is a way of living in the many miracles that occur daily in my life.

"There, but for the grace of God, go I."

Through that utter hopelessness that I experienced, I reached out to God for help and received it, unconditionally. Through God's grace, and only God's grace, have I been saved from this wretched disease. My release is for this one day only, for this current moment. I can never assume that my weak human self can live this life, much less be abstinent, on self-will, self-confidence, or self-knowledge. I've tried all three and they don't work. Because I know how hard this is, I am able to have compassion for my fellow sufferers who have not reached that state of hopelessness and who have not sought God's help. I cannot give that to them. Each person must reach it on their own. All I can do is be there for support when they reach bottom, to stretch out the hand of OA.

Trust, Unity, Service,
Humility

It's hard to say which one of these would be most important. But I think Tradition One would be foundational. If there were constant bickering over how or what or when there would be no peace or serenity in meetings, much less the Region or World Service bodies. The emphasis on working out in an amiable way encourages all to listen to each other.

Trusting that others mean what they say helps me to relax about what is decided in group conscience meetings and not to stew about what others may or may not think.

The humility has come for me as I have gotten myself in a more honest and realistic relationship with my higher power. I can't. He can and I will let Him. It also means I can expand that view to feel and act as if I am on an equal footing with others and that my opinions are worthy of being expressed.

Service and the desire to be of service flow from that.

Charra W.

Trust, Humility, Service,
Unity

I have incorporated this into my life, recovery, and as a member of my OA group by surrendering to this program and God as I understood Him in 1981. I had to trust that what I could not see could possibly be the answer to my dilemma, really was the answer, and that trust continues until today.

Humility is required for me to have that trust available to me on a daily basis. This new-found humility was and is a key cornerstone of my recovery and of my relationship with all people, inside and outside the program. This is not always easy for one who prided herself on her pride but I am learning, learning, learning. And one of the best ways to learn is through service to each person in my life.

Service to me is forgetfulness of my own selfish ends and a willingness to do for others beyond myself. That is where trust in my Higher Power comes into play—trusting Him to take care of my perceived needs.

All of this unites me to my fellow man. My disease isolated me, destroyed my connection with others and lead to a living hell. My unity with others enables me to see more than I can see alone, be more than I can be alone, and live fully in the knowledge that I am loved.

Kathy W.

HUMILITY

SERVICE

UNITY

TRUST

Upcoming OA Events

TRI-COUNTY INTERGROUP MEETINGS 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

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

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

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

DMI VIRTUAL WORKSHOP APRIL 14, 2019 3 – 3:30 pm "A day in the life of OA"

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

SAVE THE DATES!

"I am looking at my behavior with food. Am I willing, or am I still willing, to admit my powerlessness over food?"

Yes, definitely! I weigh and measure my food always at home – not so much when I eat out. I recognize portion sizes when I eat out and I am pretty good at stopping with approximate portions compared to what I eat at home. I still have no automatic "stop" button though! My life is much saner than it was before OA. I never want to go back.

Charra W.

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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:

New Beginnings City on the Hill Grapevine Richland Hills South Hills Waco

Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS

Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
TUESDAY	Noon	Fort Worth - 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	Richland Hills - City Point United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #104	Literature meeting	Rachel R.	817-595-3044
THURSDAY	Noon	Grapevine OA - 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	New Beginnings HOW - St. Paul Lutheran Church (do not use main parking lot-see directions) 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.	OA/HOW All are welcome!	Patrice	817-692-7180
THURSDAY	7:00 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA & AA Literature	Happy	817-370-7207
FRIDAY	11:00 AM	Saginaw Overeaters Anonymous Meeting Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179	Womens Focus	Christine	817-874-3849
SATURDAY	9:00 AM	Fort Worth - South Hills Christian 3200 Bilglade Road, Fort Worth, TX 76133	Big Book Study with writing	Happy	817-370-7207
SATURDAY	Noon	Arlington - City on a Hill City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	Newcomer Friendly	Blythe	817-300-4329
SATURDAY	Noon	Daily Reprieve, Euless - United Memorial Christian Church 1401 N. Main Street, Euless, TX 76039	Step Study/ Big Book	Margie	972-310-3636
SUNDAY	4:30 PM	Fort Worth - South Hills Christian 3200 Bilglade Road, Fort Worth, TX 76133	Writing, Steps and Literature	Happy	817-370-7207