

May 2019

# Looking Up

## First Things First

- Step Five:

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

- Tradition Five:

Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

- Concept Five (Consideration):

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

### 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 Can You Believe that Utopia is Real?

In the Big Book at the end of Bills' story he describes finding Utopia in the fellowship of AA. I

remember praying often to God for happiness and peace, but my qualifications for having it were finances and the perfect man. My weight was not in the equation because I had long ago accepted the life of a big girl and did not even consider that one possible. My food issues seemed insurmountable to me, and my will to fight them was long gone.

As I approach two years of abstinence it's so amazing to me now to be living in that Utopia, without wealth and the perfect man but guess what, almost at a normal weight! No matter what my beliefs are, or how I define my higher power, the basic principal is that accessing the spiritual

nature of our program through the steps is the doorway to Utopia.

Utopia to me now though is very different from what I had imagined it to be. I do not exist in a Garden of Eden where there are no problems, my children are perfect and never disappoint, I have plenty of money, and a perfect credit score.

The world has not stopped presenting me with problems and resentments, anger and frustration, money woes, and daily issues.

Loved ones still get hurt or die; people I thought I could trust lie and betray, and so on ad infinitum.

### What has changed is ME!

I have a working and proven method to take any issue and, with the help and guidance of my Higher Power, face it

without turning to food.

I have tools, meetings, prayers, and a seemingly endless list of fellows who speak the language of the heart that I can turn to with anything from a mouse in the kitchen to a loss of income.

The problems didn't get smaller; my higher power is just so much bigger than I had ever imagined!

Jackie H.

My food issues seemed insurmountable.

*Heard at a Step 5 Meeting*

*"I really felt part of the program after that."*

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*STEP 5*

"We can be so honest and so human. We can do that with each other. Talking with someone else helps me understand who I am. To me, that's what Step 5 is, communicating and sharing."

"No wonder I'm tired. Look at me dragging all this crap around with me. Safety, love, understanding, and compassion. I get to drop a little bit of this garbage here, and here, and here. I can lighten the load I'm carrying or I can be like Hercules reborn and pick it all back up again."

"Anything that comes between me and my God is going to harm me. Those things keep coming back every day. That's why I have to work the 10<sup>th</sup> Step on a daily basis."

"Just to pick up the pen and start is like, 'I'm halfway done!'"

"There are a couple of things I've never told anyone. It's scary to trust someone that much. This step is honesty to me. It's something no one has asked me to do. I know I have to do it to unload my soul."

"It's important who we share with. We're not supposed to tell everybody everything. Prudence is a very important factor."

"If you start living in the solution, the problem goes away. I can see things unfolding for me."

"I wonder where this road goes...and there we are! It isn't automatic for me to stay on the path and be content. Sometimes it's boring and I look for the turns."

"Humility is always really hard for me to understand. The thing that bothered me the most, I shared first to get it out of the way. I learned I wasn't the worst person in the world. I really felt part of the program after that."

"God loves me no matter what."

"Sharing lets the cork out of the bottle."

"Nothing can be changed until it is faced."

"It freed something within me."

## Thoughts on the Serenity Prayer



*“God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”*

I was saying this prayer early this morning, trying to go back to sleep. It didn't put me back to sleep but it did calm me down, as it always does. It puts things into the right perspective. So many things that keep me awake at night involve my warped perception and the prayer organizes those thoughts and worries into two categories: those that I can change and those that I cannot. I ask for the ability to accept those facts. And then I ask for the ability to discern my part in those people's lives, events, etc. One of the things that wake me at night is my partner's snoring. My partner has told me to nudge

him so that he turns over. Sometimes this works and sometimes it doesn't. This morning it didn't. I really wanted to knock him about the head with a baseball bat, but that would have been a little extreme. I felt angry, resentful, and frustrated. I nudged him three times; it never worked. I finally got up an hour and a half later, accepting the fact that I could not change my circumstances this day. The serenity prayer helped me sort things out. How important is this? Some nights I don't sleep well. Is it worth starting a big fight? No. What if our roles were reversed? I would feel just like

my partner, unable to do anything about my snoring because I'm asleep. It's a good example of the reality that sometimes I cannot do anything about anything, even myself. Things are the way they are and I must accept them and do the best I can in the circumstances. This morning I got up and walked the dog, made the bed, made coffee, and am journaling.

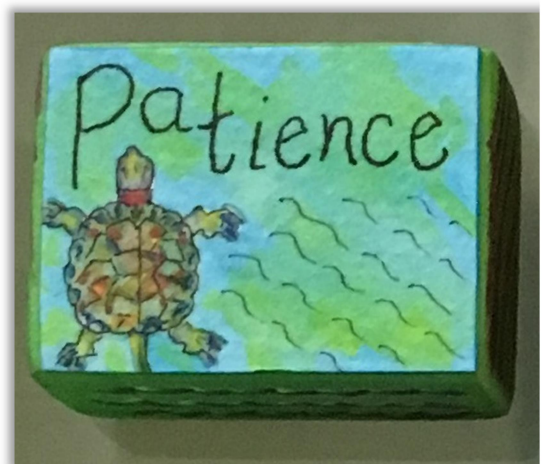
Betsy H.

***Patience is the companion of wisdom.***

It was very difficult for me to learn patience. I always attacked a project, expecting to be a master of it simply because I wanted to be. When I failed (in a short period of time), I gave up and quit. It took learning to draw and paint at 50 to teach me that it takes consistent hard work to master something. I took approximately 700 hours of private art lessons. I spent a lot of that time miserable because I faced so many difficulties in learning how to draw what I saw. I had to learn to see differently. As my teacher said, to learn art as an adult means having to unlearn everything one has learned to date. It's easy for children because their minds are so open. Unlearning is hard, especially when one doesn't know where learning is going to lead. So I would think that wisdom is actually the natural tag-along companion of patience, rather than the other way around. Without patience, I would never have stopped to listen and to hear what my teacher was saying to me. I do believe that a teacher instructs but it's the student who learns if they have a mind to.

I saw so many students start, come for a few weeks or months, or even years, and then give up. I learned even though my teacher was hard on me, criticized me, and even offended me. I learned to hold my tongue and to keep coming back in spite of the obstacles. Through patience, I learned to have a thicker skin, that I wasn't as important as I thought, but that I could produce beautiful art. I could express what I longed to express and feel good about it. The satisfaction of working very hard and being successful was extremely joyful for me. I suppose that resulted in wisdom but wisdom is not the kind of characteristic that one tells on oneself for fear of it slipping away.

Anonymous



Upcoming OA Events

TRI-COUNTY INTERGROUP MEETINGS

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

8:30am – 1:30pm

Will Rogers

Contact Terri Beth

TRI-COUNTY WORKSHOP

JUNE 1, 2019

“Relief Comes From the Tools; Recovery Comes From the Steps”

1 pm – 5 pm

South Hills Christian Church

3200 Bilglade, Fort Worth

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

SENIOR SYNERGY FAIR

MAY 9, 2019

SAVE THE DATES!

2019 TRI-COUNTY INTERGROUP BOARD

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Web Master: Ron C.
WSO Delegate: (open)
Region 3 Rep: (open)

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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

## 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</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>Fort Worth - New Beginnings HOW</b> - St. Paul Lutheran Church, 1800 West Fwy, Fort Worth TX 76102 - go to North side of main parking lot where you will see a street sign that says 1800 Sunset Terrace. Go into the small parking lot just past it. We are in the house marked 1708 in the front room downstairs.	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 Church 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