

June 2019

Looking Up

First Things First

• Step Six:

Were entirely ready to have God remove all these defects of character.

• Tradition Six:

An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

• Concept Six (Responsibility):

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

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—

How to use the Tools; How to Work the Steps

The June 1st Tri-County workshop is going to focus on the Steps and the Tools of OA.

This is going to be a great introduction to the core of the OA program in one afternoon. You'll get to hear from many OA members who will share their experience, strength and hope.

There are twelve Steps and eight or nine tools depending on which version of OA you attend. Did you know there are different versions of OA? In Tri-County, there are two: there is OA and there is OA/HOW Concept. At the workshop, you will hear from members of each.

Although I have been in OA for over 21 years, I still

need to hear how others "work the program." I have come to understand that I cannot just "hang around the program." I have to practice it and then work it. In meetings I get to practice the program. At home and out in the world, I get to "work" the program.

I remember my first Twelve Step meeting. I read the Steps on the wall and I thought, "I've got that. Now I know what to do." I thought it was enough to simply read the Steps one time to be a success here. After all, isn't that what I did in school for so many years? Read a book and then talk about it in class, maybe write a paper on your thoughts. A+. Success.

That's not how it works

with addiction. It takes "sustained and personal exertion" to recover from addiction. If you find that you are a compulsive eater of "our kind," then I hope to see you at the workshop. If you could not make it to the workshop, there will be another chance, if not here, then in Dallas or Houston, Galveston, Glen Rose, or even online.

Keep coming back!

Betsy H.

*It works
if you
work it!*

Heard at a Step Six Meeting

“Really ready to let go and let God – to become teachable.”

“I have to be so sick of it that I can’t deal with it anymore. I can be willing far earlier than I can be ready.”

“He will put us in circumstances. Pain motivates me. That’s my hardest thing to do – to become willing.”

“It kept coming back to me . . . God God God God God God God. I was not mature enough to do any of this when I first got here.”

“I knew I needed to do something different long before I ever took action.”

“Everything I learned growing up wasn’t right. I didn’t have a spiritual God in my life – I thought it was food.”

“I thought you got past Step Four and it was just going to be a free ride. You’re not from around here are you?”

“I don’t think I’ve ever been entirely ready. I’m nearly ready.”

“It wasn’t until I was in enough pain that I was entirely ready.”

“Okay, I can do this, but I’ve gotta do this on a daily basis. I’m not always willing to do the footwork because I get sick of it. Sometimes when I reach out to give, I get more than I ever anticipated.”

“Intimacy: In To Me See

Rationalize:
Rational Lies.”

“Why is it so hard to get rid of all of this crap? It can stop with me, through my example.”

“If I used the word insulation, it would probably describe my isolation. It’s tough to do this program. You know what they’ve been whistling around me? The Lone Ranger theme song.”

“I need to ask God about that character defect. I get to call the repair person because it’s my responsibility.”

“This step begins the spiritual awakening that is talked about in Step Twelve. This program is a process and I just keep learning.”



Is OA a Cure?

*JUST FOR
TODAY*

“Just for today I have
a reprieve.”

Sometimes a newcomer may ask if the program is a “cure” for the disease of compulsive overeating, one day at a time. My response is no, I don't see it as a “cure” for today. Just for today I have a reprieve, a solution if I want it but none of this, even just today, is guaranteed. I have been learning that I have to pay attention to the words used in the Big Book. What is a reprieve? I usually think of it in connection with death row. The dictionary says, “To suspend temporarily the execution of a sentence upon; to relieve for a time from suffering, danger, or trouble; to postpone or delay.” The key idea here is that it is temporary, only for a time, not permanent. To me a cure is permanent. The program has given me a reprieve and it is contingent on the daily maintenance of my spiritual condition. There is ALWAYS the element of choice in this, moment by moment. If I had a “cure” today, I could choose whatever I wanted to eat, do whatever I wanted to do and it would make no

difference because the treatment would have removed or “cured” the problem, compulsive overeating. That is not true with this disease. ALL of my choices make a difference every minute of every day. Does that sound too extreme? Well the Big Book also tells me that I have to become willing to go to any lengths for recovery and I have discovered that it takes some lengths. It takes being willing to go to any length to be honest with at least one other person in my life about what I am eating and what I am doing, saying and thinking. I also have to be willing to go to any length to establish a relationship with my Higher Power. I have to be willing to go to any length to get rid of old, false ideas about life and substitute them with thoughts that are true, healthy, and life-giving. Before OA, I wanted to do everything I wanted my own way, eat whatever I wanted and never gain weight, just be my own god, completely free to do it my way. Since coming to OA, I am still completely

free to make choices but the program opens my eyes to see the consequences of those choices so that I can then decide if I am able to live with those consequences or not. So I can still choose to eat foods that trigger my allergy. What are the consequences? I will be out of control once again. I can still choose to demand that everyone do as I say so that I will be happy. What are the consequences? My relationships will die, murdered by my own selfishness and self-centeredness. No, my choices daily must be to surrender to my Higher Power, to let go of self and think of others first. I must be honest about my food, follow my plan, and help others, if I want that daily reprieve that temporarily lifts me out of a hell of my own making and into a realm filled with peace, serenity, and the knowledge of what to do next, even when it is hard.

Kathy W.

Words on a Page

In those first moments of this journey called recovery, some of us are fortunate to find a sponsor who guides our first faltering steps. Looking back at my first days, I have come to realize that my Higher Power in his infinite wisdom knew I needed a strong sponsor and clear directions if I was to find abstinence.

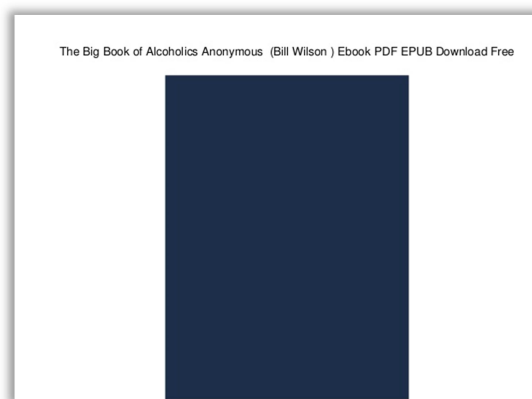
My sponsor handed me my first Big Book. Terse and in his normal grandiose style, he said "Read it." The next meeting, one day later, we met and he asked "Did you read it?" My answer was "Yes."

I looked like a lost puppy unable to do much else than follow orders. I had taken the Big Book home and read it cover to cover. I did not comprehend one word. I did not find my pathway to recovery. I did commit to a journey and followed instructions because the reality was that without recovery I was lost.

Years later and I now reach for my sixth worn out edition of the Big Book just for the pleasure of once again feeling the empowerment of the words I believe to be God inspired. I can flip to a random page and allow those words to sink into my soul and reenergize my joy of recovery. I can reach for any of the OA approved literature and find the heart of the message my Higher Power needs me to hear.

Many people will write many words and empower many feelings. The literature provided by those who went before me held the key to my recovery, because I was willing to read.

Anonymous



Upcoming OA Events

TRI-COUNTY INTERGROUP MEETINGS @ 10:30 A.M. JUNE 1, JULY 13, AUGUST 3, SEPT. 7, OCT. 5, NOV. 2, DEC. 7

South Hills Christian Church 3200 Bilglade, Fort Worth

TRI-COUNTY WORKSHOP JUNE 1ST @ 1-5 PM

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

South Hills Christian Church 3200 Bilglade, Fort Worth

OA-HOW RETREAT-HOUSTON August 16 @ 4:00 pm - August 18 @ 1:00 pm

HTTPS://HOLYNAMERETREATCENTER.COM/OA-HOW-FOR-MEN-AND-WOMEN-AUGUST-16-18-2019/

FARMER’S BRANCH WORKSHOP

SEPTEMBER 21, @ 10-4 PM 12717 MARSH LANE, FB, TX 75234

OUT OF STATE SPEAKER

TRI-COUNTY RETREAT NOVEMBER 1-3, 2019

“The Promises Realized” Glen Lake Camp, Glen Rose

SAVE THE DATES!

RETREATS & WORKSHOPS

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:

Eules South Hills

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 - 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	Fort Worth - New Beginnings HOW - 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	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 Church 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