

July 2019

Looking Up

First Things First

• Step Seven:

Humbly asked God to remove our shortcomings.

• Tradition Seven:

Every OA group ought to be fully self-supporting, declining outside contributions.

• Concept Seven: (Balance):

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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—

Does this sound familiar to you?

I was listening to a phone meeting one morning that centered on our acceptance of powerlessness and desire to change. Someone sharing commented that they never considered it that they did not wish to stop eating; it was just that there was a perfectly reasonable explanation for why they continued.

I had such an explosion in my brain hearing this that I laughed till my side hurt. Of course I wanted to lose weight, of course I did not want to die early and leave my family, but for every time that

I went outside the lines of the current diet I was on there was a perfectly reasonable explanation in my mind to justify my behavior.

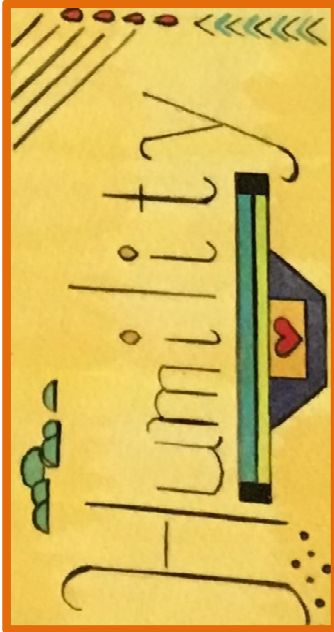
Disease speaks so loudly and in the language that is most familiar to me that it is little wonder that only a spiritual experience can break through the safety net disease has created for itself and speak to my soul with encouragement and understanding.

Only that spiritual connection that puts me in touch with that power greater than myself gives me the

strength to utterly debunk the disease speaking in my brain. Now when I see those things, watch those beautiful desserts pass before me, think of why I need another portion of blah, blah, blah....I hear the voice that tells me how ridiculous my reasoning is and I stay on program. Realizing this miracle is humbling and wonderful and a daily add to my gratitude list!

*Disease
Speaks
Loudly*

Heard at a Step Seven Meeting



*You
surrender
your life
to God
and let
Him
make your
choices.*

“A lesson in humility. I hope it will be the last time; I have nothing to show for it. I’m getting better at turning to God rather than my compulsive behavior.”

“I know I can’t do it by myself. I’m so resistant to doing things different. I have to do my part. I know it can be different in here with the tools and with god. There is strength in healing.”

“I’m not comfortable. God must be saying ‘How many times am I going to have to show you?’ I don’t have to live with all of this garbage today. I have a choice. I have the tools today and I know I’m not alone.”

“The contract is for me.”

“One more time, I get to take a look at me. Help comes in different ways, not always when you expect it.”

“What I want to do is usually not best for me. Pain is showing me that there’s another way; justified or not, appropriate or not. There’s another level out there. One more time, it’s God’s way.”

“I’ll do it when it hurts bad enough.”

“You surrender your life to God and let Him make your choices.”

“I need to be accepting and listen.”

“When I’m tired, everything is black and dark. I wanted to vacate. It’s scary when something’s changed and I know it’s not me.”

“Working the steps is like walking into the arms of God. Our higher power is love and that’s what Step Seven is about. I always thought of humility as giving up myself. But it’s like this big-eye mirror my mother gave me – looking back at your past and calling it ‘My Troubled Years.’ Instead of running away, I’m learning to ask for help. I’m going to be willing and be thinking.”

“I’m glad I have a program and that I can at least pray about it.”

“In the beginning I took Step Seven so seriously. Now I can laugh. It’s like polishing silver – sometimes I get real tarnished and then I pray. God keep me clean.”

On Giving Thanks



"In everything give thanks."

"In everything give thanks," my father was fond of quoting, but I considered that absurd, impractical and impossible. How could I give thanks for everything when there was so much for which I was not thankful? Then I came to OA, and here too I kept hearing about the benefits of an attitude of gratitude. I scoffed and went on grumbling. I even coined the decidedly un-OA slogan, "Bitch when you pitch."

One time I followed my sponsor's suggestion that I make a gratitude list. I was amazed at how much better I felt; then I promptly forgot about it. Wallowing is so much easier.

Over the years, bits and pieces of evidence pointing to the therapeutic effect of gratitude filtered through my thick screen of non-thankfulness. Sometimes I was so filled with awe at the changes in my life that I wanted to do cartwheels to express my thanks. I became more receptive to being grateful.

At a meeting one Thanksgiving, a problem-ridden woman gave thanks for the bare basics: her ten toes, her arms and legs, stuff like that. Hmm, if I looked at it that way, there was plenty for which I was thankful. When I recounted my sorrows at another meeting, the leader suggested I make a list of

difficulties I'm grateful I don't have. I did, and that too changed my perspective dramatically. Then I heard a story that hit home. Two sisters in a concentration camp kept their spirits up by following the suggestion, "In everything give thanks." That became extremely hard to do at times. Once, a swarm of insects invaded their living quarters and remained there for weeks. It was all they could do to mumble, "Thank you for these insects." later they learned that a guard who harassed other prisoners left them alone because he didn't want to contend with the bugs.

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On Giving Thanks, cont'd

. . . Diehard ingrate that I am, I often forget to be thankful for the things I'm glad are in my life, much less for those I resent. Far too often I weep and wail about a problem, and when it gets beautifully resolved, I start beating my breast about the next dilemma without muttering so much as a quick thanks.

When I do remember to give thanks for everything, the transformation is amazing. Saying thank you for gifts I truly appreciate keeps me conscious of all the joy and loveliness with which I've been blessed, and which I frequently take for granted. Saying thank you, however reluctantly, for things I consider a nuisance helps me to see them differently. When I'm lonely, making myself say "Thank you that I am alone" reminds me of the pleasures of solitude. When my car broke down and my trip got canceled, saying thank you gave me the feeling that I was being protected from a greater danger. When I can't get any purpose out of seeming negatives, it is still possible to find something for which to give thanks. I can't be grateful that my car broke down?

Thank you that it happened near a service station, that they can get the parts and that I have a credit card. Impossible to say thank you that a romance ended? Thank you that I loved, and that I had so many good feelings and experiences.

If there's anything for which I can shout a one-hundred percent honest thank you, it's looking back at what I was like before I came to OA eight years ago. The changes brought about by all these years of abstaining and working the program as well as I can are so astonishing that it's sometimes hard for me to believe I am the same person.

Thank you that I am a compulsive overeater. All the creativity and blessings in my life come from that.

First Things First means to me...

Recovery from compulsive overeating is the primary purpose of OA. When all the traditions are followed, the program is here to work for me if I work it.

Danah K.

Stay Abstinent. I struggle in this area. I put work and stress in front of remaining abstinent. I know that I can do it. I need to follow the Steps I took just for today.

James

Upcoming OA Events

TRI-COUNTY INTERGROUP MEETINGS @ 10:30 A.M. JULY 13, AUGUST 3, SEPT. 7, OCT. 5, NOV. 2, DEC. 7 South Hills Christian Church 3200 Bilglade, Fort Worth

FARMER'S BRANCH WORKSHOP SEPTEMBER 21, @ 10-4 PM 12717 MARSH LANE, FB, TX 75234

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/

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: Euless South Hills

**Tri-County Intergroup
OVEREATERS ANONYMOUS MEETINGS**

MONDAY

Waco 5:45 PM	Central United Methodist Church 5740 Bagby Ave, Waco, TX 76712 Across loop from Central Texas Market Place Shopping Center. Take 2nd entrance into parking lot. Go around to south side & enter through door next to youth signage on bldg. Big Book.	OA Steps and/or Traditions Study	Beth 254-715-2521
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TUESDAY

Fort Worth Noon	South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA 12&12 writing / AA Big Book	Happy 817-370-7207
Richland Hills 7:00 PM	City Point United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #104	Literature	Rachel 817-595-3044

THURSDAY

Grapevine Noon	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
Fort Worth 6:45 PM	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, front room downstairs.	OA/HOW All are welcome!	Patrice S. 817-692-7180
Fort Worth 7:00 PM	South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA & AA Literature	Happy 817-370-7207

FRIDAY

Saginaw 11:00 AM	Saginaw Church of Christ 201 Western Avenue, Saginaw, TX 76179	Women's Focus	Christine 817-874-3849
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SATURDAY

Fort Worth 9:00 AM	South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Big Book Study w/writing	Happy 817-370-7207
Arlington Noon	City on a Hill Church 1140 Morrison Dr, Fort Worth, TX 76120	Newcomer Friendly	Blythe 817-300-4329
Eules Noon	United Memorial Christian Church 1401 N. Main Street, Eules, TX 76039	Step Study / Big Book	Margie 972-310-3636

SUNDAY

Fort Worth 4:30 PM	South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Writing, Steps and Literature	Happy 817-370-7207
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