

August 2019

Looking Up

First Things First

• **Step Eight:**

Made a list of all persons we had harmed and became willing to make amends to them all.

• **Tradition Eight:**

Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

• **Concept Eight: (Delegation):**

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the World Service Office

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—

When is the right time to start OA?

Ask yourself: Am I on the fence about starting OA?

I've come to some meetings, listened and asked questions. I have a better understanding of myself and the program. But am I ready to give up the food? Am I ready to stop purging? Am I ready to stop controlling? I have anxiety about the holidays coming, events with family, co-workers asking questions. How can I handle these situations without feeling humiliated? How can I give up the foods I love? What does it matter anyway? As long as I go to meetings, I'm trying, right? I qualify according to Tradition 3, right? I definitely

have a desire to stop eating compulsively. Or do I?

Is desire the same as wanting or wishing? The Oxford-Cambridge dictionary defines desire as "to want something, especially strongly." Is that how I feel about the OA program and all of its facets, or do I just want to lose weight if it's not particularly difficult for me? I can lose weight. I always have before.



Compulsive eating is a terminal disease. When faced with this reality, am I going to choose life or food?

OA is not easy. Attending meetings

without working the entire program won't give me my life back and may just kill me. There is hard work ahead and that's no lie. This disease is serious. I need to get serious about my recovery.

Am I ready?

Is it tomorrow?

Is it today?

Was it yesterday?

Slogans to Learn and Live



“FIRST THINGS FIRST”: Today this means that first I have to seek God as I understand Him every day and follow my program. So, that means prayer and meditation (even if it is brief sometimes), following my food plan, practicing the steps and allowing those principles to guide my real-life thoughts, word and deeds, going to meetings, talking to my sponsor, helping others to recover, etc. But it also means just doing what is in front of me to do, whether it seems to have anything to do with “fixing” problems in my life or not. So I stick to God and my program, day in and day out and everything else eventually falls in place: my husband, my family, my job, my friends, etc. If I don’t do the “first things first”, nothing else in my life will work. Then before I know it I am back into the food and miserable. I am not doing that today.

“EASY DOES IT”: This can be hard for me. I expect a lot from myself and others – usually too much of both and then I am disappointed/angry/resentful with me and them. I have a difficult time finding that sweet spot of doing what needs to be done and doing it well versus trying to do everything perfectly and be

perfect while I am doing it. I am usually still way too hard on myself, especially.

“LIVE AND LET LIVE”: The first thing that comes to my mind is that this is the companion for “Easy Does It”. If I am practicing “Easy Does It”, I will “Live and Let Live”. I won’t be trying to “manage” myself so much and in turn I won’t be managing others as much either. I think I find this the hardest to do with people I think need the program – ANY anonymous program. But I really know, deep down, that all my talking and trying to convince anyone will not enable them to hit bottom – which MUST happen! So I need to “live”: Live my program each day to the best of my ability relying on God to do for me what I cannot do for myself. Then I “let” others “live” their own lives much more easily and I can be less judgmental as I release them.

Kathy W.

New Beginnings Group

God Concept and Acceptance

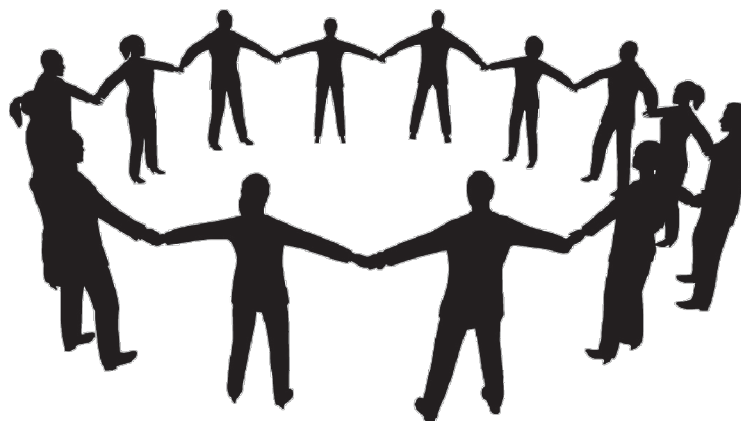
I, like Bill W., was irritated at the concept of a God personal to me, mostly because in the past I begged and bargained with the God of my understanding to allow me to stop overeating compulsively without success. What I wanted was to not change, to remain isolated, judgmental, fearful, resentful...a know-it-all. I wanted ease and comfort and the world to lust after me. I didn't want to be humble or put others first.

I knew there was a God, an uncaring punishing one. I thought since I wasn't perfect I was bad. If I was bad I wasn't accepted by others which meant more to me than being accepted by God. Since God

didn't speak directly to me in plain language I was also frustrated. How do I know if it is real communication or my sick mind twisting my thinking?

I do know that God created the world. My place is in it among fellow humans. I am no better or worse than they. I know I can't make the sun rise or set or the rain fall. But I can observe and appreciate and talk to God anytime. He listens to me and sometimes gives answers through other people when I listen to them.

Karin W.
South Hills Group



*The mental obsession that precedes
"that first compulsive bite"*

When I envision the mental obsession, I see Bela Lugosi as Dracula when he is attempting to mesmerize a victim; I see Boris Karloff as Frankenstein's monster, when he is helplessly driven by fear and ignorance to strike out; I see Peter Lorre as the murderer in M when he is lying to the jury, attempting to hide his guilt. These were the most terrifying characters of my childhood because they were obsessed and that obsession came across the screen as uncontrollably powerful. My mental obsession that leads to the first compulsive bite is no less strong. It is cunning, baffling, and powerful. It is much stronger than I am unless I stay in fit spiritual condition by getting up every morning and talking to God in this way so that God can fill me with love before I have my first bite of the day. That is the only way I can put the world (including food, people, places, and things) in its proper place. That's the only way to stop obsessive thinking before it starts. I have to remember to surrender every day, to remember my hopelessness in the face of this disease, and remember that God will solve my problem.

*Why is there is no possibility of
controlled eating?*

Ha ha ha. I can't stop once I've started and I can't stop starting. That's why. I don't know why it happens; it just does. There is a strange mental twist in my brain and an allergy in my body that keeps me from being able to control my intake of sugar, flour, and starch. I lost the power of choice where those items are concerned. I ate my share and that of many others before I surrendered. I had enough. There is no possibility of controlled eating for me just like there is no possibility of parole for a death row inmate. There are similarities in our situations. I am the prisoner of my own obsessions and I can only be free in my heart and mind if I surrender to God my life and my will. Things will never change; I will never get out of this body or this mind. I have only a daily reprieve in the form of conscious contact with God every morning which helps me to put my situation and me in their proper perspectives, one of humility. With God the creator, manager, and guard, I can be free and safe within the confines of my disease.

Betsy H.
New Beginnings Group

Upcoming OA Events

TRI-COUNTY INTERGROUP MEETINGS @ 10:30 A.M. AUGUST 3, SEPT. 7, OCT. 12, NOV. 2 (@ RETREAT), DEC. 7 South Hills Christian Church 3200 Bilglade, Fort Worth

HEALTH FAIR Cathedral of Faith Church August 3 @ 9 – 1 PM

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 “SURRENDER, THE KEY TO FREEDOM”

HEALTH FAIR/CARNIVAL DE SALUD Trinity River Campus TCC October 5 @ 9 – 1 pm

HEALTH FAIR/CITY OF FORT WORTH Will Rogers Memorial Center October 23rd

TRI-COUNTY RETREAT November 1 @ 3 PM - November 3 @ 11 AM “The Promises Realized” Glen Lake Camp, Glen Rose

SAVE THE DATES!

RETREATS & WORKSHOPS

2019 TRI-COUNTY INTERGROUP BOARD

- Chair: Charra W. Vice-Chair: Jackie H. Treasurer: Joy D. Secretary: Carolyn D. Liaison to DMI: Jackie H. Liaison from DMI: (open) Public Relations: Terri Beth M./Jaclyn D. Newsletter: Betsy H. Telephone: Mary Lou B. Retreat: Jaclyn D. Workshop: (open) 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: Eules Saginaw 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 7:30 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	Andrea 717-614-9131

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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