

September 2019

# Looking Up

## First Things First

- **Step Nine:**

Made direct amends to such people wherever possible, except when to do so would injure them or others.

- **Tradition Nine:**

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

- **Concept Nine: (Ability):**

Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

### **Disclaimer**

**Personal stories express the experience, strength, and hope of the individual member and not of OA as a whole.**

*Tri-County Intergroup, Fort Worth, Texas*

*Information Line: 817-303-2888*

### **OA's New Definition of Abstinence and Recovery**

OA recently approved a new policy to better define abstinence and recovery. The policy reads:

"The WSBC 2019 accepts the following definitions:

**Abstinence:** The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

**Recovery:** Removal of the need to engage in compulsive eating behaviors.

Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program."

### **Suggested Seventh Tradition Contribution Increase**

In February 2019, the Board of Trustees approved increasing the suggested amount from US\$3 to US\$5. This information was updated in the newly released meeting formats. However, not every meeting will be using the new format, so please pass on this information to the members of your service body. All money collected at meetings is used to carry the message of OA to others, fulfilling our primary purpose. The increase helps support every level of service meet this purpose as the money is used to cover the group expenses, and then the service bodies beyond the group level (intergroup, service board, region) and the WSO. A review of the Seventh Tradition pamphlet may help you understand the financial structure of OA, and why we are asking for your financial support.

**Slogans to Learn and Live**



**“THINK. THINK. THINK.”:**

Sometimes I think I would like to turn off my brain BUT that is dangerous when it comes to my recovery. I have to think about what I learn in the program; think about my food for today; think about how to practice the steps every day; think about how I can help others; think about what will happen if I take that first compulsive bite; think about my relationship with God; think about everything God has given me in this program; think of how blessed I am that this disease is what has led to the best people and the best years of my life. THINK of the Miracle!!

To  
Stay  
Alive  
We  
Have  
To  
Breathe  
Out  
As  
Well  
As  
In



**“ONE DAY AT A TIME”:** I think this is one of my favorite slogans because frankly, one day is all I can handle. As my daily reader says each day has its own trouble. So, giving me permission not to live in the past or the future allows me to be in the here and now and focus on things that are today, not things that were or may be!! That helps me focus my energy and attention rather than wasting them. So, I am more productive and more peaceful, at ease with myself and the world. I like it – one of the best parts of the program!

Charra W.

Kathy W.

New Beginnings Group



Willingness

I overheard a fellow in a meeting talking about sitting at the lake and observing the still water. I enjoy that too, but they went on to say that though so serene and peaceful on the surface, there are thousands of things going on underneath that we cannot see from the shore.

I thought that was so powerful. We are so intense on our day, how busy we are, how wonderful we are, how people don't appreciate us, yada..yada..yada.

The person that doesn't speak to us should be ashamed, the idiot! We have no idea what is happening in their world, what did they wake up to? Are they in a good place today to even notice me, and what's so keen about me that they should?

So much more than the visual we can see, just like all the battles going on beneath the water for life and survival. God has given me the ability to make a decision every day as to how I want it to be, but I am responsible for how that day plays out. It can be taken over by the actions of someone else if I allow my selfish reactions to change my mood, my attitude of gratefulness, and my response. My reaction is all up to me. I choose gratitude and happiness for each day. **How 'bout you?**

Jackie H.



## SERVICE or Fellowship

It is a gift to get out of my own head. A few days ago, I wanted to eat my abstinent meal very soon after eating lunch. I think it was an emotional hunger, as I was in a state of emotional upheaval. I prayed for God to help me. I hung on, and a few minutes later my phone rang and it was my daughter who needed me to drive to the pediatric dentist, where she was juggling appointments for three of her children, while at the same time handling a rambunctious two-year old, and holding the hand of a five-year old who was crying, as he got two cavities filled. I dropped my self, and went to the dentist. There I spent the next hour and a half focused on them, being a good grandmother and totally forgot about my food obsession.

Answer the phone and say, "Yes." It's the best way to get out of my head.

Danah K.

I know the topic of this writing is service but I think service plays a very important part in our fellowship with one another. I spent plenty of time getting, getting, getting for me and it was never enough. OA/HOW has taught me that this obsessive consuming only destroys me and it must stop. The first way it stops is by abstinence. I must be willing to only consume food in the quantities and of a kind allowed on my food plan. Once God is in control of that aspect of my "getting," I can begin to relinquish control of other aspects that may not have seemed quite so obvious. And that is where service begins to step into the picture. By seeking ways to meet the needs of others, I begin to get off the "getting for me" merry-go-round. This enables me to really see others in a way I couldn't before I became willing to let go of all of my "getting." This service often takes the form of simple fellowship - being there for another person in the program, whether a newcomer, an old-timer, a returnee, no matter where they are. I can open my heart and my arms and accept them even as I have been accepted. That is the service of fellowship.

Kathy W.

Upcoming OA Events

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

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

FARMER'S BRANCH WORKSHOP SEPTEMBER 21, @ 10-4 PM 12717 MARSH LANE, FB, TX 75234 "SURRENDER, THE KEY TO FREEDOM"

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

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

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)

Tri-County Intergroup Group # 09163 P.O. Box 331703 Fort Worth, TX 76163

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 HOW Richland Hills South Hills

**Tri-County Intergroup  
OVEREATERS ANONYMOUS MEETINGS**

**MONDAY**

<b>Waco</b> 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**

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

**THURSDAY**

<b>Grapevine</b> 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
<b>Fort Worth</b> 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
<b>Fort Worth</b> 7:30 PM	South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA & AA Literature	Happy 817-370-7207

**FRIDAY**

<b>Saginaw</b> 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**

<b>Fort Worth</b> 9:00 AM	South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Big Book Study w/writing	Happy 817-370-7207
<b>Arlington</b> Noon	City on a Hill Church 1140 Morrison Dr, Fort Worth, TX 76120	Newcomer Friendly	Blythe 817-300-4329
<b>Eules</b> Noon	United Memorial Christian Church 1401 N. Main Street, Eules, TX 76039	Step Study / Big Book	Andrea 717-614-9131

**SUNDAY**

<b>Fort Worth</b> 4:30 PM	South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Writing, Steps and Literature	Happy 817-370-7207
<b>Arlington</b> 6:00 PM	Epworth United Methodist Church 1400 S. Cooper, Arlington, TX 76013 Please enter through the Family Life Center door on the South side of the building.	Closed - Open to Newcomers	Lisa 682-438-9160