

October 2019



Looking Up

First Things First

• Step Ten:

Continued to take personally inventory and when we were wrong, promptly admitted it.

• Tradition Ten:

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

• Concept Ten: (Clarity):

Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

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

*October Brings Change – This month we hear from Joy D.,
Who shares about how OA changed her life.*

- I found a loving God personal to me whereas before OA I didn't think I was worth His time.
- I am not killing myself with food anymore.
- I can maintain a healthy body weight which means keeping off 200+ pounds for 8 ½ years.
- I haven't eaten my "alcoholic" trigger foods in over 9 years.
- I am free of secrets because of the intensive, loving work I do with my sponsor.
- I have forgiven myself for damaging life choices I made in the past.
- I'm more patient with others, including bad drivers in traffic.
- I don't watch food porn (cooking & foodie) shows anymore.
- I don't eat fast food anymore.
- I have gotten rid of unnecessary worldly possessions.
- Every day I sense my sanity being restored to me more and more.
- I've rediscovered my sense of humor.
- I've learned how to say "no".
- I'm more confident at work.
- I've made my home environment beautiful and free of chaos for the first time in my life.
- I can love my sons and my best friend more deeply than I could have ever imagined in the past.
- I have learned to accept myself today.
- I appreciate uniqueness in others instead of finding fault with how they are different from me.
- I am honest with myself and those people truly seeking an honest response.
- I don't eat out 10 times a week like I used to. Now it's more like 5 times a month.
- I have simplified my life and purged the clutter.
- I have learned to better accept others because I don't know the path they have walked to get to where they are today.

Joy D

Who is Failing Whom?

I recently attended a seminar where the dismal statistics on weight loss, and maintaining it, were discussed.

When I heard the speaker saying that 90% of persons who lose weight end up back at their original weight within 5 years, I thought of all the recovered persons whom I know and meet in the OA program, persons with well over 5 years of recovery who are joyous, happy and free.

There are also people who have relapsed, but they admit that the relapse came when they did not work the program as they did in the beginning.

On a recent phone meeting, the members talked about our faulty reasoning. Our reasoning is what tells us that it's ok to go back to our old habits. I find that thought insane, but when I think about going back to things I used to do that is of course just as insane. Change means change, and change is ongoing, never finished.

Some messages I received somewhere down the line told me that there was a Higher Power who was there and wonderful for those he chose, but he didn't choose me. I turned to my Higher Power in times of trouble and could attest to what happened in those times, but day-to-day I did not have that faith.

When I hear people talk about their problems with establishing a spiritual connection, I remember

those days. My Higher Power never failed me. My Higher Power was never absent. My Higher Power never left my side, ***I left.***

I left with the unwillingness to surrender. I left with the arrogance that I could do things on my own. I left thinking that something created by a Higher Power was less than. I corrupted the love my Higher Power had for me with negative talk, low self-esteem, and insane beliefs about what was meant for me in this life.

This program taught me that I am not alone in doing that on a daily basis. Many of us do that without even considering what we are throwing away that might have the potential to totally change our life.

In another class that I attended this year, the topic was about the Unstoppable God. OH MY GOODNESS!! God is totally unstoppable, and when I stay connected, so am I.

Jackie H



Thoughts on Service

“Answer the phone and say “Yes.” It’s the best way to get out of my head.

Danah K

Today I was making a list of my current resentments and I noticed that many of them are related to people, places, things, and events that revolve around the profit motive.

I think it’s because I discovered that Overeaters Anonymous taught me a different way of life that I understand that not everyone lives to make profit. It has taken me a long time to move from “taking in” to “giving out” and actually preferring that.

It is such a relief to not be consumed with consuming. But it is also the basis for my resentments! Others don’t feel the same way I do and I resent that. I have to learn to accept the world as it is, even though I don’t agree. I have to keep the focus on myself and not on them. I give back so that Overeaters Anonymous will continue to be here, which is also selfish.

I have no romantic ideas about what a great person I am. I wake up every day as “old Eve” and have to align myself with God in order to really serve God. It’s not easy but it’s the only honest way I know how to live.

Betsy H

A give and take, or maybe it is take and give.

As I eat the foods that nourish my body rather than create illness or chronic dysfunctions in the heart, lungs, digestive and immune systems, I am better able to recognize what I am or am not able to realistically do.

As I feel better physically and emotionally, I can finally begin to focus outside of myself and begin to acknowledge the fact that others are struggling and be willing to be compassionate and considerate of their situations.

I can now begin to be willing and able to offer service to others in gratitude for all of the gifts of this program.

Charra W



Off the Wall Remarks

Advocate for abstinence

Barricade the bags

Clear away the clutter

Don't get distracted

Esteem everyone

Finish what you started

Grab a friend and go

Help others; help myself

Intuitive thoughts arrive intuitively

Join us on the narrow highway

Kindness breeds kindness

Love yourself

Make art, not food

Next right thing, right?

Order

Plan

Stay focused

I have a part to play in my own recovery and only after I begin to do my part will I begin to see results – whether it is about my weight, my food, or my spiritual and emotional health.

Trust – I didn't trust anyone but myself until Step 5. Then I trusted my sponsor and grew to trust the process. I didn't trust the group until participating in Group Conscience decisions, listening to others, and accepting the outcome. I didn't trust God until I redefined God. I was suspicious of everyone, my sponsor, the process, the group, and God because I did not understand the concept of service. I had no humility and could not identify it. I had to start learning humility first in Step 1 and then after Step 5. When I laid myself on the floor and said, "here walk on me, I'm lower than dirt," and she didn't, it was a surprise. The world doesn't work that way. I was helped up and that's where I began to trust. All of those people performed selfless service and I learned from them how to do the same.

Upcoming OA Events

TRI-COUNTY INTERGROUP MEETINGS @ 10:30 A.M. 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

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

NOVEMBER 16-17 INTERNATIONAL DAY EXPERIENCING ABSTINENCE (IDEA) Join OA members worldwide as we begin or affirm our abstinence from compulsive eating and compulsive food behaviors.

JUST ANOTHER THURSDAY NOV. 28TH A great day to call an OA friend!

Tri-County Workshop December 7 @ 12:30 - 4 South Hills Christian Church 3200 Bilglade, Fort Worth Speaker: Brenda

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: 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

WEDNESDAY

Whitney 11:00 AM	Veteran's Partners Building 111 N Colorado St., Whitney, TX 76692	Big Book, Literature	Cindy S. 214-600-1158 Call or text
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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
Arlington 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