

November 2019



# Looking Up

## First Things First

### • Step Eleven:

Sought through prayer and meditation to improve our conscious contact with *God as we understood Him*, praying only for knowledge of His will for us and the power to carry it out.

### • Tradition Eleven:

Our public relations policy is based on attraction not promotion; we need always maintain anonymity at the level of press, radio, films, television, and other public media of communication.

### • Concept Eleven: (Humility):

Trustee administration of the World Service Business Office should always be assisted by the best standing committees, executive staffs and consultants.

### 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

## Thoughts on Humility

- Humility is the foundation of each of the Steps. It is a way of life.
- We drank for dreams or oblivion; we confused the ends with the means.
- Honesty, tolerance, and love of God.
- If we rely on ourselves, we are not relying on God.
- Desire to seek and do God's will leads to humility.
- Humility is necessary to Step One.
- Humility is to be desired; that takes a lifetime.
- We must try with the will or fall by the wayside.
- We can seek humility.
- Humility can heal pain.
- Self-centered fear is our chief problem; we aren't going to get something we want.
- Demand vs. request.
- Comfort vs. character building.
- Humility brought strength out of weakness.
- I'm better off not having the answers.
- I was telling God I didn't need help without really knowing I was doing that.
- Go back to Step One with fear.
- How badly do I want recovery?
- On the road; never "there".
- Some things are settled; some not.
- I need information sometimes.
- Educate myself as to who I really am.
- Face the hard truths.
- Physical and emotional bondage = pain.
- Use my brain for problem solving, relationships, talking to my sponsor.
- Do it scared.
- Do my part. That's all I CAN do.
- God – show me how it's done. Show me your way.
- Self-reliance is in direct opposition to faith.
- When we believe, we get better.
- With God's help, I can be abstinent and free.
- Be present in my body.
- Look at all the blessings in your life and how far you have come and rejoice!

*I got a life, or did I recover the one that was always mine?*

Do I believe in the power of growth? Yes. That is the miracle of the 12-step program of recovery.

I used to say that I didn't recover my life because I never had one. I think that might have been wrong. I can see that I might have recovered the life God gave me, the one I never had a chance to see or dream of as child, but that was always there. That is what potential is, the ability to achieve that which isn't visible in the now.

After I became physically abstinent, my eyes were opened to possibility. Not only did I hope, but I also took steps to change and grow. I worked the steps and I learned who I really was. I was relieved not only of the burden of excess weight but also of all of those character defects that were keeping me bound to a sick personality. I didn't want to be that person any more.

That's why I work the program and why I devoted hours each week to working the steps, going to meetings and workshops, reading and writing, and talking to other OA members. All of those actions relieve me of the disease and keep me in recovery.

I recovered the gifts that were freely given to me by God, most especially the gifts of creativity and love. How apt – that God would give me the gifts that I attribute to God's very being. The gifts are always there available to

everyone, but my addiction kept me from seeing them. Yes, abstinence and weight loss are just the beginning of the gifts of this program.

Betsy H.



It's a myth, the idea that we will someday control and enjoy our eating. It's a fantasy and a delusion. I must stop thinking that I will ever enjoy eating, food, or old food behaviors. It takes a lifetime to get rid of self-will. I'd better get started. First, I have to put down the food.

**Things that don't work:**

- Self-discipline
- Self-control
- Dieting
- Self-confidence
- Holding on to old ideas
- Half-measures
- Dishonesty

**Things that do work:**

- The Twelve Steps
- Letting go absolutely
- God
- The OA Tools
- Recovery
- Watch out – your slip may be showing.

*Get out the Power Tools – time to do some smashing*

*But the  
real  
truth is*

*...*

*Has your delusion  
been smashed; how was  
it smashed?*

Yes, it has been and I think it was smashed after I had been in recovery for 7 years and left the program thinking I was healed instead of recovered. I proved over the next 14 years that I was not healed and ended up back where I started. I know today that there is never enough food. I may think, "If only I could have a little more of this or a bit more of that," but the real truth is, there is never enough to satisfy me in my compulsion.

Kathy W.

Smashing of a delusion? I visualize the shattering of a dream or an explosion. The day I realized I had lost the ability to lose weight on my own was when I surrendered. I reached a point when all of the things that I had tried: dieting, starving, exercising, smoking, counting calories, skipping meals, swearing off, etc. stopped working! What a shock! My body had changed without my awareness or consent. That was when I realized I was not like other people. I didn't know what I

was at that point. I felt lost and alone. I realized I was beyond human aid. I hit rock bottom and knew I no longer wanted to hold onto anything from the past. I didn't want to hurt myself any longer. There was no longer any reason not to go to OA. I realized I was worth it.

Betsy H.



## The Bondage of Self

Having faith freed me from the bondage of self.

Faith in the food plan freed me from the bondage of food.

Faith in OA service freed me to do some service jobs I never thought I could do. That included having faith in the people who did the job before me, faith that they would help me, faith that I could do it – one day at a time – faith that I would not have to do the job forever. Doing service work for OA took me out of self because I had to learn a lot of humility.

Bondage of self =

Self-centeredness  
Love of self over others  
Ego problems  
Self-seeking

Faith =

Focus on my Higher Power  
Belief in a power greater than me  
Following that power instead of me

In Steps Four and Five I had to exercise a lot of faith. That helped

me to reduce my ego and prepare me for a life of service to God and my fellow man.

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A year ago I realized I had lost my direction in the program and I had gained some weight. I wanted more faith and more focus. I wanted to eat to live, not live to eat. It wasn't happening through prayer and meditation alone. It wasn't happening through faithfully attending meetings. It wasn't happening through my own self-will. I got out my food plan and reviewed it. I made some changes with the help of my sponsor. She directed me to start reading and writing and calling her every day. I went back through the Steps as well as other OA materials available, wherever I could find them. I commit my food every night and I start each day with my Higher Power before I ever put any food in my mouth. All of that work has helped. It brought me to some new realizations about faith and my place in this program and my relationship with God. I have faith that God will solve my problem.

Anonymous in Fort Worth

Upcoming OA Events

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

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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:

- Arlington HOW Eules Group New Beginnings HOW 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

**WEDNESDAY**

<b>Whitney</b> 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**

<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 through 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 From Summit, follow the access road; turn right into first driveway. Go to right side of parking lot. Pull into small parking lot to right (past apts!). We are in house on right, front room downstairs. Knock –door is locked.	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