

December 2019

Looking Up

First Things First

• Step Twelve:

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

• Tradition Twelve:

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

• Concept Twelve: (Guidelines):

The spiritual foundation for OA service ensures that:

- (a) no OA committee or service body shall ever become the seat of perilous wealth or power;
- (b) sufficient operating funds, plus an ample... [read more on page 2.]

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

Bits and Bytes

OA Instagram Page:

Follow us at

https://www.instagram.com/overeatersanonymous_official/

for inspiration, information, and to help carry the message!

Lifeline News:

Subscribe to OAlifeline.org to Read the New Stories in the Nov/Dec Issue of **Lifeline Plus Bonus Content in December**

2020 is the year to go to

Convention! Miss this one, and you'll have to wait until 2025! So, [click here to add the event to your calendar \(ICS file\)](#) and plan to join more than a thousand OA members from around the world to celebrate OA recovery and revel in our Fellowship.

Convention registration opens in January 2020, but you can **sign up now to receive Convention updates!** Send an email to conventioninfo@oa.org with your **full name**, email address, state/province/territory, and country to start receiving updates. Your information will be kept confidential to the World Service Office.



Concept 12 (Guidelines) Continued

....reserve, shall be OA's prudent financial principle;

(c) no OA member shall ever be placed in a position of unqualified authority;

(d) all important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;

(e) no service action shall ever be personally punitive or an incitement to public controversy; and

(f) no OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

Heard at a Meeting on "A Vision for You"

Obsession of the mind and compulsion of the body – they are always waiting for me. They are the four horsemen.

I remember facing these four guys every morning. I would be so desperate for a miracle. I had a sleeping beauty syndrome. I would go to sleep and wake up a new person.

I learned in these rooms how to be different. I didn't really expect that. I did what you told me to do and the promises came true.

A newcomer shared, "This all makes a lot of sense. I've been struggling for a really long time. The four horsemen? Every day.

They are with me all the time. Every day I compulsively eat. I call it self-sabotage."

Food has always been my companion. That relationship is toxic. I need to break up with that companion. At first it was about the weight. I find it hard to explain to people that the benefits (the promises) come later.

The Four Horsemen:

- Terror
Bewilderment
Frustration
Despair

I couldn't occupy myself with anything else. It started taking over my mind.

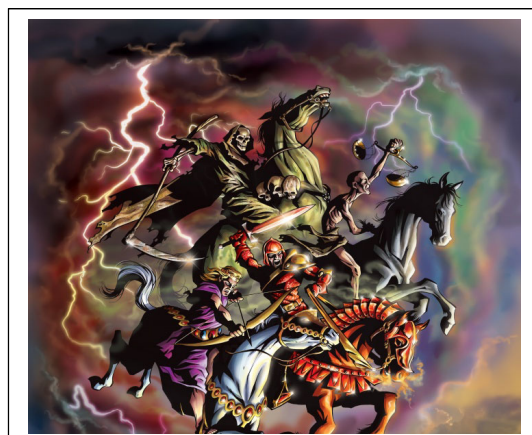
I have trouble eating with new people. That's part of my disease. I think I miss the old pleasures...clothes that didn't fit. Was that really a pleasure?

Food was at the center of the event so it wasn't joyous.

I kept trying to capture those days but there never really were any.

The weight loss is a bonus.

From New Beginnings HOW group



Step 12

"It's the honesty that rings true with me, more and more."

"I was having the opportunity to work this Step."

"I'm a lot like this caladium bulb. I've lived, not even being aware of that. It's such a gift, such an awakening."

"I'm real glad I get to practice love with my program friends. It makes it easier in the real world."

"I'm real grateful for gentle souls who affect my life."

"I don't know how you guys do it – integrate the program with work. It was easy before I had to put it to work in the real world. Do I know about the program or do I work the program?"

"I'm developing a history with the God of my understanding that is becoming a steadiness in my life."

"Negative thoughts about myself block me from being of service. If I can't accept who I am, I'm losing what God wants me to do today."

"As each day goes by, I can get to know God more. I have another whole day. What do I get to do today? It's God who lets me be willing to open up. It helps them as well as me."

"I don't know what to say to newcomers. I can hardly direct myself. I just say I'll

pray for them, to keep coming back, and you're in the right place."

"I'm not at Step Twelve today. I'm at Step One. I can't even get to Step Three. I can't say 'thy will be done.' I'm mad. I'm powerless."

"I got up every morning and said, 'I'm not talking to you today.' After two weeks, I realized I was praying."

"I'm not willing to 'endure' or 'survive.' I've been in a real peaceful, faithful, and connected place. I've been trying to do basics: meetings; I saw my sponsor; saw another person in the program. I've been trying to be a sponge and take it in. That is not like me at all. I'm real calm. God hasn't brought me this far to put me under a bridge."

"We're really not that important in Twelfth Step work. What's important is that they keep coming back, that they feel welcomed. Do you remember what people said to you your first two months in the program?"

"I work Step Twelve without ever knowing it."

"The paradox of when we do for others without asking for anything in return is where we find the greatest reward in this program."

"Inevitably, life will throw things our way. Every time that happens it knocks me down to my knees again and then I'm willing."

"The greatest gift for me is that sense of belonging, that I'm not alone anymore."

"I've taken on so much service work, I'm having trouble with my program. God, I need you to help me. I don't know where I'm going."

"Sometimes you share the program and you don't even know you are."

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

ANONYMITY

Anonymity = the quality or state of being anonymous

Anonymous = of unknown authorship or origin; not named or identified; lacking individuality, distinction, or recognizability

“Addiction is suicide and food addiction must be the slowest form. It is so cunning that I didn’t know I was addicted for 40 years. In those 40 years, I harmed my physical body, my self-esteem, and my spirituality. I did it really well. I was a master of deceit but the only person I was deceiving was me. Today, the program, the food plan, and the tools keep me honest. When my disease takes control, self-honesty is the first thing to go. When I weigh and measure, I am being honest with food. When I commit my food, I am being honest with myself and one other person. When I read and then write, I am being honest with God. When I attend meetings and make phone calls, I am being honest with others. The other tools may not deal with honesty directly, but they keep me busy: service, sponsorship, and anonymity. Those three keep me humble, which I need in order to not fool myself. I need to keep my feet on the ground, my head on my body, and my heart in God’s hands. When I can do that, I can be honest. When I am honest, I am not hurting myself.”

“It’s all about humility, which was a hard lesson for me to learn, and once I learned it, it became a part of me. I despise the cult of personality which

permeates our society. We worship people instead of God. In my program, I honor each other member of OA by maintaining their anonymity. I refuse to use unauthorized literature, etc. in meetings or from the podium. I believe that adhering to this principle is a discipline that we, as ego driven addicts, need to master in order to stay alive. There are no super heroes here. We are not on ladders, above or below each other. We are all on the ground together, equal. There are no leaders, only members. All of these ideas make up anonymity to me. I don’t wear my membership proudly like I did in other groups, bragging to outsiders about one thing or another. No, anonymity keeps me honest, keeps my ego right-sized, and keeps me focused on what’s really important.”

ANONYMITY
WHOM YOU SEE HERE
WHAT YOU HEAR HERE
WHEN YOU LEAVE HERE
LET IT STAY HERE
HERE, HERE!

Upcoming OA Events

Tri-County Intergroup Meeting

10:30 A.M, DEC. 7
South Hills Christian Church
3200 Bilglade, Fort Worth

Tri-County Workshop

December 7 @ 12:30 – 4
South Hills Christian Church
3200 Bilglade, Fort Worth
Speaker: Brenda Q.

December 12

Twelfth Step Within Day Let's carry the message to OA members who are in relapse or still suffering from compulsive eating. For suggestions, contact your local service body or see our new pamphlet [Welcome Back: Suggestions for Members in Relapse and for Those Who Care \(#185\)](#).

December 17

Your last opportunity to [buy a one-year, print subscription](#) to *Lifeline* magazine is December 17, 2019. Similarly, OA will stop selling [online subscriptions](#) to [oalifeline.org](#) after December 31, 2019. Both the print and online versions of ***Lifeline* will continue to be published for a full year**, ending publication in December 2020.

2020

Grapevine Noon Meeting will have a new location – stay tuned and call before you go.

January 15, 2020 – Submit writing to *Lifeline* on (1) Great Ways to Carry the Message, or (2) Using a Plan of Eating. Send to: *Lifeline* • PO Box 44727 Rio Rancho, New Mexico • 87174 or email info@oa.org.

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.

Editor Contact Info:
newsletter@oa-tricounty.org

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
-------------------------	---	---	----------------------

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
-----------------------------	--	-------------------------	--

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 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
Fort Worth 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
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
-----------------------------	---	------------------	---------------------------

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