

February 2021

# Looking Up

## *First Things First*

### **Step Two:**

Came to believe a power greater than ourselves could restore us to sanity.

### **Tradition Two:**

For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

### **Concept Two: (Conscience):**

The OA groups have delegated to the WSBC the active maintenance of our world services; thus, the WSBC is the voice, authority and effective conscience of OA as a whole.

### **Disclaimer**

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

Thank you for your generous 7<sup>th</sup> Tradition Donations:

South Hills  
Grapevine  
Richland Hills

*Tri-County Intergroup, Fort Worth, Texas*

*Information Line: 817-303-2888*

**NOW BEING HELD VIRTUALLY - STAY TUNED!!**

*Save The Date*

March 19-21, 2021  
Houston, Texas



Region III  
2021 Spring Convention & Assembly

More information is forthcoming on registration and program schedule.

## Step Two

“Because it is one’s spirit that must change in order to recover, change must come from within, not from without.”



“I cried and I finally asked for help. This time I prayed from the beginning and every step of the way.”



“It took a long time to come to believe that God was more powerful than food was. I came to believe by listening to others share. If you can’t believe, then just believe that we believe.”



“Chart out my facts and feelings. Are my feelings appropriate for the facts? I don’t have to overeat (act insane) because I feel insane.”



“All the Steps ask me to have is an open mind. I kept saying, ‘God help me.’ Something inside me kept saying, ‘It’s going to be okay.’ I have no choice but to trust God.”



“I thought Step Two was about acceptance, but I can see it is about hope.”



“When I first got to OA, I didn’t have a problem with insanity because I always felt I was different. Meetings get me to sanity. When I need sanity, I can remember now. Insanity was more comfortable than having to change but getting out of insanity was an enormous growth experience for me.”



“I felt so overwhelmed. I just can’t do this. My sponsor and I decided to do it differently. I had to pray. I was afraid of losing. I asked God into my plan. That went well. That was reinforcement that when I invite God into my life, everything will work out. I finally feel some food security.”



“When I came into OA, all I could do was act as if. I did not accept that I was insane, but I wasn’t happy, joyous or free. I am not always willing to do what this program suggests for me to do. But it’s no big deal. I get to take care of that frail plant or that cactus, but God does the miracle. ‘God could and would if He were sought.’”



“Friendship is God’s way of loving us through someone else.”

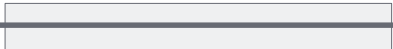


“I write these days to make conscious contact with God to place God in the proper place every morning. I don’t just vent or make gratitude lists. I don’t analyze dreams or write letters to my family of origin members. I take these OA ideas and meditate on them and write a response. Doing this focuses my thoughts away from food; it builds a wall around me every morning to keep the food bullies out; it calms me down and removes the food anxiety so that I don’t attack others because of my insane food thoughts and fears.”



“God accepts me so much that God gave me free will to do as I please, even though I tend to be imperfect, imbalanced, and insane.”

# STEP TWO



## Daily Treatment

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***Am I Motivated to Seek Daily Treatment for Recovery?***

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At this point in my life, I have too much to lose if I am not in recovery. I would lose my relationship with God and I would return to being filled with fear and self-hatred because I would no longer know that I am loved and accepted. Food would cut me off from hearing, seeing, and knowing God. I would destroy my happy marriage with anger, resentment, bitterness, etc. I would only think of myself and my food. My children would avoid me because I would only complain, control, and scold and with them would go my grandchildren. My schoolwork would never be done. I would not be able to focus or discipline myself to do the work that needs to be done. No area of my life would remain untouched. Yes, I am motivated by the grace of God to get daily treatment for my recovery: abstinence, working the Steps, using the Tools, helping others and trusting God.

Kathy W.

I am motivated today. I had a realization earlier in the week that \_\_\_\_\_ would make me happy. (You fill in the blank.) Just for today I am committing myself to staying on program, not watching cooking or food shows, and not watching other guilty pleasure shows. I am reading every day, attending extra Zoom meetings, praying, listening, and changing my routine. I am talking with other recovering people. What are my motivations? Fear and desire.

Heather G.

Perseverance may be good as far as it goes, but it doesn't always go far enough. I can make anything a job, including "working" the program. Just because I am doing something does not mean I am living it. What seems to be important for me is always keeping an open mind, being honest with myself, God, and others, and being willing to change. I think what I'm trying to say is that my motivation is important in using these tools daily. This conversation with God must be fresh each morning. I seek new truths and new answers. I really cannot rely on yesterday's answers for today's problems.

Betsy H.



## Virtual Meetings

- Sunday** 4:30 pm South Hills Christian Church OA # 51282  
Free Conference Call, dial 760-548-9061 No access code  
For assistance, contact Jaclyn 817/996-8711 or Nancy 678/882-4488
- Sunday** 6:00 pm Epworth UMC, Arlington OA # 56964  
From Zoom App, meeting ID# 394-680-626, Password: 183267  
For assistance, contact Ashley 817/688-4563
- Monday** 6:00 pm Central UMC, Waco OA # 50529  
From Zoom app, meeting ID# 288-451-3232,  
Password: changes to current date in this format: 1-25-21 OR 2-1-21, and so on.  
For assistance, contact Beth 254/715-2521
- Tuesday** 12:00 pm (noon) South Hills Christian Church OA # 41132  
Free Conference Call, dial 760-548-9061 No access code  
For assistance, contact Jaclyn 817/996-8711 or Nancy 678/882-4488
- Tuesday** 6:30 pm Richland Hills OA # 51841  
Dial in # 505-144-0847, Password: hope  
For assistance, contact Andrea 717/614-9131
- Wednesday** 10-10:45am TENNIE, Shades of Hope  
Zoom dial in #346-248-7799, meeting ID# 823 5702 0585, password 476552
- Wednesday** 11:00 am Whitney OA # 56299  
This is a small group, presently 2 members and they use phone calls. For assistance, contact Cindy 214/600-1158
- Thursday** 12:00 pm (noon) Grapevine OA # 54878  
From Zoom App, meeting ID# 202-154-656, Password: 1212  
For assistance, text Judith 682/313-8484
- Thursday** 6:45 pm St Paul Lutheran – New Beginnings OA/HOW OA # 45896  
From Zoom app, meeting ID# 863 0813 9163, Password: 678432  
For assistance, contact Patrice 817/692-7180
- Thursday** 7:30 pm SHCC OA # 26280  
From Zoom App, meeting ID# 922 016 4765, Password: ODAT2015  
Phone number: 1 (346)-248-7799  
For assistance, contact Amber 817/798-6289
- Saturday** 9:00 am SHCC OA # 46989  
Free Conference Call, dial 760-548-9061 No access code  
For assistance, contact Jaclyn 817/996-8711 or Nancy 678/882-4488
- Saturday** 11:00 am - 12:30pm CST - Harlan *Line by Line Big Book Study*  
Dial In # 346-248-7799, meeting ID# 853-3089-5657, password 164758  
Any questions, email: [harlanbigbookstudy@gmail.com](mailto:harlanbigbookstudy@gmail.com)

Non-Real-Time (NRT) meetings are now available on the [Find a Meeting](#) module on oa.org. Go to <https://oa.org/find-a-meeting/?type=0> and click on the Non-Real-Time tab. Since NRT meetings do not have a specific day and time associated with it, you can search through the “Additional search options” by open/closed, language, special topic, and special focus.

## Upcoming OA Events

[Dallas Area Virtual Meeting List](#)

[OA Virtual Region e-Workshop Series](#)

February 27-28, 2021 – Two Day Big Book Zoom Retreat hosted by Southern Arizona Intergroup. See the announcement [HERE](#).

March 19-21, 2021 – Region 3 Spring 2021 Convention and Assembly: Let Your Recovery Bloom (virtual)

April 16-18 – McKinney Retreat – IN PERSON

### **Tri-County Intergroup Meeting Dates for 2021:**

2/6, 3/6, 4/10 (workshop), 5/1, 6/5, 7/10, 8/7, 9/11, 10/2 (workshop), 11/6 (during retreat), 12/4, 1/8/22

### **LOOKING FOR A FACE-TO-FACE OA MEETING?**

Join us at City Point United Methodist Church  
7301 Glenview Drive, North Richland Hills, 76180  
We meet Tuesday evenings from 7:00-8:00 pm  
Questions? Call Rachel at 817-595-3044

**MASK REQUIRED**

SAVE  
THE  
DATES!

RETREATS and  
WORKSHOPS

### 2021 TRI-COUNTY INTERGROUP BOARD

<b>Chair:</b>	<b>Jackie H.</b>
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<b>Liaison to DMI:</b>	<b>(open)</b>
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<b>Retreat:</b>	<b>Jaclyn D.</b>
<b>Workshop:</b>	<b>Charra W.</b>
<b>Web Master:</b>	<b>Ron C.</b>
<b>WSO Delegate:</b>	<b>(open)</b>
<b>Region 3 Rep:</b>	<b>Jackie H.</b>

### 7th Tradition Donations

In this time of the unprecedented absence of face-to-face meetings of OA, the following information is provided to assist you in making 7th Tradition donations to support the primary purpose of spreading the message of recovery through the 12 Steps of OA to the compulsive eater who still suffers.

Whether you're donating to a group meeting, or if you are a guest, you may make your check/money order payable to "Tri-County Intergroup of OA" or Just "OA," and indicate which meeting is to receive your donation. Please mail your donation to Tri-County Intergroup of OA, P O Box 331703, Fort Worth, TX 76163. If you are making a donation for a group, please provide the name and location of your group, not just the group number.