

September 2021

# 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.**

### **Contact the Editor**

**Please send articles or submissions for the newsletter to [newsletter@oa-tricounty.org](mailto:newsletter@oa-tricounty.org)**

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

Grapevine  
South Hills  
South Hills Tuesday Noon

*Tri-County Intergroup, Fort Worth, Texas*

*Information Line: 817-303-2888*

## **CLIMBING OUT OF THE PIT**

*I love to hear from people who are enthusiastic about their abstinence, but like another member said, I also get a lot of hope and inspiration from people who talk about difficulties that they DIDN'T eat over... or who admit that they slipped but still end on a positive note about what they learned and how they'll apply program principles to a similar problem in the future.*

*What I don't find helpful is hearing someone go on and on about the problem without ever tying it to the solution. When I came to OA, I had spent a lifetime wallowing in the "poor me" quagmire and the last thing I needed was someone to encourage that by commiserating with me, no matter how well-meaning they were. Instead, I needed people around me who had a solution and could show me how to climb out of that pit. I needed people who would say to me, "Yes, I understand where you are ... but where are you going from there?"*

*From those people, I learned that negativity breeds more negativity and that's how the disease keeps me trapped. Dwelling on the problem keeps me in the self-destructive cycle, while tying everything back into the solution helps me break free.*

*Life is going to happen. I am going to have family problems and job problems and health problems and financial problems from time to time. I am going to have emotional struggles, too... and sometimes that will result in struggles with food. If it didn't, I would not be a compulsive overeater.*

*When things get rough, I've found that the best thing for me to do is to keep one eye on the prize of RECOVERY, even if I am in the middle of a storm. As long as I do, I have a beacon of hope that serves to guide me through the storm. The last time I lost sight of it, I stayed lost for a very long time. I don't intend to let that happen again.*

Dana

### **Ninth Step Prayer**

Higher Power, I pray for the right attitude to make my amends, being ever mindful not to harm others in the process. I ask for Your guidance in making indirect amends. Most important, I will continue to make amends by staying abstinent, helping others, and growing in spiritual progress.

The Miracle –  
Allowing Step 9 to Free Me

When I first came to OA, I read the Steps and said I can do all of these except Step 9. There's no way I can make amends to my ex-husband after all he put me through. But I was desperate, so I started working the Steps anyway. I was willing to get what 1-8 and 10-12 offered me but I would do without Step 9.

Then my life began to change. God gave me the gift of abstinence and I started to lose weight. I stopped eating my binge foods and as a result I recognized that miracles happen in this program. I prayed and felt connected to God like never before. After Steps 4,5,6, and 7 I felt more emotionally healthy than I felt after all the therapy I had ever had up until then.

Now I was getting closer to Step 9. Still not willing to do it in spite of all the miracles I had witnessed in my OA life, I made my list for Step 8 and acted as if I were willing. That Step lasted for months. After I realized that I selfishly wanted the promises that come after working Step 9, I became honestly willing.

Now the actual amends had to happen. I wrote out every word I wanted to say to all the people I was going to make amends to including my ex. I read it all to my sponsor and she gave me a thumbs up.

I started making what I considered the "easiest" amends with the kindest people on my list. Then more miracles started to happen. For example, after hearing my amends, my oldest son told me that those actions I regretted were

actually things that made him stronger and that he held no ill will toward me about them. I was floored. I reminded myself, however, that all the people I would talk to would not necessarily have that reaction and I needed to prepare myself for that possibility. My amends continued with everyone appreciating me being honest with them and showing me great acceptance and love. I still couldn't see myself talking to my ex. I must point out that during this time I was drawing out my amends over a period of a few months. I think this was part of avoiding the scariest amends I had to make.

Finally, I got the nerve up to talk to my former husband. I knew I needed to start the sharing with intelligent wording, or he would blow me off as saying something stupid. I didn't know what to say so I asked God to tell me exactly what to say. I didn't really ask. I demanded it from God so that I could go through with this. As I was driving to his house, God answered me and gave me the exact words to get me started. I told my ex everything I regretted, and he kindly told me that he could tell I put a lot of effort into it. He didn't respond with anger or say that there was a lot more I needed to be sorry about. He remained calm and respectful.

After I left, I felt the weight of the world lifted from my shoulders. The promises were starting to come true. This program really worked. I hope others will work Step 9 with an optimism that I lacked at first. Miracles do happen.

Joy D.

[Please send articles or  
submissions for the newsletter to  
newsletter@oa-tricounty.org](#)

STEP NINE

Dear OA Friends,

Greetings from your Tri-County Intergroup! We feel so privileged to serve the OA community for Tarrant County and outlying areas. We take our roles seriously and at the same time have great fun planning our annual retreat, workshops, and participation in city and community health fairs. We also maintain a website <http://www.aa-tricounty.org> that offers program information, meeting times, and event announcements as well as producing a monthly inspirational newsletter distributed to all groups.

Ideally, each OA group contributes to the creative endeavors and business decisions of Tri-County Intergroup by sending at least one Intergroup Representative, or rotating Representatives, to our monthly hour-long meetings. We meet the first Saturday of each month. Our schedule is printed at the bottom of the meeting list in the newsletter.

Service is a vital tool in our recovery. Through Intergroup it's a win/win situation. The quality of Intergroup's value is increased and you will have a voice in its progress. As a group representative, your vote will help decide such issues as how the Intergroup's budget can be better allocated, who will lead our annual retreat, what workshops will be offered, how improvements can be made to our website, and suggestions for public outreach. Imagine the influx of innovative ideas all the member group representatives could bring to the Intergroup efforts! Also, there are no abstinence requirements for service as an Intergroup Representative.

We lovingly invite you to consider helping us by learning about this new avenue of service available to you as OA members. Join us on one of these dates via Zoom: 9/11, 10/2 (workshop). We would love to see you there. Drop me an email and I will send you the link.

Sincerely,

Joy D.

(817) 905-4949

[Joydobbins99@gmail.com](mailto:Joydobbins99@gmail.com)

Tri-County Intergroup O.A.

*"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."*

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2022

## Opportunities to Be of Service

### Tri-County Intergroup Board Positions

*All Board positions require membership in a group meeting that is represented by the Intergroup, must be working the 12 Step program to the best of their ability, have completed all 12 Steps, have 6 months of current abstinence, and have been a meeting's Intergroup Representative for 6 months at some time. Normal term is one year and is eligible to be elected to serve for one additional year.*

**TCI Board Chair** – Presides over and facilitates all Intergroup meetings. Works with Recording Secretary to prepare Agenda.

**TCI Board Vice-Chair** – Fulfills the duties of the Chair in their absence.

**TCI Treasurer** – Prepares written reports of all contributions and expenditures at regular monthly meetings; makes deposits of contributions and pays expenses; keeps accounting records and balances statements.

**TCI Secretary** – Takes minutes at all Intergroup meetings and retains official documents.

### Tri-County Intergroup Committee Chairs

*Committee Chair positions require membership in a group meeting that is represented by the Intergroup, must be working the 12 Step program to the best of their ability, and have either 3 or 6 months of current abstinence. Normal term is one year and is eligible to be elected to serve for one additional year.*

**Workshop Chair** – (3 months current abstinence) Plans and coordinates, with the help of volunteer committee members and the Intergroup, various types of workshops for area participants. Workshops can feature speakers, practical or creative activities, sharing, etc.

**Retreat Chair** – (6 months current abstinence) Plans and coordinates, with the help of volunteers and the Intergroup, the annual Intergroup Fall Retreat in Glen Rose, TX, the first weekend in November; functions as the liaison between the Retreat Center and the Intergroup regarding contract and facility specifics; works with the Intergroup members to recruit speakers; works with Intergroup Treasurer to maintain registration and accounting records; coordinates with Treasurer to award scholarships.

**Public Information Chair** – (6 months current abstinence) Works with other volunteer members to inform the general public about the OA program. This usually includes manning booths at local health fairs with the help of other members.

**Newsletter Chair** – (3 months current abstinence) Responsible for the compilation, editing, and publication of the monthly Intergroup newsletter "Looking Up". Collects articles and submissions from members for inclusion in the newsletter as well as OA-related material from other sources.

**Website Chair** – (3 months current abstinence) Responsible for maintaining and updating the Tri-County Intergroup of Overeaters Anonymous website; posting information about upcoming events; coordinating with the Treasurer to secure contract commitments associated with maintaining the website.

*"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."*

# HUNGER

If you eat because you are angry, lonely, tired or for any reason other than hunger, you're not alone; we've been there.

More will be revealed when I don't know if I am feeling EMOTIONAL, SPIRITUAL and/or PHYSICAL HUNGER and I take an INVENTORY of my feelings. I can then experience AWARENESS, ACCEPTANCE, ACTION and ABSTINENCE.

Let go of the hunger, [my name], and let God get you to the next meal.

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.

Don't become too hungry - stick to your food plan.

### The Phenomenon of Craving

A friend in OA introduced me to the concept of The Hungry Ghost. Some are described as having 'mouths the size of a needle's eye and a stomach the size of a mountain.' This is a metaphor for people futilely attempting to fulfill their illusory physical desires. I found this definition in Wikipedia (to be taken with a grain of salt, and not to be confused with the Big Book of Alcoholics Anonymous, which requires no seasoning whatever in my opinion.) The "ghost" takes on different meanings in several Eastern religions. ("Be quick to see where religious people are right. Make use of what they offer." Big Book, pg. 87). So, here's the point: I often feel as though I am that Hungry Ghost. Hungry not just for large quantities of food, but your food; food that might go stale or rancid if not eaten soon; food that will make my blood pressure lower; my skin radiant; my antioxidants ready to do battle with temporarily benign maladies that lurk within my body just waiting for their moment to take me out for good. And it's not just food that's wanted. It's MORE - the free floating MORE. MORE respect, love, money, security, admiration— you get the drift. If a little is good, a whole lot's bound to be really good. I've had MORE before. It makes me high, and I want it again. I recall that it also made me sick, sad, and very sorry. William D. Silkworth, M.D. said, "Then there are types entirely normal in every respect except in the effect alcohol has upon them. They are often able,

intelligent, friendly people. All these, and many others, have one symptom in common: they cannot start drinking without developing the phenomenon of craving." I am, with some tasks, able, intelligent enough to get by. Friendly unless you try to get something I think is mine or could be mine if I get to it before someone else does.

### And Another Thing . . . Fear

"The chief activator of our defects has been fear— primarily fears that we would lose something we already possessed or would fail to get something we demanded." (12&12 Step Seven, p. 76) What if I don't eat enough before I leave, get hungry on the road and it is miles before the next place to get MORE? What if I eat too light a dinner and wake up hungry? Sleep interrupted, leading to being tired the next day, leading to lowered ability to resist just a little "something" that triggers the phenomenon of craving. If I don't have the best clothes and house and car and kids and spouse, people may not like me. If they don't like me, how am I going to get a job? Or keep a job? Or keep my spouse from leaving me for someone who has MORE and a job? So, who can blame me if I cheat a little to get MORE? Lies can be little and white. If I gossip about someone to make myself appear to be MORE, how bad is that? Taking steps four through nine has given me the courage to be myself, and the ability to be a different, better self— much of the time. Today, I have freedom from cravings of all types. The failings of my past are memories I call up to know better how to be different today. I have peace. I see how my experience can benefit others. I now know I am neither the first to commit selfish acts nor the creator of them. Talking about fear of the 5<sup>th</sup> step, an OA member said, "If there's a word for it that means someone else has already done it." I am interested in other people. I don't need MORE nearly as often. My attitude and outlook upon life continue to change for the better. Fear of those who are richer, more attractive, smarter and/or better educated has left me. I no longer picture myself living alone in a cardboard box under a bridge. I sometimes intuitively know how to handle situations which used to baffle me. I see that my higher power is doing things for me that I never could have done by myself. Today, I am abstinent, at peace, responsible, kind, and accepting. Just for this one day.

Sherri G  
Arlington Monday Abstinence

*"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."*

## Tri-County 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
- Monday** 6:00 pm Central UMC, Waco OA # 50529  
From Zoom app, meeting ID# 851-4964-0368, Password: 330219  
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
- 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 New Beginnings OA/HOW  
Meeting ID# 283 565 1317, password 441395  
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)

**FACE-TO-FACE OA MEETINGS – Check Mask Requirements!**

<p><b>Sunday – Arlington - 6:00 PM</b> Epworth Church 1400 S Cooper St. Arlington, TX 76013 Behind Starbucks. Mask required.</p>	<p><b>Thursday – Waco - 5:30 PM</b> Crestview Church of Christ, Room C12 7129 Delhi Road, Waco, TX 76712 (Also Monday via Zoom).</p>
<p><b>Tuesday – North Richland Hills - 7:00 PM</b> City Point United Methodist Church 7301 Glenview Drive, North Richland Hills, 76180 Questions? Call Rachel at 817-595-3044 Mask required.</p>	
<p><b>Saturday – Arlington – 12:00 Noon</b> City on a Hill Church 1140 Morrison Dr. Fort Worth, TX 76120</p>	

## Upcoming OA Events

Oct. 2, 2021 - **Tri-County Virtual Workshop.** "Design for Living" – A journey into the Tools and Steps. Speaker with 37 years in OA. Zoom Meeting ID: 867 8950 9297 Passcode: 650529. **1-4 PM**

Nov. 5-7, 2021 – **Tri-County In-Person Retreat** Glen Rose, Texas. See flyer.

We still need volunteers to handle specific tasks before, during, and after the retreat. Come early and stay late!

Scholarships are available!

**Don't forget to bring clothing for the \$1 sale;** the money goes toward our delegate fund.

We do have an extra cabin this year to allow for social distancing.

A menu will be sent out the week before the retreat along with a list of tasks that need volunteers.

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

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

SAVE  
THE  
DATES!

RETREATS and  
WORKSHOPS

### 2021 TRI-COUNTY INTERGROUP BOARD

Chair:	Jackie H.
Vice-Chair:	Dana A.
Treasurer:	Joy D.
Secretary:	Rachel R.
Liaison to DMI:	(open)
Liaison from DMI:	Dianne
Public Relations:	Terri Beth M.
Newsletter:	Betsy H., Joy D.
Telephone:	Mary Lou B.
Retreat:	Jaclyn D.
Workshop:	Charra W.
Web Master:	Ron C.
WSO Delegate:	(open)
Region 3 Rep:	Jackie H.

**Read up on service work in OA's 12 Steps and 12 Traditions, pp 100, 102, 134, 135, 137, 139.**

**Page 92 talks about the opportunity for service.**

**Look for more news from Intergroup leading up to the officer elections in November. Committee and other position volunteers are approved by the new board in January. Maybe 2022 is the year for you to help above the group level in some small way.**

### 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 simply "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 donating for a group, please provide the name and location of your group, not only the group number.

