

Looking Up

First Things First

Step Ten:

Continued to take personal 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.

Contact the Editor

Please send articles or submissions for the newsletter to newsletter@oa-tricounty.org

Thank you for your generous 7th Tradition Donations:

Arlington
South Hills
South Hills Tuesday Noon

Tri-County Intergroup, Fort Worth, Texas

Information Line: 817-303-2888

PROGRAM PEOPLE

The best people I know are in 12-step programs. I don't know a lot of people, but I have met more people than most because of moving around a lot, and only a few of them were enlightened. What do I mean by being enlightened? I think my definition would be a person who lives a life of spirituality most of the time, displaying characteristics like patience, tolerance, open-mindedness, dignity, integrity, honesty, compassion, and forgiveness.

I think of Fred Rogers as a public figure who was enlightened. It's a goal of mine to be like him. It's not okay to be "enlightened" an hour or two a week and then be the opposite at other times. I know I have failings and Mr. Rogers probably did, too, but I want to be remembered as a person who was mostly spiritual, who was compassionate and forgiving, who exemplified dignity and integrity. I want to be remembered by my family and loved ones as patient, loving, honest, forgiving, open-minded, encouraging, sympathetic, tolerant, and kind *most of the time*.

So I practice these 12 steps to the best of my ability today, using Step 10 to keep me in check, using Step 3 as my guide for action, using Steps 1 and 2 when confronting new problems, using Step 11 to remind me of what to ask God for, using Step 12 to live a life of humility and service to others, and using Steps 4 through 9 when I hit roadblocks in my recovery and desire for spirituality. I use the Traditions and Concepts when assessing my place in my family and community and learning how to be in relationships with others.

I have 1,440 opportunities every day to live according to the way I would like to be, and I surround myself with others who are trying to do the same thing. Together we can do what we could never do alone. Thank you! ♥

Betsy

Tenth Step Prayer

Higher Power, I pray I may continue:

- To grow in understanding & effectiveness.
- To take daily spot check inventories of myself.
- To correct mistakes when I make them.
- To take responsibility for my actions.
- To be ever aware of my negative & self-defeating attitudes & behaviors.
- To keep my willfulness in check.
- To always remember I need Your help.
- To keep love & tolerance of others as my code; &
- To continue in daily prayer how I can best serve You, My Higher Power.

I CANNOT EXPLAIN THE PROGRAM TO ANOTHER PERSON. I CAN ONLY SHARE MY PERSONAL STORY AND IT IS UP TO THE OTHER PERSON TO TAKE WHAT SHE LIKES AND LEAVE THE REST. I CANNOT SHARE MY STORY UNLESS I KNOW IT, HAVE BECOME AWARE OF IT, AND HAVE WRESTLED WITH IT UNTIL I HAVE BEEN ABLE TO SEE IT FROM A DIFFERENT PERSPECTIVE.

ANONYMOUS

Step 10 Living Beyond Guilt

Step Ten is like enjoying a spiritual shower every day. As I take a personal inventory throughout the day, I'm mindful that I'm seeking to reach a balance that aligns me with God's will. Seeing the good and the bad in my actions gives me a more accurate picture of where I am and, therefore, allows me to be at my best to serve. For many, making amends promptly keeps them from going over and over the situation until they are tempted to rationalize their bad behavior. It helps to check out one's thinking with another person if in doubt. Bottom line: assessing oneself requires perseverance, that steady persistence, which is the principle behind Step Ten.

The issue I face is identifying those actions that require amends and those that don't. Having bad feelings about someone is not a wrong that needs an amends. Acting on those feelings is a different matter, however. Feeling angry can cross the line into Step Ten when actions are based on that anger. I try looking at my actions from my personal point of view. If someone did that to me would I hope to receive an expression of regret and/or an intention to change from the person who did it?

Some compulsive overeaters have said "I'm sorry," about everything all their lives. Step Ten's "I'm sorry" looks different. It's the communication that I intend to change my behavior and regret what I've done. There's a difference. It's a meaningful difference. Often people are quick to say sorry in the

hope that the issue will disappear, and the other person will get over it just as quickly. Saying "I'm sorry" too many times makes the action lose meaning and effect. My credibility evaporates. Amends on the other hand are not made loosely. They are sincere and heartfelt. The listener hears a description of the wrong that convinces him/her of the veracity of the amends.

There is no room for guilt with this step because I am expressing my regrets promptly throughout the day as they arise. Feeling guilty denies God's power of mercy and forgiveness. In my opinion, however, there is nothing wrong with shame. Shame is the immediate reaction to sensing that I've done something I regret. Guilt is the depressive state I linger in after shame. From my understanding, Step Ten is to be done before the guilt sets in.

*Anonymous
Member of South Hills Voices of
Recovery / OA 12X12*

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

**"Step Ten is
to be done
before the
guilt sets
in."**

**STEP
TEN**

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

Tips to Get Through the Holidays

1. Focus on the true meaning of the holiday or event rather than the food orgy that sometimes accompanies it.
2. Don't set yourself up to feel bad because of unrealistic expectations of what the holiday will bring. Sometimes we're with family; sometimes with friends, sometimes we are alone. Face the reality of the situation beforehand. For example, if a family occasion almost always turns unpleasant, plan not to be a part of the unpleasantness. If you're going to be alone, face that you may be sad, Plan to deal with it without excess food.
3. Build up your recovery bank account before and during the holidays by attending lots of meetings, working extra hard on your 12 steps, and using all the tools, especially service. Keep in constant contact with your sponsor. The disease doesn't take a holiday, nor should our recovery.
4. Keep your OA phone numbers with you always. Use them.
5. Know the limits of your recovery. When in doubt, avoid persons, places and things that have in the past triggered overeating. The party is not worth it. Choose not to attend if you feel it may be a major problem, remember that abstinence, one day at a time, must be the highest priority in your life. Without it, all other things suffer.
6. From the food perspective, treat the holiday like any other day. Our disease never takes a holiday.
7. Plan something special for yourself during the time other people are eating sugary desserts that you choose not to include in your food plan. Special tea, hot water with lemon, fruit ... anything that is special for you and allowable in your plan.
8. Whether attending a holiday gathering or ordinary party, choose to focus on the people rather than the food. Pick out people and engage them in real conversation. If they don't want to participate, move on to the next person. People like to talk about themselves. Ask them questions about their life, their work, their families, and really listen to their answers.
9. Try to genuinely connect with people at the holiday table. Food is secondary.
10. There is no law that says you must give out Halloween candy. We're not doing these kids a favor by giving them junk food Give nutritious snacks, toys, or money. Do not give out things you would not consume yourself. Then there will be no problem with leftovers.
11. Set an extra place beside you (in your mind or in reality) at the table for your Higher Power.
12. Remember Step Two: with the help of a Higher Power, we can be restored to sane eating behavior. Call on your Higher Power. HP can keep you sane, one day at a time, one meal at a time.
13. During the holidays, get out of yourself by giving service, any service, whether it is to the program, to needy individuals, or to the community; Do something that may be a little hard for you, but that you know you will feel good about later. Give yourself something to build self-respect.
14. Plan, plan, plan! Be proactive toward the holidays and the meals. Don't just sit back and hope for the best. Rehearse in your mind over and over exactly what you will do, particularly what, where and when you will eat. Pray just before sitting down to the meal.
15. Just before sitting down to eat or being served; go to a private room somewhere in the house or restaurant, call your sponsor, and commit what you are about to eat, as well as what you will choose not to eat. It makes no difference whether you get your sponsor or an answering machine - it is your commitment.
16. If you are visiting others for a holiday dinner, it is up to you to know what is being served and whether it is something that you choose not to eat. Call the host ahead of time. Plan accordingly. People understand others' food limitations. Even people without our disease have foods they don't eat for one reason or another. Volunteer to bring something that is good for you. The host then thinks you are gracious, while you are taking care of yourself!
17. Remember that you are responsible for what you eat. It's easy when sitting with family to slip into old childish roles where you feel you must eat whatever you are given. This does not have to be. We are adults and are responsible for our own choices. It is up to us to take care of ourselves. It is up to us to set whatever parameters or boundaries we need to set with our families.
18. Gratitude. There is nothing as good for staying abstinent, particularly during the Thanksgiving season, as focusing on the many things we have, rather than what we do not have. Write gratitude lists frequently.
19. For many of us, the most dangerous period for our abstinence is after we have successfully gone through a difficult occasion. The insanity of our disease subconsciously or consciously tells us to reward ourselves with food because we did so well yesterday. Or we suffer some type of letdown about the occasion because it didn't meet our expectations. Some of us feel an emptiness after holidays that in the past we have tried to fill with food. For these reasons, plan to go to meetings the next day after the holiday.

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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

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."



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.

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WRITE, JOURNAL, MAKE A NOTE

Writing as a Tool

When I write I get honest, and honesty is the foundation of our recovery. What might start as me just “talking” on paper often ends up as an analysis of whatever issue is on my mind and affecting my life at the time. I may start out with a strange stream of consciousness, but I always end up identifying an inner truth, often one that I’ve been avoiding dealing with.

I often start writing to vent about something. This starts to clear the air. What I might end up doing is realizing that I need to work a particular Step to move forward. Maybe I need to make a Step 10 amends. Maybe I yearn to pray and meditate on what God’s will is for me. Maybe I must turn Step 3 control back over to God. Maybe I want to remember that I believe in Step 2 that my Higher Power can restore me to sanity.

Looking at writing as a formal learning tool is beneficial to my progress. Research shows that writing helps people think critically while encouraging them to grasp, organize, and integrate prior knowledge with new concepts. Critical thinking problems are designed to convert me from a passive to an active learner who can confront problems. So, I take what I’ve read in the Big Book and the 12 & 12 and For Today and Voices of Recovery and apply them to new circumstances or problems in my life. This is especially important if these circumstances or relationships are causing resentments and anger which, as a compulsive overeater, I know I do not have the luxury of holding onto. Remember, the Big Book says that resentments are fatal, and anger is poison for me as a compulsive overeater. Critical analysis can also cause me to see the good in certain situations and relationships that I didn’t see before. This way my gratitude list expands.

Another goal of writing is to explore my inner self. This use of writing aims to clarify thinking, explore ideas, ask questions, reflect on learning, and search for connections between theory and practice. Exploratory writing values

process over results. I don’t focus on issues of writing styles but rather on using action verbs to guide me. Words like imagine, consider, contemplate, respond, and reflect.

Putting pen to paper is a commitment to thinking and working the program. Everything worthwhile in this world takes effort. I may not know where writing will lead me but I’m putting forth the effort because I know it will help me remain abstinent. And for me, abstinence is the most important thing in the world.

Joy D.

Journaling

From diaries to quick notes on a calendar, journaling helps to focus my thoughts and ideas in a special way. I do not profess to be a good writer, but this discipline can be one of the most rewarding efforts I place in my daily toolbox. Some helpful hints:

□ Not a Manuscript—I try not to take this level of writing too seriously. Have fun with it and be creative. A picture may say more than an entire page of words. The key is to record our insights and feelings so that I can see the progress of my journey. I remember a lot of stuff but capturing these moments of growth will serve to enhance my understanding of my Higher Power’s work within me.

□ Identify the Feelings—I have come a long way from being controlled by my emotions. Now is a good time to identify my feelings as they occur so that I can learn from them. The other choice is to return to an emotion-controlled existence.

□ Add a Gratitude List in Times of Trouble—It will never hurt me to remember who I am. This tool can be a life saver and sometimes the only link to the reality of my spiritual side. Tragic events will occur in my life, and I will survive. The process of getting to the other side is the challenge of my humanity, and a gratitude list is one of the tools to help me get there.

□ Look Back Every Once in a While—The difference in my feelings and writings over time is directly proportional to my spiritual growth. Writing on the 3rd Step in my life today and a year from now will give me a meaningful measurement of my spiritual progress. It is one of the direct benefits to the journaling process.

Bill J.

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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

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

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

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.

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

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

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

Tri-County Intergroup Meeting Dates for 2021:

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

Scholarships are available!

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.



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