

November 2021

# 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 that out.

### Tradition Eleven:

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

### Concept Eleven: (Humility):

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

### 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)

Tri-County Intergroup, Fort Worth, Texas

Information Line: 817-303-2888

## Eleventh Step Prayers

### Morning Prayer:

Higher Power, direct my thinking today so that it be empty of self-pity, dishonesty, self-will, self-seeking, and fear. Higher Power, inspire my thinking, decisions, and intuitions. Help me to relax and take it easy. Free me from doubt and indecision. Guide me through this day and show me my next step. Higher Power, show me what I need to do to take care of any problems. I ask all these things that I may be of maximum service to you and my fellow man. In the spirit of the Steps, I pray.

### Evening Prayer:

Higher Power, forgive me where I have been resentful, selfish, dishonest, or afraid today. Help me to not keep anything to myself but to discuss it all openly with another person - show me where I owe an apology and help me make it. Help me to be kind and loving to all people. Use me in the mainstream of life, Higher Power. Free me of worry, remorse or morbid (sick) reflections that I may be of usefulness to others.



### STRUCTURE:

- (1) THE ARRANGEMENT OR ORGANIZATION OF PARTS IN A SYSTEM
- (2) SOMETHING BUILT, SUCH AS A BUILDING OR A BRIDGE

While I do not find freedom in power structures, I do find freedom in the structure of the OA/HOW program:

- The disciplined food plan sets me free from preoccupation with food and enables me to maintain a healthy body weight.
- The discipline of calling my sponsor and being honest about what is going on in my life sets me free from trying to hide and pretend to be someone I am not. I can freely face the world and the people I meet there knowing I am living in truth to the best of my ability.
- The structure of service, by attending as well as leading meetings, by being willing to share my experience, strength, and hope, and by sponsoring and encouraging others in recovery, even when it is not convenient, frees my spirit.
- The structure of daily contact with my Higher Power, of listening for His will for me and accepting the power from Him to carry that out, gave me a way to live every day joyous, happy, and free.

Kathy W.

**Seeking His Guidance - Empowerment of the 11th Step**

In the chapter "Into Action" in the Big Book, it talks about how vital maintaining a fit spiritual condition is to our recovery. It reminds me that alcohol, and for me food, is a subtle foe. I am not cured but have a daily reprieve contingent on the maintenance of my spiritual condition. Then it says, "Much has already been said about receiving strength, inspiration, and direction from Him who has all knowledge and power. If we have carefully followed directions, we have begun to sense the flow of His Spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense. But we must go further and that means more action. Step Eleven suggests prayer and meditation."

WHAT???? What about all the times I have been directed to pray in the previous steps. Doesn't that count? To me, the fact that prayer and meditation are separate from several other steps asking me to pray, means that this step involves something different. I see the other steps focusing on powerlessness, surrender, facing reality in my life, cleaning up my past and making things right. It is as if a bulldozer has come plowing through the dump of my life. Prayer was a part of the process but in Step 10 a daily inventory and the making of prompt amends have set me on a path for daily living that doesn't require a bulldozer. Instead, I need a guide for the new road ahead. This is a place I have never been before, but God knows the way.

By daily prayer – speaking to God, acknowledging His authority over me in this new life and my willingness to follow Him – and by meditation – listening to God, simply placing myself in His presence for the assurance of His love and care for me – I am going beyond the "Help me!" prayers I used so often when plowing through the emotional, physical, and spiritual dump my life had become when eating compulsively.

Now I am seeking His guidance, direction, and presence as His servant; ready, in my own small way, to bring His presence into the world that I come in contact with on a daily basis. I am going to the living food and water to eat and drink and be refreshed and to pass that on to those I will rub shoulders with in the next 24 hours. This not only keeps my "dump" cleaned out, but it is also life-giving to a hurting world, especially to my fellow compulsive eaters. The pain of continuing on in misery was beyond my tolerance.

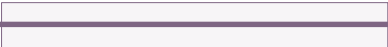
Kathy W.



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STEP ELEVEN

*"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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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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## SOME TOOLS

### Tools for Abstinence

- ✚ Stay away from that first compulsive bite; take Step one daily.
- ✚ Attend OA Meetings and functions regularly and get involved.
- ✚ Progress is made ONE DAY AT A TIME.
- ✚ Use the 24-Hour plan.
- ✚ Remember, your disease is incurable, progressive, and potentially fatal.
- ✚ Do first things first.
- ✚ Don't become too tired.
- ✚ Eat at regular hours - according to your food plan.
- ✚ Use the telephone (not just after a binge, but before and during, too).
- ✚ Be active - don't just sit around. Idle time will kill you.
- ✚ Use the Serenity Prayer.
- ✚ Change unproductive routines and patterns.

### LITERATURE

I was in a meeting of my home group and the leader had us reading from Step Two in Twelve Steps and Twelve Traditions. One sentence struck me, and I knew I needed to spend some time meditating on it and maybe writing a poem about it. It is on p. 32 – “The fact was we really hadn't cleaned house so that the grace of God could enter us and expel our obsession.” Like many of us, I have had struggles with faith, mistakenly thinking that it means intellectual assent. But after years in recovery, I have discovered that working the steps and using the tools of recovery has helped me remove some of the junk clustered around my own pride and desire for control. When I do this, I make room for my Higher Power. It has been not so much a “road to Damascus” flash as a slow and quiet infiltration. I guess that is what that “larger grace” is.

Glenn C.

### TELEPHONE

When I think back on how the telephone has helped me in my recovery in OA, I realize that the telephone has been instrumental in my life. I recall sharing myself honestly in a phone conversation with a friend, who later became my husband. Somehow in talking over the phone I could let my guard down and be my true self, an action I avoided in person because I cared too much about what others thought of me. I was a self-proclaimed 'expert' at reading nonverbal cues from others and adjusting my responses to get the approval I wanted, which usually involved lying to myself and others. After all, they HAD to like me...

The telephone brought me back to OA after having left for 6 years. Gratefully, I was beaten into a desperate realization of powerlessness and given by God the willingness and inspiration to call a long-time OA member and understanding friend. I sat crying in my chair, heart racing, knowing that another surgery was not going to fix my food, fat, or feelings. The years apart melted away. My friend graciously listened to my hopelessness and runny nose and gently suggested I go to the next OA meeting. She shared her time with me and the gift of herself. I did go to the next meeting and began a state of recovery I hadn't experienced before.

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The fear of calling has gradually left me, replaced by the repeated grateful happy voices on the other end. People are genuinely happy to hear from me, no matter if I'm in crisis or making a 12 step within call. It is God's love and patience which has transformed one of my least favorite tools into a powerful resource of recovery through service to others.

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Karin W.

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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](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>TALKING HONESTLY IS THE KEY TO HEALING</b></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

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:

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 from 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.

Participate!



In gratitude for your generous donations:  
Waco  
Grapevine  
South Hills

### 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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