

March 2022

See new P.O. Box address on last page.

# Looking Up

## First Things First

### Step Three:

Made a decision to turn our will and our lives over to the care of God as we understood Him.

### Tradition Three:

The only requirement for OA membership is a desire to stop eating compulsively.

### Concept Three: (Trust):

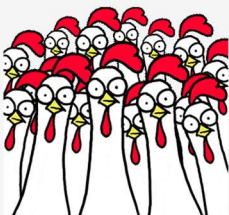
The right of decision, based on trust, makes effective leadership possible.

### 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

*My disease is chronic. Physical recovery may bring the idea that I can eat normally. I have to take Step One every day. I act as if to take Steps Two and Three.*

*New Beginnings Thursday Night HOW*

### Dieting Mentality

Dieting mentality has nothing to do with recovery. Slipping is not cheating. That is diet mentality. "Starting over" is diet mentality. A new beginning is not starting over. Recovery is a continuum.

*Christie K.*

*Tuesday 7 PM, Houston Meeting*

I WORK THIS PROGRAM BECAUSE MY LIFE DEPENDS ON IT. OBESITY TAKES AWAY SO MUCH. WHAT IT WAS LIKE:

- BINGE, PASS OUT, WAKE UP
- ANXIETY ATTACK, SWEAR OFF
- FORGET AND REPEAT

IT WAS A LOT OF WORK FOR A TEMPORARY FIX.

*NORTH JERSEY FRIDAY NIGHT HOW*

## My Disease Lies

- I can do this alone.
- I see portions smaller than they really are.
- There is not enough.
- I can eat this.
- I'm hungry.
- I'm not good enough.
- I'm better than her/him.
- I'm too tired.
- I don't have time.
- I'm sure I can eyeball this.
- Diets are magical cures.
- Starting Monday will work.
- Starting after this holiday will work.
- Slipping is cheating.
- I can start over any time.
- I don't have to make conscious contact with my Higher Power every morning.
- I cannot be abstinent.
- I'm not like you.
- The calendar rules my life.

*OA Members across US*



If you haven't ridden a bike in a while, you don't forget how. You get back on where you left off and keep going.

*Eleanor B.*

*Tuesday 7 PM, Houston Meeting*



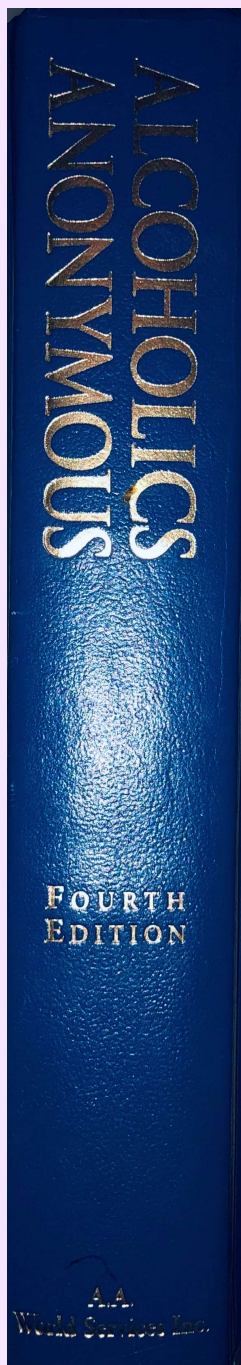
## God Chapters in the Big Book



From a workshop 2/12/22 in New Jersey. A sponsor tells a newcomer, “Here is a Big Book. Don’t just read it, study it. Don’t just study it, live it.”

- Every chapter is about God. Read the last three paragraphs of each story in the back – that’s where they start to talk about God. There is no leaving the God part out.
- Appendix II – Spiritual Experience – is mentioned first on page 27, where it talks about having huge emotional displacements and rearrangements. There is going to be a Huge Change.
- In the chapter called “We Agnostics,” we are told that “my own conception is good enough.” We have an inadequate idea. We cannot conceive God. We cannot create God. My perception can be limited, but my reliance has to be limitless. My new personality will not be owned by food. My transformation is not unique! It becomes clear that the change was done *to* me, not *by* me.
- Back to Appendix II - I cannot practice belligerent denial. Willingness, open-mindedness, and honesty are *essential* to recovery. Contempt is scornful disregard. I need to look with an expectation that I will find. My dad told me, “Don’t be so smart. You want to get well or not?” Lay aside contempt.
- Yes, I cannot create God. Keep looking. God wants me to seek. What I know about God today is not enough for tomorrow. My conception has to keep changing. I consult the Committee of Three on everything: myself, my sponsor or another trusted fellow, and God.
- Newcomers face a dilemma when we tell them to accept that they are powerless on the one hand and to follow a food plan on the other. An addict wants to stop but cannot. A newcomer does not have the power to follow a food plan. Working Step Two is essential.
- Page 45 – lack of power is our dilemma. God has the power. God will solve my problem. Our problem is not lack of desire, nor is it a lack of a food plan.
- Characteristics of God in the Big Book: conscious, smart, strong, and cares about me.
- My prejudices in the Big Book: God is inadequate; belief equals weakness; I can’t believe what I can’t understand; believers are not nice; if I believe I will not be able to do what I want when I want. Step Two – what are my beliefs and prejudices?
- Page 46 – first infusion of power: admit it’s possible that a higher power exists (provided we took certain Steps).
- Page 47 – your own conception leads to your own *relationship* with God.
- Being willing to believe becomes the foundation.
- Page 55 – spiritual cataracts are pomp (self-centeredness), calamity, idolatry, and dishonesty. Think, “If I don’t have \_\_\_\_\_, I can’t be happy.” Whatever is in the blank is your idol.
- Page 60 – (a), (b), (c)
- But I’m not worthy. Maybe you’re not! It doesn’t matter! Being worthy is not a requirement – only being willing – and being willing to go to any lengths.

North Jersey Intergroup Workshop 2/12/22  
Speakers: Melissa C. and Janet B.



Responding to Nov. 16  
from For Today:

OA offers opportunity, not guarantees. I have become acutely aware of this over the last year. Abstinence and recovery are not guaranteed just because I had them yesterday. Today is my time to act; to commit to a food plan, to pray, read, write, call, go to a meeting, sponsor. Tomorrow is too late although I can, and do, plan for tomorrow. Today is the day I make the plan because I cannot rely on the fact that I might do it tomorrow. Today my head must do whatever is necessary, at every opportunity, to maintain abstinence and recovery.

Responding to Oct. 6  
from For Today:

Turn my will over to God and get out of myself; only then will I be able to excel at my dreams. Turn my focus to something other than self-obsession. This seems contradictory to the premise that I should keep the focus on myself. There must be a point at which focusing on myself turns into self-absorption. Sometimes I think I totally missed the point of the program because I don't seem to be able to pinpoint my own inability to get out of myself. Or maybe I'm just too sleepy and tired this morning. I know that when I'm painting, I have to stop thinking about it and just feel it. That's hard to do for someone who has spent her entire life planning things out. Planning sometimes is in opposition to turning my will over to God. Did I over plan my life? Have I limited my dreams because I was unable to turn my dreams over to God? Considering I started painting at 50 and it took a good 12 years to get good at it, I think I can say that I did

not make a mistake in keeping my day job. Most of the master painters of the previous centuries were independently wealthy. Only the wealthy could afford paint and hire models, etc. They might have chosen to live an ascetic lifestyle, but their family's fortunes kept them afloat. I did not have that luxury so keeping me afloat financially has not been a mistake. It's not up to me to determine the course of my life; that is up to God. I can follow my dreams, but I did not create them. They were created by God and given to me. When I got out of the self-obsession of food addiction, I was able to see my dreams clearly and to follow them. The goal was not to throw away the life I had built in the legal field, but to pursue my dream of painting as and when I could. And I did it with clear dedication and effort. I can live fully and passionately in all areas of my life. Thank you, OA.

\*\*\*

I have to let go and let God provide the final results. The endings are out of my hands.

\*\*\*

For today, I commit to staying in the moment and not projecting into the future. I can do this for 12 hours. God will give me the strength and courage that I need when I need it and not a moment before. I can let go and let God take over my life, just for today.

All submissions from Betsy H.  
Thursday 6:45 PM, Meeting

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



No matter what size clothes I wore, I was not comfortable in any of them. \*\*\* But I won't know anyone at a meeting! That's okay, they will know you. \*\*\* If you want to know why you eat, stop eating. \*\*\* Your mouth gets you into trouble: Too much goes in and too much comes out. \*\*\* A craving is not a command. \*\*\* If hunger is not the problem, then food is not the solution.

Audrey  
Friday 6:30 PM, Hackensack NJ Meeting

We didn't know that what we were doing was wrong. \*\*\* I may not have done it in the past, *but I can change*. There is hope. It's an inside deal. I *wanted* to change when I came to this program. \*\*\* When the student is ready, the teacher appears. \*\*\* This is really hard. \*\*\* When the food is not enough, something else is going on.

Anonymous Members  
Tuesday 7 PM, Houston Meeting

Love gives energy for action. \*\*\* Learn to love yourself where you are now. It helps being with other people. \*\*\* What the disease offers is not a valid solution to my problems. It's a tricky voice. My ego adopts a tricky façade for rationalization. "Tricky façade" wants an alternate reality. What I want is Awareness and Staying in Reality. I want to remain powerless. Reality is not as bad as my addiction wants me to believe. \*\*\* God loves us because He loves us. That love is always there. Love is God's gift of recovery. \*\*\* I was taught that love was abandonment and violence. I had to redefine what love was. \*\*\* Working the program and the Steps gives me an increased ability to love. \*\*\* Love is equal.

Anonymous Members  
Sunday 1 PM, Houston Meeting

- I CAN BE CONNECTED TO ANOTHER OA MEMBER AT ANY TIME.
- USE THE PHONE WHEN I'M FEELING.
  - I'M NEVER ALONE.
- WE CARRY THE MESSAGE, NOT THE MESSENGER.
- IF THE DISEASE CAN'T TAKE ME OUT, IT WILL BE HAPPY MAKING ME MISERABLE.
- OA – THEY FIX MORE THAN FOOD.

Anonymous Members  
Wednesday 9:45 AM, River Edge NJ Meeting

A – admit  
B – believe  
C – capitulate

Peace of mind, serenity, faith

Prayer and meditation

Service to others

Self-discipline

Gratitude

Humility



## 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** 12:00 pm - 1:30 pm 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!**

**Sunday – Arlington - 6:00 PM**  
Epworth Church  
1400 S Cooper St. Arlington, TX 76013  
Behind Starbucks. Mask required.

**Thursday – Waco - 5:30 PM**  
Crestview Church of Christ, Room C12  
7129 Delhi Road, Waco, TX 76712  
(Also Monday via Zoom).

**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.

**Saturday – Arlington – 12:00 Noon**  
City on a Hill Church  
1140 Morrison Dr.  
Fort Worth, TX 76120

**TALKING HONESTLY  
IS THE KEY  
TO HEALING**

# Upcoming OA Events

### Tri-County Intergroup Meeting Dates:

Mar 5, Apr 2, May 7, June 4, July 9, Aug 6, Sep 10, Oct 1, Nov 5, Dec 3

### Workshops (See Flyers)

New Jersey: March 20 Virtual, 2 – 4 PM  
Houston: April 23 Virtual, 2:00 – 4:00 PM  
Tri-County: May 7 Virtual, 1:00 2 4:00 PM

### Health Fairs

April 6, Health Fair, Tarrant Co College So  
April 30, African American Health Expo  
May 12, Senior Synergy  
Oct. 12, City of Fort Worth Health/Safety Fair

### Retreats

April 22-24, 2022 - McKinney Care and Share Retreat. See flyer.

### Region 3 (See Flyer)

March 4-5, 2022 - Spring Assembly will be held in person in Austin, Texas!

### WSBC

The World Service Business Conference (**WSBC**) will be in Albuquerque, April 25-30, 2022.

SAVE THE DATES!

RETREATS and WORKSHOPS

## 2022 TRI-COUNTY INTERGROUP BOARD

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



In gratitude for your generous donations:

Grapevine  
Arlington  
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 OA, [P.O. Box 662, Hurst, TX 76053](#).

If you are donating for a group, please provide the name and location of your group, not only the group number.

