

April 2022

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

Looking Up

First Things First

Step Four:

Made a searching and fearless moral inventory of ourselves.

Tradition Four:

Each group should be autonomous except in matters affecting other groups or OA as a whole.

Concept Four: (Equality):

The right of participation ensures equality of opportunity for all in the decision-making process.

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



Tri-County Intergroup, Fort Worth, Texas

Information Line: 817-303-2888

Procrastination

I struggle with procrastination because I overthink things. I cannot think myself out of things! If I were not afraid, I would just do it. In recovery, today is the day.

Tues. 7 PM Houston

My entire life was ruled by some form of compulsive eating. Childhood was a very shameful time. No matter what I did, I would not make it because I was a "fatty." OA scared me to death at first. I didn't stay and I didn't come back until I hit bottom. I never worked past Step Three and left after a few years. I did this again years later. I hit another bottom. I found Zoom meetings. I'm doing OA/HOW. I'm doing 90 meetings in 90 days. What's different? I spend one hour in the morning first thing on my program. I have daily contact and food commitment with my sponsor. I use the Steps, Traditions and Tools. I am a happier person. I am slower and I am calm. I enjoy my day. I experience life differently. Do what is suggested. Don't fight it.

Wed., 9:45 AM, New Jersey

Procrastinator Types

1. The Performer
2. The Self-Deprecator
3. The Over-Booker
4. The Novelty Seeker

When I'm struggling, I have to tell another person. That creates spiritual growth, which helps me be abstinent.

I forget to pray when I have cravings.

Thursday 6:45 PM, Fort Worth

The program teaches me how not to want to eat.

I needed a lot of food, or a lot of God and I had no God.

Friday 6:30 PM Hackensack NJ

ABSTINENCE IS LIKE BEING PLUGGED INTO MY HIGHER POWER. IF I UNPLUG THE CORD, I'M LOST.

I WAKE UP AN ADDICT IN NEED OF TREATMENT. I CHOOSE A SPIRITUAL SOLUTION EVERY MORNING. MY DECISION CLEARS THE BLOCKAGE BETWEEN GOD AND ME. THEN I NEED THE STRUCTURE OF A FOOD PLAN. I SURRENDER TO HP SO I DON'T HAVE TO SURRENDER TO FOOD.

WED., 9:45 AM, NEW JERSEY

Perfectionism

The word "perfect" is deadly for an addict. "Average" is not a bad word. Perfectionism is impossible. It will lead to depression.



I got attention by being a perfectionist. I'm always early. I had a slip and didn't feel bad about it. I question that mentality. Where does being responsible fit into being a perfectionist? I want to be able to keep commitments. I need to find balance.



It's a problem to not feel good enough about myself. No one and no thing are perfect. God understands I'm human and don't need to be perfect.

Tuesday, 7 PM Houston

What Fills You?



It wasn't just the food. It was what the food did to my head. The program has helped me be a better person. You gotta give it up and give it to God.

NJ

I fill myself with prayer. When I ask for guidance and help, I get it.

NJ

I don't want to forget that food took over my life. The only thing that mattered was my clothes. But the food was torture. ODAT, I use the Serenity Prayer and follow all directions.

NJ

One of my sponsees wakes me up. They start filling me up. Then I say my prayers. I carry a notebook with me.

NJ

I ask God to direct me because I don't know how to make decisions. Help others. Teach adolescents about recovery. Meditation. Working out. Staying in the moment. Gratitude. Family and Friends.

NJ

I'm either going to surrender to food or to God.

NJ

Prayers on my bathroom mirror. Prayers on my phone. I need God's guidance and love and I need to get out of the way.

NJ



Up to 280 pounds, I stuffed down all my resentments. It would seep out in rage, passive aggressive behavior, and at inappropriate times. I did a lot of harm. I use the Tools hard and heavy. It took me a long time to come out of the master suite this morning. I had to use all the Tools. I have to be selfish about this program. My primary purpose is to do what is best for me.

Houston

I pursue peace of mind. It is what I wanted the most. How do I look? What are they thinking about me? What size am I wearing? My thinking was crazy with body image and people pleasing. That's what I looked for in my first sponsor. This was the first place where I learned to take instruction. I have to be abstinent first.

Houston

Abstinence is the greatest service, but it wasn't until I got on a weighed and measured food plan that I could put food in its proper place. Then life opened up for me. Nothing is worth eating over.

Houston

I have to be abstinent so I can do the things God wants me to do. Abstinence is so precious you don't want to give it up.

Houston

It's okay to be selfish in the form of self-care. My people pleasing can get in the way of that. If I'm not taking care of myself, I'll get resentful, overwhelmed. That is a food trigger for me. Use the Tools. It's easier now that I'm retired.

Houston

I get focused on the destination like a clothing size rather than the fact I'm on a journey. I thought this was a secondary problem but it's really primary. It's not doing this every day. The peace and serenity are very attractive. I'm not there yet.

Houston

I attended 90 meetings in 90 days. Within two weeks I was no longer depressed. It took another year to get abstinent. I had to find balance. I attend 6 meetings a week via Zoom.

NJ

OA is not a selfish program and I try to not use that word anymore when describing it. I think my family thought I was being selfish as I worked toward abstinence, weight loss, and recovery because I spent so much time in meetings, on the phone, reading, and writing. That was time I used to spend on them and there was some resentment toward me. I like the phrase "self-concern". Without my focus on salvation from compulsive eating and concern for my own self and health, I would not be present for my family. I might even be dead by now if I had continued eating the way I did before I joined OA. I'm sure I would be in a continual sugar fog. I got to see the effects of compulsive overeating yesterday. I attended a party where there was a lot of sugary food and two of the ladies became sleepy and then physically slumped in their chairs. The sugar took over their bodies, their brains, and their emotions as they became slower, quieter, and began to disappear from the room. I was reminded what I used to be like, and it was not pleasant. It's hard to keep that "high" which is really a low. It demands constant attention and feeding. Was that being selfish? I was grateful for abstinence, clear thinking, and the gifts that abstinence has given me.

Fort Worth

Selfish Program?

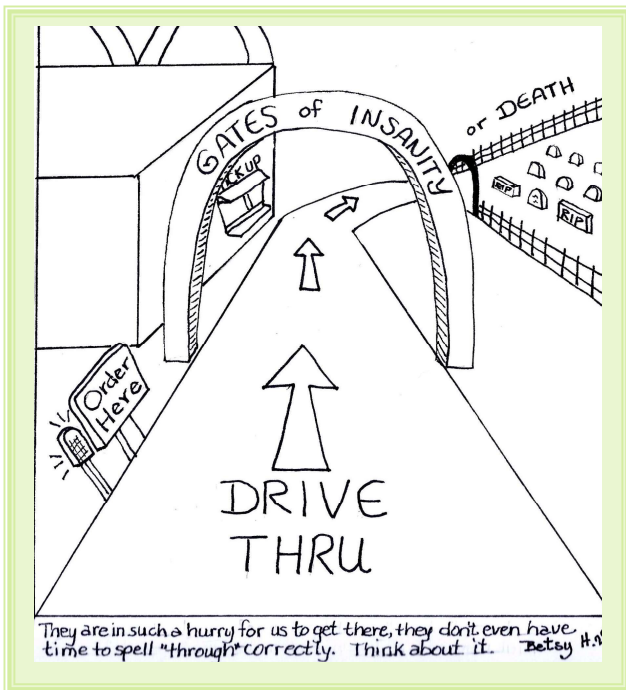
When I'm powerless, I don't have to stay there. God will carry me no matter what.
Houston

I ask HP to take away my addiction. I wake up and thank God for everything he gave me the day before and to help me stay abstinent today.
New Jersey

I'm new. I'm working the Steps. I know the answer is spiritual but it's hard.
New Jersey

Lack of power was my problem. I thought food was my problem. I can't live according to my code. I have to be told how to live. A program of love and tolerance. I am deeply devoted and committed. Somebody handed me a food plan. Weighing and measuring is a sacred act.

New Jersey



We either get better or get worse.
We cannot stay the same.
The disease is always getting stronger.

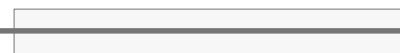
Houston

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

There is a solution.
There is a way to deal with addiction and compulsion.
There is hope.



- 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 Crestview Church of Christ, 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

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

Discontinued

**TALKING HONESTLY
IS THE KEY
TO HEALING**

Upcoming OA Events

Tri-County Intergroup Meeting Dates:

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

Workshops (See Flyers)

Florida: April 9 Virtual, 9:35 – 3:00 PM
Houston: April 23 Virtual, 2:00 – 4:00 PM
Tri-County: May 7 Virtual, 1:00 - 4:00 PM

Health Fairs - contact Jaclyn 817-996-8711

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.**

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

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Vice-Chair: Gail M.
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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:

Waco
South Hills Tuesday Noon
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.

