

May 2022

# Looking Up

## First Things First

### Step Five:

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

### Tradition Five:

Each group has but one primary purpose -- to carry its message to the compulsive overeater who still suffers.

### Concept Five: (Consideration):

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

### 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

## A Relapse Story

I want to talk about two aspects of this program: common sense and miracles.

- Common sense applies to the guidance as in common sense eating with a Food Plan. The Tools are a blueprint for living.
- Miracles happened after I relapsed.

I had two relapses, one long and slow and the second one, which was immediate and surprising.

I dove off a cliff into food. At first it felt right. It was a celebration of self. But in three weeks it robbed me of so much. I ate until I was sick. I wanted it to stop but I could not. I finally went to a meeting. I felt I was barely there. I was dazed and deriding meetings and then digging into the food again.

I became hopeless. I thought, "the program is not working!" My Desire Chip fell out of my hands and bounced on the floor. There was a flash of lights. I heard the ding of the chip falling on the floor and it echoed in my head. That brought restful sleep and a turn back to abstinence. That was my miracle.

Houston, TX

## Thoughts on One Year of Abstinence

I had developed a detrimental, progressive relationship with food. I either did not eat or I overate so my weight fluctuated. I gained weight really quickly. I gained 20 pounds during the pandemic.

I used food to cope with stress and alcohol addiction.

This is my last answer. This is my last hope. This is drastic but I am willing. I did what I was told from Day One to Day 365.

My ability to lie about food is insane. It was learned and ingrained. It will take a lot of effort to change that.

The only thing between me and the kitchen are the Tools.

Houston, TX

## Which Way Am I Going?

I don't use food for entertainment anymore. I focus on being present at the event.

Eating ◀ Going Backward

Abstinence ▶ Going Forward

Houston, TX

## Acceptance

I use the Tools hard and heavy. It's the only thing that keeps food from destroying me. I accept I am an overeater. I'm okay with that. I do it in small chunks. I put those chunks together and they turn into days and years.

Houston, TX



I've noticed my behavior is changing. Some days suck. Lack of acceptance is my problem.

Round Rock, TX



I still think I'm in charge of my weight and my body image. I'm in a lot of pain because I'm trying to control.

Houston, TX

## Fear of Living



Home was not consistent. It was unstable and promoted fear. I'm also an introvert. When I'm not afraid, I can see others and pay attention to what is around me. Today, I'm not afraid of myself, nor of food controlling my life. I can see the world God made.

Burleson, TX

I usually look for something funny. When I was going to one to three meetings a day, the world was beautiful and sparkling. I would dream about color. It filled me up. I know it was God.

Fort Worth, TX

If I'm focused on negative feelings or fear, I remind myself I can do something about my attitude. Abstinence helps me stay positive and see and feel the beauty. Abstinence helps me deal with things that are not in my control.

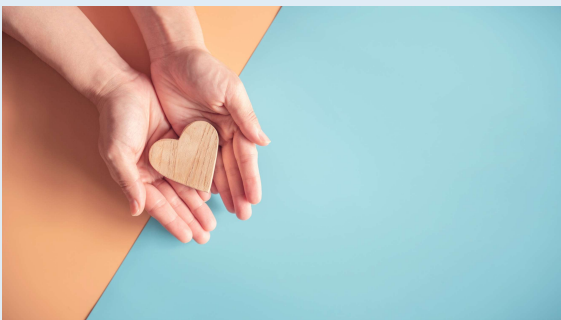
Fort Worth, TX

Abstinent five days – it is bringing up stuff that's been buried.

Los Angeles, CA

I have to live my life between meals 3-0-1. I was running from life by eating. I did not want to live. I am a recovering coward. It goes away if I can talk about it. My Higher Power takes care of me if I am not eating. I am glad I did not miss my life.

Arlington, TX



## Anything is Possible

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Without spirituality, it is just a diet. I cannot horde the gift. I am grateful to share it.

Houston

I used to be a drama queen. I have to be thoughtful to stay out of my family's drama. OA and therapy helped me start over. I could not "recover." My attitude about something affects the outcome.

Houston

No one expected anything of me. I had issues that kept me from being the person God wants me to be. I got off insulin after becoming abstinent. I am 70 years old. There is nothing that is impossible. I moved my expiration date.

Houston

Is it possible to be a normal weight? I had been overweight since I was five. I had to adjust my goal weight two times. I had a living problem. But I had Covid for six weeks, but I stayed abstinent. Anything is possible.

Houston

At 53 years old and 319 pounds I just wanted to be abstinent the first year. The second year, weight loss has slowed. It is important for me to stay connected. I want to be left alone. But I do care! I never regret going to a meeting. What else does God have in store for me? It is scary. The main thing is to stay abstinent. There is no life in the food.

Houston

## A Different Swinging Door

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I could never eat and enjoy myself.

NJ

I could fool myself. I wasn't that bad. Who do I believe in? Do I believe in food, or do I believe in God?

NJ

I just kept coming because when someone shared, I thought, "Wow!" That sounds like me! I have a Higher Power. That is all I need.

NJ

My whole life revolved around how I was going to get food. Even in OA/HOW my food plan has to change because my body changes. Now I know I am not in control of this disease. Now I am eating to live and working the program.

NJ

## Step Three and Faith

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It is not about me. I had to leave a job to save myself and my sanity. My body has changed drastically due to age. It is pretty scary. My ultimate prayer is to raise myself up. I need to stay connected to the community. I keep showing up. Faith is where it is at.

Seattle, WA

It took me six months to come into the program. I was not sure about Step Three. The more I worked the program, the more I was able to turn to my Higher Power and pray. I am an agnostic, and I was able to find peace. Just keep coming back. It works.

Seattle, WA

Before OA, it was always about the physical.

Seattle, WA

Believe God is there and in control. Being able to do that is hard when things are not easy.

Houston, TX

I did not understand the value of honest self-assessment. And I did not know how.

Houston, TX



# Just Eat Real Food



Focus on the solution to stay abstinent.

Houston



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

I can eat less, or I can eat more, are not healthy thoughts. I am glad I can look back and see how sick my thinking was.

Houston

“When I get to Maintenance, then I can eat like a normal person,” is a lie. Honesty is realizing I will never be a normal eater.

Houston

It’s funny how long I thought I could get away with doing whatever I wanted with food. It was not fun, enjoyable, or good. The food plan is safe. I can live my life and be okay. It helps me love others. I am very happy to not be normal and that makes me feel normal.

Houston

To know I cannot eat normally again is a relief. I do better with structure. I look forward to having food neutrality.

Houston

Getting close to Maintenance is like thinking I can eat normally. I’m grateful to know I will still experience problems and I will never be a normal eater.

Houston

It’s the best feeling in the world to know I’m not alone anymore.



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](mailto:harlanbigbookstudy@gmail.com)

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

<p><b>Sunday – Arlington - 5:00 PM</b> <b>NEW TIME</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>

## Upcoming OA Events

### Tri-County Intergroup Meeting Dates:

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

month/  
May 8<sup>th</sup> – Dealing with Guilt and Shame

**Health Fairs - contact Jaclyn 817-996-8711**

### Workshops

**Tri-County:** May 7 Virtual, 1:00 - 4:00 PM – Physical, Spiritual, Emotional Aspects of the Program

**New Jersey:** May 14, Relapse Prevention

**New Jersey:** May 22, Body Image

**Ontario:** May 15, 29, June 5, 12, Virtual Step Study <https://oaregion4.org/events-across-r4/#event=70533057;instance=20220515103000>

**Virtual Region:** 2<sup>nd</sup> Sunday Workshops <https://oavirtualregion.org/2nd-sunday-of-the->

May 12, Senior Synergy  
Oct. 12, City of Fort Worth Health/Safety Fair

### Retreats

Houston OA/HOW: August 12-14, Holy Name Retreat Center

Tri-County: Nov. 4-6, Glen Rose

SAVE  
THE  
DATES!

RETREATS and  
WORKSHOPS

### 2022 TRI-COUNTY INTERGROUP BOARD

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In gratitude for your generous donations:

Grapevine  
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.

