

June 2022

# Looking Up

## First Things First

### Step Six:

Were entirely ready to have God remove all these defects of character.

### Tradition Six:

An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

### Concept Six: (Responsibility):

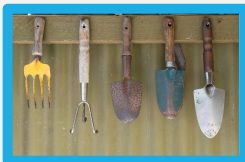
The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

### 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

## Disease of the Body

For 6 years I looked for physical recovery. I couldn't go upstairs. I had diabetes and high blood pressure. My future was a counter full of pill bottles. I was over 300 pounds. I was afraid of stroke. I went to OA to lose weight. I also wanted to eat what I wanted. I had to take another look. I had to develop a plan of eating. I did not want to give up sugar. I tried my own plan, and it began to work. What is abstinence and where did you get it? No one can tell you. It is particular and specific. Some long-time abstainers can eat things I cannot. I avoided my trigger foods, and the cravings went away. I had to accept my own methods. I would never be able to eat certain foods. I had to change my behaviors. I could not eat all day; I could not eat between meals. I had to weigh and measure, especially foods that I really like. I had to become honest. I had to get moving. I am not athletic, and it took time. I started walking. I tried to find things I liked. I had to make it a part of recovery. My disease says I'm okay as I am. Tomorrows and Mondays never come. They never show up. I don't know where they go.

All my medications changed. The diabetes is gone.

I still hate exercise, but I just do it.

Arlington, Texas

## Talking to Newcomers

Take a look at pages 91-92 of the big book of Alcoholics Anonymous. Right there in black and white are some suggestions for talking to newcomers:

- Talk to them alone
- First engage in general chat
- Tell your own brief history
- Ask newcomer to tell her history
- Describe yourself as a compulsive eater
  - Illness
  - Sick
  - Difficulty stopping
- Talk about your hopelessness
- Mention your strange mental twist
- Talk more about your compulsive eating being an illness
- Describe the conditions of your body and your mind
- Talk about what happened to you and how you found a solution

## Post-Relapse

It took me 9 years after a relapse to lose down to my previous goal weight. I managed to get through the first 30 days without issues. I signed up for another 30. Then another 30. I formally talk to God 4 times a day, at each meal and at the end of the day. I ask for willingness to keep doing what I am doing. My sponsor told me, "No one has ever binged who hasn't taken that first bite." (New Jersey)

## Bad Days

This too shall pass. I'll feel better tomorrow. I say the Serenity Prayer.

*New Jersey Friday Night  
OA/HOW*

Food is not the answer.

*New Jersey Friday Night  
OA/HOW*

Crises lead to letdowns and those are danger zones for me. I have to remember to breathe.

*New Jersey Friday Night  
OA/HOW*

I say the Resentment Prayer every day to my sponsor.

*New Jersey Friday Night  
OA/HOW*

## No More Diets



I assumed I would be hungry all the time. I found out I could stay satisfied on the food plan. The food plan gives me more freedom. Before you “dis” it, try it. The best thing is that I don't have to go on a diet anymore.

*Houston, TX, Sunday 1 PM*

When you do a food plan year after year, people respect you.

*Houston, TX, Sunday 1 PM*

I don't want to be in that place where I feel like I'm starving. Recovering from a colonoscopy reminds me how that felt. The diseased thinking is still there lingering.

*Houston, TX, Sunday 1 PM*

A food plan puts food in its proper place. I like the definition of abstinence. And abstinence is the most important thing in my life. No one who relapses says relapse is great.

*Houston, TX, Sunday 1 PM*

When I get to \*this\* weight, I'll be okay. I got there and then I overate. Then I would diet. I want food neutrality. With a food plan and abstinence, I don't have to worry about getting to a certain weight and that is making me happy. I have a direction and it is forward.

*Houston, TX, Sunday 1 PM*



## Keep Planning

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I don't always plan right. I can't do a weekly menu. If I don't have food at home, I'll do something I am not supposed to do. I keep three food groups on hand. I watch out for HALT (hungry, angry, lonely, tired).

*Houston*

I've never become neutral to food (although the cravings do go away after a few weeks). When it's mealtime I don't have to decide because I already decided. It's a relief. I keep an emergency meal in my car. I also have food ready in the fridge.

*Houston*

It's a safety net. It works. I feel cradled by my higher power.

*Houston*

I keep measuring utensils at my office. If you're craving, it's a trigger.

*Houston*

Planning is a big part of my recovery. Many people lost their abstinence during Hurricane Harvey because they didn't have what they needed.

*Houston*

I love planning my meals. It satisfies some need in me. I even planned out my meals when I was sick.

*Houston*

I need to write down my food. Everything has a start and a stop. Not every meal has to be a banquet.

*Houston*

## Simple Sharing

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I kept trying to do it my way, but my way doesn't work.

*NJ*

It's so wonderful to talk to someone who understands me.

*NJ*

To compare is to despair. Program has taught me how to eat like a human being.

*NJ*

Why do I have to like food so much? Through this program, I learned how to work. God made me the way I am. I never listened to therapists. We're the last to see the changes.

*NJ*

## Personal Experience

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The big book is a textbook. If you do certain things, you will get certain results.

When I don't know what to do, I look to help someone else. Then my answers will come.

Step One is much more than just admitting I have a problem. It is conceding. See page 30 of the big book.

If you're overeating, there is no point in us talking. If you're abstinent, we'll have something to talk about.

I cannot get the phenomenon of craving if I don't ingest the substances that cause it (anger, fear, etc.).

AA will not make you sober. I asked a God I did not believe in to remove the obsession. He did.

*Pennsylvania*

You can live in spite of it or die because of it. Abstinence is a prerequisite. I don't have to believe. I just have to be willing to believe.

*Scottsdale, AZ*

This disease is treatable.  
\*\*\*

I had to go to any lengths.  
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Letting go works for me.  
\*\*\*

If it weren't for my higher power, I would not be  
abstinent.

*Stay in  
the  
moment*

*New Jersey*



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

*I surrender to God before  
I open my eyes each  
morning. God lays down  
a red carpet for me.*

*Paramus, New Jersey*

*Using the Tools*

How I eat is a problem. When I commit, I can live in a sane way.

Sponsorship is so important when coming back from relapse. It's so important to give back. It's not about the "person." It's about the sponsor.

I can use the telephone in the car. The phone is a connection. Nothing else uses the phone in such a healthy way.

Writing shows me where my mind is.

Plan of action is to keep my recovery. It's not just a to do list.

Meetings are a great form of service – just showing up to keep the recovery going.

*Riveredge, New Jersey*



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 style="text-align: center;"><b>TALKING HONESTLY IS THE KEY TO HEALING</b></p>
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## Upcoming OA Events

### Tri-County Intergroup Meeting Dates:

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

### Workshops

Ontario: 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-month/>

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

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

### Retreats

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

<http://www.oahowhouston.org/event/oa-how-retreat-men-women/>

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

<http://www.aa-tricounty.org/tri-county-aa-fall-retreat-2016/>

SAVE  
THE  
DATES!

RETREATS and  
WORKSHOPS

### 2022 TRI-COUNTY INTERGROUP BOARD

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In gratitude for your generous donations:

Waco  
Arlington  
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.

