

July 2022

Looking Up

First Things First

Step Seven:

Humbly asked Him to remove our shortcomings.

Tradition Seven:

Every OA group ought to be fully self-supporting, declining outside contributions.

Concept Seven: (Balance):

The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by tradition and by OA Bylaws, Subpart B.

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

BALANCE

Stabilizing the emotional highs and lows helps me to stay **balanced**. Emotional balance is about learning how I feel. I find my voice instead of suffering and I achieve freedom from fear.

Region III Twelfth Step Within Chair 2012

Remember FINE = Fouled up, Insecure/insane, Neurotic and Emotionally **unbalanced**...watch the FINE.

OA Houston

Step Ten is like enjoying a spiritual shower every day. As I take a personal inventory throughout the day, I'm mindful that I'm seeking to reach a **balance** that aligns me with God's will.

*Anonymous
South Hills Voices of Recovery / OA 12X12*

An action plan is the process of identifying and implementing attainable actions that are necessary to support our individual abstinence. Just like our plan of eating, it may vary widely among members and may need to be adjusted to bring structure, **balance**, and manageability into our lives.

OA Action Plan Tool

Believe, **Balance**, Bravery, Bath, Best I Can

The ABC's of Self Care

Humility

Humility is not in the thinking of yourself more, but in the thinking more of yourself, less often.

Anonymous

I am truly **humbled** knowing that only His Grace plus those wise folks who originally started this program, the 12 steps, your very important support at our meetings, and the calls in between are responsible.

Diane B.

When seeking miracles, very few would seek out **humility** and fewer still would attempt to build their life on its principle.

*Anonymous
South Hills OA Workbook Meeting*

I became a new person by admitting that my way had not worked and that I needed help. Needless to say this was a humbling experience to ask for help, but that **humility** put me on the road to recovery.

*Anonymous -
Richland Hills OA*

I need **humility** to set aside pride and fear because it really makes me trust in God.

*Anonymous -South Hills
Tuesday OA 12X12 writing / AA Big Book*

Self-Supporting, Declining Outside Contributions

I **contribute** humor when scorn is tossed to me.

January K.

I just made a **donation**. I realize that I haven't made one in a while and if I were going to meetings, I would be putting my three dollars in the basket every meeting. I find I get lazy and forget. I needed to do that today.

Mary Ann, North Carolina

The more you serve, the more you get out of OA.

Milwaukee, WI

I may very well have things to **contribute** to the health of the meeting, especially when I am in touch with tolerance and love.

Joyce M., Arlington

I can **contribute** by being open to being a good listener and open to change. I can be abstinent so my brain stays clear so I can keep being open. I can be a member which **contributes** to collective positive energy in a meeting.

Denise R., New Jersey

I can **contribute** my abstinence because I can only give away what I have been given. Without abstinence my program and therefore my new life dies. I may be powerless over my addiction, but I am responsible for my recovery.

Kathy W., Burlison

Since getting abstinent, I've been able to have a better sense of my purpose given to me by my Higher Power. Because I no longer live in a food fog, clarity is easier to achieve and easier to keep only by God's grace. When given a problem or issue I have to face, big or little, I am able to get to a solution or, if not right away, the ability to sit with the problem knowing my HP will show me what needs to be done.

Kathy K., Houston

I've learned how to take care of myself physically, emotionally, and spiritually. I'm not dependent on anybody else. That has given me freedom to live my own life. That has set me free from sucking the life out of the people around me.

Lisa M., Arlington

No More Shortcomings?



The action of Step 7 isn't just in the asking. Yes, I must ask God, take this, please. But I also have to take the action of letting go of whatever I am holding onto. Sometimes I balk at doing so. I can ask myself two questions:

1. Do the people I know in OA who've gone through Step 7 act like Godbots? Or are they choosing to exercise free will in a spiritual way?
2. Do I really want life to suck, to die young, and to be in mental, spiritual, and physical agony for however many days I have left?

When I put it squarely like that, it's not much of a choice. I have to let go of, to surrender, my defects if I want to lead a sane and happy life. No matter what, though, anything is likely better than where I've been. Anyway, this is a very low-risk proposition. If letting go of my defects doesn't ultimately work out, I've lost nothing except maybe a few pounds. I can always go back to being miserable....

Seacoast OA July 2013

Have I been getting it wrong again? Step 7 is not about my powerlessness, my shortcomings, my plans, and my beliefs? I have not been viewing myself from a detached perspective. I always am the cameraman. What if God is the cameraman and I don't have a part behind the camera; I am only the actor under God's direction. Even though I think I do, I have no idea if a character trait is an asset or a defect. Only God can reveal that to me, encouraging the assets and tempering the defects. God speaks through other people and that's why I have been able to identify some defects through the voices and faces of others whom I have hurt. It's why I need a sponsor to tell me whether something is an asset or defect, and to help me identify what could be changed, rather than thinking this is a DIY program. It isn't. I don't think it can be done just between God and me, only because I am not that spiritually aware and I don't have a digital dictation system from God. Today, I learned something new, after 20+ years in the program. Could it be that another character defect was revealed to me?

Betsy H.

One Man's Experience

What it was like before was always craving. I thought recovery was a battle. But the war is over. The battle had to stop. I had to surrender. I lost. The disease will always win. I have one hope.

I ate when I was scared and safe. I ate when I was lonely or in a full room. I was reacting to what was going into my body. I dieted then. I can do it again. I can control this. It was impossible to find peace. It took a long time to get clean.

It is not the job of this program to provide a reason for why this disease exists.

Every experience was defined by what I was going to eat. This was in sobriety in A.A.

I was being rewarded for relapsing. For 10 years I was "around" the OA fellowship. If this is so good, why do I feel so bad?

My turning point was facing surgery or Big Book phone meetings. One day I joined the Special Edition meeting. They talked about "entire abstinence." (See the Doctor's Opinion.) List the foods and behaviors that cause an abnormal reaction. I must be entirely free of those substances. I can't eat these things sanely.

I was told by my A.A. sponsor that when I take Step 3, I am going to merge my programs. If I slip in O.A., that will be a slip in A.A.
Pennsylvania

Simple Sharing

My life has changed. My brain has changed.
Scottsdale, AZ

I didn't know how to live, and I didn't want to learn. Death was the easier alternative. There's never a time when I've caught up to the program. The disease will outrun me. When I

cruised, I relapsed. I have to work harder today than yesterday.

Scottsdale, AZ

When I use the telephone tool in the car, I don't feel tempted to make food stops.

Milwaukee, WI

Fellowship

Fellowship is a verb. Each call provides complete relief. Higher Power is a force for good in between, and within, us.

Family Afterwards Meeting

I'm grateful to be with people who know the struggle is real. I have binged for years because I didn't want to tell anyone that I'm a compulsive overeater. I did that to over 200 pounds. I'm not bad; I'm ill. I don't shout about it but at the right place and time, I'm happy to talk about it. I stay in the solution.

Houston OA/HOW

I can't depend on friends. They will "just one bite" me. In OA, no one tries to talk me into eating. It feels safe.

Houston OA/HOW

I was shocked to find people who did what I did with food. I thought I was the only one. I could not identify a feeling. I had to have additional help outside OA. I had 10 years of weighed and measured abstinence before I could work on my feelings. They may not know me, but they know I'm one of them.

Houston OA/HOW

I belong. I struggle to want to belong. I need the fellowship. I need to stay on the journey. There is no way to do it alone. I'm grateful someone understands me, and that God is graceful and patient.

Houston OA/HOW

How am I going to survive this procedure? With my big book. I love the 2nd forward. We hang together or we die separately.

NJ OA/HOW

Weakness binds us to each other.

NJ OA/HOW

Let God Have His Way.

It doesn't happen overnight.

This program works in all areas of my life. I struggled for a long time.

Things aren't perfect but I'm not experiencing the huge problem of compulsive eating.

Chemo affects everything. It has changed everything. My mind is not a good place to be. I'm using the Tools because I have to right now. I needed to reconnect with my people and hear recovery.

Keep Coming Back

New Jersey



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

It was the twist of the mind that took me out. I have a disease that tells me I don't have a disease.

Paramus, New Jersey

Surrender

I still struggle with surrendering. As a human I want control. It's a constant process. I will never arrive. It's a daily reprieve. I'm just glad I'm here. There is a beginning and a stopping with a reprieve in between.



I had to get down into the depths of my disease before I could see the difference between submission and surrender. Surrender is a choice. I surrendered to my sponsor and that brought me to my higher power. When it comes to food, submitting is not enough. I have to surrender completely. This is a disease of forgetting. I forget to surrender. The miracles that come from surrendering come pretty fast.



This is the most important part of the program. If I have a problem, it's because I haven't surrendered. It's brought me peace, serenity, and joy.



Total surrender is a lifelong journey. I usually have to go down hard first. My act of surrender was to realize thinking about my problems wasn't going to help me. I don't have to fight so much anymore. I have to trust my HP in order to surrender. Staying in the struggle is not a solution!



The word surrender is a problem for me and kept me from working the program. I refused to surrender. I kept thinking tomorrow I would get control of compulsive overeating. I became willing to surrender because I was so sick. I did well for the first year. Then I made mistakes. I have to surrender daily. I tried to please my sponsors. That made me crazy. I had to surrender to taking care of myself. Surrendering is not losing. It is winning.

All submissions from Houston OA/HOW members

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

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- 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 - 5:00 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.

**TALKING HONESTLY
IS THE KEY
TO HEALING**

Upcoming OA Events

Tri-County Intergroup Meeting Dates:

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

Workshops

Houston OA/HOW: Sponsorship: A
Roadmap to Healing
July 9 – 2:00-4:00 PM
ZOOM Meeting ID: 853 2955 5348
Passcode: 391505

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

Tri-County OA: October 1 – more details to follow – save the date!

Health Fairs - [contact Jaclyn 817-996-8711](tel:817-996-8711)

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

Retreats

Houston OA/HOW: August 12-14, Holy Name Retreat Center, 430 Bunker Hill, Houston, TX 77024

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

Tri-County OA: Nov. 4-6, Glen Rose Camp, Glen Rose, Texas in the heart of the hill country

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

SAVE THE DATES!

RETREATS and WORKSHOPS

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In gratitude for your generous donations:

New Beginnings OA/HOW
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.

