

November 2022

Looking Up

First Things First

Step Eleven (Spiritual Awareness):

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry it out.

Tradition Eleven (Anonymity):

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

Concept Eleven: (Humility):

Trustee administration of the World Service Office should always be assisted by the best standing committees, executive staffs and consultants.

Disclaimer

Personal stories express the experience, strength, and hope of the individual member and not of OA.

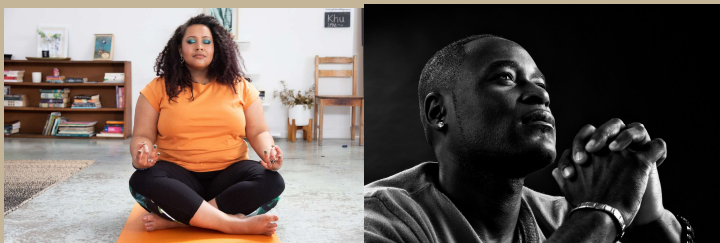
Contact the Editor

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



Tri-County Intergroup, Fort Worth, Texas

Information Line: 817-303-2888



Some thoughts on Step 11

I've heard that Step Eleven is the only Step I can do out of order. I have admitted in Step One my powerlessness. For me food is just a symbol of how unmanageable my life is when I try to control.

Step Eleven is seeking a greater power I choose to call God. I like the thought that when I pause, I am connecting to God. I can ask myself what would God have me do? I don't always know but when I act with the loving thing to do my response is softer more compassionate. I am a unique individual, so I believe I found my own unique connection to that Mysterious Loving Power.

I listen to others, read, write, pray, meditate, and try things out. Over the years I've tried different kinds of meditation. Now I pray first, write, or state my intentions of being open to change and sit. I focus on my breath in and out. Thoughts come. I can't stop them. I try to notice them like a cloud that passes in the sky. I notice and let them pass. I started with setting my timer for three minutes. Now I usually set it for 20 minutes. Sometimes it's difficult to sit still. Sometimes time passes quickly sometimes not. If a thought won't leave, I write it down and continue focusing on my breath. I try not to judge myself and be satisfied with the process.

Today I know I'm never alone. I have guidance anytime I'm willing to pause and ask. It's my work to ask God for guidance and then to act out of love and kindness.

I believe there's no way to do step 11 wrong except not to do it at all.

Anonymous

Away from Addiction

I was surrounded by many people in program who spent a lot of time practicing their Eleventh Step and speaking about their experiences during and after meetings. I became curious and started praying. Not necessarily praying for certain wishes to come true but praying like the direction in the Big Book asking for God to direct my thinking (p.86).

My Eleventh Step has grown over the years and meditation has become a very important practice to settle my mind. In program I have learned to be seeking progress away from addiction and towards my Higher Power.

Nancy - NJ



Intergroup Board Positions and Committees that may be of interest to you:

Intergroup Rep

Qualifications determined by the group they represent. Attend monthly IG meetings. Allowed to vote at IG meetings. Act as liaison between IG and group they represent.

DMI Liaison

Attend monthly Tri-County and Dallas Metroplex Intergroup meetings to exchange information between intergroups.

Region 3 Delegate

Represent the IG and area groups at the Region 3 meetings and report back to our area important information. See IG Bylaws for additional important information about this position.

WSO Delegate

Represent the IG and area groups at the World Service Business Conference and report back to our area important information. See IG Bylaws for additional information about this position.

Telephone

Maintain telephone answering service for Tri-County IG.

Newsletter

Compile and distribute monthly IG newsletter, "Looking Up."

Website

Maintain Tri-County IG website.

Retreat

Organize the annual fall IG retreat with the assistance of a committee.

Workshops

Plan and hold IG workshops with the assistance of the IG board.

Public Relations

Handle requests for information about OA and distribute information through local health fairs, newspapers, and other public means of communication.

These positions are appointed by the IG Board at the January 2023 intergroup meeting. The terms are 1 year, and the abstinence requirement is 6 months except as mentioned above. Attendance at 3 IG meetings prior to taking office or accepting a position is required.

Participation is the Key to Harmony

OA Responsibility Pledge:

Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible.

Tips to Get Through the Holidays

1. Focus on the true meaning of the holiday or event rather than the food orgy that sometimes accompanies it.
2. Don't set yourself up to feel bad because of unrealistic expectations of what the holiday will bring. Sometimes we're with family; sometimes with friends, sometimes we are alone. Face the reality of the situation beforehand. For example, if a family occasion almost always turns unpleasant, plan not to be a part of the unpleasantness. If you're going to be alone, face that you may be sad, Plan to deal with it without excess food.
3. Build up your recovery bank account before and during the holidays by attending lots of meetings, working extra hard on your 12 steps, and using all the tools, especially service. Keep in constant contact with your sponsor. The disease doesn't take a holiday, nor should our recovery.
4. Keep your OA phone numbers with you always. Use them.
5. Know the limits of your recovery. When in doubt, avoid persons, places and things that have in the past triggered overeating. The party is not worth it. Choose not to attend if you feel it may be a major problem, remember that abstinence, one day at a time, must be the highest priority in your life. Without it, all other things suffer.
6. From the food perspective, treat the holiday like any other day. Our disease never takes a holiday.
7. Plan something special for yourself during the time other people are eating sugary desserts that you choose not to include in your food plan. Special tea, hot water with lemon, fruit ... anything that is special for you and allowable in your plan.
8. Whether attending a holiday gathering or ordinary party, choose to focus on the people rather than the food. Pick out people and engage them in real conversation. If they don't want to participate, move on to the next person. People like to talk about themselves. Ask them questions about their life, their work, their families, and really listen to their answers.
9. Try to genuinely connect with people at the holiday table. Food is secondary.
10. There is no law that says you must give out Halloween candy. We're not doing these kids a favor by giving them junk food Give nutritious snacks, toys, or money. Do not give out things you would not consume yourself. Then there will be no problem with leftovers.
11. Set an extra place beside you (in your mind or in reality) at the table for your Higher Power.
12. Remember Step Two: with the help of a Higher Power, we can be restored to sane eating behavior. Call on your Higher Power. HP can keep you sane, one day at a time, one meal at a time.
13. During the holidays, get out of yourself by giving service, any service, whether it is to the program, to needy individuals, or to the community; Do something that may be a little hard for you, but that you know you will feel good about later. Give yourself something to build self-respect.
14. Plan, plan, plan! Be proactive toward the holidays and the meals. Don't just sit back and hope for the best. Rehearse in your mind over and over exactly what you will do, particularly what, where and when you will eat. Pray just before sitting down to the meal.
15. Just before sitting down to eat or being served; go to a private room somewhere in the house or restaurant, call your sponsor, and commit what you are about to eat, as well as what you will choose not to eat. It makes no difference whether you get your sponsor or an answering machine - it is your commitment.
16. If you are visiting others for a holiday dinner, it is up to you to know what is being served and whether it is something that you choose not to eat. Call the host ahead of time. Plan accordingly. People understand others' food limitations. Even people without our disease have foods they don't eat for one reason or another. Volunteer to bring something that is good for you. The host then thinks you are gracious, while you are taking care of yourself!
17. Remember that you are responsible for what you eat. It's easy when sitting with family to slip into old childish roles where you feel you must eat whatever you are given. This does not have to be. We are adults and are responsible for our own choices. It is up to us to take care of ourselves. It is up to us to set whatever parameters or boundaries we need to set with our families.
18. Gratitude. There is nothing as good for staying abstinent, particularly during the Thanksgiving season, as focusing on the many things we have, rather than what we do not have. Write gratitude lists frequently.
19. For many of us, the most dangerous period for our abstinence is after we have successfully gone through a difficult occasion. The insanity of our disease subconsciously or consciously tells us to reward ourselves with food because we did so well yesterday. Or we suffer some type of letdown about the occasion because it didn't meet our expectations. Some of us feel an emptiness after holidays that in the past we have tried to fill with food. For these reasons, plan to go to meetings the next day after the holiday.

One minute I had you...then next you were gone

You just can't dismiss all the good times we've shared
When you were alone...wasn't it I who appeared?

When you sold those possessions you knew you would need
Wasn't I the first one who stepped in and agreed

Now look at you bastards, you're all thinking clear
You escaped with your lives when you found your way here

Only fools think they're winners when admitting defeat
It's what you must say when you're claiming that seat

Go ahead and surrender, if that's what you choose
But, I'm not giving up. cuz I can't stand to lose

So stand in your groups and support hand in hand
Better choices will save you...leaving me to be damned

Well, be damned all you people seeking treatment each week
Be damned inner strength, however unique

Be damned all your sayings, be damned your cliches
Be damned every addict, who back to me strays

For I know it will happen, I've seen it before
Those who love misery will crawl back for more

So take comfort in knowing, I'm waiting right here
But next time around, you'd just better beware

You think that you're stronger or smarter this time'
There isn't a mountain or hill you can't climb


Well if that's what you're thinkin, you ain't learned a thing
I'll still knock you silly if you step back in my ring

But you say you've surrendered, so what can I do?
It's so sad in a way, I had big plans for you
Creating your nightmare for me was a dream
I'm sure gonna miss you...we made quite a team

So please don't forget me, I won't forget you
I'll stand by your side watching all that you do

I'm ready and waiting, so call if you please
I won't let you forget me...I am your disease

Listen Up!

Higher Power says to me daily, moment by moment, situation by situation to Listen Up! To me, I'm supposed to turn my problems over to my Higher Power (Step Three). Let it go. Then I'm supposed to be listening for my Higher Power's directions (Step Eleven). HP knows the way... listen up 

Lisa M. - Arlington

Good Hands

It's that quiet presence within that quiets me in times of stress.

When I seek that space, that presence, it's there. Waiting for my call. Then answering, "just be present and let things take their course" because it's all in good hands!

Denise R. - NJ

On My Knees

My sponsor suggested saying the Third Step prayer every morning on my knees the very first thing in the morning. This has really helped keep me focused and humble as I start surrendering my life and food to God.

Lynda S. - Houston



“God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!”

Alcoholics Anonymous, p. 63

Only for God's Will

What I'm grateful for is learning from Step Eleven to pray only for God's will for me and the power to carry that out. I continue to learn every day from the St. Francis prayer and other prayers in our literature. I learn from others in the program about how they pray. And I am open to other forms of prayer as long as I follow the suggestions of Step Eleven.

Betsy H. - Fort Worth

Tri-County Meetings



Check out the new Interactive Meetings List on the TCI Website – Click [Here](#)

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 <i>Line by Line Big Book Study</i> 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!

<p>Sunday – Arlington - 5:00 PM Epworth Church 1400 S Cooper St. Arlington, TX 76013 Behind Starbucks. Mask required.</p>	<p>Thursday – Waco - 5:30 PM Crestview Church of Christ, Room C12 7129 Delhi Road, Waco, TX 76712 (Also Monday via Zoom).</p>
<p>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</p>	<p>TALKING HONESTLY IS THE KEY TO HEALING</p>
Empty cell for alignment	



Upcoming OA Events

Tri-County Intergroup Meeting Dates:

Nov 5 at the Retreat, Dec 3

Workshops

Houston OA/HOW Hybrid: Nov. 5, from Noon – 2 PM, “Don’t Fall Back into Darkness” In person and Zoom / Meeting ID: 816 1849 0919; Password: OAHOW (See Flyer)

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

Virtual Region: Working the 12 Steps series through Dec. 20: Tuesday evenings

<https://oa.org/events/struggling-15-week-workshop-series-through-december-20/>

Health Fairs - contact Jaclyn 817-996-8711

Waco: "Discover Waco" – Nov. 12, sponsored by St. Jerome Women Society at St. Jerome Catholic Church. Hours are 9 am- 4 pm.

Retreats

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

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:

Arlington
Richland Hills
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.

