

January 2023

Notice! New Address for Donations
Tri-County Intergroup of OA
P. O. Box 20962
Waco, TX 76702

Looking Up

First Things First

Step One (Honesty):

Admitted we were powerless over food -- that our lives had become unmanageable.

Tradition One (Unity):

Our common welfare should come first; personal recovery depends upon OA unity.

Concept One: (Unity):

The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

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



UNITY

Tri-County Intergroup, Fort Worth, Texas

Information Line: 817-303-2888

GETTING HONEST

"I was non-compliant. I was being a brat. I had food thoughts. I reached out to another. That kind of thinking was my downfall. It is childish thinking. If I had succumbed, it would have been worse next time."

"Getting honest is like a reset every day. I can be all the things I need to be to work this program. I forget sometimes. Food thoughts come from stressors. As a human those thoughts will come. The Tools let me not act on them. No lingering exceptions! I have to be vulnerable."

"Small deviations are delusions. After losing weight in 1989, I thought I could have small deviations. My disease will destroy me unless I work the Steps. Losing abstinence is horrible. I pray to stay strong and well."

"It doesn't matter what the feeling is, food will not make it better. For today, I choose not to eat some things. More is revealed as I progress in the program. The alternative is numbness. There was no 'little' of anything. There were only mass quantities. I need to be honest about my feelings. I'm grateful that as long as I acknowledge my feelings, they will pass."

"Before program, I could not be honest about my bulimia—not with myself—not with others. Secrets kept me sick. If I kept lying, I knew the Promises would never come true. I had to learn to trust. I need the structure. The only way to keep what I have is to be honest. The goal is to stay on the straight and narrow road and not deviate. I pray to be honest."

"I have to be honest with myself. The disease will progress all over me. I have to share. It makes me a stronger person."

Sharings from Houston Tues. 7 pm

"Here and there, once in a while, alcoholics have had what are called vital spiritual experiences. To me these occurrences are phenomena. They appear to be in the nature of huge emotional displacements and rearrangements. Ideas, emotions, and attitudes which were once the guiding forces of the lives of these men are suddenly cast to one side, and a completely new set of conceptions and motives begin to dominate them."

Alcoholics Anonymous, p. 27 (2nd Ed.)

"This is the description of recovery. It's not just religion or psychology. The Twelve Steps are a pathway to these huge emotional displacements and rearrangements. I am different one day at a time. This is the best journey. I would not have missed this. I was young and thought I was doomed. Program people showed me what to do."

"The doctor told him the whole truth. I needed someone to tell me the whole truth. I had been lying to myself for so long. I couldn't believe how honest people were. They talked about food being in control of my life. I had never heard that before. The program keeps my face in the truth. I don't want that old life back."

"I have an option, a choice, to keep me in a serene happy life. The program keeps me from being crazy. I know what will happen if I walk away. It's fun to work the program. My good health is a result of using a food plan."

"I'm like the guy in the story. I have to do something. I have been lying to myself. I can't do that anymore. I reached a breaking point. Medical reports don't lie. I can't hide anymore. I'm doing 90 meetings in 90 days. I'm grateful."

"It's difficult for me. I was kicking and screaming. I did this because I need to. I've changed a lot over the years. I'm starting to surrender, and everything is getting better. I'm doing the 3-0-1 plan."

"I cannot cover up or embellish the truth. I'm learning to be more honest. I don't have to lie. If people don't like me, tough. Lying leads to guilt and insecurity. That leads to overeating. My life is manageable today. I go to battle with honesty every day."

Sharings from Fort Worth, Thurs. 6:45 PM

ADMITTING

"I did not know who to admit to! I didn't know how people would accept me. The program gives me a safe place to admit my eating disorders. My vision can be clouded. Admitting things to a sponsor is the door to freedom. I'm a compulsive overeater but that is not all of me, or who I am. That first step is necessary every day."

"I hid behind humor and fat. I'm trying to be more honest in the world. It's scary to be vulnerable in the world. God is doing for me what I can't do for myself."

"I need reminders of how important honest is. I've come a long way. I'm a lot better. Pretending was how I was raised. Meetings help me get honest. It's nice to have a place to admit my faults."

"The easiest person to lie to is myself. Then I can lie to others. It's hard to admit powerlessness when I'm supposed to have all the power. Being honest is freeing. I like being let out of a cage. It's okay to admit that I can't have one bite."

"It's hard letting go and trusting the process."

Sharings from Houston, Tues. 7 PM

Step One Musings - Step One *"We admitted we were powerless over food -- that our lives had become unmanageable"*.

Step One is about powerlessness, but it poises me to regain the power I have lost. I remember my first winter in the program: I was powerless over my anxiety and restlessness, and I ate to calm myself down. We had a snow day at work, and I did not know what I could possibly do all day at home. Historically, I had baked all day on those winter days when I didn't have to go to work. I would bake and cook and eat all day. I would be distracted and numb from cooking and eating and the day would drift off and then I could go back to work and be even more distracted. I never had to stop and face how alone I really felt.

That day I called my sponsor, and she asked me if I had anything that I loved to do besides eating. The truth was "NO". I didn't really love anything except food and how it eased and calmed me in that first bite. For some reason I had bought a set of paints and a canvas, and I told her that I might be willing to set that up and throw some paint on the canvas. And that was what I did on that day when I was coming off of sugar, flour, and wheat and I was facing the powerlessness of myself. I picked up the paints and started painting and I lived through the day.

This is a season where some may have cooked and baked and eaten and lost ourselves somewhere along the way. The First Step is vital to finding the lost person underneath our walls we have built with food. Some of the best advice I have ever been given is "Sit on your hands and cry". I did that a lot, and I still do when life gets overwhelming. Just like I didn't die from a day of abstinent eating, I will not die from any feelings that make me feel powerless.

Step One is a beautiful step. Just like Julie Andrews sang, "Let's start at the very beginning, A very good place to start", Step One is the ONLY way I can begin. By admitting I am powerless I can seek out a power greater than myself. I can sit on my hands and cry because, depending on what I am dealing with today, I may need to cry about how lost I feel in this moment. I can feel the emotions flow through me like a tidal wave that I THINK will destroy me, then I can breathe when I realize I lived through it and didn't die.

How will you ease and love yourself through this season? Maybe you can buy yourself some paints and throw some paint on a canvas like I did. That day started my journey to painting, and in my art, I've found something that satiates my deep loneliness more than food ever did. Maybe YOU can try a new hobby or learn the name of a bird you see on these bare winter trees. Maybe you can call a friend or someone you would like to be friends with. Maybe you can reach out to someone you know is struggling worse than you. Maybe you can watch a funny video or make a video yourself so others can be entertained. Whatever you do on these cold winter days will help you find yourself. I say I am a grateful compulsive overeater, and I am! How else would I have learned that I had hidden my true nature underneath the food?

May the First Step warm your heart on these cold winter days. May you see how your powerlessness poises you to uncover your true beautiful nature. May you stay warm in the fellowship of Overeaters Anonymous.

Anonymous

*Ways I am powerless,
and my life is unmanageable*

1. I am powerless over any food with sugar or sweeteners or flour.
2. Food is all I can think about every waking moment.
3. If I'm not eating, I am anxious about when and what to eat next.
4. Once eating I cannot stop. At times to the point of vomiting.
5. I cannot feel hard feelings and not eat.
6. I have gotten food from the freezer.
7. I have gotten food from the trash.
8. I stole food from my patients.
9. I hid food to eat later.
10. I gorged in private trying to hide.
11. I broke a chair I was so fat.
12. I couldn't do hygiene well I was so fat.
13. I was diabetic with high BP.
14. I was angry if a situation came between me and my food.
15. I took illegal drugs to lose weight.
16. I had gastric bypass to lose weight.
17. I have purged with laxatives to lose weight.
18. I have purged with vomiting to lose weight.
19. I have gone to other programs, private doctors, and clinics, lost the weight and gained it back.
20. I read many self-help books to no avail.
21. I have prayed to stop overeating to no avail.
22. I have lied about my food intake to myself, God, my sponsors, my friends.
23. I have sponsored not being abstinent.
24. I eat when I'm not physically hungry.

25. I have weighed compulsively daily. My scale was my god.
26. I was so fat I was mortified to go to gym in High School.
27. I had skin infections due to obesity.
28. I never went on a date.
29. I didn't go to homecoming or any dances.
- 30 I ate in isolation.
31. When fat I was sexually avoidant and when I lost weight, I acted out sexually.
32. I couldn't go to a gym with mirrors.
33. I ruined my teeth because of the purging with vomiting.
34. I spent thousands of dollars on weight loss schemes.
35. I turned myself into an object of ridicule.
36. I fraudulently and dishonestly got gastric bypass surgery.
37. I am more comfortable with food as my friend than people.
38. I have lost and gained 160 pounds multiple times,
39. I hated you, but I hated me more.
40. Food was my crack cocaine.
41. I can't stop. I have no control. I have NO CHOICE!!

Summary of a podcast that was helpful that looked at the Doctors Opinion. I related it to me. I want to address finally why I'm a compulsive overeater. For years I thought it was the abuse. But I see for the most part now my mind is not right. I have a mental twist when I think about food, and I get ease and comfort when I eat. I keep eating. Food does for me what it doesn't do for a normal person. I have an allergy to certain foods. I become restless (physical), irritable (the mind), and discontented (spiritual) if I can't eat. I need to remember it cannot be cured or controlled by anything on this earth. I need a Power greater than myself. Food is not the problem. My weight is not the problem. I have a mental twist and an allergy. By working the Steps I bring my Higher Power into the equation and there is hope and freedom.

Anonymous



Surrender

Step Zero was me hitting bottom; it was taking that long, last stumble downward into oblivion. It lasted years. Then, from a curb in the street, I looked up and took Step One. I don't think I was listening to others while practicing Step Zero. I was watching but only through one small opening in my armor. However, I became willing when I fell one day outside, in the rain, struggling to jump over water that had accumulated at the curb. After falling - that's when I surrendered. I listened to my doctor who told me I was fat and had to lose weight or I would become like an 80-year-old woman with arthritis, and I was only 46. I surrendered to his medical knowledge. I surrendered to the fact of my obese grandmother's life of misery – the grandmother whom I physically resembled. I surrendered to the symptoms of my disease: too much weight, osteoarthritis, torn right knee. That's when I came to OA/HOW for a solution. That's when I really opened my mind and became willing to go to any lengths. I surrendered and took Step One, went to a meeting, and humbly said, "I'm Betsy and I am a compulsive overeater."

Anonymous



Join the Workshop or Retreat Committees!
Carry the Message - Let It Begin With Me
Email to volunteer:
 retreat@oa-tricounty.org
 or
 workshop@oa-tricounty.org



My Truth

The young child cries alone - no one understands her grief.
 Alone - aren't they at home?
 He took her joy like a thief.

She feels - his fingers on her skin,
 She is - defenseless to make a move.
 Sensing the sound of her kin - he decides to stop the groove.

She feels ashamed, withdrawn; no one understands her grief.
 Surely she must have done something wrong,
 This lonely child of three.

She feels like she doesn't belong - there is so much anger in this place,
 Her mother and father are emotionally gone
 But yet there is a smile upon her face.

She pretends that everything is just all right; no one understands her grief.
 They have sorrows of their own,
 She must wait years for her relief.

Their sorrows are from a disease -
 It is the family kind.
 "No problem here, if you please,
 Now mind your own mind."

How attractive they like to appear,
 Potato chips for the soul.
 "Now hush dear and pass me another beer,
 I can still feel the cold."

Time has passed and the child has age -
 Understanding is now to be found.
 Recovery with hope, faith, strength and courage -
 Validation and love is all around.

When she smiles - her face is more true,
 The mask she wore is now dying.
 The pain is coming out - sometimes she's blue,
 Gone are the days of lying.

She has found a new joy - a new path to see.
 God has given her a new life.
 She has found that the truth sets her free
 And harmony is found in spite of the strife.

Also My Truth

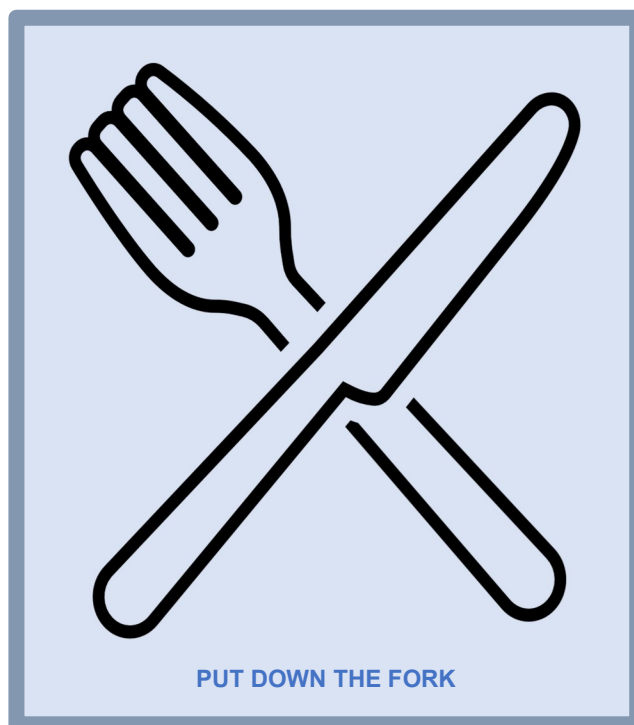
- ✚ I am powerless over my past,
- ✚ I am powerless over being vulnerable as a child,
- ✚ I am powerless over my parents' aptitude to be parents,
- ✚ I am powerless over the effects my past have had on me,
- ✚ But I am not helpless.
- ✚ I can seek to reframe my past,
- ✚ I can seek to find purpose in my past,
- ✚ And I can use the Steps to have a fulfilling and productive life that is God-centered.
- ✚ I am powerless over my disease of addiction and compulsive overeating,
- ✚ And I can find power through the Steps and my Higher Power.
- ✚ The truth sets me free.

*Poem and Comments
 Submitted by Anonymous*

SELF-HONESTY

In the *Grapevine*, Bill W. told the story of an AA member who became a monk in order to spend more time in reflection. The monk discovered that he had a huge amount of unconscious self-deception. He also discovered that the prideful righteousness of so-called “good” people was just as destructive as overt sins. The more he looked, the more he realized how little he knew about honesty. I remember being confronted with the negative effects of my pride and arrogance on more than one occasion. It was such a problem for me that I had to do an entire Fourth Step on self-righteousness. Before program, I thought that I was right about pretty much everything. This was the consequence of a childhood defense mechanism that grew to be out of balance, probably at the moment that I adopted it, yet I clung to that crutch for decades. It grew as I grew, and I was very unpleasant to work with because no one ever did anything to my liking. I was always “honest” about other people but never about myself. I know I hurt a lot of people, especially my children, before I could admit that I had no self-honesty. I remember thinking for many years that if I ever awoke to the truth about myself that I would die.

**THE MORE HE LOOKED,
THE MORE HE REALIZED
HOW LITTLE HE KNEW
ABOUT HONESTY.**



My therapist said that was because I was threatened with death if I told about the abuse that caused this huge ego in the first place. One of the long-term consequences of that kind of denial was that I couldn't admit anything negative about myself at all. And as an adult the thing that did have to die in order for me to recover was my ego. By the time I was 39, when I got into recovery for the first time, my ego was very strong and powerful. It did not want to die, and it fought me every step of the way. Today, now in my 70s, it feels like it was some kind of epic journey where the hero had to fight demon after demon before finding the true treasure at the end. It's really hard to believe that my journey to health started with one small step of putting down sugar and white flour. I really had no idea where that step would take me.

Anonymous

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 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) SHCC 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 #45896 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 <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
<u>FACE-TO-FACE OA MEETINGS</u>	
Sunday – Arlington - 5:00 PM Epworth Church 1400 S Cooper St. Arlington, TX 76013 Behind Starbucks. For assistance, contact: Rhonda at 817-480-7904	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 For assistance, contact: Rachel at 817-595-3044	Is my home group represented at Intergroup?

Upcoming OA Events

Tri-County Intergroup Meeting Dates:

Jan 7

Workshops

Jan 7 – 12:30-3:30 PM, A Day of Abstinence virtual workshop. Contact newdawn090220@gmail.com for Zoom info.

Jan 8 – 2-3:30 PM, Steps 1,2&3 Workshop. Contact workshop@oafootsteps.com for Zoom info.

Health Fairs - contact Jaclyn 817-996-8711

Retreats

Feb 4, *Passport to Recovery*, sponsored by North Jersey Intergroup – 9AM to 5PM EST
[REGISTER HERE](#)

WSBC

Concepts of Service: The Heart of Fellowship
Dates: **April 25-29, 2023**, face-to-face only.
<https://oa.org/world-service-business-conference/>

SAVE
THE
DATES!

RETREATS and
WORKSHOPS

2023 TRI-COUNTY INTERGROUP BOARD

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We apologize for the delay in reporting donations for November and December. Rotation of service is currently happening, and we will have updated donations next month. Thank you for your patience.

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 20962
Waco, TX 76702

If you are donating for a group, please provide the name and location of your group, not only the group number.

For more information, please contact our Treasurer at:
treasurer@oa-tricounty.org