



# Looking Up

Tri-County Intergroup Newsletter • August 2010

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## Messages from the Meetings

Disobey the disease.

I get into resentment when I put myself in the center of the universe. I don't have to be wronged to develop a resentment.

Behind my anger is always fear.

God does not expect me to be perfect. He would rather I do something imperfectly than not do it at all because of the fear of doing it imperfectly. I don't have to be perfect. I can start over.

Operating under the influence of my drug of choice leaves me less able to deal with life's problems, less capable, and less confident than other people.

If you do not take offense at something, the anger passes away. It is your choice to take offense.

I cannot eat like other people. As long as I remember that, I'm free.

Part of making outreach calls is checking on the other person; it's not all about me and my problems.

I am very self-centered. That doesn't make me a bad person, but it is something I can change.

Just saying out loud, "I could overeat tonight" is often enough to break the thought. It helps to become aware.

We cannot control another person, place or thing, but we can control ourselves, with our Higher Power's help.

Check my motives before I open my mouth.

Thoughts follow actions and feelings follow thoughts.

Obedience to our Higher Power begins with the small things.

The idea of unconditional acceptance from my OA group was something I had ignored. I wanted acceptance from the world at large, but the place where I gained the most acceptance, the place where true unconditional love was shown, I ignored or forgot about. I failed to notice that OA was accepting me when no one else would, and when I couldn't love myself.

Abstinence is the gift that allows us to live life as the real human beings that we are.

Food changes my perception of reality. It lies to me, tells me "tomorrow things will be different."

I am either actively eating, or in a spiritual awakening. A diet is just a dry drunk.

I *want* to choose the right thing, but I'll choose food. Food is my drug of *no* choice. I *can't* choose. Because of the way I think about food, it is impossible for me to resist it, *even though I want to*.

It is a miracle that I am still here. That my body and mind have withstood this illness is a miracle.

I had to try everything that didn't work until I was out of ideas. I hope I still am. If I'm going to recover, I have to be out of ideas of how I'm going to do this myself.

The God of my childhood would not keep me out of the food. I hung onto that idea of God as an excuse to overeat.

Part of knowing God's will for me on a daily basis includes being open, listening for his message in all areas of my life, realizing that God can speak through others.

We are not failures just because we sometimes fail.

I will eat until I replace food with God. I find God by working the Steps.

The way for me to succeed is to see the disease as separate from me, from without, that it is not me who wants to eat, it is the disease. I cannot trust myself in this, I can only trust, and *have to* trust, my Higher Power. The attitude with which I approach the problem determines whether or not I will succeed. Until I detach from the disease and see it as something outside of myself I will not be able to recover. The disease is an enemy, trying to destroy me.

## 6th & 7th Step - The Desert Journey

To desire relief from the pain of our disease is one thing. But to seek to change all that is "out of focus" with our Higher Power is a step beyond. I refer to these two steps as the desert steps. Two Steps that allow us the unique opportunity to rebuild and reshape our whole being to be what we always wanted to be.

For me the journey, while filled with new challenges, was never a question. I did not want to have anything to do with the old way of life. The freedom from the 4th and 5th Steps and the empowerment provided by Steps 1 thru 3 left me wanting more. And so we begin the quiet contemplation of what it is we still hold on to that is of no use to our new life.

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

and

**7: Humbly asked Him to remove our shortcomings.**

If I look back I see a world that held me shackled in remorse and disease. If I look forward I see a world that I can truly participate in. If you had told me this was the real power of the 12 Steps when I first arrived broken and in pain I could not have believed you.

But the deep truth is that by letting go through powerlessness I have found wholeness for my mind and heart and spirit. The 7th Step Prayer is an inkling of the vast empowerment of this program, "My Creator, I am willing that You should have all of me, good and bad..." You see I am truly worth it. I am a gift to my creator and to the world.

In another Big Book, My Higher Power (as I understand Him) goes out into the desert just before His public ministry. Not to hide and not to grovel but to come into the fullness of His power and His choice for life.

And so we too travel where others dare (or choose) not, making our life a full relationship with our Higher Power linked in the true cause we see for our lives. Now I was told early on that Humility is the lack of Humiliation. It is here in these two steps where it all comes together and the new man/woman is "reborn" in the fullness of a God-connected life.

The choice in the 3rd Step Prayer was to allow God to help heal. The choice in the 7th Step Prayer is to join with God in a journey of love and service freely and without the shackles of disease.

Like my sponsor promised. If we do not get something special from this program we would stay in the compulsion. There is a new world and a new life. It takes a simple walk in the desert with your Higher Power – may your journey be filled with new life.

Anonymous

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## Twelve Tips for Successful Meetings

1. **Atmosphere** – Offer unconditional support, love and acceptance; talk to newcomers.
2. **Structure** – Begin and end the meeting on time; adhere to traditional format.
3. **Focus** – Honestly and consistently share experience, strength and hope.
4. **Twelve Steps and Twelve Traditions** – Practice the Steps and Traditions; show commitment to the program.
5. **Sponsors** – Have them available and willing to help others.
6. **Abstinent members** – Show commitment to abstinence and physical recovery; qualify when sharing; show enthusiasm for program.
7. **OA spoken here** – Focus on program basics and solutions; practice principles before personalities; don't allow crosstalk.
8. **Literature** – Use and display only OA-approved literature.
9. **Service** – Show enthusiasm, encouragement and support.
10. **Rotation of service** – Have reliable, responsible and committed members in service positions; honor abstinence requirements; hold regular group conscience meetings.
11. **Service above the group level** – Promote participation at Intergroup and service body activities.
12. **Fellowship** – Come early and stay late; reach out to members between meetings; socialize with members outside the meeting.

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## Journaling Topics

God gave us food as not just nourishment, but a gift. Why else would He create so many different colors, tastes, textures, and fragrances of food?

Stripping food of importance is as foolish as obsessing over it.

Food should be enjoyed. It should be the fuel to a fantastic life not surrounded by food. It should make you happy, but it shouldn't lead your happiness.

**2010 TRI-COUNTY  
INTERGROUP BOARD**

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LOOKING UP is a monthly publication of the OA Tri-County Intergroup. The opinions expressed here are those of the author and not of the OA Tri-County Intergroup or OA as a whole. Editor reserves the right to edit material submitted.

Monthly Treasurer's Report and Intergroup Meeting Minutes are available at [www.aa-tricounty.org](http://www.aa-tricounty.org)

**Seventh Tradition Donations**

OA's Seventh Tradition tells us that we are fully self-supporting through our own contributions. After paying group expenses (rent, literature, supplies) and maintaining a prudent reserve (determined by group conscience), OA suggests that groups distribute the remaining funds as follows:

**60% : Tri-County Intergroup**

Billie Stamp  
1513 Tyler  
Arlington, TX 76012

**30% : OA World Service Office**

P.O. Box 44020  
Rio Rancho, NM  
87174-4020

**10% : Region III**

Jan Blue  
Region III Treasurer  
8610 W. 68th Place  
Arvada, CO 80004

Give as if Your Life Depends On It.

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

# The Big Book Comes Alive in OA

**Tri-County Intergroup Fall Retreat**

**November 5-7, 2010**

**Glen Lake Camp at Glen Rose**

**Registration: \$95**

**To register, contact Billie (817)460-3083**

**or Margaret (817)277-8706**

**Deadline: October 6, 2010**

**No refunds after October 20, 2010**



**Speaker:** Canadian male with numerous years of abstinence in OA. His presentation will be modeled after the **Joe & Charlie Big Book studies**.

**Schedule: Fri., Nov. 5:** Check-in begins at 5 pm, opening session at 8 pm

**Sat., Nov. 6:** Steps 1-10, 3 meals provided

**Sun., Nov. 7:** Steps 11-12, 1 meal provided, closing session 11 am

**Registration includes:** 4 meals, accommodations for 2 nights. Sleeping arrangements are in a rustic air-conditioned dormitory-style cabin with twin-sized bunk beds.

**Bring:** Sheets, blanket, pillow, personal toiletries and grooming supplies, towels, your Big Book, cards and games for relaxation time, and if you choose to, money for literature or donation.

*Newly revised and expanded*



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## RECOVERY CONNECTIONS

**Tri-County Intergroup** <http://www.aa-tricounty.org>

**OA Region 3** <http://www.oaregion3.org/>

**Dallas Metroplex Intergroup** <http://www.oadallas.org/>

**Telephone Meetings List** [http://www.aa.org/pdf/phone\\_mtgs.pdf](http://www.aa.org/pdf/phone_mtgs.pdf)

**Online Meetings List** <http://www.aa.org/pdf/OnlineMeetingsList.pdf>

**iTunes Podcast** [http://www.aa.org/get\\_podcast.htm](http://www.aa.org/get_podcast.htm)

*Use iTunes to search for OA Podcasts, OA readings, long-timers share experience, classic OA speakers, special speaker events and more.*

**Los Angeles Area Intergroup Virtual Speaker's Bureau**

<http://www.oalaig.org/html/speakers.php>

**Audio recordings related to 12 Step Fellowships** <http://www.gstl.org/>

**AA Big Book online** <http://www.aa.org/bigbookonline/>

Look for an updated **Treasurer's Report** in the next edition of "Looking Up."