

# Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER – MAY 2017

## *Recovery Means Freedom*

*Each month a member will provide the experience, strength and hope of their journey so far in OA. From newcomer to friends with years of abstinence, the miracle of this program continues to work if we work it!*



*This month sponsored by South Hills Men's Focus Group*

## *Surrender – Part 2*

Surrender is not a one and done action. It is a daily action - and maybe even a minute by minute, breath by breath action. Surrender is a verb and describes action - not a static state of being or the static state of a relationship.

Another part of surrender is an action that I have designated as a personal tool: a "pause". Too often I am in a position where I react to life with split second instincts: rage, anger, defensiveness, jealousy... these emotions usually come upon me when situations arise that trigger them and they are almost instantaneous. For example, the driver who cuts me off on the road or the customer service person on the phone who is stubbornly refusing to work with me, or a boss who criticizes my work or approach without discussing with me what happened. In these instances, I have often reacted and end up responding in ways that hurts others, myself or both. It is here I need to learn to surrender in the moment and place a pause between the emotional trigger and my response and to use that time to filter my responses through my HP. The pause allows me to listen for God's input, to be open to suggestions, insights, inspiration, or intuition. It is here that I need to ask God to help me find a way to express myself or give me the strength to resolve/accept a situation so that I do not hurt myself or others and so that I do not form resentments. Asking God's help is never wrong - pausing to ask for guidance and help is a "surrender in the moment" which I am still learning to practice.

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Tri-County Intergroup  
Group # 09163  
P.O. Box 331703  
Fort Worth, TX 76163

Monthly Intergroup minutes are  
available at  
[www.oa-tricounty.org](http://www.oa-tricounty.org)

Tri-County Information Line  
817-303-2888

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

## *OA Responsibility Pledge:*

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

Contact the editor:  
[newsletter@oa-tricounty.org](mailto:newsletter@oa-tricounty.org)

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Another part of surrender deals with festering negative emotions, dealing with expectations of outcomes, and recycling endless planning. It is these that keep me up at night, tossing and turning, and can trigger my search for food as a comfort. If I can honestly say I have taken the actions necessary to accomplish a goal or resolve a situation, to the best of my ability, then the outcomes and worries about the outcomes can be turned over to God.

For example, if I am applying for a job and I have researched the company, prepared a solid resume, written a targeted cover letter, prepared for an interview, performed well in the interview(s), followed up with thank you notes and pointed out how I can add value in this job, then: usually I wait for a response - sometimes weeks or months. In the past, I would worry if I am still in the running, have they decided on someone else, maybe I should have said this or that, maybe I oversold this aspect of my background... these are all things that I can turn over to God - the worry, anxiety, fear, and uncertainty. If, using my learned skill of self-honesty, I conclude that I did a good job and put forth my best efforts, then I can comfortably turn over the outcome to God and the negative emotions that plague me while I am waiting for results - it is here that I use the mantra "in God's Time not mine."

The final part of surrender is acceptance. I have to accept that the outcomes, which may or may not be in my favor, are okay and in keeping with God's plan or will. I may not want the particular outcome, it may not be the best for me, but I trust God - so the outcome is the best for someone. I also need to accept the outcome or I will be forever picking apart what I should have done, what I can change, or endless analyzing of the process and outcome to control both the past and the future. By accepting outcomes I am truly surrendering them to God and letting go of those "shoulda, coulda, woulda" thoughts that drive me crazy.

So my concept of surrender keeps expanding: surrender = daily alignment actions + pausing to ask for help in the moment + filtering my responses through God + turning over negative emotions and outcomes + acceptance of all outcomes with trust that things will be okay. Through these actions I learn to rely on and trust God in all parts of my life and not just with food.

*Dan S.*

**Honesty** is my foundation;  
**Hope** is my motivation;  
**Faith & Trust In God** is my strength and guide;  
**Program** is my armor;  
**Action** is my responsibility;  
**Progress** is my passion;  
**Vigilance** is my duty.



# Looking UP

*In Gratitude for  
Continuing Support*

South Hills - Arlington City on the Hill

*Freedom from  
isolation*

*Freedom*

*For many of us, freedom came  
when we took Step Three and  
turned the entire problem over to  
our Higher Power.¶ — OA  
12&12, p. 20 This freedom  
continues to grow with each step.*



## *Step 7, Surrendering*

### *7. Humbly asked God to remove our shortcomings.*

We make a lot of surrenders in OA. In Step 1, we finally surrender to the facts—we can't get over compulsive eating by ourselves. In Steps 2 and 3, we surrender to the idea that there's something more powerful than our own wills, and that we need spiritual direction to get better. In Steps 4 and 5, we surrender any notion that we were blameless in the mess we've made of our lives. In Step 6, we took one last look at the truth of our lives and said, yes, we are ready to have removed those defects of character that got us into this compulsive-eating mess in the first place.

So now comes Step 7, the actual removal.

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

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

*Seacoast OA July 2013*

# Looking UP

## Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS

Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	7:30 PM	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Literature: Step / Tradition of the Month	Happy	817-370-7207
TUESDAY	Noon	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA 12X12 writing / AA Big Book	Happy	817-370-7207
TUESDAY	7:00 PM	<b>Richland Hills</b> - City Point United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #104	Literature meeting	Rachel R.	817-595-3044
TUESDAY	7:00 PM	<b>Arlington - City on a Hill</b> City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	Speakers, Step Studies, Literature	Sherri G.	817-461-4053
WEDNESDAY	7:00 PM	<b>Eules</b> - United Memorial Christian Church 1401 N. Main Street, Eules, TX 76039		Cindy	817-455-5125
THURSDAY	Noon	<b>Grapevine OA</b> - First United Methodist Church 421 Church St Grapevine, TX 76051 Brick Thrift Store across the street from the GV First Methodist Church. Park on south side of building, enter thru double glass door, Conf Room C, on right.	<b>NEW MEETING</b> <b>NEW LOCATION</b>	Judith D.	682-313-8484
THURSDAY	6:45 PM	<b>New Beginnings HOW</b> - St. Paul Lutheran Church 1800 West Freeway Fort Worth, TX 76102	HOW	Patrice	817-692-7180
THURSDAY	7:00 PM	<b>Arlington - City on a Hill Church</b> City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	HOW	Lisa	682-438-9160
THURSDAY	7:30 PM	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA & AA Literature	Happy	817-370-7207
FRIDAY	11:00 AM	<b>Saginaw Overeaters Anonymous Meeting</b> Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179	Open	Rita R.	817-353-5829
SATURDAY	9:00 AM	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Big Book Study with writing	Happy	817-370-7207
SATURDAY	10:30 AM	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Men's focus, all welcome - Topic/discussion	Dan	925-577-8636
SATURDAY	Noon	<b>Arlington - City on a Hill</b> City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	Literature	Blythe	817-300-4329
SATURDAY	Noon	<b>Daily Reprieve, Eules</b> - United Memorial Christian Church 1401 N. Main Street, Eules, TX 76039	Step Study / Big Book	Margie	972-310-3636
SUNDAY	4:30 PM	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Writing, Steps and Literature	Happy	817-370-7207

Tri-County Intergroup meets at 10:30am the first Saturday of every month. The meeting will alternate between New World United Methodist Church, 2201 N Davis Dr, Arlington 76012 at 10:30 am in Room 28, and South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133

**2017's Intergroup meetings** Arlington 5/6, 9/9 (workshop) 7/1 and 1/6/18

**remaining:** Fort Worth 6/3, 8/5, 10/7, 12/2; 11/4 (at our Annual Retreat)

last change 4/13/17