

April 2018

Looking Up

First Things First

- **Step Four:**

Made a searching and fearless moral inventory of ourselves.

- **Tradition Four:**

Each group should be autonomous except in matters affecting other groups or OA as a whole.

- **Concept Four:**

The right of participation ensures equality of opportunity for all in the decision-making process.

Jri-County Intergroup, Fort Worth, Texas Information line: 817-303-2888

To the Newcomer

Welcome to Overeaters Anonymous, a twelve step program. The steps are taken in a specific order for many reasons, and I believe the primary reason is that working them is like building a new building where an old one stood. The old must be demolished and then cleared before the new can be built. The foundation must be checked to see if it can still bear the weight of the

new building. In this twelve step program, my focus on step four was to find out why I overate and dieted and repeated that process for years. I knew there was "a deeper emotional problem" and that my overeating was not just about liking to eat. I wanted and needed to find out what that problem was. The way I found out was through the searching and fearless moral inventory of my life, my

childhood, my parents' lives, my eating career as we call it, and my spiritual and emotional life. These are heavy orders, not to be taken lightly, but they had to be taken or I knew I would die of this disease. I lived to tell you about it. So many do the same. So many brave people work this step in OA. Yes, it's hard. Yes, it's scary. We are all here to accompany you on this journey and to love you through the pain.

Autonomy

I worked Step 4 in order to take responsibility for my past actions. No one else could do it for me and no one else could even really tell me how to do it. Others could guide me but I had to do the work myself in the manner that was best for me. I had to take care not to hurt anyone else and to follow program guidelines to the best of my ability. I ended up working three 4th steps in OA. None were identical. One was simply my life story. One was a detailed question and answer format. One was on one particular part of

my life that had continued to plague me for too long. Each format was right for me at the time. I didn't hurt anyone else or OA as a whole by doing it "my" way. That was me exercising my personal autonomy.

The same principle is at work in my home OA group – New Beginnings HOW. Even though our HOW format and food plan are different from other OA groups, it is right for us and we are not hurting anyone or OA as a whole by being somewhat "different." We are a

registered OA group and enjoy the rights and responsibilities of every other OA group. Yet, we share a particular problem for which only the HOW format has a solution. We need structure; it seems we need more than most. That's okay. At least we learned that about ourselves and were able to find a solution. I am so grateful that OA's 4th tradition allows me to have an OA home group that meets my needs. I guess we are practicing diversity as well as autonomy!

Betsy H.
New Beginnings HOW

Participation is the Key to Harmony



When I first came into my home OA group, I was pretty intimidated by everything: my sponsor, sharing or not sharing, becoming abstinent, other members, the readings, getting there on time, hugging or not hugging before, during, or after the meeting, signing in and giving out my phone number or email address.

The idea of being a sponsor or doing anything outside of me never crossed my mind in those first few weeks. After I got my 30-day chip, I was told that I could become a sponsor. I was terrified: what would I say, what would I do, how could I possibly help someone else? Even though I qualified as a sponsor

each meeting, no one called me for months. I was so relieved! But I did participate: I chaired meetings, set out literature, hugged others, shared, and welcomed newcomers. That is the key to harmony in our group – participate and keep coming back!

Thin is Not Healthy



The medical diagnosis was anorexia nervosa—whatever that meant. All I knew was that the doctor told me I had to snap out of my depression and gain weight immediately or I'd have to be hospitalized.

I didn't feel anything was wrong with me. Yes, I was tired and not interested in much, and I had lost a lot of weight. But I had been trying to lose weight. What I refused to see was that I was five feet, seven inches and weighed less than 90 pounds! Thin was beautiful; it was the way to be accepted and admired.

How I got that way I can't really say.*** I tried to straighten out my life. ***I returned to a psychiatrist, but he didn't listen to my weight problem. He wanted to straighten out my thinking. Imagine that! *** I was totally devastated. *** Then I remembered something a friend had said: "if you're really in a bad way, try praying about it."

I had rejected God a long time before, but that day I was ready to try anything. *** That night on the news there was an interview with an OA member. *** By Monday I was at my

first meeting. Tuesday began abstinence and a whole new outlook on life.

*** Anorexia nervosa is often fatal. I thank God that He has seen fit to allow me an opportunity to share and grow in OA and, even more important perhaps, to be of help to my fellows who still suffer. Believe me, thin is not healthy!

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A Message from Nancy F.

This letter was dictated by Nancy E. from Arlington over several days before she passed away recently. She had been an OA member for 40 years, giving service at both the group and Intergroup level.

"I want to write a letter to my OA family to thank them for all the unbounded love, care, and acceptance they have given me. Everything has been just lovely. It's been a beautiful life and I am ready to go to eternity. Going to party till the end and leave with a beautiful statement that there is joy in living a 12 Step life.

"My most beautiful healing, precious friends that God has given me through my OA program, I know you are with me. The OA program has relieved me of the bondage of self and has taken away my difficulties. I can bear witness to this beloved fellowship that you, God, have given me over the years: experience, strength, and hope to pass on. This is a legacy and heritage that never ceases and when we come into program with our problems and share, we are relieved and our difficulties are taken away. Program has enabled me to find healing and answers."

Nancy related that she had been wanting to get the new OA workbook and to work the steps again. She was thrilled when a member came to the hospital and gave her the workbook. She said, "See, (pointing to the book) I get the solution. We need each other for more strength and hope."

She was so happy when OA members came to visit her in the hospital. They even had a party. Nancy loved parties and she was always the life of the party. If you remember, she was at the last retreat wearing her hat with purple lights.

"Hello and goodbye to my beloved friends because I am entering the kingdom of heaven soon. I have had a life unmatched with love, fun, joy, and with OA friends all around me. I am tired now but I want you to know my life has been incredible, joyful. Thank you, God, for your tender care.

Love you one and all."

When I think of Nancy I will always think of pages 132-133 in Alcoholics Anonymous: "We absolutely insist on enjoying life. So we think cheerfulness and laughter make for usefulness. We

are sure God wants us to be happy, joyous, and free." This is the life Nancy led as an example to us all. She genuinely cared about everyone she met, always giving her number to the newcomer or reaching out to struggling members. Even in the hospital she asked how my family was and what she could pray about for me.

Nancy was our Tri-County OA Retreat Chair for many years. She would bring her music & insist that we all sing and dance and have fun. She always gave money to the retreat scholarship fund so others could attend the retreat. In her memory, Tri-County Intergroup has created a scholarship fund in Nancy E.'s name to help individuals attend the retreat who might not otherwise be able to go.

If you would like to contribute to this scholarship fund in her memory, please send your checks payable to "Tri-County Intergroup OA" c/o Joy Dobbins, Treasurer, 6833 Maize Road, #2201, Fort Worth, TX 76133.



"Hello and goodbye to my beloved friends because I am entering the kingdom of heaven soon."

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Excerpt from "Guidelines for Membership Retention"

DO . . .

- study The Twelve Steps and Twelve Traditions of Overeaters Anonymous. The Steps and Traditions will strengthen our recovery and keep us living.
- focus on the miracle of physical, emotional and spiritual recovery.
- remember that anonymity is the spiritual foundation of our program.
- understand that there are no special requirements for members to share. The only requirement for members is a desire to stop eating compulsively.
- make it a point to warmly welcome back members who are attending meetings again. In fact, reach out to everyone at meetings with love.
- participate in group inventories; use the "Group Inventory Checklist" of the Twelfth-Step-Within Handbook
- send strong speakers to meetings in areas where the attendance is declining or there is a lack of abstinence.
- make tapes of successful speakers from OA events and distribute them at meetings.
- make meetings and special events fun!
- keep a good supply of OA-approved literature. Keep a Lifeline lending library for members to share.
- focus on "OA Spoken Here!"
- encourage and support Step-Study Meetings.
- welcome newcomers to your meetings. And, have volunteers telephone newcomers to answer any questions they may have.
- hold newcomers' meetings at least once per week.
- start and support a Relapse & Recovery Meeting, based on the format in the Twelfth-Step-Within Handbook.
- have a regular Steering Committee Meeting.
- have the intergroup sponsor a Service and Traditions Workshop
- encourage your intergroup to regularly distribute a newsletter to keep all groups informed about what's going on in the area.
- start and end your regular group meetings on time. Meet on holidays, too!
- have volunteers telephone members who haven't been at the meeting for a while. Build a network of support.
- create a phone chain for the entire group, especially during the holidays; put all the members' names in a hat and have each person draw one name to call.
- provide service opportunities at the group level which have no abstinence requirement, so everyone can benefit from doing service!
- rotate service positions, no matter what.
- list all meetings in both large and small local newspapers.
- encourage members to post information cards about meetings in their grocery stores, libraries, etc.

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Upcoming OA Events

TRI-COUNTY INTERGROUP
APRIL 7, 2018
10:30 AM
South Hills Christian Church, Fort Worth

DMI INTERGROUP
APRIL 15, 2018
1pm – 2pm
Dallas Metroplex Intergroup Office, 331 Melrose, Suite 120 Richardson, TX 75080

DALLAS 12TH STEP CONVENTION
APRIL 20-22, 2018
Hosted by Dallas Metroplex Intergroup Embassy Suites 75 & 635 in Dallas. Main speaker is

John K. and Harlan will be doing steps with other special topic speakers. Contact Delia at 469-231-4965 or delia@deliagonzaleslaw.com

TRI-COUNTY INTERGROUP
MAY 5, 2018
10:30 AM
South Hills Christian Church, Fort Worth

MEMORIAL OPEN HOUSE FOR NANCY E.
MAY 19, 2018
2-6 PM
3104 Yellowstone Arlington 76013

DMI INTERGROUP
MAY 20, 2018
1pm – 2pm
Dallas Metroplex Intergroup Office, 331 Melrose, Ste 120 Richardson, TX 75080

WORLD SERVICE BUSINESS CONFERENCE
2018 will convene April 23–28 in Albuquerque, NM

FALL REGION 3 ASSEMBLY AND CONVENTION
OCT. 12-14, 2018
There will be experience, strength and hope as we gather together to examine the key of **ACCEPTANCE**.
oasoutherncolorado.org

FALL TRI-COUNTY RETREAT NOV. 2-4, 2018
5 PM Friday – Noon Sunday – Glen Lake Camp, Glen Rose, Texas
Stand by for more details!



2018 TRI-COUNTY INTERGROUP BOARD

Chair:	Charra W.
Vice-Chair:	Jackie H.
Treasurer:	Joy D.
Secretary:	Carolyn
Liaison to DMI:	Dianne S.
Liaison from DMI:	Frances P.
Public Relations:	Jaclyn
Newsletter:	Betsy H.
Telephone:	Mary Lou
Retreat:	Jaclyn
Workshop:	Sherri
Web Master:	Ron C.
WSO Delegate:	(open)
Region 3 Rep:	(open)

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

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.

Editor Contact Info:

newsletter@oa-tricounty.org

We're on the Web!

See us at:

www.aa-tricounty.org

Tri-County Intergroup generally meets at 10:30am the first Saturday of every month at South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133.

With gratitude for the support from these groups

*South Hills
Richland Hills*

Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS					
Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	7:30 PM	Fort Worth - South Hills Christian	Literature: Step / Tradition of the Month	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
TUESDAY	Noon	Fort Worth - South Hills Christian	OA 12X12 writing / AA Big Book	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
TUESDAY	7:00 PM	Richland Hills - City Point United Methodist Church	Literature meeting	Rachel R.	817-595-3044
		7301 Glenview Drive, North Richland Hills 76180 Room #104			
WEDNESDAY	7:00 PM	Eules - United Memorial Christian	Big Book, Voices of Recovery	Cindy	817-455-5125
		1401 N. Main Street, Eules, TX 76039			
THURSDAY	Noon	Grapevine OA - First United Methodist Church 421 Church St Grapevine, TX	Meeting leader chosen topics from OA 12X12, Big Book and OA Literature	Judith D.	682-313-8484
		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 B, on left.			
THURSDAY	5:30 PM	Whitney, Texas - King Memorial United Methodist Church, 502 N Colorado, Whitney, TX 76692	Big Book, Voices of Recovery	Cindy	214-600-1158
THURSDAY	6:45 PM	New Beginnings HOW - St. Paul Lutheran Church	HOW	Patrice	817-692-7180
		1800 West Freeway Fort Worth, TX 76102			
THURSDAY	7:00 PM	Arlington - City on a Hill Church	HOW	Lisa	682-438-9160
		City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120			
THURSDAY	7:30 PM	Fort Worth - South Hills Christian Church	OA & AA Literature	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
FRIDAY	11:00 AM	Saginaw Overeaters Anonymous Meeting	Womens Focus	Deb R.	682-802-0391
		Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179			
SATURDAY	9:00 AM	Fort Worth - South Hills Christian	Big Book Study with writing	Happy	817-370-7207
SATURDAY	10:30 AM	Fort Worth - South Hills Christian	Men's focus, all welcome - Topic/discussion	Dan	925-577-8636
		3200 Bilglade Road, Fort Worth, TX 76133			
SATURDAY	Noon	Arlington - City on a Hill	Literature	Blythe	817-300-4329
		City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120			
SATURDAY	Noon	Daily Reprieve, Eules - United Memorial Christian Church	Step Study / Big Book	Margie	972-310-3636
		1401 N. Main Street, Eules, TX 76039			
SUNDAY	4:30 PM	Fort Worth - South Hills Christian	Writing, Steps and Literature	Happy	817-370-7207