

March 2018

Looking Up

First Things First

• Step Three:

Made a decision to turn our will and our lives over to the care of God, as we understood Him.

• Tradition Three:

The only requirement for OA membership is a desire to quit eating compulsively.

• Concept Three:

The right of decision, based on trust, makes effective leadership possible.

Tri-County Intergroup, Fort Worth, Texas Information Line: 817-303-2888

To the Newcomer

Welcome. There is a prayer in the big book of Alcoholics Anonymous on page 63, which is often referred to as the Third Step Prayer. I believe that many in OA say that prayer daily.

I never thought much about that prayer until I heard a man say it out loud from a podium in a gathering of around 500 people. He said it alone.

In that context, for him to

be so intimate with us, I was awestruck at his humility. The part that got to me, and which I will never forget, was when he begged with the most humble and sincere look in his eye, "relieve me of the *bondage* of self." I heard his prayer and I wanted that for him.

I felt that was the key to this prayer and perhaps to this program. At least it is for me. Everywhere I turn, there I am. My self is

always getting in the way of my best intentions.

They say Step Three is about willingness but that all I have to do is make a decision. I think "they" may be putting me on. I think it may be about a lot more. I can't make a decision or be willing to make a decision if I am still in bondage to my self.

So I, too, have joined the ranks of those who repeat this prayer daily, often several times a day.

Thoughts on the Third Step Prayer

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!

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Third Step Prayer Interpretation

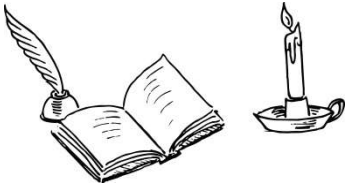
God, with all that I think I am and being Your creation, I present myself as ready to Thee (holy respected God).

To construct a great and permanent change over a long time in me and with my cooperation according to what you have planned for me. Allow to lessen or take away altogether the slave I am to my own perceived needs and desires to control, so that I can be more in line with

what You wish for me to be and do. Use your power to remove the situations and thoughts I find it hard to understand or accomplish or deal with. That defeating them after battling them may testify hope to anyone You provide me the opportunity to serve that You have effective ability over events, a great interest and affection for me, and direction for me to be the best reflection of You I can.

K. South Hills Group

Acting on Faith and Honesty



"Practicing the principle of faith today means that we will no longer go through life acting however we feel like acting at any given moment. Instead, we will look to our higher power for guidance and strength as we face each decision."

This really jumped out at me; the realization that I have been "doing my thing" without really trusting God and seeing His wisdom in my life. The other idea that got my attention is honesty. I have not been "rigorously

honest" and have been mostly deceiving myself, and so constantly jeopardizing my abstinence and recovery.

Heather G.

A Disease of the Spirit, part 1



Those who are prone to stuff themselves with food that makes their bodies unsightly are refusing the food that satisfies and soothes the unhappy soul within. Have they said, "I don't deserve anything good" for such a long time that they are literally putting their heels on that source of love that alone can bring peace? Or have they become so discouraged or so angry

that they deny even the existence of love, let alone God? ***

There are three stages in the process of getting any kind of food. One: Take your body to the food. Two: Dish it out and eat it. Three: Enjoy it and use the energy it creates. It is the same with spiritual food, food for the soul. Let us look at these three stages.

[Continued on page 3.]

The Rev. Rollo M. Boas

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Do I look back with longing?



Just like in another twelve step program, I was not aware of how sick I really was until I experienced some recovery.

Then, that realization grew and grew until it was scary.

I didn't know I was in such trouble because I never looked at the problem seriously and with retrospect.

The binging and bulging and gorging and heartburn and puking and

headaches and wet eyes, etc. etc. ad nauseum.

No, I do not look back with longing.

Doug

A Disease of the Spirit, part 2

One: Take your body to the food. Sometimes people become so sick with overeating that the “spiritual food” has to come through one who cares, one who loves. This is God’s method. He first loved us. But sometimes He knocks at the door of our lives in the form of a person or a book or magazine article – a thought, a hope.

The knocking is heard but often the door remains shut. Sooner or later, however, it must be opened to allow some kind of help to enter. In most cases, many kinds of “help” have been tried. They all involved money, effort and disappointment. Finally, the message gets through: Someone cared enough to reach the starving soul. You allow love within your life. You are ready to take your body to spiritual food.

Two: This stage follows closely upon the accomplishment of the first. How surprising to find – and difficult to believe – that *all* those people at the OA meeting understood your problem and cared about you!

You see, love that is accepted immediately eliminates your aloneness. The only way you can use the word *love* when you are alone is by loving yourself, and no compulsive overeater does

that at first. So it must begin by allowing someone else’s love into your life. This very action of including others and being included is food for the soul – the starving waif within the stuffed body.

It is then that you are encouraged to ingest and digest two new kinds of food: First, *understanding* for your straight-jacketed mind. This comes from OA literature and other sources. Secondly, you learn that prayer and meditation have a lot to do with satisfying the inner hungry one. Finally, you can listen to the stories you hear at meetings with a deeper insight. You study the Traditions, born out of pain and trial, which have kept a spiritual movement living and growing for more than forty years. You learn that others have personal histories more traumatic than yours. You acquire humility. You learn some of the tricks of the trade of wholesome living. And finally you can turn to the healthy sauce of good humor. You can not only laugh at the ridiculous reasoning and situations others go through, but you learn to laugh at yourself.

Humor is a most important ingredient of love. I think it shakes down the food – now shrinking away – so that you can make room

within yourself for others.

This is a major step forward because it takes some of the emotional heat (condemnation) off yourself. And what a relief this is!

Fellowship, understanding and humor – all of them digestible forms of love: food for the soul.

Somewhere along this pathway the spiritual itself becomes real to you. You begin to be aware of mystical qualities that become important and real. Is this the birth of a soul? No, because the soul was not dead. It was only starving, denied and stifled. Now it moves within, purring with contentment as it begins its lifelong, God-given task of furnishing control, establishing security and, finally, giving purpose. Now you understand what it was that really attracted you to Overeaters Anonymous. *** What really caught you was the love, the understanding, the soul qualities that touched you where you really lived, though you may not have been aware of it.

The Rev. Rollo M. Boas

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“You allow love within your life. You are ready to take your body to spiritual food.”

Heard at a meeting...

As a child...

I really never had fun overeating because it was always an obsession, even as a child. Who else still remembers what her breakfast or lunch actually looked like? Not a normal person. Not someone who probably enjoys food – small bites, or a taste. It was never fun. It was just filling. Not fulfilling.

Today I have just as much food to fill me up and it's not fulfilling either. My life is fulfilled, but not with food. Food is finally in its proper place because I changed. I put my higher power first, my abstinence first, my serenity first, my relationships, my health. No, I don't look back with longing. If anything, I look

back with shame on my days of compulsion and obsession. It was a living hell. Today, I live in heaven. Yes, I have occasional struggles; I'm not normal just like it says (repeatedly) in Chapter 3 of the big book, but I am "recovered" as an OA speaker says. I'm free, happy, and joyous.



Words and names

My life before program and recovery consisted of obsession, demoralization, the treadmill of despair and sickness. I was completely powerless over food even though I didn't know it at the time. It was the program that gave words and names to what

I was experiencing on the deepest levels every day. These words and names are still important. Two of them are compulsive overeating and another is hope. They are not compatible. I had to learn another new word – abstinence. Once I learned, I began to

practice it and my new life began. As I abstained and trusted in God to give me the power to do that, I gained peace of mind and physical wellbeing. I am still on my knees daily, asking that I remember that there is nothing in the wilderness of overeating that I want.

Kathy W.

It's about the behavior.

Sober?

"Sober" is defined in the dictionary as "sparing in the use of food and drink."

That's not how I define sober and the definition doesn't really speak to me. When I say I'm sober, I'm talking about emotional sobriety, which is a result of abstinence.

In OA, "A Disease of the Mind," which I read this morning, Dr. Rader said compulsive overeating is

not about the weight, which is why diets don't work. It's about the behavior. The dictionary definition of sober doesn't include the problem of behavior, and doesn't address the disease. Perhaps for a normal person, this definition would apply, but not for me. I can't be just "sparing" with food and drink. I have to give total control of it to my higher

power.

For me, this is confirmed in the OA book, Appendix A.

Upcoming OA Events

**VICTORY FOREST
COMMUNITY CENTER
HEALTH FAIR
MARCH 3, 2018
9:30AM-3:30PM
3427 HEMPHILL ST.
FORT WORTH, TX
Volunteers needed
(Spanish language, too)**

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

**DMI INTERGROUP
MARCH 18, 2018
1pm – 2pm
Dallas Metroplex
Intergroup Office, 331**

Melrose, Suite 120
Richardson, TX 75080

**IRVING 12 STEP
WORKSHOP
MARCH 24, 2018
10 am – 5 pm
First United Methodist
Church of Irving, 211
West 3rd Street, Irving,
Texas 75060
For more information
contact: Bob 214 636
7260, Esther 214 315
4598 or Susan 469 426
5604**

**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

**WORLD SERVICE
BUSINESS CONFERENCE
2018** will convene April
23–28 in Albuquerque,
NM USA. Delegate
registrations are due
February 12, 2018

**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

**SAVE
THE
DATES!**



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

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We're on the Web!

See us at:

www.oa-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. The March meeting
will be the 2nd Saturday.

*With gratitude for the
support from these groups*

*South Hills
New Beginnings HOW*

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			
TUESDAY	7:00 PM	Arlington - City on a Hill	Speakers, Step Studies, Literature	Sherri G.	817-461-4053
		City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120			
WEDNESDAY	7:00 PM	Eules - United Memorial Christian	Big Book, Voices of Recovery	Cindy	817-455-5125
		1401 N. Main Street, Euless, 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 C, on right.			
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			