

November 2018

Looking Up

First Things First

• Step Eleven:

Sought through prayer and meditation to improve our conscious contact with God, as we understood him, praying only for knowledge of His will for us and the power to carry it out.

• Tradition Eleven:

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

• Disclaimer

Personal stories express the experience, strength, and hope of the individual member and not of OA as a whole.

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

Acceptance

“He admits he cannot drink like other people, but does not see why. He clings to the notion that he will yet find a way to do so.”

Alcoholics Anonymous, p. 110

Like many fellows before me in OA, I came into program in order to lose weight. I considered myself to be highly functioning and, since I had to take care of myself from an early age, I felt I had a good concept of who I was and how to manage my life; only my weight was an issue (words of the truly insane).

I had no idea I was insane and when insanity was mentioned in those early days I truly balked at the thought, but I wanted to lose weight so I kept coming back. Surely there is a solution where I can lose the weight and then resume eating all the things I love and cannot imagine my life without.

Y'all are the insane ones, giving up all those good things that make me feel so good. Now that would be insane for real. All those things make me diabetic, with hypertension, and on two different blood pressure pills, and a diabetic medication. Those things leave me short of breath with minimal exertion, pain in my legs that led to knee surgery, and doctors describing further surgeries that will be needed if things don't change.

I clung to the notion; I based my sacrifices on the day when I could be normal and eat what I wanted. I white

knuckled through the withdrawal from sugar and flour but mentally, I clung to the notion.

“At some of these we balked, we thought we could find an easier softer way. But we could not.”

Alcoholics Anonymous, p. 58

Something happened when the food fog cleared, and I kept coming back. Something miraculous; I got it!! The steps are precise, purposeful, and designed to bring me a spiritual awakening, that leads to a lasting recovery! That is the miracle, the promises are real. Being one of those whom the Big Book describes as an alcoholic of the worst type, I know what God can do. I was an overweight child and this continued into adulthood. I tried many things short of surgery: laxatives, purging, and every diet that came down the pike as a solution.

I never imagined a life of neutrality with food, but that is the life I have now. Even better than that, though, are the tools.

“Having had a spiritual awakening as a result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.”

Alcoholics Anonymous, p. 60

Applying these principles to living allows me the freedom to turn things over to my Higher Power. I have developed the patience to pray and wait for direction.

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Acceptance

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With the help of my sponsor and the fellows who are so open in their sharing, I see that there is a power greater than myself.

In the beginning I was not working the program to the best of my ability. I would hear: "Half measures avail us nothing." Hah, sure they do! I'm still losing weight; but I was not free from the food. I would avoid going places with friends where I knew there would be food. I would detour in the grocery store so I didn't have to see certain things, and I would want to snatch a soda out of your hand if I saw you drinking one.

In a meeting one day someone talked about white knuckling and how they were going to work their program better so they could be free.

That was when I started to understand, that, yes, you are losing weight, but you are far from free. That precious freedom is not free. It takes work and daily diligence to program but it is such an amazing joy and peace that you will never want to let it go.

"Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you - until then."

Alcoholics Anonymous, p. 164

Jackie H.

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Little Things Lead to Big Things

"If I hadn't done the little things, I never would have received the big things."

I wanted the big weight loss so much, I became willing to do the small things that the program suggested that I do; besides, I wasn't willing to do the big things yet. (It took me eleven years to get to my first three-day retreat.) My experience was:

I came to my first meeting

I came back

I asked someone to sponsor me

I called her every day

I went to the grocery store and bought food on my plan

I asked my family to support me by keeping their foods out of my sight

I made my food first, before making their dinner, which would have made me too tired to make mine

I called restaurants ahead of time and asked what was in their dishes and if they could accommodate me

I stopped going into the kitchen when I got home from work; I went into my bedroom and journaled

I stopped talking about food and recipes at work

I brought food I could eat to potlucks

I stopped going into malls and other places where the smells were too tempting

There are more little things. What are some of yours?

"In the beginning, I was not working the program to the best of my ability."

Jackie H.

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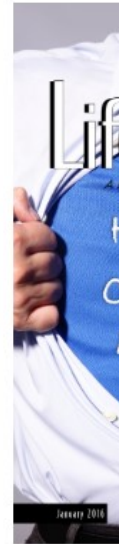
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Heard at a Step 11 Meeting

"I have to share it with someone else to see what God's will is."

"You talk to God because of who He is."

"Being as open to whatever comes as possible. When I hear nudges to _____, that's one of those triggers to connect with somebody. I look for Stop signs. I need Step Eleven today more than ever. I'm only a thought away."

"I know I have a purpose, and through Step 11 I get to look for it. I've always believed even though I've not always had faith."

"God keeps putting things in my way. When obstacles occur, I need to sit back and think."

"I do ask for God's will but I don't surrender very easily. When I meditate, I try to bring God into all that I do."

"Reading is meditating for me...food for the soul. If I'm reading, I'm sitting down being still and that is hard for me."

"If I can't breathe in God, I'm a walking dead person."

"I used to think it was 90% praying and 10% listening and I think it's probably the other way around. I have to remember I'm an instrument of His peace, love, and understanding. I'm not Him."



"There is real power for me in listening to others. That is a total psychic change for me."

"Everything is spiritual. I'm a spiritual being on a spiritual path. I need concrete experiences to know that God is working in my life."

"It's our daily bread, not weekly."

"Looking out the window, watching the birds, I get inspiration. That's God talking to me. If I step away and let it go, God gives me the answers when I wasn't even asking."

**IF I CAN'T
BREATHE IN
GOD, I'M A
WALKING
DEAD
PERSON.**

Upcoming OA Events

TRI-COUNTY INTERGROUP

NOV. 3, 2018 (AT THE RETREAT)

DEC. 1, 2018

10:30 AM, South Hills Christian Church
3200 Bilglade Rd
Fort Worth 76133

DALLAS METROPLEX

INTERGROUP

NOV. 18, 2018

DEC. 16, 2018

1 PM, DMI Office
331 Melrose, Suite 120
Richardson 75080

Just another Thursday

Where: Your house
When: November 22, 2018
All Day, All Night

Set a place at the table for your higher power

Plan your meals, write them down, and commit them to your sponsor

Focus on fellowship, not food

Attend a meeting

Write a gratitude list

Call an OA friend; text an OA friend

Fix your food first; everyone else can wait, but your abstinence cannot

**SAVE
THE
DATES**

2018 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 OA Tri-County Intergroup or 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.aa-tricounty.org

*With gratitude for the
support from these groups*

South Hills

Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS

Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	6:30 PM	Fort Worth - South Hills Christian 3200 Bilglade Road, Fort Worth, TX 76133	Literature: Step / Tradition of the Month	Happy	817-370-7207
TUESDAY	Noon	Fort Worth - South Hills Christian 3200 Bilglade Road, Fort Worth, TX 76133	OA 12X12 writing / AA Big Book	Happy	817-370-7207
TUESDAY	7:00 PM	Richland Hills - City Point United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #104	Literature meeting	Rachel R.	817-595-3044
THURSDAY	Noon	Grapevine OA - 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 B, on left.	Meeting leader chosen topics from OA 12X12, Big Book and OA Literature	Judith D.	682-313-8484 leave voice mail or text
THURSDAY	6:45 PM	New Beginnings HOW - St. Paul Lutheran Church 1800 West Freeway Fort Worth, TX 76102 Located in the Student Ministry Office. Down the access road past the church. Right on 11th. Left on Broadway. Left into parking lot. Ring bell for entry.	HOW	Patrice	817-692-7180
THURSDAY	7:00 PM	Arlington - City on a Hill Church City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	HOW	Lisa	682-438-9160
THURSDAY	6:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA & AA Literature	Happy	817-370-7207
FRIDAY	11:00 AM	Saginaw Overeaters Anonymous Meeting Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179	Womens Focus	Christine	817-874-3849
SATURDAY	9:00 AM	Fort Worth - South Hills Christian 3200 Bilglade Road, Fort Worth, TX 76133	Big Book Study with writing	Happy	817-370-7207
SATURDAY	Noon	Arlington - City on a Hill City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	Literature	Blythe	817-300-4329
SATURDAY	Noon	Daily Reprieve, Euless - United Memorial Christian Church 1401 N. Main Street, Euless, TX 76039	Step Study / Big Book	Margie	972-310-3636
SUNDAY	4:30 PM	Fort Worth - South Hills Christian 3200 Bilglade Road, Fort Worth, TX 76133	Writing, Steps and Literature	Happy	817-370-7207