

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - JANUARY 2015

The Joys of OA Community

A yearlong exploration and witnessing of how, together, we can do what seemed impossible to us alone. Of all the joys of the recovery process, having community continually adds to our potential recovery and eases the process of gaining abstinence.



This month sponsored by Fort Worth Bethel HOW

The Power of You

From my first introduction to OA/HOW in 1996, the attraction was about the people who were working the program. My job brought me into contact with two ladies who were in the program and I watched them for a year eating their homemade lunches, losing weight, and keeping it off. After a year, I thought, this thing – whatever they were doing, must work. So I followed them; I went where they went. When I got there, I immediately felt a part of the group. The readings at the start of the meeting described who I am. What the members shared during the meeting confirmed that I was in the “right” place. I think it was only the second time in my life that I felt an instinctive attraction to a group of people. The first time was in the first twelve-step group I joined. To describe what I felt that made me feel a part of the OA/HOW community will be difficult. It’s often hard for me to describe in words such deep, emotional thoughts and feelings.

I felt *relieved*. Relief came from not being asked to contribute money, make testimonies, weigh in, and to do other humiliating tasks. Relief came from not having to share. Relief came from the tears that were released when I heard my innermost thoughts being expressed by others.

I felt *gratitude*. Gratitude came from not being asked to contribute money, from having a place where there were other people like me, and from finding a name for what I am.

I felt *hope*. I saw thin people and I heard people qualify and describe their weight loss. I saw that they were happy and positive; they weren’t complaining OR bragging! They were just doing what needed to be done. They were protective of their abstinence – something I had never seen or experienced but, after a bit of abstinence myself, I also felt protective. I did not want to share my group with others outside the group. It just didn’t feel right.

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Tri-County Intergroup
Group # 09163
PO Box 14324
Arlington, TX 76094

Monthly Intergroup minutes are
available at
www.aa-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@aa-tricounty.org

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Power Continued

I felt I had been given a *gift*. The gift of abstinence is something we all hold dear; we respect it; we reach for it; we cherish it when we attain it; we share it with others knowing that we must give it away in order to keep it and we do that by sponsoring others and by being sponsored ourselves.

I did not believe in the Promises when I came in 1997. I thought, “yeah, right.” But I just kept coming back to this group of people who were like me, who had the same struggles day to day, week to week, holiday to holiday, and family to family. I worked the Steps, used the Tools, and stayed abstinent – not perfectly; never perfectly – but joyfully. Eventually, the Promises all came true for me, including the ones that say, “we will ***gain interest in our fellows,” and “fear of people***will leave us.”

It’s through the people in OA that I learned trust, something that I had lost as a child. And, with that trust, I was able to build a new life. I continue to be a part of OA/HOW because I need it, want it, and want it to be there in the future. I could not do this alone; I never could do it alone. It’s only because YOU were there for me in 1997 that I am where I am today. Never underestimate the power of YOU.

Betsy H - Fort Worth - Bethel HOW

I Am Responsible

“When anyone, anywhere, reaches out for help, I want the hand of OA always to be there. And for that I am responsible.” excerpted from OA’s Responsibility Pledge

The primary purpose of OA is to carry the message of recovery to those who want and ask for help. Groups carry the message by having meetings and sponsors. One way a group can help is to assign members to greet, introduce and call newcomers. Having someone contact a newcomer after their first meeting to answer their questions is a simple action that can have a positive impact on the newcomer. Groups cannot afford to lose sight of the importance of taking a special interest in a confused compulsive overeater who is looking for relief from this disease

Thus groups cannot lose sight of the importance of sponsorship as a key tool for the health of the group and its members. Experience shows that members getting the most out of the OA program and groups doing the best job of carrying the OA message to the still suffering compulsive overeater, are those for whom sponsorship is too important to be left to chance.

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In Gratitude for Continuing Support

Arlington HOW Group



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Service is Vital to Our Own Recovery

Here Are 100 Opportunities to fill your heart and secure your abstinence

We are still looking to finish this list to 100... Maybe you have a service idea we can include in our list... Still need 20 or so good ideas!

<i>Your focus:</i>	<i>Service you can perform</i>
Be the Message	1. Live the 12 steps of recovery, carry a message of hope.
Be the Message	2. Reach out to those who still suffer. _
Welcome Newcomers	3. Greet newcomers warmly at meetings.

I am Responsible Continued..

Thus groups cannot lose sight of the importance of sponsorship as a key tool for the health of the group and its members. Experience shows that members getting the most out of the OA program and groups doing the best job of carrying the OA message to the still suffering compulsive overeater, are those for whom sponsorship is too important to be left to chance.

Groups are responsible for encouraging sponsorship. When a person has completed and given away their 5th step inventory they should be introduced to the group as a new sponsor. Sponsorship is a privilege to be shared by as many members possible and an activity that helps all members strengthen their abstinence. Sponsorship is one of the tools of the OA program. You should lean on your sponsor until you find what your sponsor is leaning on (a Higher Power) and then you can walk hand-in-hand on the road to recovery. When you choose a sponsor and it does not work you are free to choose another. A sponsor who has been truly putting the program first will not take it as a personal insult if the sponsee decides to change sponsors.

Those that are “successful” in the program, help keep their abstinence by giving it away by sponsoring. As a sponsor you don’t have to have anyone’s answers. Each person has their answers inside themselves. Sponsees just need someone to listen to them so they can hear their own answers.

What does a sponsor do? They try to lead the sponsored in their search for a conscious contact with their Higher Power. They share their experience, strength and hope. They talk about what OA has meant to them. They encourage newcomers to attend a variety of OA meetings. They suggest that the newcomer keep an open mind. They never take a newcomer’s inventory unless asked. They introduce newcomers to other members, especially those who have similar interests or have solved a problem that the newcomer has.

Sponsors see that the newcomer is aware of OA and AA literature and goes over the 12 steps and 12 traditions and emphasizes their importance. A sponsor is available to the sponsee when problems arise. A sponsor does not argue theological matters. A sponsor urges a newcomer to join in group activities and service as soon as possible. A sponsor is not afraid to admit that that they do not know. A sponsor does not hesitate to encourage a newcomer to obtain professional help (such as medical, legal, vocational) if assistance outside the scope of OA is needed.

The sponsor encourages a newcomer to work with other compulsive eaters as soon as possible. In all work with a newcomer, the sponsor underscores the fact that it is the OA recovery program – not the sponsor’s personality or position – that is important. Thus, the newcomer learns to lean on the program and their Higher Power and not on the sponsor.

These thoughts are my own and do not represent OA as a whole. I owe my recovery to my sponsors who took a special interest in me and were willing to share their recovery.

Jaclyn, Looking Up July 2007

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Tri-County Intergroup OVEREATERS ANONYMOUS MEETINGS

Day & Time		City-Group Name - Address	Subject	Contact	Contact Phone
MONDAY	7:00 PM	Arlington - Wesley House	Speakers, Step Studies, Literature	Mary Lou B.	817-287-9940
		3216 West Park Row Drive, Arlington, TX 76013			
MONDAY	7:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Literature: Step / Tradition of the Month	Happy	817-370-7207
TUESDAY	Noon	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	OA 12X12 writing / AA Big Book	Happy	817-370-7207
TUESDAY	Noon	Bedford - OA Power Hour Real Time Phone Meeting: 712-432-5200, Access Code 956915#	12 Step Practice	Keith	817-692-1641
TUESDAY	6:00 PM	Stephenville - Cross Timbers - First Presbyterian Church 1302 N Harbin Drive, Stephenville, TX 76401	Literature / Topic	Pat	254-485-0921
TUESDAY	7:00 PM	Richland Hills - United Methodist Church 7301 Glenview Drive, North Richland Hills 76180 Room #110	Big Book Study	Rachel	817-595-3044
WEDNESDAY	1:30 PM	OA Step & Tradition - New World United Methodist Church, Room 28, 2201 N. Davis Dr., Arlington	OA Literature	Gwenne G	682-429-7990
WEDNESDAY	7:00 PM	Arlington - Wesley House 3216 West Park Row Drive, Arlington, TX 76013	HOW <i>Closed Meeting</i>	Lisa	682-438-9160
THURSDAY	6:45 PM	Fort Worth - Bethel HOW - Bethel Methodist Church (corner of Southwest Blvd. & Vickery) RING DOORBELL ON DOOR TO THE RIGHT OF THE SANCTUARY 5000 Southwest Blvd. Fort Worth, TX 76116	HOW	Patrice	817-692-7180
THURSDAY	7:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Voices of Recovery / OA 12X12	Happy	817-370-7207
SATURDAY	9:00 AM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Big Book Study with writing	Happy	817-370-7207
SATURDAY	Noon	Arlington - Wesley House 3216 West Park Row Drive, Arlington, TX 76013	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	Pat M.	817-864-9888
SUNDAY	3:00pm	Willow Park , St. Francis Episcopal Church (in education annex) 117 Ranch House Road, Willow Park, TX 76087-7688	Big Book 12-Step Recovery Meeting	Katherine L.	(817) 917-6617
SUNDAY	4:30 PM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Writing, Steps and Literature	Happy	817-370-7207

CLOSED MEETINGS - Meeting marked "Closed Meeting" are for any OA Member.

Tri-County Intergroup meets at 10:30am the first Saturday of every month. The meeting will alternate between Wesley House, 3321 West Park Row Dr., Arlington, Texas 76013 and South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133

2015's Intergroup meetings will be held as follows:

TBD

last change 9/27/2014