

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER – APRIL 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 1

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.



Surrender is incremental; we surrender some things first and other things later. It is scary and overwhelming to think about doing it all at once.

Surrender is about letting go with palms open facing upward. Here you go, I give this to you HP. Please, take this from me.

Am I doing all of the things that I need to do to become a healthier and better person? Have I surrendered my will in all things and truly trusted God to guide my life? I find that I have surrendered in areas that are persistent or chronic issues in my life... but that I do not easily surrender or turn it over to God when a new or immediate (in the moment) problem arises. I instinctively try to manage, control, and solve the "problem" by myself. The truth is I am still learning how to surrender - particularly how to surrender in the moment.

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2017 TRI-COUNTY INTERGROUP BOARD

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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

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

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I believe that surrender is not giving up in defeat but is instead acceptance of a need for guided action. There are actions that help my surrender that have to be taken daily at the start of each day and include: prayer, meditation, reading, OA email reading, journal writing, food and action plan development, and journal writing. Then, throughout the day I require a booster shot of motivation and guidance from my Higher Power so I pray or just talk conversationally in my head to HP. Twice a week or more I try to attend an OA meeting as another form of booster shot and motivator. In the evening, I pray, then review my actions, interactions, and behaviors that day and try to assess how I could have acted or lived in a better way (step 10).

This entire process is not what we are taught, culturally, to think of as "surrender." I suspect that the word "surrender" is from another time (when AA was founded) and reflects a spiritual concept suggested by some religions. I have come to think of another word as more apt and current for what is going on in my recovery - it is ALIGNMENT. I am not giving up my responsibilities, or my authorities (if they are part of my responsibilities in my job or as a parent/adult); instead I am aligning myself with a philosophy that urges me to connect, help, support and do no harm to other people or myself. I am bringing my actions in line (aligned) with a spiritual imperative based on my understanding of God and what God wants of me. This alignment is highly personal and does not have to be affiliated or approved by any other person or religious institution.

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.



*In Gratitude for
Continuing Support*

Richland Hills and South Hills

*Freedom from
dishonesty*

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.*

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Surrender – Part 1 Continued

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 B.

The Serenity Prayer

God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.

*Living one day at a time;
enjoying one moment at a time; accepting hardships as the pathway to peace;
taking, as He did, this sinful world as it is, not as I would have it;
Trusting that He will make all things right if I surrender to His Will;
that I may be reasonably happy in this life and supremely happy with Him forever in the next.*

Amen.

Reinhold Niebuhr

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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 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	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
TUESDAY	7:00 PM	Arlington - City on a Hill 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	Eules - United Memorial Christian Church 1401 N. Main Street, Eules, TX 76039		Cindy	817-455-5125
THURSDAY	Noon	Grapevine OA - First United Methodist Church 21 Church St Grapevine, TX 76051 Brick Thrift Store across street from church. Park on South side of building, enter thru double glass door, Conf Room C, on right.	NEW MEETING NEW LOCATION	Judith D.	
THURSDAY	6:45 PM	New Beginnings HOW - St. Paul Lutheran Church 1800 West Freeway Fort Worth, TX 76102	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	7:30 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	Open	Rita R.	817-353-5829
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	10:30 AM	Fort Worth - South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133	Men's focus, all welcome - Topic/discussion	Dan	925-577-8636
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, Eules - United Memorial Christian Church 1401 N. Main Street, Eules, TX 76039	Step Study / Big Book	Margie	972-310-3636
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

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 2/4, 4/1 (workshop), 6/3, 8/5, 10/7, 12/2; 11/4 (at our Annual Retreat)

last change 3/23/17