

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - JUNE 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*

Second Hand Stress

I believe that I absorb and react to the stress of those I care about and that it rubs off or translates to me. This does not mean that I have to eat over it. Many OA friends told me that those problems or issues belong to someone else. Their stress is not mine to fix and I should not get involved. I should isolate and insulate myself from situations in which I acknowledge that I am powerless to fix or control. However, I do not believe that denial or avoidance, or isolating me from the stress and anxiety (or just saying that these are the other person's problems) is a valid loving, supportive or healthy response. I believe that we need to sense and acknowledge the pain, suffering, and stress of those we love or we lose our deep connection to them - we need to be involved, feeling but not directing or solving. However, even if we "feel" their stress we do not have to act out over it and eat.

How do we avoid making the problems and stresses of our loved ones something that we react to with self-destructive behaviors (eating, drinking, drugs...)? By asking God to help them; by asking God for direction; by listening; and by turning over the solution of their problems and issues to God instead of trying to fix or control the outcomes ourselves. This does not mean that we should not help or participate, do some support research or proof-reading or help craft letters or applications or job seeking strategies. However, my solutions and choices should not dominate or control the choices of those I care for and I must accept that the results of these support efforts are in God's hands.

Continued on Page 2

2017 TRI-COUNTY INTERGROUP BOARD

Chairperson:	Carolyn D
Vice-Chair:	Charra W
Treasurer:	Joy D.
Secretary:	Jaclyn
Liaison to DMI:	Dianne S.
Liaison from DMI:	Frances P.
Public Relations:	Jaclyn
Newsletter:	(open)
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

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

Looking UP

*In Gratitude for
Continuing Support*

**South Hills and
Arlington City on the Hill**

*Freedom from running
the show*

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.*

It can wear on us when our loved ones constantly seek support and drag us down with their depression and anxiety - being in such an environment for extended times is difficult and quite frankly, a downer. Part of the answer for protecting my sanity and abstinence, is to have other outlets and activities- jobs, friends, exercising, volunteering, OA, using the OA tools. All of these get my head and thoughts out of the negative environment and reaffirm my own uniqueness and value. These techniques can be used to balance or displace the negativity - they do not fix the problems or make them go away. There is a fine balancing act here between protecting oneself and supporting the loved one. The choice for me is not always "me first." In some cases, I have felt it was God's will that I be there for the other person even if it caused me distress and pain.

In the long run, I have had to keep in mind the concept that "this too shall pass". I need to trust God that the other person(s) that I love will learn and grow as a result of this distress or pain and that I will too. This I believe is one of my major purposes in life - to grow and learn either from joyous experiences or by surmounting and surviving painful and stressful experiences.

I need to remember and repeat (frequently) my favorite mantra when I am stressed by issues in my own life or those in the lives of others I love (prayer is a tool):

peace/serenity

*it does not mean to be in a place where there is
no noise, trouble, stress or hard work;
it means to be in the midst of those things,
acknowledge and accept my feelings as legitimate,
and turn to my Higher Power for hope and guidance,
so that I may be calm in my heart,
and not react with self-destructive behaviors.*

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.

Dan S.

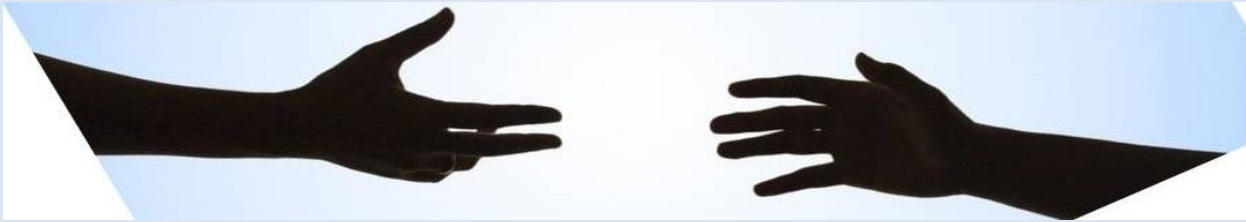
Looking UP

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. Sponsorship is one of the tools of the OA program. You can 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.

Those that are “successful” in the program, keep their abstinence by giving it away—by sponsoring. As a sponsor, you don’t have to have everyone’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, emphasizing 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 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.

The gift of sponsorship is a tool worthwhile to make a part of your recovery.

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 D

Looking UP

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	Big Book, Voices of Recovery	Cindy	817-455-5125
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 C, on right.	Meeting leader chosen topics from OA 12X12, Big Book and OA Literature	Judith D.	682-313-8484
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	Womens Focus	Deb R.	682-802-0391
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 9/9 (workshop) 7/1 and 1/6/18

remaining: Fort Worth 6/3, 8/5, 10/7, 12/2; 11/4 (at our Annual Retreat)

last change 5/10/17