

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - JANUARY 2014

Celebration of the Newcomer

A yearlong celebration of the newcomer to our meetings through the words of our member groups. As we walk this miracle program, let's share our experience, strength, and hope. Let's share our personal newcomer experience and how we can continue to reach out and help others find abstinence.



*This month
sponsored by*

**Fort Worth - Bethel
HOW**

The Tools of Recovery (abridged)

http://www.oa.org/pdfs/Abridged_Tools_2011_final.pdf

We use tools—a plan of eating, sponsorship, meetings, the telephone, writing, literature, action plan, anonymity and service—to help us achieve and maintain abstinence and recover from our disease. Many of us have found we cannot abstain from compulsive eating unless we use some or all of OA's nine tools of recovery to help us practice the Twelve Steps and Twelve Traditions.

A Plan of Eating

A plan of eating helps us abstain from compulsive eating. (See the pamphlet Dignity of Choice.) This tool helps us deal with the physical aspects of our disease and achieve physical recovery.

Sponsorship

We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional and spiritual. Find a sponsor who has what you want and ask that person how he or she is achieving it.

Meetings

Meetings give us an opportunity to identify our common problem, confirm our common solution through the Twelve Steps and share the gifts we receive through this program. In addition to face-to-face meetings, OA offers telephone and online meetings.

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**Are you on the email list for receiving your newsletter?
Contact us at newsletter@aotricounty.org**

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

**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](mailto:newsletter@oa-tricounty.org)

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Continued - The Tools of Recovery

Telephone

Many members call, text or email their sponsors and other OA members daily. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience.

Writing

Putting our thoughts and feelings down on paper helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them.

Literature

We read OA-approved books, pamphlets and Lifeline magazine. Reading literature daily reinforces how to live the Twelve Steps and Twelve Traditions.

Action Plan

An action plan is the process of identifying and implementing attainable actions that are necessary to support our individual abstinence. Just like our plan of eating, it may vary widely among members and may need to be adjusted to bring structure, balance and manageability into our lives.

Anonymity

Anonymity guarantees we will place principles before personalities and assures us that only we have the right to make our membership known within our community. Anonymity at the level of press, radio, films, television and other public media of communication means that we never allow our faces or last names to be used once we identify ourselves as OA members. Within the Fellowship, anonymity means that whatever we share with another OA member will be held in respect and confidence. What we hear at meetings should remain there.

Service

Any form of service that helps reach a fellow sufferer adds to the quality of our own recovery. Members can give service by getting to meetings, putting away chairs, putting out literature and talking to newcomers. Beyond the group level, a member can serve as intergroup representative, committee chair, region representative or Conference delegate. As OA's responsibility pledge states: "Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible."

[See the full Tools of Recovery pamphlet for more information.](#)

The Importance of Newcomers

The most important person in my meeting is the newcomer because she or he is the reason for my existence - to carry the message to the still suffering compulsive eater. What the newcomer doesn't know at the time is how important he or she is to me. The newcomer reminds me how close I am to being back in the depths of the disease, which makes it real and painful again, i.e., makes it new again.



I need this reminder as much as the newcomer needs me to be present for her or him and to share my experience, strength and hope (most especially hope). May I always remember that the newcomer is the most important person in the room.

*Betsy H - Fort Worth , Bethel HOW
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In sympathy - Our first Newcomer

We are deeply saddened to report that OA's beloved founder, Rozanne S., passed away peacefully last night, January 15. Rozanne began Overeaters Anonymous in California on January 19, 1960, and fulfilled her dream that it become an international organization. We are forever grateful to her for her vision, perseverance, and love, through which so many have found recovery from compulsive eating. Our thoughts and prayers are with her family and loved ones during this difficult time. Cards may be sent in care of the World Service Office.

Then in came...

The gift of the Newcomer

Sometimes I can become complaisant in a meeting where I know everyone and everyone knows me. I am comfortable and I know what to expect. That all changes the minute a newcomer walks through the door. I can feel the energy level go up, there is a bit of breathlessness and expectation! Will the newcomer open up and trust us? Will the newcomer come back and become a vital part of our recovery?

Every newcomer is a celebration of what this program has to offer to anyone who wants it. It reaffirms my own recovery and causes me to look and make sure that I am using all the tools it has put at my disposal to live a sane and abstinent life TODAY! Do I want to pass that on to the newcomer? Absolutely! On that we in the program can wholeheartedly agree because we know that we need the newcomer as much as they need us.

What a privilege to be asked to share what I have been given and what responsibility. But being of service to my fellow sufferers is what this program is all about. As the program says: I believe that as I give to the world, so the world will give to me. I will give my recovery to the newcomer and they will give me fresh eyes to see the precious gift I have today.

Kathy W.

Bethel/HOW Group

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In Gratitude for Continuing Support

*Arlington, South Hills, Granbury
Bethel HOW, Richland Hills*

Tradition 2

*For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience.
Our leaders are but trusted servants; they do not govern.*



Conscience

Looking to be of service...

The OA convention hospitality room is open 3:00 – 10:00 2/28/14 and 8:00 am – 10:00 pm 3/1/14. If you can work an hour please contact Darlene 214-252-0914 liesner6522@att.net

Also need set up help 12:00 – 3:00 2/28 and tear down help 3/2 12:00 pm. Westin DFW. Trinity VIII ballroom. Thanks.

<http://www.oaregion3.org/wp-content/uploads/2013/12/oa-convention-2014.pdf>



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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 - Trinity United Methodist Church, Wesley House	Abstinence	Billie	817-460-3083
		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	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	7:45 PM	Arlington - Trinity United Methodist Church, 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	OA Workbook	Happy	817-370-7207
SATURDAY	Noon	Arlington - Trinity United Methodist Church, Wesley House 3216 West Park Row Drive, Arlington, TX 76013	Literature	Billie	817-460-3083
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	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

2014's Intergroup meetings will be held as follows:

February 8th – Fort Worth; March 1st Arlington; April 5th Fort Worth; May 3rd Arlington; June 7th Fort Worth; July 12th Arlington; August 2nd Fort Worth; September 6th Arlington; October 4th Fort Worth; November ? (might hold it with the retreat); and, December 6th Fort Worth.

last change 1/23/2014