

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - FEBRUARY 2016

The Tools of OA Recovery

Each month a new article will open our minds and hearts to the wonders of a specific tool and how it supports our recovery. With only 9 tools, we will assign special articles throughout the year to enhance our understanding of our program.



*This month sponsored by
Friends from Australia*

A Sponsor's Direction

For the first few years of being in fellowship, I was working the 12-step program my way. In fact, I was working it "on my own" way, and it didn't work. I heard the suggestion to get a sponsor, so I did that, several times over, but never bothered to talk to them. They were quite confused and no doubt frustrated with my behavior, but all seemed to have a program of their own which they continued to work and detached from me with love.



Finally I had reached a point of rock bottom in all ways: emotionally, spiritually and physically. After four of the most painful years of my existence, having one foot in fellowship and the other pointing outward, I reached out my hand to a woman who seemingly had what I was desperate for—love, gratitude and joy of fellowship....and God. I had no understanding of what it was that she was offering, I just knew beyond doubt that it was far better than what I had. Moreover, all I had at that point was me. Left on my own, I was riddled with disease and no hope. It is an awful place for an addict and often leads to only two choices: death or life. Thank God (who was continuing to do for me what I could not), I chose life.

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Tri-County Intergroup
Group # 09163
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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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Sponsorship

Sponsors are OA members who are living the Twelve Steps and Twelve Traditions to the best of their ability. They are willing to share their recovery with other members of the Fellowship and are committed to abstinence.

We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional and spiritual. By working with other members of OA and sharing their experience, strength and hope, sponsors continually renew and reaffirm their own recovery. Sponsors share their program up to the level of their own experience.



Ours is a program of attraction; find a sponsor who has what you want and ask that person how he or she is achieving it. A member may work with more than one sponsor and

may change sponsors. However, many of us choose to work with just one sponsor. In either case, it's helpful to avoid changing sponsors frequently.

Nine Tools Of Recovery

<https://www.oa.org/newcomers/tools-of-recovery/>

The OA Board of Trustees has approved an abridged version of the Tools of Recovery that can be read at meetings.

New Meeting

You're invited! We are starting a new meeting on Saturdays at 10:30 AM at South Hills Christian Church, 3200 Bilglade Road, Fort Worth, TX 76133. This meeting will have a Topic/Discussion format where the leader for each meeting will propose a recovery topic, speak on the topic for 5-10 minutes, and then open the meeting for discussion and sharing. The meeting is listed as having a Men's Focus and this is designed to suggest that this will be a meeting where men are more likely to be present; however, all members of OA are welcome at this meeting. Please come and check us out. Contact Dan at [925-577-8636](tel:925-577-8636) for further information.

*In Gratitude for
Continuing Support
South Hills*

*We are going to know a
new freedom and a new
way of life.*

The Promises

*Are these extravagant
promises? We think not. They
are fulfilled among us -
sometimes quickly, sometimes
slowly. They will always
materialize if we work for them.*

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The fear of being alone had driven me further and further into my disease. It was through my sponsor's strong direction and example that I saw I was not alone, and that I didn't have to be at any point of any twenty-four hours. I admitted to her that I was willing to go to any length to recover, and she would often remind me of this commitment when I balked at some of her direction, considering it to be simply madness, e.g., making my flat-mate a cup of tea when I had a resentment toward her that choked me! How on earth would action that went against any solution I had previously known, help me AND her? But do it I did. Three years later, and after many voluntary cups of teas made, my flat-mate and I parted company with a love and friendship that remains unbroken today.



My sponsor has also guided me on how to sponsor others. The gift she brought me has broken through, again and again, the baffling symptoms of fear, isolation and self that my disease exhibits. I ran to her the first instant that someone asked me to sponsor them with the question "How can I do this?" Her loving response came back "I will sponsor you into sponsoring someone else, you are not alone." Again I saw and felt how this wonderful tool of program works against the clutches of our debilitating illness. Working with others is taking Step 1 and Step 12 and rolling them into our own "experience, strength and hope;" "We admitted," and "carrying the message to

those who still suffer," comes through my own experience of recovery. I do not have to know everything that is asked of me, neither do I have to be there when I am unable to. God is the power that will be all of these things to anyone I sponsor, and for myself.

Today I understand the role of a sponsor to be in its purest form, to take another through the steps as I was shown, and to introduce them to a power greater than themselves—as it was done for me by way of the Big Book of Alcoholics Anonymous. Sponsorship is a tool passed down through the ages that originated so long ago in the kitchen of Bill W, as he sat listening to his old drinking buddy, Ebby. Ebby spoke convincingly of his experience of getting sober and finding his own God. Bill, after some time and further fact-finding missions of drinking binges, did what Ebby had so freely done for him—he carried the message of recovery to a suffering alcoholic, this time to Dr Bob. Here we stand today doing what has worked for millions of addicts, sharing how we got abstinent, one day at a time, through the 12 steps on our walls and the God of our own understanding in our hearts.

May the blessings and joy of our beautiful fellowship be yours today through giving and receiving sponsorship. It works if we work it, and work it we must or else we die alone.

Kate S.
Castlemaine, Australia

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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 - City on a Hill	Speakers, Step Studies, Literature	Sherri G.	817-461-4053
		City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120			
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	Literature meeting	Rachel	817-595-3044
		7301 Glenview Drive, North Richland Hills 76180 Room #104			
WEDNESDAY	1:30 PM	OA Step & Tradition - New World United Methodist Church, Room 28, 2201 N. Davis Dr., Arlington	OA Literature	Yolanda	817-277-5351
THURSDAY	6:45 PM	Fort Worth - Bethel HOW - Bethel Methodist Church (corner of Southwest Blvd. & Vickery)	HOW	Patrice	817-692-7180
		RING DOORBELL ON DOOR TO THE RIGHT OF THE SANCTUARY 5000 Southwest Blvd. Fort Worth, TX 76116			
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	Seeking the Spiritual Path	Happy	817-370-7207
Friday	11:00 AM	Saginaw Overeaters Anonymous Meeting	Open	Rita	817-353-5829
		Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179			
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, 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 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

2016's Intergroup meetings will be held as follows: New World, Arlington 3/5, 5/7/ 7/9 and 9/10 - we will have November 5th Intergroup at the retreat. South Hills, Fort Worth every other month: 2/6, 4/2, 6/4, 8/6, 10/1 and 12/3.

last change 1/18/2016