

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - MARCH 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
South Hills Literature: Step /
Tradition of the Month*

Sponsorship



For Today Page 340 "To learn something new, I need an open mind, a trusting mind which can wander into places that once frightened me."

For Today Page 50 "Am I taking advantage of all the help OA offers in trying to get at the root of my unhappiness?"

"When we build a house, we

use tools. When we plant a garden, we also use tools. If we cook a meal, there are kitchen tools we use. And when we work a recovery program we use tools. There are many tools ... but one of the most important by far is Sponsorship." Anonymous

The second meeting I attended, I asked someone to sponsor me after hearing her story. It was different yet so much the same as mine. She had been abstinent 18 years and had what I wanted. Even though I had no idea what a sponsor was and what they were to do.

She was direct and to the point. She made "suggestions" and after some thought I would follow them. It took me a while to realize that what she was telling me is how the program worked for her and if I truly wanted what she had I would listen.

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2016 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.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.

Of all the tools to celebrate twice, Sponsorship stands out. This is a WE program but without that special individual hand reaching out to guide my faltering steps, the program would be lost to me and abstinence a dream rather than a reality.

Please – use this wonderful tool

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.

Dallas Metroplex Intergroup
Overeaters Anonymous Presents



*Check out the attached
brochure
for details*

*In Gratitude for
Continuing Support*

South Hills

*We will not regret the past
nor wish to shut the door
on it.*

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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Sponsorship Continued

She was not my new boss but she was wise about how to work the 12 Steps and gain the spirituality I so desperately needed. The very first meeting she taught me about prayer and meditation. I didn't know that was Step 11, I was too new. But I have never regretted what I learned. I do believe in working the Steps in order because it worked for me but meditating and prayer is always good to start practicing.

Becoming a sponsor is what gave wings to my recovery and found the roots of my unhappiness. My Higher Power sent people into my life that helped me more than I feel I ever helped them.

Sponsors are just human beings trying to help others as they help themselves find and maintain recovery. They do not give advice or tell others how to work their program, but lead them through the Steps. The answer is always in the steps. As a sponsor I share the experience, strength and hope that keeps me abstinent each day. It is the real gift I can offer.

From The Sponsorship Workshop Pamphlet:

In Overeaters Anonymous, we are told that “together we can do what we could never do alone.” Nowhere is this principle more simply and clearly practiced than in the sponsor- sponsee relationship. Yet many of us have found it quite a challenge to find a sponsor to work with. Often we find that in our meetings, when the request is made for all who are available to sponsor to raise their hands, few (or no) hands appear. There may be many reasons for this.

QUESTIONS---AND 'MY' ANSWERS

1. Am I “good enough” to be a sponsor?
2. Are there any definite techniques for sponsoring?
3. Can I have more than one sponsor?
4. Do I have to agree with everything my sponsor tells me?
5. How long do I have to be abstinent to sponsor?
6. How do I know when I’m ready to be a sponsor?
7. How should I choose a sponsor?
8. Is there a right and wrong way to sponsor?



From Guidelines for Membership Retention

Our responsibility pledge states: “Always to extend the hand and heart of OA to all who share my compulsion: for this I am responsible.”

- stick to the Twelve Steps, Twelve Traditions, OA tools and approved literature when sponsoring.
- share about your progress in working and living the Steps. When sharing your experience, share your strength and hope.
- be an example of recovery. This is a program of attraction, not promotion.

South Hills Literature: Step / Tradition of the Month
Anonymous

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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	Step Study / Big Book	Margie	972-310-3636
		1401 N. Main Street, Euless, TX 76039			
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