

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - MAY 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 OA 12X12
writing / AA Big Book*



The Telephone Connection

When I think back on how the telephone has helped me in my recovery in OA, I realize that the telephone has been instrumental in my life. I recall sharing myself honestly in a phone conversation with a friend,

who later became my husband. Somehow in talking over the phone I could let my guard down and be my true self, an action I avoided in person because I cared too much about what others thought of me. I was a self-proclaimed 'expert' at reading nonverbal cues from others and adjusting my responses to get the approval I wanted, which usually involved lying to myself and others. After all, they HAD to like me...

The telephone brought me back to OA after having left for 6 years. Gratefully, I was beaten into a desperate realization of powerlessness and given by God the willingness and inspiration to call a long-time OA member and understanding friend. I sat crying in my chair, heart racing, knowing that another surgery was not going to fix my food, fat or feelings. The years apart melted away. My friend graciously listened to my hopelessness and runny nose and gently suggested I go to the next OA meeting. She shared her time with me and the gift of herself. I did go to the next meeting and began a state of recovery I hadn't experienced before.

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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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Telephone

Member-to-member contact helps us share on a one-to-one basis and avoid the isolation that is so common among us. Many members call, text or email their sponsors and other OA members daily. As part of the surrender process, these tools help us learn to reach out, ask for help and extend help to others. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience. Members should respect anonymity when leaving any type of voicemail or electronic message.



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.

Self-Honesty, Hope and Faith

God, I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always.

Big Book, page 63

*Make sure you reserve a spot
at the retreat!*



For more information call: Dianne S 469-600-7278 or Carolyn D. 817-924-2328

TCI Annual Retreat



The 12 Steps: A Lifeboat to Recovery

November 4th - November 6th, 2016

Glen Lake Camp at Glen Rose
Sponsored by
Tri-County OA Intergroup

*Begin now to prepare by
reviewing your Steps to
recovery.*

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Today I am grateful to hear that voice in my head "Call a member..." when urges to compulsively eat come over me. Recently I called in a resentment to an OA's voicemail. She called me back to follow up with me and shared that she asks herself, "What part do I have in this resentment?" Asking myself that question allowed me to pause, to see that it is ME, not others, who makes my life miserable. My selfish controlling nature of perfect expectations blocks me from serenity.

I have not always been so eager to use the telephone as a tool. For years I dreaded picking up the phone, fearing talking without controlling others, fearing the silent pauses, the uncomfortable listening to their woes and not being able to fix them, but mostly I did not want to be honest and share my own struggling with the disease. The ultimate in selfishness. Funny how God makes opportunities! Surprising myself, I accepted a service position of maintaining my group's phone list for a year. When another member expressed a desire to take it over I worried I would lose my abstinence and connection with program. Gratefully, God's wisdom quickly allowed me to view it as His will to let others give service and that God has a plan.

The fear of calling has gradually left me, replaced by the repeated grateful happy voices on the other end. People are genuinely happy to hear from me, no matter if I'm in crisis or making a 12 step within call. It is God's love and patience which has transformed one of my least favorite tools into a powerful resource of recovery through service to others.

I am grateful to listen to phone meetings and for the oa.org website which maintains a list of meetings available 7 days a week. I have listened to phone meetings on vacation days and nights when I was unable to attend a physical meeting. I listen when I wake up to a live group phone meeting whose members share their recovery through the study of the Big Book. I have listened to recorded phone meetings from speakers on special topics. I have heard the voice of recovery from people from England, New Jersey and Dubai! Making a phone call to others is a gift. A gift of recovery. The phone has opened up the world of OA recovery to me.

*Karin W.
OA South Hills*

*In Gratitude for
Continuing Support*

South Hills Group

*No matter how far down the
scale we have gone, we will
see how our experience can
benefit others.*

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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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 City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120	Speakers, Step Studies, Literature	Sherri G.	817-461-4053
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	817-595-3044
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
WEDNESDAY	7:00 PM	Euless - United Memorial Christian Church 1401 N. Main Street, Euless, TX 76039		Tatiana	(817)996-0748
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	7:00 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 Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179	Open	Rita	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, 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 3/16/2016