

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - JUNE 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, Voices of
Recovery / OA 12X12*

Writing as a Tool

When I write I get honest and honesty is the foundation of our recovery. What might start as me just “talking” on paper often ends up as an analysis of whatever issue is on my mind and affecting my life at the time. I may start out with a strange stream of consciousness but I always end up identifying an inner truth, often one that I’ve been avoiding dealing with.



[1 https://www.flickr.com/photos/aptmethaphor/](https://www.flickr.com/photos/aptmethaphor/)

I often start writing to vent about something. This starts to clear the air. What I might end up doing is realizing that I need to work a particular Step to move forward. Maybe I need to make a Step 10

amends. Maybe I yearn to pray and meditate on what God’s will is for me. Maybe I must turn Step 3 control back over to God. Maybe I want to remember that I believe in Step 2 that my Higher Power can restore me to sanity.

Continued on Page 3

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Tri-County Intergroup
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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.*

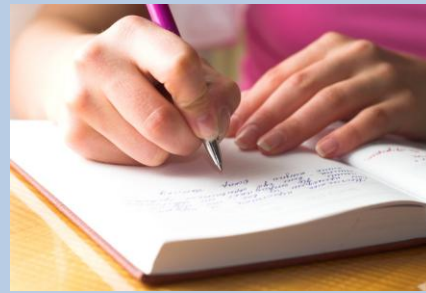
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Looking UP

Writing

In addition to writing our [inventories](#) and the list of people we have harmed, most of us have found that writing has been an indispensable tool for working the Steps. Further, putting our thoughts and feelings down on paper, or describing a troubling incident, 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. In the past, compulsive eating was our most common reaction to life.



When we put our difficulties down on paper, it becomes easier to see situations more clearly and perhaps better discern any necessary action.

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.

Journaling

From diaries to quick notes on a calendar, journaling helps to focus our thoughts and ideas in a special way. I do not profess to be a good writer, but this discipline can be one of the most rewarding efforts we place in our daily toolbox. Some helpful hints:

- **Not a Manuscript**—Try not to take this level of writing too seriously. Have fun with it and be creative. A picture may say more than an entire page of words. The key is to record our insights and feelings so that we can see the progress of our journey. We remember a lot of stuff, but capturing these moments of growth will serve to enhance our understanding of our Higher Power's work within us.
- **Identify the Feelings**—We have come a long way from being controlled by our emotions. Now is a good time to identify our feelings as they occur so that we can learn from them. The other choice is to return to an emotion controlled existence.
- **Add a Gratitude List in Times of Trouble**—It will never hurt us to remember who we are. This tool can be a life saver and sometimes the only link to the reality of our spiritual side. Tragic events will occur in our lives and we will survive. The process of getting to the other side is the challenge of our humanity, and a gratitude list is one of the tools to help us get there.
- **Look Back Every Once in a While**—The difference in our feelings and writings over time is directly proportional to our spiritual growth. Writing on the 3rd Step in our life today and a year from now will give us a meaningful measurement of our spiritual progress. It is one of the direct benefits to the journaling process.

Bill J.

Looking UP

Writing Continued

Looking at writing as a formal learning tool is beneficial to our progress. Research shows that writing helps people think critically while encouraging them to grasp, organize, and integrate prior knowledge with new concepts. Critical thinking problems are designed to convert us from passive to active learners who can confront problems. So we take what we've read in the Big Book and the 12 & 12 and For Today and Voices of Recovery and apply them to new circumstances or problems in our lives. This is especially important if these circumstances or relationships are causing resentments and anger which, as compulsive overeaters, we know we do not have the luxury of holding onto. Remember, the Big Book says that resentments are fatal and anger is poison for us as compulsive overeaters. Critical analysis can also cause us to see the good in certain situations and relationships that we didn't see before. This way our gratitude list expands.



2 - <https://www.flickr.com/photos/thesoulofhope/>

Another goal of writing is to explore our inner self. This use of writing aims to clarify thinking, explore ideas, ask questions, reflect on learning, and search for connections between theory and practice. Exploratory writing values process over results. We don't focus on issues of writing styles but rather on using action verbs to guide us. Words like imagine, consider, contemplate, respond, and reflect.

Putting pen to paper is a commitment to thinking and working the program. Everything worthwhile in this world takes effort. We may not know where writing will lead us but we're putting forth the effort because we know it will help us remain abstinent. And for us, abstinence is the most important thing in the world.

Joy D.
South Hills

*In Gratitude for
Continuing Support*

*Arlington HOW, Richland Hills
South Hills Group*

*That feeling of uselessness
and self pity will disappear.*

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.*

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	Literature: Step / Tradition of the Month	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
TUESDAY	Noon	Fort Worth - South Hills Christian Church	OA 12X12 writing / AA Big Book	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
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			
TUESDAY	7:00 PM	Arlington - City on a Hill	New Night	Sherri G.	817-461-4053
		City on a Hill Church - 1140 Morrison Dr. Fort Worth, TX 76120			
WEDNESDAY	1:30 PM	OA Step & Tradition - New World United Methodist Church, Room 28, 2201 N. Davis Dr., Arlington	OA Literature	Robbie R	817-201-5004
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)	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	OA & AA Literature	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	Writing, Steps and Literature	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			

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 5/14/2016