

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - JULY 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
North Richland Hills*

The Power of Journaling

Growing up in a family where much of what I said was either criticized or invalidated, I quickly learned to find safety in journaling. When I came into OA, I had not written consistently in years. Writing is often the only way I am able to get in touch with my truest and most intimate feelings.

When my sponsor suggested that I read my morning meditation and then journal for a few minutes each day, I was relieved to find my old friend still helped me get in touch with myself and my Higher Power.

OA's writing tool focuses our thoughts and feelings, allowing us to see how our Higher Power can enable our abstinence.



When things got tough over the holidays, I found myself looking in the refrigerator. Then, I remembered my old friend. I picked up my journal and began to ask myself: What's really going on? What am I feeling? What is making me want to eat? Soon, I had my answers. I thanked my Higher Power that day for this amazing gift of writing.

Cindy

2016 TRI-COUNTY INTERGROUP BOARD

Chairperson: Terri Beth
Vice-Chair: Carolyn D.
Treasurer: Joy D.
Secretary: Charra W
Liaison to DMI: Dianne S.
Liaison from DMI: Frances P.
Public Relations: Jaclyn
Newsletter: (open)
Telephone: Mary Lou
Retreat: Carolyn D.
Workshop: Rachael R.
Web Master: Ron C.
WSO Delegate: (open)
Region 3 Rep: Ron C.

Tri-County Intergroup
Group # 09163
P.O. Box 331703
Fort Worth, TX 76163

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)

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.

Courage and Integrity

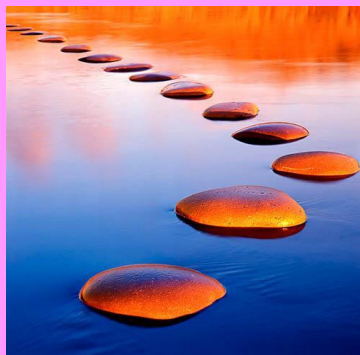
We earnestly pray for the right idea, for guidance in each questionable situation, for sanity to do the right thing.

Big Book, page 79

We thank God from the bottom of our heart that we know him better.

Big Book, page 75

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



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*

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

Looking UP

Writing Exercise

- 1) What is compulsive eating for me?
- 2) What are the foods and food behaviors that trigger me to eat compulsively?
- 3) Am I afraid to get abstinent and, if yes, why?
- 4) Why do I think abstinence is important?
- 5) What do I do to stop eating compulsively?
- 6) What Steps do I take to remain abstinent in all circumstances?
- 7) What is the difference between abstinence and a plan of eating?
- 8) What actions do I take to maintain my abstinence and achieve or maintain a healthy body weight?
- 9) How do I begin my day in order to abstain from compulsive eating and compulsive food behaviors?
- 10) What Tools do I regularly use?
- 11) How does remaining abstinent improve the quality of my life?
- 12) What place does food have in my life today?

Looking to add a charge to your program? Get with your sponsor and add journaling to your daily journey. This list from OA https://www.oa.org/pdfs/strong_abstinence_checklist.pdf might just be the starting point for meaningful recovery.

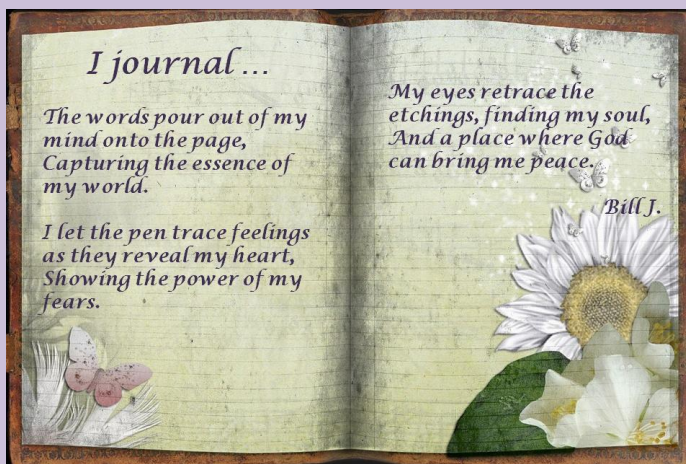
In Gratitude for Continuing Support

Eules - Arlington OA Step & Tradition
Individual donation - South Hills Group

*We will lose interest in
selfish things and gain
interest in our fellows*

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.*



Embrace Abstinence

Make this day the first day if you have just begun, or the wonderfully joyful next day on your journey of abstinence. Use the tools provided by those in OA before us, built to support and enhance your journey.

OA is a program of miracles that happen to everyone who is willing to take the journey and use the Steps to recovery.

Blessings, editor

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		Tatiana	817-996-0748
		1401 N. Main Street, Euless, TX 76039			
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	HOW	Lisa	682-438-9160
		City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120			
THURSDAY	7:30 PM	Fort Worth - South Hills Christian Church	OA & AA Literature	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
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	Big Book Study with writing	Happy	817-370-7207
		3200 Bilglade Road, Fort Worth, TX 76133			
SATURDAY	10:30 AM	Fort Worth - South Hills Christian Church	Men's focus, all welcome - Topic/discussion	Dan	925-577-8636
		3200 Bilglade Road, Fort Worth, TX 76133			
SATURDAY	Noon	Arlington - City on a Hill	Literature	Blythe	817-300-4329
		City on a Hill Church - 1140 Morrison Dr, Fort Worth, TX 76120			
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	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 6/12/2016