

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - SEPTEMBER 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
Region 5 Newsletter
Committee*

Action Is Willingness Taking Flight

Action plan has helped me so much since I retired. Having so much time in my day, the action plan has organized this random person. Every morning when I get up, I pray, write my feelings about the day before, write my food plan and my action plan and send it to my sponsor. About an hour later I'm scheduled to call her. This structure has helped me so much. My action plan includes what I'm doing for my recovery, for my life and health, my family & my home.

One of the many benefits I've received through the action plan is getting help with character defects. My procrastination around cleaning my home is one of my worst character defects. Through the Action Plan, I have been able to look at the defect, discuss it honestly with my sponsor and ask God for help. She helps me be accountable through my action plan. I need supervision. This tool helps me surrender and makes my home a nicer place to live!

*Barb K.
Region 5 Newsletter Committee*

Finding Structure

As I stumbled through life in pre OA abstinence, I had no structure. My sponsor had certain requirements of me which, of course, I immediately resisted. I didn't want to be so rigid. Not surprisingly, I struggled to become abstinent.

Each day my assignment was to read the Abstinence Prayer. I hated that Prayer. Eventually, I learned acceptance and was willing to do what was asked of me. Abstinence followed.

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Tri-County Intergroup
Group # 09163
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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

Looking UP

Tool

Action Plan

An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. While the plan is ours, tailored to our own recovery process, most of us find it important to work with a sponsor, fellow OA member and/or appropriate professional to help us create it. This tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

For example, a newcomer's action plan might focus on planning, shopping for and preparing food. Some members may need a regular fitness routine to improve strength and health, while others may need to set exercise limits in order to attain more balance.

Some of us may need an action plan that includes time for meditation and relaxation or provides strategies for balancing work, personal interactions with family and friends, and our program. Others may need help to organize their homes; deal with their finances; and address medical, dental or mental health issues.

Along with working the Steps on a daily basis, an action plan may incorporate use of the other OA tools to bring structure, balance and manageability into our lives. As we use this tool, we find that we develop a feeling of serenity and continue to grow emotionally and spiritually while we make measurable progress one day at a time.



Now we need more action,
without which we find that
"Faith without works is dead."

(Alcoholics Anonymous, p. 77, p. 83)

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.

	<p><i>The Essentials of Abstinence</i> Workshop - September 24th</p> <p>See attached flyers</p> <p><i>Living in the Solution: The 12 Steps</i> November 4th - November 6th, 2016</p>	<p>New Speaker For Retreat!</p>  <p>Please see new Flyer</p>
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*In Gratitude for
Continuing Support*

Bethel How and South Hills

*Our whole attitude and
outlook on life will change.*

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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Words such as structure, assignments, requirements, and schedules are just other words for an Action Plan. I just didn't realize it. Today I find comfort in knowing what my day will look like. With this advance knowledge, I am able to tackle roadblocks and setbacks that occur throughout the day. I am able to compare the event vying for my attention to my Action Plan to determine its importance and perhaps make adjustments. The Action Plan doesn't mean total rigidity but is a framework for me as I go through my day.

Gerri

Region 5 Newsletter Committee

The Value of Action

My abstinence is valuable to me, and the actions I take on a daily and weekly basis help me keep this treasured gift. Daily, I wake up and pray thanks for the blessings in my life, and ask my Higher Power for abstinence and to do the next right thing on this day. I record my food in an "app" on my phone that I have with me. Even though the app "grades" me differently than my stated food plan, it gives me a record that I can send to my sponsor if I'm struggling. If I am not sleeping, eating my planned meal, and not busy at work, I answer the phone when a fellow OA calls. I try to have contact by text or phone with at least one fellow OA per day.

At least once a week I get to a meeting. If weather interferes, I use online meetings. At least twice a week I call my sponsor. In between I text and email. I try to move my body 3 days a week for my physical recovery, and I listen to my body's need for rest. The most sustaining action I take is service: Holding the key for my meeting, attending intergroup as our meeting rep, serving as delegate to Region 5 for our intergroup, writing this newsletter for our Region 5 newsletter committee. These service actions keep me accountable and keep me in contact with others who share my compulsion and the answer offered by the 12 Steps, 12 Traditions and 12 Concepts.

Cassidy S.

Region 5 Newsletter Editor

Of Great Importance

Action, to me, compliments other "A" words of great import – Abstinence, Acceptance and Anonymity—and they are all interwoven in my recovery. Action translates to "willingness" for me. If I am willing, I will take the action necessary to ensure not just my physical recovery, but also my emotional and spiritual recovery. My Action Plan includes the obvious—following the food plan I have shared with my sponsor; contacting my sponsor daily; working with my sponsees, and doing service. But my Action Plan also includes things that, if left unattended, pose a serious threat to not just my food plan, but to my recovery as a whole. These include:

- Working with my creditors to resolve some financial issues that resulted from loss of income and increased medical and living expenses;
- Preparing my home for sale by clearing out 30 years of accumulated "stuff"
- Looking for, registering for and taking courses that my sponsor and my doctor agree will help my loss of balance
- Making myself open to a new job opportunity

This list is always in flux—adapting itself to completions of the actions and to new things that call for Action. To some they may seem like outside issues, but they are not. They are things that make me want to take solace in food, make me want to isolate, make me lose touch with my Higher Power. For me, there is no recovery without Action—and it is as important to my Program as my food plan and all the other tools of recovery.

Vickie N.

Region 5 Newsletter Chair

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	Speakers, Step Studies, Literature	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 6/12/2016