

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER NOVEMBER 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*

Anonymity

I really love the long form of the Traditions as developed by Alcoholics Anonymous. The 12th Tradition states: *And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.*

This principle helps me when I find myself focused on the meeting, having opinions about how it is being run, what is not going right about it, how others are sharing—basically in that horrible fault-finding mode that I get into. I am so thankful I don't need to get stuck on that level because I have spent more time than I would like to admit trying to fix what is wrong about the meeting before I step back to check out my own spiritual condition. Most often, I can see that I have separated myself from God and others and I am getting some perverse satisfaction out of feeling superior. I suffer from the defect of “big-shot-ism”.

I must remember that, today, I am abstinent only by the grace of God and that any success I may be experiencing is far more His success than mine. When I can come back to the realization that all people, including myself, are to some extent emotionally ill and frequently wrong, I can take my own inventory and root out the things that I put between me and other people, which also cause me to separate myself from God. I may very well have things to contribute to the health of the meeting, especially when I am in touch with tolerance and love.

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Tri-County Intergroup
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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:

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tricounty.org](mailto:newsletter@aa-tricounty.org)

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Anonymity

Anonymity, referred to in Traditions Eleven and Twelve, is a tool that guarantees we will place principles before personalities. The protection of anonymity offers each of us freedom of expression and safeguards us from gossip. Anonymity assures us that only we, as individual OA members, have the right to make our membership known within our community. Anonymity at the level of press, radio, films, television and all public media of communication means that we never allow our faces or last names to be used once we identify ourselves as OA members. This protects both the individual and the Fellowship.

Within the Fellowship, anonymity means that whatever we share with another OA member will be held in respect and confidence. What we hear at meetings should remain there. However, we understand that we must not allow anonymity to limit our effectiveness within the Fellowship.

It is not a break of anonymity to use our full names within our group or OA service bodies. Also, it is not a break of anonymity to enlist Twelfth-Step help for group members in trouble, provided we are careful to refrain from discussing any specific personal information.

Another aspect of anonymity is that we are all equal in the Fellowship, whether we are newcomers or seasoned longtimers. And our outside status makes no difference in OA; we have no stars or VIPs. We come together simply as compulsive overeaters.

The Twelfth Tradition

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Let us always remember that anonymity — not taking credit for our own or others' recovery — is humility at work.



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.

*In Gratitude for
Continuing Support*

*Richland Hills
OA Step & Tradition Group
South Hills*

*We will intuitively know
how to handle situations
which used to baffle us.*

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



Save the Date

March 24-26, 2017 OA Region III
Assembly & Convention

Discipline Faith Willingness

Hyatt Regency East DFW
2334 International Pkwy.
Dallas, TX 75261

Anonymity Continued

This humility is also helpful to remember in my personal relationships as well. I am finding that it is so tempting to stay in drama and focus on others. Recently I hired someone to paint my house, and I noticed that I was very judgmental and critical. When I stepped back and checked in with others in the program, I see that I wanted her to be able to read my mind and that I was the one who was out of sorts. I began to laugh when I was reminded that two ding-a-lings do not make a bell. On my own side of the street, I could see how I was contributing to the communication problem and I was relieved of my focus on her personality.

Our 11th Tradition states: *Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.*



Humility is really at the core of the principle of anonymity for me and goes far beyond the suggestions directing our public relations policy. Early on, I thought

this meant that I should never learn the last names of others in my group and refrain from giving my last name to others. I have found that while I may not have intimacy with all the people in my group, knowing the last names of members has sure come in handy when visiting people in the hospital, and has not jeopardized my abstinence.

Today, I value my abstinence, which is God-given, and I am grateful for the principal of anonymity which helps me to stay humble and available to receive the gifts of the program.

*Joyce M.
South Hills*

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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 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 R.	817-595-3044
TUESDAY 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
WEDNESDAY 7:00 PM	Eules - United Memorial Christian Church 1401 N. Main Street, Euless, TX 76039		Cindy	817-455-5125
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	OA & AA Literature	Happy	817-370-7207
FRIDAY 11:00 AM	Saginaw Overeaters Anonymous Meeting Saginaw Church of Christ, 201 Western Avenue, Saginaw, TX 76179	Open	Rita R.	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 10/21/16