

Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - DECEMBER 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, Writing,
Steps and Literature*

The Tool of Service

I didn't realize it at the time but when I walked through the door into my first OA meeting I was giving service, to myself and to others. That's the great thing about service, it helps me. Service of any kind makes me feel better about myself. I am basically a selfish, self-centered person. Service and thinking about and doing for others are my cure for self-centeredness.



Phone calls, when I think food sounds like a good idea are a great service. I can pick up the phone and make contact with someone. Outreach calls can be as simple as, "I was thinking about you and wanted to wish you an abstinent day." When I was into self-pity and my two children were driving me crazy, I would call a member who had eight children. After listening to her for a few minutes, I would get off the phone grateful I only had two. When I was upset with my husband, I would call someone who was single. Listening and remembering the problems of being single, I could be grateful for my own problems. Coming to meetings, listening, just being present, abstinent or not. Sharing struggles or victories, identifying with others, not comparing. When I don't want to go to a meeting, a sponsor told me, is when I really need to go. I leave grateful for my own life. Giving hugs or just saying "keep coming back" is service.

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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)

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Service

Carrying the message to the compulsive overeater who still suffers is the basic purpose of our Fellowship; therefore, it is the most fundamental form of service. Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery. Members who are new to OA can give service by getting to meetings, putting away chairs, putting out literature, talking to newcomers, and doing whatever needs to be done for the group. Members who meet the abstinence requirement can give service beyond the group level in such activities as intergroup representative, committee chair, region representative or Conference delegate. There are many ways to give back what we have so generously been given. We are encouraged to do what we can when we can. “A life of sane and happy usefulness” is what we are promised as the result of working the Twelve Steps. Service helps to fulfill that promise.



As OA's responsibility pledge states: "Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible."

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
South Hills*

*We will suddenly realize that
God is doing for us what we
could not do for ourselves.*

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

Leading meetings, putting my name on the calendar, making a commitment to carry a key, typing up the phone list, being treasurer—the possibilities for service are unlimited. If every person who has been in OA for three months would sign up to lead one meeting a month I think our meetings would be stronger.

Sponsoring is service. When I came into OA in 1979 we didn't have a lot of sponsors. In fact, whoever had the most days of abstinence got to be the newcomers' sponsor and no one left a meeting without someone to call. We don't have to wait till we are perfect. The whole AA program is based on two alcoholics sharing experience, strength and hope with each other and that's what we need to do in OA.

Service is a tool but it is the whole essence of Step 12. Chapter 7 and Chapter 11 in the AA Big Book are devoted to service. You can read more about service in the OA 12 & 12 pages 102-106.

Why give service? In AA Comes of Age p. 251 it asks:

Are you really committed to a group? What are you afraid of? You can't keep it unless you give it away. Commitment means giving service. Ask yourself this question, "What would a person who gives service be doing?" Take a little time out of your day. Make one call, go to a meeting. Write an article for the newsletter. Volunteer to help at a workshop, hand out literature at a health fair. Greet a newcomer. Give them an outreach call. Start with small steps. Don't be discouraged. No one among us is perfect. Progress, not perfection.

I really relate to Dr. Bob in the Big Book on page 181 and his four reasons for giving service. There was a point in my program when I was out of the country & in a really bad relapse. People knew when I was coming back. I had a service position in Intergroup and also my home group. I was sponsoring and people kept calling and encouraging me. Had I not been giving service, I would not have been connected to OA and it would have been easy not to come back. I learned that by committing to service work I stay committed to my own recovery.

I owe my recovery to those who were there for me, giving service when I was new. As you grow in your service work, you can be more involved. My sponsor invited me to go to Intergroup after I had been in program about a month. I really wasn't ready and I couldn't see how the business part of OA could help me. I needed to do my step work and it took me a long time to go back. I have been privileged to meet many people from other groups over the years. I have represented our Intergroup at Regional meetings and World Service. These opportunities to travel and work with other compulsive overeaters are open to all members. I encourage you to visit an Intergroup meeting. Don't worry about getting roped into anything. You have to attend at least three Intergroup meetings before you can take on a service opportunity. One warning: we can get out of balance with service work. I had someone volunteer to be my service sponsor because she didn't want to see me burn out and eventually leave OA because I wasn't practicing self-care. You can ask for a service sponsor.

Our OA pledge says: I am responsible when anyone, anywhere, reaches out for help, I want the hand of OA always to be there and for that I am responsible.

With gratitude for all those who have been of service to me.

Sincerely, Jaclyn

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 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, Eules, 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, Eules - United Memorial Christian Church 1401 N. Main Street, Eules, 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