

# Looking UP

TRI-COUNTY INTERGROUP NEWSLETTER - AUGUST 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  
Richland Hills*

## *Literature*

Literature in my life came in stages. Children's books, chapter books, required reading lists which would take me through high school and college and then back to children's books when I became a mother and again as a grandmother.

At my first OA meeting, literature became a packet of leaflets I received in a newcomer envelope. This wasn't just any packet. This was an envelope stocked full of informational leaflets. Before I received the packet it was passed around so others could add their phone numbers to the outside. This way I would have many kindred fellows to call with any questions I might have or to call for outreach. I dove into this literature. I made use of the phone numbers and the information. This was grace in paper form. I still have this packet although it has changed. I now have many more phone numbers on the outside, both front and back. It looks like it has been to war, and really, it has ... the war within myself. The packet has been my amour and my ammunition. The leaflets are worn and stained, as is the envelope. It shows the struggle I go through each day. I love my welcome packet and don't think I will ever outgrow it. Through this packet I have made friends. Friends who know more about me than my family. Through this packet I have become knowledgeable in my struggles. Through this packet I have received strength and hope. Through this packet I became aware I am not alone.

OA has so much great literature. Literature which together with the program will bring success but the one I cherish is the Welcome Envelope Packet. This is truly a classic.

*Suzette C.*

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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](http://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

## Tool - Literature

We read OA-approved books such as [Overeaters Anonymous, Third Edition](#); [The Twelve Steps and Twelve Traditions of Overeaters Anonymous](#); [Voices of Recovery](#); [For Today](#); and [Alcoholics Anonymous](#) (the Big Book). We also study and read OA-approved pamphlets and [Lifeline](#), our magazine of recovery.



Many OA members find that reading literature daily further reinforces how to live the Twelve Steps and Twelve Traditions. All our literature provides insight into our problem of eating compulsively, strength to deal with it, and the very real hope that there is a solution for us.

## 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.

## My 400 Pound Life

*Our speaker for Tri-County OA Workshop, Saturday, Sept 24, 2016*



“My name is Brenda and I am a compulsive overeater.” I first came to OA in San Angelo, Texas, in June of 1994. I lost over 160 pounds and found a measure of sanity. I stopped going to meetings in 1998 because I thought I was too busy. I went into relapse and gained back all the weight I had lost plus some more.

I came back to OA in November, 2005, at a new top weight of over 400 pounds. My abstinence date is March 10, 2006. I’ve had over a 200 pound weight loss by the grace of my Higher Power.

I will talk about fear, humility, action, surrender, and self-honesty because these things are essential to my own recovery.

Participants at the workshop are encouraged to bring paper, pen, their Big Book, and any OA literature that has been significant to them.

*Brenda Q  
Region III Vice Chair*

*See the Workshop flyer attached and share it with a friend!*

# Looking UP

*In Gratitude for  
Continuing Support*

*South Hills Group*

*Self-seeking will slip away.*

## *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.*

## *Cleaning House*

*By Glenn C*

Kneeling on the tile floor,  
with the nail of her index finger  
she carefully scratches off three stubborn green spots  
ignored from the past.

Lifts the family pictures on the piano  
the souvenirs of New Mexico on the mantle  
with the buffalo and St. Francis statue  
and wipes away three weeks of dusty memories.

Arm muscles straining  
she scrubs the black stria  
of aluminum pots  
left by pressured movement.

With studied swiftness  
she wields the vacuum across floors  
removing the dirt and detritus  
of our daily grind.

I should imitate her.  
Clean house  
dwindle defects  
make room

for a larger grace.



*Author's Note:* I was in a recent meeting of my home group, Primary Purpose and the leader had us reading from Step Two in *Twelve Steps and Twelve Traditions*. One sentence struck me and I knew I needed to spend some time meditating on it and maybe writing a poem about it. It is on p. 32 – *“The fact was we really hadn’t cleaned house so that the grace of God could enter us and expel our obsession.”* Like many of us, I have had struggles with faith, mistakenly thinking that it means intellectual assent. But after years in recovery I have discovered that working the steps and using the tools of recovery has helped me remove some of the junk clustered around my own pride and desire for control. When I do this, I make room for my Higher Power. It has been not so much a “road to Damascus” flash as a slow and quiet infiltration. I guess that is what that “larger grace” is.

# 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