

**2007 Tri-County  
Intergroup**

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**The OA  
Responsibility Pledge:  
Always to extend  
the hand and  
heart of OA to all  
who share my  
compulsion; for  
this, I am  
responsible.**

*LOOKING UP* is a monthly publication of the OA Tri-County Intergroup. The opinions expressed here are those of the writer and not of the OA Tri-County Intergroup or OA as a whole. Please send submissions to [rrobbins@uta.edu](mailto:rrobbins@uta.edu). The editor reserves the right to edit any material submitted.

# LOOKING UP

OA Tri-County Newsletter  
July 2007

## 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." excerpted from *OA's Responsibility Pledge*

The primary purpose of OA is to carry the message of recovery to those who want and ask for help. Groups carry the message by having meetings and sponsors. One way a group can help is to assign members to greet, introduce and call newcomers. Having someone contact a newcomer after their first meeting to answer their questions is a simple action that can have a positive impact on the newcomer. Groups cannot afford to lose sight of the importance of taking a special interest in a confused compulsive overeater who is looking for relief from this disease.

Thus groups cannot lose sight of the importance of sponsorship as a key tool for the health of the group and its members. Experience shows that members getting the most out of the OA program and groups doing the best job of carrying the OA message to the still suffering compulsive overeater, are those for whom sponsorship is too important to be left to chance.

Groups are responsible for encouraging sponsorship. When a person has completed and given away their 5<sup>th</sup> step inventory they should be introduced to the group as a new sponsor. Sponsorship is a privilege to be shared by as many members possible and an activity that helps all members strengthen their abstinence.

Sponsorship is one of the tools of the OA program. You should lean on your sponsor until you find what your sponsor is leaning on (a Higher Power) and then you can walk hand-in-hand on the road to recovery. When you choose a sponsor and it does not work you are free to choose another. A sponsor who has been truly putting the program first will not take it as a personal insult if the sponsee decides to change sponsors.

What does a sponsor do? They try to lead the sponsored in their search for a conscious contact with their Higher Power. They share their experience, strength and hope. They talk about what OA has meant to them. They encourage newcomers to attend a variety of OA meetings. They suggest that the newcomer keep an open mind. They never take a newcomer's inventory unless asked. They introduce newcomers to other members, especially those who have similar interests or have solved a problem that the newcomer has.

Sponsors see that the newcomer is aware of OA and AA literature and goes over the 12 steps and 12 traditions and emphasizes their importance. A sponsor is available to the sponsee when problems arise. A sponsor does not argue theological matters. A sponsor urges a newcomer to join in group activities and service as soon as possible. A sponsor is not afraid to admit that they do not know. A sponsor does not hesitate to encourage a newcomer to obtain professional help (such as medical, legal, vocational) if assistance outside the scope of OA is needed.

The sponsor encourages a newcomer to work with other compulsive eaters as soon as possible. In all work with a newcomer, the sponsor underscores the fact that it is the OA recovery program – not the sponsor's personality or position – that is important. Thus, the newcomer learns to lean on the program and their Higher Power and not on the sponsor.

Those that are "successful" in the program, help keep their abstinence by giving it away by sponsoring. As a sponsor you don't have to have anyone's answers. Each person has their answers inside themselves. Sponsees just need someone to listen to them so they can hear their own answers.

These thoughts are my own and do not represent OA as a whole. I owe my recovery to my sponsors who took a special interest in me and were willing to share their recovery.

Jaclyn

## Sponsorship Workshop

We had a great workshop on sponsorship on June 9<sup>th</sup> with 25 OAers from the area attending. We had about an even number of sponsors and non-sponsors attending and heard from 4 speakers with solid recovery and sponsoring experience. Rene and Joyce presented an entertaining and information skit about sponsoring and the Ask-It-Basket session at the end of the program allowed attendees to pose questions to experienced sponsors. About \$150 was raised for our delegate fund, which allows Tri-County to send representatives from our Intergroup to regional and national OA meetings. Those representatives carry our questions and concerns to other recovering compulsive eaters and return with information concerning the OA organization as a whole. Some notes from the workshop follow.



### *Why do you need a sponsor?*

- To work the steps effectively, you need an experienced member as your guide to get the most out of them.
- A sponsor can help guide you to your own spiritual awakening in this program.
- You need someone who will get to know you well enough that they will not let you get away with rationalizing and justifying your disease...someone that will help you stay honest with your food as well as your attitudes and behaviors.
- Who else is going to understand what you are going through as you try to tackle the disease of compulsive overeating than another recovering compulsive eater?

### *What are the some of the qualifications of a good sponsor?*

- Someone who is abstinent and is working the 12 steps.
- Someone who has a sponsor.
- Someone who is in the solution and not the problem.
- Someone who goes to meetings
- Someone who is spiritual.
- Someone who is trustworthy and respects your anonymity.
- Someone who walks the walk and not just talks the talk.
- Someone who knows the Big Book and other OA approved literature.
- Someone who is a good listener.
- Someone who has physical recovery.
- Someone who has what you want.
- Someone who will be honest with you.

### *Why sponsor?*

- It is a good reminder of what it was like for us when we were practicing our disease.

- It reminds us where we came from and where we could still be without this program.
- Sponsoring helps us keep "it" (recovery/abstinence) by sharing "it" with another.
- It allows us to personally witness and share in someone else's growth in this program.
- Sponsoring can lead to close relationships and new friends.
- It can add to our personal support group.
- Sponsoring does not mean fixing another's problems, but allows us to share our experience, strength and hope.
- It also gives us extra insurance against a slip.
- Being a sponsor gives us a way to "pay back" the person who helped us.
- Sponsorship helps insure the future of this life saving organization

S.P.O.N.S.O.R.

Sober Person Offering Newcomers  
Suggestions On Recovery



## Some Materials to Read on Sponsoring and Being Sponsored

### *OA 12 STEPS AND 12 TRADITIONS*

Step 3 p. 22  
Step 5 p. 22  
Step 8 pp. 70-71  
Step 10 p. 87  
Step 11 pp. 97-98  
Step 12

### *OA SPONSORSHIP KIT*

order no. 210,  
1-505-891-2664

### *BIG BOOK*

pp. 15-16, 69-70, 86  
Chapter 7, "Working With Others", pp. 63, 89-103  
Chapter 11, "A Vision for You", pp. 151-164, 239, 245,  
282, 292, 334, 343, 355, 363, 472, 494, 550, 559

### *12 STEPS AND 12 TRADITIONS OF AA*

pp. 23-24, 36-37, 112-114, 155, 177

### *ALCOHOLICS ANONYMOUS COMES OF AGE*

pp. 44-45, 69-70, 265-266

### *LIVING SOBER*

Making use of "telephone therapy", pp. 24-26  
Availing yourself of a sponsor, pp. 26-30

“OA doesn’t hand out degrees that qualify one to help another compulsive overeater. I have all the inner resources I need to do it now.”

FOR TODAY p. 228



### Prayer for Abstinence

I’ve stopped fighting and have submitted my will to God’s will. I got help from a daily prayer a fellow OA gave me:

Dear God: Today is a new day for me and, with you, it can be a day of abstinence. With you, I can handle anything. I ask for your protection today from anyone or anything that may interfere with my abstinence. I’m asking now for your protection in case sometime during the day my desire to compulsively eat becomes stronger than my desire to abstain. I know that I am powerless over food and my life can become unmanageable again. I do believe that you will relieve my compulsion to carry it out. I turn my will and my life over to you. Please guide me through another day of abstinence. God, I need you today and everyday.

Sharalyn

### ----- What Does Bill W. Say? -----

Based on his writings in *AS BILL SEES IT*

#### The Fine Art of Alibis

The majority of OA members have suffered severely from self-justification during their overeating days. For most of us, self-justification was the maker of excuses for overeating and for all kinds of crazy and damaging conduct. We had made the invention of alibis a fine art.

We had to overeat because times were hard or times were good. We had to overeat because at home we were smothered with love or got none at all. We had to overeat because at work we were great successes or dismal failures. We had to overeat because our nation had won a war or lost a peace. And so it went, ad infinitum.

To see how our own erratic emotions victimized us often took a long time. Where other people were concerned, we had to drop the word “blame” from our speech and thought.

Mark Your Calendars!

## 13<sup>th</sup> Annual Tri-County Intergroup Fall Retreat



Serenity – OA Unity – OA Spirituality –  
OA Friendship – OA Recovery

October 12<sup>th</sup>, 13<sup>th</sup> & 14<sup>th</sup>

At peaceful, Glen Lake Camp,  
Glenrose, TX

Cost: Only \$85.00! What a bargain!

Registration is limited so hurry and get those checks (made out to Tri-County Intergroup) to:  
Tri-County Intergroup, PO Box 14324  
Arlington, TX 76094

For more information contact:  
[renepoe@charter.net](mailto:renepoe@charter.net) or visit our web page at [www.oatricounty.org](http://www.oatricounty.org)



### Meetings, Wonderful Meetings

- A new group is starting up in Euless at the United Methodist Church at 1401 N. Main Street (76039). They will be meeting Tuesday evenings at 7:30 pm and Saturdays at noon. Their first meeting will be held on July 10<sup>th</sup>. Contact Rosalie (817)355-5070 for more information.
- Wouldn’t it be wonderful to have a meeting in places that don’t currently have an OA meeting – like Mansfield and Burleson? It would be such a great service if someone would be willing to start a meeting in an underserved area. If you might be interested contact our Vice Chair, Rene, (817)219-3270 for information on how to start a meeting.

## TRI-COUNTY MEETINGS

<b>MONDAY</b>				
6:30 pm	<b>Fort Worth</b> - Bethel Methodist Church 5000 Southwest Blvd.	HOW	Wendy	(817)472-6943
7:00 pm	<b>Arlington</b> - Trinity United Methodist Church 3216 West Park Row Drive, Wesley House	Abstinence	Billie	(817)460-3083
7:30 pm	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade	Step Study/ Literature	Happy	(817)370-7207
<b>TUESDAY</b>				
Noon	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade	Commitment and Writing	Happy	(817)370-7207
6:00 pm	<b>Weatherford</b> - All Saints Episcopal Church 133 S. Waco (the white house on the corner)	Step Study/ Literature	Betty	(817)220-1851 (817)223-8864
6:30 pm	<b>Aledo</b> - Aledo United Methodist Church 100 Pecan Street, Education Annex (small red house)	Big Book	Katherine	(817)917-6617
THIS MEETING COULD USE YOUR SUPPORT!				
7:00 pm	<b>Arlington</b> - Covenant United Methodist Church 3608 Matlock Road (west side between Arbrook & Mayfield)		Dianne	(817)980-3013
7:00 pm	<b>N. Richland Hills</b> - St. Johns Hall (the center building) 4101 Frawley Rd., between Glenview & North Hills Mall	HOW	Barbara S.	(817)284-4258
THIS MEETING COULD USE YOUR SUPPORT!				
<b>WEDNESDAY</b>				
12:00 noon	<b>Fort Worth</b> - King of Glory Lutheran Church Corner of Sandy Lane and Brentwood Stair	Literature	Gay	(817)275-1085
7:00 pm	<b>Arlington</b> - Trinity United Methodist Church 3216 West Park Row Drive, Wesley House	Literature	Billie	(817)460-3083
<b>THURSDAY</b>				
6:30 pm	<b>Acton</b> - Acton United Methodist Church 3433 Fall Creek Highway	HOW	Rene	(817)219-3270
6:30 pm	<b>Fort Worth</b> - Bethel Methodist Church 5000 Southwest Blvd.	HOW	Wendy	(817)472-6943
6:30 pm	<b>Cleburne</b> - St. Marks United Methodist 1109 W. Henderson		Roxy	(817)641-5020
7:00 pm	<b>Colleyville</b> - Highland Meadows Christian Church 2600 Hall Johnson Road, Room 101	Literature Wheelchair Access	Mike	(817)498-4244
7:30 pm	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade		Happy	(817)370-7207
<b>FRIDAY</b>				
Noon	<b>Arlington</b> - Covenant United Methodist Church 3608 Matlock Road (west side between Arbrook & Mayfield)		Katie	(682)438-1851
Noon	<b>Waco</b> - St. Alban's Episcopal Church 305 North 30 <sup>th</sup>		Faye	(254)678-3420
<b>SATURDAY</b>				
9:00 am	<b>Weatherford</b> - Trinity Lutheran Church 1500 W. Ball	HOW	Kim	(817)613-6670
9:00 am	<b>Fort Worth</b> - South Hills Christian Church 3200 Bilglade	Step Study/ Writing	Happy	(817)370-7207
9:30 am	<b>Granbury</b> - 5678 Highway 4 (Triangle)	HOW	Rene	(817)219-3270
10:00 am	<b>Colleyville</b> - Highland Meadows Christian Church 2600 Hall Johnson Road, Room 101	Wheelchair Access	Mike	(817)498-4244
12:00 noon	<b>Arlington</b> - Trinity United Methodist Church 3216 West Park Row Drive, Wesley House		Billie	(817)460-3083
<b>SUNDAY</b>				
4:00 pm	<b>Arlington</b> - Millwood Hospital 1011 N. Cooper St. at Randol Mill Rd.	Newcomer/ Big Book	Glinda	(817)456-1602
<b>Seventh Tradition Donations</b>				
OA's Seventh Tradition tells us that we are fully self supporting through our own contributions. After paying group expenses (rent, literature, supplies) and maintaining a prudent reserve (determined by group conscience) OA suggests that groups distribute the remaining funds as follows:				
<b>60% to Tri-County Intergroup</b> Glinda Ellsworth PO Box 14324 Arlington, TX 76094		<b>30% to World Service</b> OA World Service Office PO Box 44020 Rio Rancho, NM 87174-4020		<b>10% to Region III</b> Rhonda Jordan Region III Treasurer 2004 Surrender Ave. Austin, TX 78728