

March 2021

Looking Up

First Things First

Step Three:

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition Three:

The only requirement for OA membership is a desire to stop eating compulsively.

Concept Three:

(Trust):

The right of decision, based on trust, makes effective leadership possible.

Disclaimer

Personal stories express the experience, strength, and hope of the individual member and not of OA.

Thank you for your generous 7th Tradition Donations:

South Hills Tues. Noon
Arlington OA Meetings
South Hills

Tri-County Intergroup, Fort Worth, Texas

Information Line: 817-303-2888



REGION 3 – SPRING CONVENTION and ASSEMBLY

Friday March 19th – Sunday, March 21st

Join us for a fabulous weekend of recovery
as we Let Our Recovery Bloom!

We will have 3 Separate Conference Zoom Streams providing a variety of topics, formats and speakers.

- 1) Stepping through your Recovery Garden - A Walk through the Steps
- 2) Zoom Stream of Topic Based Recovery Meeting
- 3) An Open Hospitality Zoom Hangout Room, where you can find a friend to chat, play a virtual game, or find some serenity and solace as needed.

We are hoping to push Zoom to the limits and create an awesome time of learning and fellowship for all who attend!!

Please go to: <http://oahouston.org/2021-r3-spring-convention-and-assembly-registration/>

See the Program Lineup*
<http://oahouston.org/2021-r3-spring-assembly-and-convention-schedule/>

*Program subject to change slightly

FOR MORE
INFORMATION
PLEASE CALL
832-844-1689

Enter the Virtual Raffle
<http://oahouston.org/2021-r3-spring-assembly-and-convention-raffle/>



Step Three

“Step Three – I then became willing to turn my will and my life over to the care of God. When I realized that trying to control my life was not working and it never had, it was easy to give up the control and just ask God, every day, to show me how I could serve Him by serving others. It is then that I get out of my self-centered thoughts and actions. Fear no longer haunts me because fear to me is a lack of trust in God. It is only when we become spiritually fit, that we will become mentally fit, then we will become physically fit. I came into OA looking for a food plan and a way to lose weight, but what I received was so much more. If I could take before and after pictures of my insides; my spirit, then, would not recognize the OA me now.”

A 12 Step Friend
Bedford - OA Power Hour



“I hope this relationship will continue and will grow and that I never lose sight of the fact that I must also take appropriate actions.”



“I need a powerful, loving, forgiving God who is personally interested in me – even in what I eat at breakfast, lunch, and dinner.” As we understood... Matters of Perspective “The one to be the leader is obligated to be the servant of all. The least will be first.”



“It doesn’t really matter what God is. It only matters that I believe something outside of myself has my back and is there waiting for me to ask for help.”



Dear Sponsor. Dear Sponsor.

I don't understand,

What it means to turn it over or put my life in God's hands.

You told me to try it, that it would be grand.

I tried it last week, but it messed up my plans.

Signed. Controller

Controller, Controller,

You have a disease,

Just come to a meeting and listen up please.

Just take the Third Step and keep coming back,

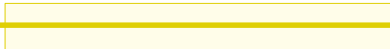
With time you'll get better and that is a fact.

Nan B.



“Say the Third Step prayer and instead of saying ‘self’ substitute anyone else’s name. I do the first three steps every morning. God works with that. I would have never known this God without this program.”

STEP THREE



Rebel without a Cause

Made a decision to turn our will and our lives over to the care of God as we understood Him...

I find it ironic that I volunteered to write about Step 3. Despite all my years in program I struggle with this step. I keep taking back my will especially regarding my food. The literature tells me that I must surrender my will to the God of my choice. I don't know why it is so hard for me since I have a loving Higher Power that thinks I am worthwhile and important. Nevertheless, I continue to play God even though it has not worked for me. So today I am looking for a new beginning – that decision that God is going to direct my life instead of me directing it. I don't wish to lose control any longer through bingeing because that act separates me from my Higher Power and places me in a living hell where that old enjoyment over food eludes me. I have a spiritual sickness which blocks me off from God through the fear, resentment, guilt and remorse caused by self-will. Self will run riot has made me miserable and the cure is the spiritual principle of surrender, which means I must give up fighting. Deciding to trust God instead of food is a complete turnaround in attitude because I am changing from a material orientation to a spiritual one. I guess I am a rebel at heart since compulsive overeating is a classic form of rebellion, but I am not happy in the role of rebel. And I know that whatever plan HP has for me in life does not include compulsive overeating. Today I need to act out of faith rather than rebellion because my recovery depends upon my releasing fear and trusting God.

I need to decide that I want God to direct my life and that I want those things (like rebellion) to be removed that are blocking me from my Higher Power. Freedom from the bondage of self is what I am asking for in Step 3 so that I can begin to live my life on a spiritual basis.

Living in Step 3, means learning to live spiritually one day at a time. Turning my will over to God is a way out of my day-to-day misery. It means that if I have the faith to turn over what I want to God, I will be given what I need. If I have faith in HP, I can turn my weight over to that Power as well. I can act – by abstaining and taking the steps – and leave the results to my HP. For today, HP is my source from which I seek the knowledge of what's best for me. I seek true wisdom in following God's will for me in every aspect of my life. May I find freedom and exuberance as I follow God's path.

A member of Richland Hills Group



Virtual Meetings

- Sunday** 4:30 pm South Hills Christian Church OA # 51282
Free Conference Call, dial 760-548-9061 No access code
For assistance, contact Jaclyn 817/996-8711 or Nancy 678/882-4488
- Sunday** 6:00 pm Epworth UMC, Arlington OA # 56964
From Zoom App, meeting ID# 394-680-626, Password: 183267
For assistance, contact Ashley 817/688-4563
- Monday** 6:00 pm Central UMC, Waco OA # 50529
From Zoom app, meeting ID# 288-451-3232,
Password: changes to current date in this format: 1-25-21 OR 2-1-21, and so on.
For assistance, contact Beth 254/715-2521
- Tuesday** 12:00 pm (noon) South Hills Christian Church OA # 41132
Free Conference Call, dial 760-548-9061 No access code
For assistance, contact Jaclyn 817/996-8711 or Nancy 678/882-4488
- Tuesday** 6:30 pm Richland Hills OA # 51841
Dial in # 505-144-0847, Password: hope
For assistance, contact Andrea 717/614-9131
- Wednesday** 10-10:45am TENNIE, Shades of Hope
Zoom dial in #346-248-7799, meeting ID# 823 5702 0585, password 476552
- Wednesday** 11:00 am Whitney OA # 56299
This is a small group, presently 2 members and they use phone calls. For assistance, contact Cindy 214/600-1158
- Thursday** 12:00 pm (noon) Grapevine OA # 54878
From Zoom App, meeting ID# 202-154-656, Password: 1212
For assistance, text Judith 682/313-8484
- Thursday** 6:45 pm St Paul Lutheran – New Beginnings OA/HOW OA # 45896
From Zoom app, meeting ID# 863 0813 9163, Password: 678432
For assistance, contact Patrice 817/692-7180
- Thursday** 7:30 pm SHCC OA # 26280
From Zoom App, meeting ID# 922 016 4765, Password: ODAT2015
Phone number: 1 (346)-248-7799
For assistance, contact Amber 817/798-6289
- Saturday** 9:00 am SHCC OA # 46989
Free Conference Call, dial 760-548-9061 No access code
For assistance, contact Jaclyn 817/996-8711 or Nancy 678/882-4488
- Saturday** 11:00 am - 12:30pm CST - Harlan *Line by Line Big Book Study*
Dial In # 346-248-7799, meeting ID# 853-3089-5657, password 164758
Any questions, email: harlanbigbookstudy@gmail.com

Non-Real-Time (NRT) meetings are now available on the [Find a Meeting](#) module on oa.org. Go to <https://oa.org/find-a-meeting/?type=0> and click on the Non-Real-Time tab. Since NRT meetings do not have a specific day and time associated with it, you can search through the “Additional search options” by open/closed, language, special topic, and special focus.

Upcoming OA Events

Dallas Area Virtual Meeting List

OA Virtual Region e-Workshop Series

February 27-28, 2021 – Two Day Big Book Zoom Retreat hosted by Southern Arizona Intergroup. See the announcement HERE.

March 19-21, 2021 – Region 3 Spring 2021 Convention and Assembly: Let Your Recovery Bloom (virtual)

April 16-18 – McKinney Retreat – IN PERSON

June 12, 2021 - DMI Virtual Convention

July 17, 2021 – Tri-County Workshop on the interconnection between the tools and the steps.

Tri-County Intergroup Meeting Dates for 2021:

3/6, 4/10, 5/1, 6/5, 7/10, 8/7, 9/11, 10/2 (workshop), 11/6 (during retreat), 12/4, 1/8/22

SAVE THE DATES!

RETREATS and WORKSHOPS

2021 TRI-COUNTY INTERGROUP BOARD

- Chair: Jackie H.
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Telephone: Mary Lou B.
Retreat: Jaclyn D.
Workshop: Charra W.
Web Master: Ron C.
WSO Delegate: (open)
Region 3 Rep: Jackie H.

7th Tradition Donations

In this time of the unprecedented absence of face-to-face meetings of OA, the following information is provided to assist you in making 7th Tradition donations to support the primary purpose of spreading the message of recovery through the 12 Steps of OA to the compulsive eater who still suffers.

Whether you're donating to a group meeting, or if you are a guest, you may make your check/money order payable to "Tri-County Intergroup of OA" or Just "OA," and indicate which meeting is to receive your donation. Please mail your donation to Tri-County Intergroup of OA, P O Box 331703, Fort Worth, TX 76163. If you are donating for a group, please provide the name and location of your group, not just the group number.