

## First Things First

### Step Eight:

Made a list of all persons we had harmed and became willing to make amends to them all.

### Tradition Eight:

Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

### Concept Eight: (Delegation):

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the World Service Office.

### Disclaimer

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

### Contact the Editor

*Please send articles or submissions for the newsletter to [newsletter@oa-tricounty.org](mailto:newsletter@oa-tricounty.org)*

Thank you for your generous 7<sup>th</sup> Tradition Donations:

South Hills

Tri-County Intergroup, Fort Worth, Texas

Information Line: 817-303-2888

## I HAVE A FRIEND

*(The Reality of Step 8)*

This "List" was very fresh in my mind the day I walked into the rooms. It was in fact branded on my conscience and it continued to burn fiercely allowing my shame to surface, especially when I was forced to encounter one of the "harmed." I lived a life of bondage and if these Spiritual Steps required sackcloth and ashes - so be it. The pain of continuing on in misery was beyond my tolerance. Made a list of all persons we had harmed and became willing to make amends to them all. The first miracle was that God put this "List" way down in the Steps, so I had time to realize exactly what He meant for me to do. Yes, I was a normal compulsive person and attempted my first amends even before reading the 1st Step. You can imagine the comical tragedy this provided my sponsor as I came back weeping and bewildered. He taught me a wonderful lesson that evening – you have two choices: you can follow the Steps and find recovery, or you can go back out and do it on your own - either way I will continue to love you. I chose the Steps and started the 1st Step in earnest. The List would have to wait. The day came when my sponsor requested that I find pencil and paper for my List. By this time, a good deal (not all) of my ego had been purged and I picked up a small scrap and wrote down the names. I did not need the reason next to the name and I listened carefully now to my sponsor to make sure this part of my recovery went well. Here is his advice and words of wisdom.

- Amends is not saying you're sorry. It is rebuilding a bridge of love between two special people in God's kingdom. The essence of this wonderful program is to make me a part of the world my Higher Power created, and I cannot be involved in His world without connecting (or re-connecting) with the ones He sent into His world with me.
- Time now truly belongs to God. It is not ours to force the issue. It is ours to be prepared when God puts the individual in front of us.

*(Continued on Page 2)*

### **Eighth Step Prayer**

Higher Power, I ask your help in making my list of all those I have harmed. I will take responsibility for my mistakes and be forgiving to others as you are forgiving to me. Grant me the willingness to begin my restitution. This I pray.

(Continued from Page 1)

- The essence of Step 8 is Brotherly Love. It is not built for guilt removal but for offering ourselves to those we love.
- It is here that my sponsor guided my thoughts and meditations. He brought me to a place of availability where I could be present for those who are part of my life's journey. What a beautiful gift. Sackcloth and ashes were cast aside for open arms, and I was fully free to be the "me" I always wanted to be.
- Now I had a lot of mending of the past to do and indeed there is a real need to come clean with those we reconnect with, but something special happens when you await the miracle of Step 8 - when you become willing.
- First and foremost, you offer the new you to the person standing there - not the broken wretch they lived with for so long. This transformation (Steps 1-7) builds a person that someone can choose to connect with and that you can be proud of.
- Yes, it continues to be important to sweep away the pain of the past but now it has reason - to build a better, more loving relationship.
- Even in cases where direct amends are not possible you can remain at rest in the gentle arms of the Lord knowing that He guides you

now and will provide everything you need to be whole and alive in His kingdom.

- I found my list many years later and looked on it with tear-soaked eyes. Each name no longer held the pains of the past but the joy of today and the gift of Brotherly Love. Thank you, Dear Lord, for the gift of Step 8. Oh and thank you, sponsor, for guiding me to this wonderful garden of love.

*Member of Men's Group  
Looking Up August 2013*

#### Top 10 Reasons to be Abstinent.

10. Nothing tastes as good as abstinence feels.
9. Abstinence allows the freedom from being chained to the refrigerator.
8. Abstinence leads to health and wholeness...COEing leads to the disease and its physical side effects.
7. Eating does not satisfy... there is NEVER ENOUGH... abstinence satisfies.
6. Abstinence allows me other freedoms... eating imprisons.
5. Abstinence opens new doors... LITERALLY... COE closes them... especially shower stalls and closet doors.
4. HOPE springs eternal with Abstinence... COEing leads to despair.
3. Abstinence leads to improvements in life such as working the 12 Steps of OA.
2. Abstinence is a matter of life... COEing is a matter of death (for me).
1. Abstinence is the most interesting thing in life....

*Rob, May 2005 Looking Up*

# STEP EIGHT

*"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."*

Dear OA Friends,

Greetings from your Tri-County Intergroup! We feel so privileged to serve the OA community for Tarrant County and outlying areas. We take our roles seriously and at the same time have great fun planning our annual retreat, workshops, and participation in city and community health fairs. We also maintain a website <http://www.aa-tricounty.org> that offers program information, meeting times, and event announcements as well as producing a monthly inspirational newsletter distributed to all groups.

Ideally, each OA group contributes to the creative endeavors and business decisions of Tri-County Intergroup by sending at least one Intergroup Representative, or rotating Representatives, to our monthly hour-long meetings. We meet the first Saturday of each month. Our schedule is printed at the bottom of the meeting list in the newsletter.

Service is a vital tool in our recovery. Through Intergroup it's a win/win situation. The quality of Intergroup's value is increased and you will have a voice in its progress. As a group representative, your vote will help decide such issues as how the Intergroup's budget can be better allocated, who will lead our annual retreat, what workshops will be offered, how improvements can be made to our website, and suggestions for public outreach. Imagine the influx of innovative ideas all the member group representatives could bring to the Intergroup efforts! Also, there are no abstinence requirements for service as an Intergroup Representative.

We lovingly invite you to consider helping us by learning about this new avenue of service available to you as OA members. Join us on one of these dates via Zoom: 8/7, 9/11, 10/2 (workshop). We would love to see you there. Drop me an email and I will send you the link.

Sincerely,

Joy D.

(817) 905-4949

[Joydobbins99@gmail.com](mailto:Joydobbins99@gmail.com)

Tri-County Intergroup O.A.

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2022

## Opportunities to Be of Service

*Committee Chair positions require membership in a group meeting that is represented by the Intergroup, must be working the 12 Step program to the best of their ability, have completed all 12 Steps, have 6 months of current abstinence, and have been a meeting's Intergroup Representative for 6 months at some time. Normal term is one year and is eligible to be elected to serve for one additional year.*

**TCI Board Chair** – Presides over and facilitates all Intergroup meetings. Works with Recording Secretary to prepare Agenda.

**TCI Board Vice-Chair** – Fulfills the duties of the Chair in their absence.

**TCI Treasurer** – Prepares written reports of all contributions and expenditures at regular monthly meetings; makes deposits of contributions and pays expenses; keeps accounting records and balances statements.

**TCI Secretary** – Takes minutes at all Intergroup meetings and retains official documents.

### Tri-County Intergroup Committee Chairs

*Committee Chair positions require membership in a group meeting that is represented by the Intergroup, must be working the 12 Step program to the best of their ability, and have either 3 or 6 months of current abstinence. Normal term is one year and is eligible to be elected to serve for one additional year.*

**Workshop Chair** – (3 months current abstinence) Plans and coordinates, with the help of volunteer committee members and the Intergroup, various types of workshops for area participants. Workshops can feature speakers, practical or creative activities, sharing, etc.

**Retreat Chair** – (6 months current abstinence) Plans and coordinates, with the help of volunteers and the Intergroup, the annual Intergroup Fall Retreat in Glen Rose, TX, the first weekend in November; functions as the liaison between the Retreat Center and the Intergroup regarding contract and facility specifics; works with the Intergroup members to recruit speakers; works with Intergroup Treasurer to maintain registration and accounting records; coordinates with Treasurer to award scholarships.

**Public Information Chair** – (6 months current abstinence) Works with other volunteer members to inform the general public about the OA program. This usually includes manning booths at local health fairs with the help of other members.

**Newsletter Chair** – (3 months current abstinence) Responsible for the compilation, editing, and publication of the monthly Intergroup newsletter "Looking Up". Collects articles and submissions from members for inclusion in the newsletter as well as OA-related material from other sources.

**Website Chair** – (3 months current abstinence) Responsible for maintaining and updating the Tri-County Intergroup of Overeaters Anonymous website; posting information about upcoming events; coordinating with the Treasurer to secure contract commitments associated with maintaining the website.

*"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."*

# VALUE

## Don't Fool Yourself: Definitions

Ever wonder what we're really saying when we talk about "relapse" or feeling "slippery"? Sometimes words lose their meaning through repetition. My sponsor once directed me to look up the definitions of those words I tossed around so freely. I was shocked at how blithely I said things like "my food is slippery" when I was really in dire trouble. Here's a reminder of the cold, hard truth about relapse.

**Relapse (noun):** the act or an instance of backsliding, or subsiding; a recurrence of symptoms of a disease after a period of improvement.

**Relapse (verb):** to slip or fall back into a former worse state, to SINK.

**Slippery (adjective):** causing or tending to cause something to slide or fall (e.g., slippery roads); tending to slip from the grasp — not fixed; UNSTABLE, and not to be trusted. TRICKY.

**Slip (verb):** to escape from consciousness; to pass quickly or easily away; become lost (e.g., let an opportunity slip); to fall into error or fault; LAPSE; to slide out of place or away from a support or one's grasp; also, to let go of something.

**Slip (noun):** the act or instance of departing secretly or hurriedly (e.g., gave his pursuer the slip); a mistake in judgment, policy, or procedure; the act or an instance of slipping down or out of place.

**Sloppy (adjective):** CARELESS, meaning INDIFFERENT or unconcerned (e.g., careless of the consequences), not taking care of; UNVALUED, disregarded.

**Recover (verb):** to get back; to bring back to normal position or condition (e.g., stumbled, then recovered himself; to find or identify again; to save from loss and restore to usefulness. RECLAIM. Also, to regain a normal position or condition, as of health (e.g., recovering from a cold).

*Martha - reprinted from HEART OF TEXAS INTERGROUP NEWSLETTER, April 2002*

## The Value of Action

My abstinence is valuable to me, and the actions I take on a daily and weekly basis help me keep this treasured gift. Daily, I wake up and pray thanks for the blessings in my life and ask my Higher Power for abstinence and to do the next right thing on this day. I record my food in an app on my phone that I have with me. Even though the app grades me differently than my stated food plan, it gives me a record that I can send to my sponsor if I'm struggling. If I am not sleeping, eating my planned meal, and not busy at work, I answer the phone when a fellow OA calls me. I try to have contact by text or phone with at least one fellow OA per day. At least once a week I get to a meeting. If weather interferes, I use online meetings. At least twice a week I call my sponsor. In between I text and email. I try to move my body 3 days a week for my physical recovery, and I listen to my body's need for rest. The most sustaining action I take is service: Holding the key for my meeting, attending intergroup as our meeting rep, serving as delegate to Region 5 for our intergroup, writing this newsletter for our Region 5 newsletter committee. These service actions keep me accountable and keep me in contact with others who share my compulsion and the answer offered by the 12 Steps, 12 Traditions, and 12 Concepts.

*Cassidy S.  
Region 5 Newsletter Editor*

*"You cannot expect the 12th Step to be of any value to you if you do not embrace the 11th."*

*"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."*

## Tri-County 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
  
- Monday**      6:00 pm                  Central UMC, Waco OA # 50529  
**From Zoom app, meeting ID# 851-4964-0368, Password: 330219 *UPDATED!***  
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
  
- 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 How Zoom meeting cancelled for August while we test meeting in person**
  
- 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](mailto:harlanbigbookstudy@gmail.com)

**FACE-TO-FACE OA MEETINGS – Check Mask Requirements!**

<b>Sunday – Arlington - 6:00 PM</b> Epworth Church 1400 S Cooper St. Arlington, TX 76013 Behind Starbucks. Mask required.	<b>Thursday – Waco - 5:30 PM</b> Crestview Church of Christ, Room C12 7129 Delhi Road, Waco, TX 76712 (Also Monday via Zoom). Mask required.
<b>Tuesday – North Richland Hills - 7:00 PM</b> City Point United Methodist Church 7301 Glenview Drive, North Richland Hills, 76180 Questions? Call Rachel at 817-595-3044 Mask required.	<b>Thursday – Fort Worth – 6:45 PM</b> St. Paul Lutheran Church – New Beginnings OA/HOW 1800 West Freeway, Fort Worth, TX 76102 Meet in the house north of the Senior Parking Lot. Masks encouraged but not required. Call for directions – Patrice 817-692-7180
<b>Saturday – Arlington – 12:00 Noon</b> City on a Hill Church 1140 Morrison Dr. Fort Worth, TX 76120	

## Upcoming OA Events

[Dallas Area Virtual Meeting List](#)

[OA Virtual Region e-Workshop Series](#)

Aug. 13-15, 2021 – **Houston OA/HOW Retreat for Men and Women.**

Information here:

[www.oahowhouston.org](http://www.oahowhouston.org)

Oct. 2, 2021 - **Tri-County Virtual Workshop.** Topics and speakers to be determined. Stay Tuned!

Nov. 5-7, 2021 – **Tri-County In-Person Retreat** Glen Rose, Texas. See flyer.

We still need volunteers to handle specific.

Scholarships are available!

**Don't forget to bring clothing for the \$1 sale;** the money goes toward our delegate fund.

We do have an extra cabin this year to allow for social distancing.

A menu will be sent out the week before the retreat along with a list of tasks that need volunteers.

**Tri-County Intergroup Meeting Dates for 2021:**

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.
Vice-Chair:	Dana A.
Treasurer:	Joy D.
Secretary:	Rachel R.
Liaison to DMI:	(open)
Liaison from DMI:	Dianne
Public Relations:	Terri Beth M.
Newsletter:	Betsy H., Joy D.
Telephone:	Mary Lou B.
Retreat:	Jaclyn D.
Workshop:	Charra W.
Web Master:	Ron C.
WSO Delegate:	(open)
Region 3 Rep:	Jackie H.

***Read up on service work in OA's 12 Steps and 12 Traditions, pp 100, 102, 134, 135, 137, 139.***

***Page 92 talks about the opportunity for service.***

***Look for more news from Intergroup leading up to the officer elections in November. Committee and other position volunteers are approved by the new board in January. Maybe 2022 is the year for you to help above the group level in some small way.***

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.

