

January 2022

# Looking Up

## *First Things First*

### **Step One:**

We admitted we were powerless over food – that our lives had become unmanageable.

### **Tradition One:**

Our common welfare should come first; personal recovery depends upon OA unity.

### **Concept One: (Unity):**

The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

### **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)*



KINDNESS IS  
THE  
HALLMARK OF  
RECOVERY

*Tri-County Intergroup, Fort Worth, Texas*

*Information Line: 817-303-2888*

## *Unity*

When a newcomer arrives at my home group this January, which I can pretty much count on, I will be doing what I can to demonstrate the spiritual principle of unity as suggested by Tradition One. These are some of the things that I try to remember:

- I will arrive early, especially if I am chairing, to demonstrate that I care about my fellows.
- I will widen the circle, bring in a chair, and make room for all.
- I will ask newcomers if this is their first meeting and use the word “welcome” somewhere in there when I can. I will briefly explain how the meeting works, saving questions for after the meeting.
- I will call on the newcomer when it is time for reading and sharing, always explaining that it is his choice to share or pass.
- I will volunteer to read and pay attention during the readings.
- I will not participate in sidebar chatting or other activities when someone is reading or sharing.
- I will put my cell phone away and turn it off or down.
- I will not bring hobbies to the meeting. They are distracting, not only to me, but also to others.
- I will be aware of the time I spend sharing, always remembering that there are others who need to share as much as I do, and who need me to listen to them.
- I will not participate in crosstalk.
- I will remember that even though I may have learned to laugh at myself, a newcomer may be at death’s door, and I will be sensitive to the feelings of others, even when I don’t know what they are.
- I will always try to remember that this is a “we” program and that I am one among many.
- After the meeting, I will speak to the newcomer. I usually ask if she heard anything she could relate to and that is enough to get a conversation started.

Community Unity

Dictionary.com defines the word "community" as a social, religious, occupational, or other group sharing common characteristics or interests and perceived or perceiving itself as distinct in some respect from the larger society within which it exists. This perfectly describes the OA community that I know.

Socially, we share intimate stories of our daily lives at meetings, with our sponsors, and through outreach calls. We share our experience, strength, and hope and our bonds grow stronger. We bring forth issues and concerns we often aren't willing to outside the OA community. Such is the level of trust that exists among us.

Although not a "religious" group, we do turn to a Higher Power that does for us what we cannot do alone. Likewise, our OA brothers and sisters help empower us to accomplish the seemingly impossible through their loving support. Such is the feeling of empathetic respect reflected in our sharing and interactions with each other.

Working the Steps is our occupation. It unites us with OA groups around the world because we all turn to the same Big Book for our life-saving instructions. We are truly part of a global community. We can travel anywhere and find our extended OA family waiting to welcome us with sincere love and understanding.

We learn through reading our literature and sharing that we possess the characteristics of a true

compulsive eater. This causes us to perceive ourselves as distinct from the larger society in which we exist. Such is the unique nature of the OA community and one that we must acknowledge in order to become abstinent.

The dictionary also gives an ecclesiastical definition of the word "community": a group of men or women leading a common life according to a rule. The rule I see us following is that of working the Steps in order to become and remain abstinent and, therefore, to be of service to our OA community and the community at large. A rule that promises us serenity and happiness.

Newcomers need to see our groups united as a loving community that invites them in with arms wide open. Likewise, members need to see OA united in the Traditions to see the promise of stability of our groups which comprise our community. Without unity we cannot fulfill our primary purpose of carrying the message to the compulsive overeater who still suffers. What a gift we have to offer!

Joy D.



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



## The Different Faces of OA United in Recovery

Overeating, undereating, bingeing, purging, anorexia, bulimia, regular OA, OA/HOW, online meetings, telephone meetings, marathons, workshops, email loops, retreats, conventions, assemblies, business conferences, group conscience meetings, and more. All of those words describe part of the OA experience, whether on a personal, group, or regional level.

We do have many faces. Our diseases are not the same or with the same symptoms.

But we all seem to come together in unity because we have a common problem with a common solution. Addiction is the problem. The Twelve Steps are the solution. No matter how you work the Steps, just work them.

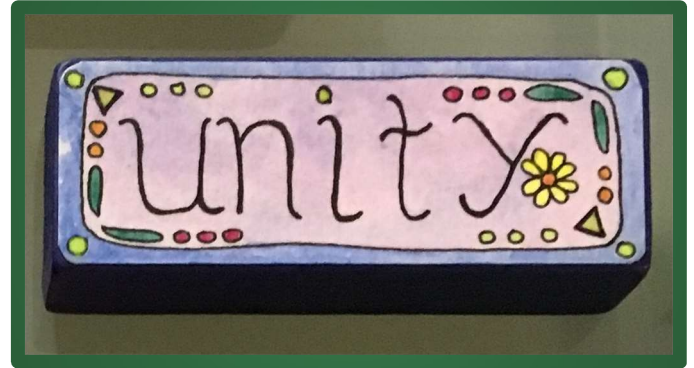
Most members with long term abstinence continue to work the Steps on a regular basis. The solution never gets old because the disease is always new, every morning, noon, and night.

There is a great OA workbook for working through the Twelve Steps. OA/HOW has a set of questions for each Step, using OA and AA literature for study and reflection. There are workshops on the Steps, and speakers who will lead retreats on the Steps, taking an entire weekend to talk about each one.

Yes, we are each different, but our common solution lies in the Twelve Steps of Overeaters Anonymous.

Betsy H.

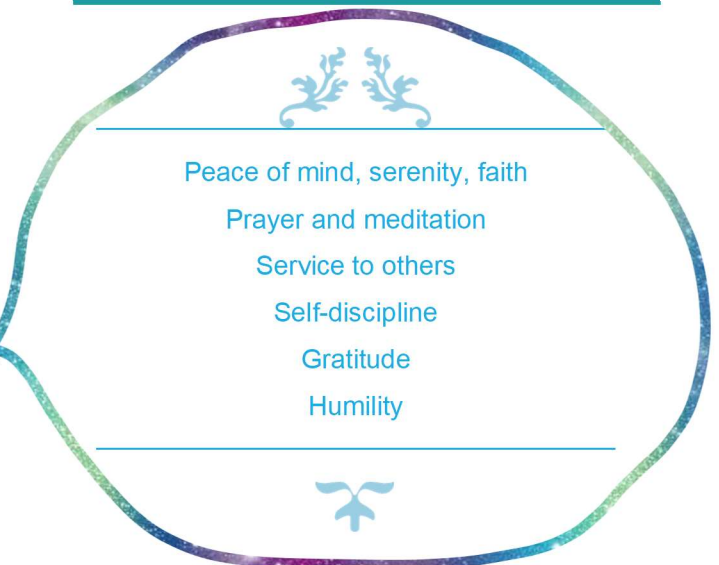
Some principles of the OA program  
To build a foundation for life starting  
With humility.



### OA UNITY DAY FEBRUARY 26TH, 2022

This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February, at 11:30 a.m. pacific standard time, OA members pause to reaffirm the strength inherent in OA's unity.

CST = 9:30 A.M.



Peace of mind, serenity, faith

Prayer and meditation

Service to others

Self-discipline

Gratitude

Humility

## 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  
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 pm New Beginnings OA/HOW  
Meeting ID# 283 565 1317, password 441395  
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](mailto:harlanbigbookstudy@gmail.com)

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

**Sunday – Arlington - 6:00 PM**  
Epworth Church  
1400 S Cooper St. Arlington, TX 76013  
Behind Starbucks. Mask required.

**Thursday – Waco - 5:30 PM**  
Crestview Church of Christ, Room C12  
7129 Delhi Road, Waco, TX 76712  
(Also Monday via Zoom).

**Tuesday – North Richland Hills - 7:00 PM**  
City Point United Methodist Church  
7301 Glenview Drive, North Richland Hills, 76180  
Questions? Call Rachel at 817-595-3044  
Mask required.

**Saturday – Arlington – 12:00 Noon**  
City on a Hill Church  
1140 Morrison Dr.  
Fort Worth, TX 76120

**TALKING HONESTLY  
IS THE KEY  
TO HEALING**

## Upcoming OA Events

### Tri-County Intergroup Meeting Dates:

Jan 8, Feb 5, Mar 5, Apr 2, May 7, June 4, July 9, Aug 6, Sep 10, Oct 1, Nov 5, Dec 3

### Lifeline Announcement

NEW Online Lifeline starts 2/22/2022. There is a "kickoff" weekend 22 days before that on January 7, 8 & 9. During that weekend there will be workshops at different times of the day to meet world-wide presentation needs. The weekend will include: (a) How to create a document, [including videos as well as other creative documents] and then (b) how to upload it to OA so it can be reviewed and put on the new online Lifeline. More details on: [oa.org/lifeline](http://oa.org/lifeline)

### Retreats

April 22-24, 2022 - McKinney Care and Share Retreat. See flyer.

### Region 3

March 4-5, 2022 - Spring Assembly will be held in person in Austin, Texas! See flyer.

### WSBC

The World Service Business Conference (**WSBC**) will be in Albuquerque, April 25-30, 2022.

SAVE  
THE  
DATES!

RETREATS and  
WORKSHOPS

### 2022 TRI-COUNTY INTERGROUP BOARD

Chair:	Jackie H.
Vice-Chair:	Gail M.
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:	Melissa K.
Workshop:	Charra W.
Web Master:	Ron C.
WSO Delegate:	(open)
Region 3 Rep:	Jackie H.



In gratitude for your generous donations:

Arlington  
New Beginnings OA/HOW  
South Hills

### 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 simply "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 only the group number.