

February 2022
See new P.O. Box
address on last page.

Looking Up

First Things First

Step Two:

Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition Two:

For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Concept Two: (Conscience):

The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

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

Tri-County Intergroup, Fort Worth, Texas Information Line: 817-303-2888

Thoughts on Trust from Members

- 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 am learning that it is easier to be abstinent and trust my Higher Power, than to try to control and fight my food obsession.
- Many people do not know what it is like to truly not be able to live with oneself because one sees oneself as totally untrustworthy. I don't think I consciously think about the need to trust myself. I know that in order to have a relationship with others I must trust them. Well, I also have a relationship with myself. And if I let myself down time and time again, that is what the Big Book calls demoralization and it eats at the very core of who I am. So, I am untrustworthy because I am suffering from a disease that is cunning, baffling, and powerful. It is too much for me. BUT - and this is the turning point - there is one who has ALL power. That one is God. Only in finding God and developing my relationship with Him and living according to His directions (the principles of the program) can I begin to trust myself because only then do I become trustworthy.
- I trust that God can and will give me the wherewithal to be abstinent, but unless I put that faith to work and ACT on the abstinent thoughts and feelings He gives me, I am wasting the gift. This isn't a program of contemplation and wishful thinking. It is a spiritual program of trust and action. There is no such thing as being zapped abstinent while continuing to shove binge food into my mouth. I can't think myself abstinent either, although it's certainly not for lack of trying. The only thing that works for me is to relax, surrender, and let God give me a feeling of peaceful detachment from food.
- I trust that nothing bad will come from asking God for help. What have I got to lose but my self-will which has proven to be a place for trouble? Trust - Ask - Receive Miracles!
- Fear no longer haunts me because fear to me is a lack of trust in God.
- In OA I trust in a power much higher than my own.
- I need humility to set aside pride and fear, because it really makes me trust in God.
- It's through the people in OA that I learned trust, something that I had lost as a child. And, with that trust, I was able to build a new life.

Quotes from many different Tri-County OA members

If the minority opinion has enough time, it can change the opinion of the majority. This tradition reminds me that I don't always know. When I am putting thoughts into words, that's all it is. I have an ideal, but putting it into practice is difficult. This never happened in any of the relationships I had growing up. I don't remember anyone ever saying how they felt about something. You got to run things as long as you did it their way. A lot of times I had to take control because there was nobody else to do it. When it comes down to the nitty gritty, God comes first. You got to do it God's way, not the way you want to do it. An intimate relationship is a two-way street. I'm having a hard time with this tradition. I supervise all day and I'm real vocal. The ultimate authority rotates from one to another depending on who's got the most to lose. We struggle against each other.

Anonymous

As many members attest, the message of love and acceptance has been the watchword of the group's conscience. As one trusted servant sees the journey, "I don't think that OA has changed much since my first meeting. At the end of the day what happens at the top of the organization is not nearly as important as what happens in the individual groups. Keeping things simple keeps the message pure and undiluted by distractions. The core of our group is acceptance and support. Judgment is left at the door.

Anonymous
Daily Reprieve Group

Trusting that others mean what they say helps me to relax about what is decided in group conscience meetings and not to stew about what others may or may not think. The humility has come for me as I have gotten myself in a more honest and realistic relationship with my higher power. I can't. He can and I will let Him. It also means I can expand that view to feel and act as if I am on an equal footing with others and that my opinions are worthy of being expressed.

Charra W.

Trust – I didn't trust anyone but myself until Step 5. Then I trusted my sponsor and grew to trust the process. I didn't trust the group until participating in Group Conscience decisions, listening to others, and accepting the outcome. I didn't trust God until I redefined God. I was suspicious of everyone, my sponsor, the process, the group, and God because I did not understand the concept of service. I had no humility and could not identify it. I had to start learning humility first in Step 1 and then after Step 5. When I laid myself on the floor and said, "here walk on me, I'm lower than dirt," and she didn't, it was a surprise. The world doesn't work that way. I was helped up and that's where I began to trust. All of those people performed selfless service and I learned from them how to do the same.

Anonymous

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

TRADITION TWO

Unity with Diversity

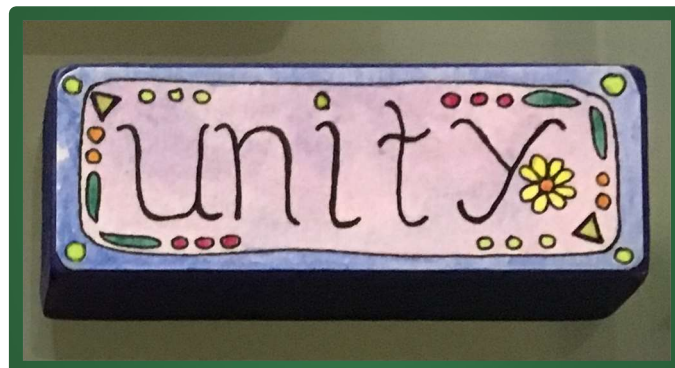
There is an ebb and flow in life that can be seen in every community and the Thursday One Day at a Time Group is no different. A foundational core of women maintains the base of the group and new members including men and minorities bring wonderful diversity to those seeking to understand the program. As OA has matured so has the group. They strive for unity and common solution leaving the question of food plans to the individual. They have always known that OA is the last house on the block for many and while some may leave, they believe they will come back after seeking easier softer ways. Therefore, they open the doors every Thursday evening and pull out some chairs. They are there - they are OA - and they care for the next one reaching out for a solution to compulsive overeating.

Former Intergroup Roving Reporter

OA members are in various stages of the compulsive eating illness and recovery. Our program cautions us not to judge another member's abstinence, program, or recovery. A helping hand extended to move them along the OA road of recovery helps members, as does accepting them where they are. Emphasize the stability of the OA program and point to your success and the success of countless numbers of compulsive overeaters experiencing recovery on all three levels: physical, emotional, and spiritual.

Suggest they attend different meetings, seek recovering members who have what they want and ask those members for help. Suggest the value of reading the excellent OA literature, such as To the Newcomer; Abstinence, Second Edition; and Overeaters Anonymous, Second Edition. As we come to meetings, we learn and practice as best we can, staying focused on our own recovery and letting others stay focused on theirs.

OA.org's Ask-It-Basket
Members of the Board of Trustees
provide answers to these questions



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** 12:00 pm - 1:30 pm 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

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:

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

Tri-County Workshops

May 7, October 1

Health Fairs

Senior Synergy, May 12, 8:30-1:30

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!



2022 TRI-COUNTY INTERGROUP BOARD

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In gratitude for your generous donations:

Arlington
South Hills Tuesday Noon
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 OA, [P.O. Box 662, Hurst, TX 76053](mailto:info@tri-county.org).

If you are donating for a group, please provide the name and location of your group, not only the group number.



RETREATS and WORKSHOPS