

October 2022

Looking Up

First Things First

Step Ten (Perseverance):

Continued to take personal inventory and when we were wrong, promptly admitted it.

Tradition Ten (Neutrality):

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Concept Ten: (Clarity):

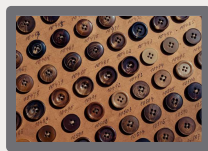
Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

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

Why Service?

Serve others and recover.

A key part of recovery in addition to working the Twelve Steps? Service.

When you hear about performing service, you may think, "Wow. Working Twelve Steps and giving service? That's a lot!" Rest assured, the last thing we at OA want to do is to overwhelm you. Service can be as simple as you want it to be. Here are some examples:

- **Show up.** Attending a meeting is service.
- **Unlock the venue for meetings each week.** This is a seemingly simple task, but one of great importance. Without this act of service, your group can't meet to work on their recovery.
- **Set up and clean up meetings.** Putting out and returning chairs, making the books available, and passing out materials are all ways to serve.
- **Participate in the meeting.** Welcome newcomers, read or share your own experience, strength and hope on the topic.

When you are ready for more

- **Moderate or lead the meeting.** The leader/moderator is just a member who follows the format to keep the meeting on topic and on time.
- **Operate the dashboard.** Unique to the virtual world this position protects the meeting from disruptive participants.
- **Participate in group conscience.** There are always different ways of doing things and the meeting members decide together what is best for the group.

As your recovery continues, consider being an intergroup rep, attending the meeting, and bringing back the news to your group. You have many talents and gifts you can use in OA. Event planner? Help with workshops, retreats, and assemblies. A writer? Contribute to your local newsletter, or submit to calls for stories.

Providing service opens up a world beyond you, while also giving you a way to carry our message to others.

The best part? There's a magical thing that happens when you serve others; you end up giving yourself a gift too.

Nominations for the 2023 Tri-County Intergroup **Executive Officer positions** will be held at the November retreat in Glen Rose. Please consider volunteering your time to Intergroup. The more voices are heard, the better the Intergroup may serve you. Elections will be held at the December IG meeting in Fort Worth and terms begin in January 2023. Brief descriptions follow—See your IG board members for more information.

Qualifications:

- Actively working the 12 Steps after having completed all 12
- Actively working the 12 Traditions
- Actively working the 12 Concepts
- Six months abstinence

Term: 1 year

Chairperson

Duties: Preside over meetings; set agendas. Oversee the management of Intergroup. Co-sign on bank account.

Vice Chair

Duties: Serve in absence of chair and assist in chair duties. Help new meetings get started and maintain current list of meetings, contacts, etc.

Secretary

Duties: Record and report minutes; keep past minutes. Maintain list of board members and contact information.

Treasurer

Duties: Maintain bank account; submit monthly financial statement; oversee IG mailbox and mail distributions.

Participation is the Key to Harmony

OA Responsibility Pledge:

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

Other Intergroup Board Positions and Committees that may be of interest to you are:

Intergroup Rep

Qualifications determined by the group they represent. Attend monthly IG meetings. Allowed to vote at IG meetings. Act as liaison between IG and group they represent.

DMI Liaison

Attend monthly Tri-County and Dallas Metroplex Intergroup meetings to exchange information between intergroups.

Region 3 Delegate

Represent the IG and area groups at the Region 3 meetings and report back to our area important information. See IG Bylaws for additional important information about this position.

WSO Delegate

Represent the IG and area groups at the World Service Business Conference and report back to our area important information. See IG Bylaws for additional information about this position.

Telephone

Maintain telephone answering service for Tri-County IG.

Newsletter

Compile and distribute monthly IG newsletter, "Looking Up."

Website

Maintain Tri-County IG website.

Retreat

Organize the annual fall IG retreat with the assistance of a committee.

Workshops

Plan and hold IG workshops with the assistance of the IG board.

Public Relations

Handle requests for information about OA and distribute information through local health fairs, newspapers, and other public means of communication.

These positions are appointed by the IG Board at the January 2023 intergroup meeting. The terms are 1 year, and the abstinence requirement is 6 months except as mentioned above. Attendance at 3 IG meetings prior to taking office or accepting a position is required.



Tips to Get Through the Holidays

1. Focus on the true meaning of the holiday or event rather than the food orgy that sometimes accompanies it.
2. Don't set yourself up to feel bad because of unrealistic expectations of what the holiday will bring. Sometimes we're with family; sometimes with friends, sometimes we are alone. Face the reality of the situation beforehand. For example, if a family occasion almost always turns unpleasant, plan not to be a part of the unpleasantness. If you're going to be alone, face that you may be sad, Plan to deal with it without excess food.
3. Build up your recovery bank account before and during the holidays by attending lots of meetings, working extra hard on your 12 steps, and using all the tools, especially service. Keep in constant contact with your sponsor. The disease doesn't take a holiday, nor should our recovery.
4. Keep your OA phone numbers with you always. Use them.
5. Know the limits of your recovery. When in doubt, avoid persons, places and things that have in the past triggered overeating. The party is not worth it. Choose not to attend if you feel it may be a major problem, remember that abstinence, one day at a time, must be the highest priority in your life. Without it, all other things suffer.
6. From the food perspective, treat the holiday like any other day. Our disease never takes a holiday.
7. Plan something special for yourself during the time other people are eating sugary desserts that you choose not to include in your food plan. Special tea, hot water with lemon, fruit ... anything that is special for you and allowable in your plan.
8. Whether attending a holiday gathering or ordinary party, choose to focus on the people rather than the food. Pick out people and engage them in real conversation. If they don't want to participate, move on to the next person. People like to talk about themselves. Ask them questions about their life, their work, their families, and really listen to their answers.
9. Try to genuinely connect with people at the holiday table. Food is secondary.
10. There is no law that says you must give out Halloween candy. We're not doing these kids a favor by giving them junk food Give nutritious snacks, toys, or money. Do not give out things you would not consume yourself. Then there will be no problem with leftovers.
11. Set an extra place beside you (in your mind or in reality) at the table for your Higher Power.
12. Remember Step Two: with the help of a Higher Power, we can be restored to sane eating behavior. Call on your Higher Power. HP can keep you sane, one day at a time, one meal at a time.
13. During the holidays, get out of yourself by giving service, any service, whether it is to the program, to needy individuals, or to the community; Do something that may be a little hard for you, but that you know you will feel good about later. Give yourself something to build self-respect.
14. Plan, plan, plan! Be proactive toward the holidays and the meals. Don't just sit back and hope for the best. Rehearse in your mind over and over exactly what you will do, particularly what, where and when you will eat. Pray just before sitting down to the meal.
15. Just before sitting down to eat or being served; go to a private room somewhere in the house or restaurant, call your sponsor, and commit what you are about to eat, as well as what you will choose not to eat. It makes no difference whether you get your sponsor or an answering machine - it is your commitment.
16. If you are visiting others for a holiday dinner, it is up to you to know what is being served and whether it is something that you choose not to eat. Call the host ahead of time. Plan accordingly. People understand others' food limitations. Even people without our disease have foods they don't eat for one reason or another. Volunteer to bring something that is good for you. The host then thinks you are gracious, while you are taking care of yourself!
17. Remember that you are responsible for what you eat. It's easy when sitting with family to slip into old childish roles where you feel you must eat whatever you are given. This does not have to be. We are adults and are responsible for our own choices. It is up to us to take care of ourselves. It is up to us to set whatever parameters or boundaries we need to set with our families.
18. Gratitude. There is nothing as good for staying abstinent, particularly during the Thanksgiving season, as focusing on the many things we have, rather than what we do not have. Write gratitude lists frequently.
19. For many of us, the most dangerous period for our abstinence is after we have successfully gone through a difficult occasion. The insanity of our disease subconsciously or consciously tells us to reward ourselves with food because we did so well yesterday. Or we suffer some type of letdown about the occasion because it didn't meet our expectations. Some of us feel an emptiness after holidays that in the past we have tried to fill with food. For these reasons, plan to go to meetings the next day after the holiday.

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 during our virtual October meeting. We would love to see you there. Drop me an email and I will send you the link.

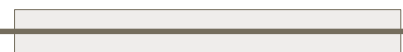
Sincerely,

Joy D.

(817) 905-4949

Joydobbins99@gmail.com

Tri-County Intergroup O.A.



Why Retreat?

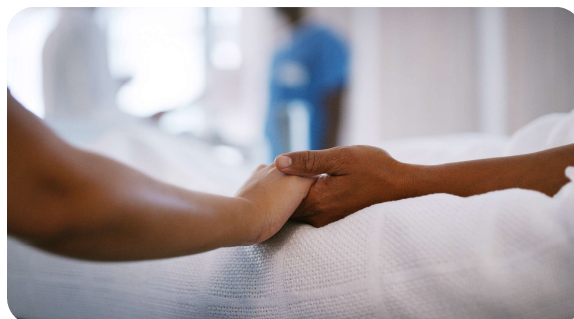
- ✓ My experience was amazing; one of the best I remember!
- ✓ Great speaker – informative, entertaining and she has a very strong grasp on the 12-step program. Appreciated her sharing her approach to working the 12 steps with a sponsee.
- ✓ I really enjoyed this speaker. She's very upbeat and knowledgeable. I would love to see her again; I like coming cause it keeps me guessing. I have also enjoyed all of the past speakers also.
- ✓ Loved it all. I really enjoyed the speaker. I especially enjoyed the hands-on 4th step with the volunteers on the stage. Left a huge impact on me.
- ✓ I love the program schedule and the speakers you get! That's why I keep coming back year after year!
- ✓ It was my first OA retreat and I felt welcomed, a part of, and fulfilled. The only thing that could be better would be more!!
- ✓ Excellent speaker. Best yet. She gave a very hopeful message all weekend.



Step 10

Evil conduct toward others leads to misery, or great unhappiness. I lose friends because I have hurt them and I am left not just alone, but also lonely. Loneliness leads to overeating. Evil conduct toward me included treating my body as a garbage can. That led to being overweight, lonely, and to physical harm. Immoral or amoral behavior always led me to remorse and feelings of worthlessness, humiliation, and regret. When I started learning in another program how much I was hurting others, I began to change my behavior toward others. Next, I learned how to treat myself better and I became healthier. Step 10 keeps me current on my bad behavior so that I don't have to be lonely, heartless, and cruel. I can be as loving and as kind as I can be without giving myself away in the process. That has led me away from misery into great joy.

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— Continued to take personal inventory....



Tri-County Meetings



Check out the new Interactive Meetings List on the TCI Website – Click [Here](#)

- 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 Crestview Church of Christ, 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

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- 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 - 5:00 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.

**TALKING HONESTLY
IS THE KEY
TO HEALING**



Upcoming OA Events

Tri-County Intergroup Meeting Dates:

Oct 1, Nov 5, Dec 3

Workshops

Virtual Region: 2nd Sunday Workshops
<https://oavirtualregion.org/2nd-sunday-of-the-month/>

Virtual Region: Working the 12 Steps series through Dec. 20: Tuesday evenings
<https://oa.org/events/struggling-15-week-workshop-series-through-december-20/>

Health Fairs - contact Jaclyn 817-996-8711

Oct. 12, City of Fort Worth Health/Safety Fair

Retreats

Tri-County OA: Nov. 4-6, Glen Rose Camp, Glen Rose, Texas in the heart of the hill country
<http://www.oa-tricounty.org/tri-county-oa-fall-retreat-2016/>

Convention/Assembly

Region 3: Convention and Assembly Oct. 21-23, Westminster, CO
Freedom from Fear
<https://oa.org/events/oa-colorado-state-convention-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:	Gail M.
Liaison from DMI:	Dianne
Public Relations:	Jaclyn
Newsletter:	Betsy H.
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
Richland Hills
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.

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

