

December 2022

Looking Up

First Things First

Step Twelve (Service):

Having had a spiritual awakening as the result of these Steps, we tried to carry the message to compulsive overeaters and to practice these principles in all our affairs.

Tradition Twelve (Spirituality):

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Concept Twelve: (Guidelines):

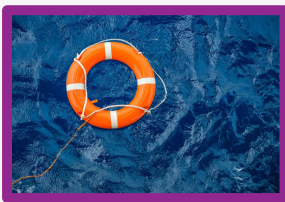
Concept 12 is quite long in which focus is placed on Selflessness, Realism, Representation, Dialogue, Compassion, and Respect.

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



SERVICE

Tri-County Intergroup, Fort Worth, Texas

Information Line: 817-303-2888



Working With Others

**Substitute “compulsive eating” for “drinking”
and “compulsive eaters” for “alcoholics.”**

“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our TWELFTH SUGGESTION: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.

“Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends—this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.

*** “Don’t start out as an evangelist or reformer. Unfortunately a lot of prejudice exists. *** [B]ecause of your own drinking experience you can be uniquely useful to other alcoholics.

*** “When you discover a prospect for Alcoholics Anonymous, find out all you can about him. If he does not want to stop drinking, don’t waste time trying to persuade him. You may spoil a later opportunity.

*** “If he does not want to see you, never force yourself upon him.

*** “See your man alone, if possible. At first engage in general conversation. After a while, turn the talk to some phase of drinking. Tell him enough about your drinking habits, symptoms, and experiences to encourage him to speak of himself. If he wishes to talk, let him do so. You will thus get a better idea of how you ought to proceed.

*** “When he sees you know all about the drinking game, commence to describe yourself as an alcoholic.

*** “[B]egin to dwell on the hopeless feature of the malady. *** Insist that if he is severely afflicted, there may be little chance he can recover by himself.

“Continue to speak of alcoholism as an illness, a fatal malady. Talk about the conditions of body and mind which accompany it. *** You will soon have your friend admitting he has many, if not all, of the traits of the alcoholic. *** Let him ask you that question [how you got well], if he will. TELL HIM EXACTLY WHAT HAPPENED TO YOU. Stress the spiritual feature freely. *** [H]E DOES NOT HAVE TO AGREE WITH YOUR CONCEPTION OF GOD. *** THE MAIN THING IS THAT HE BE WILLING TO BELIEVE IN A POWER GREATER THAN HIMSELF AND THAT HE LIVE BY SPIRITUAL PRINCIPLES.”

Alcoholics Anonymous, 2nd Edition, pp. 89-93

Easy Does It But Do It

Something I heard in Al-Anon many years ago was that it was not enough to be *around* the program. One has to be *in* the program. I never thought to apply that to OA. It isn't enough to be around the program, to visit meetings as an onlooker. One must be in the program for it to work. I had to commit 100% of my energy to becoming abstinent or the program would never have worked for me. I would never have thought my way into right acting because the disease was in control of my thoughts. I had to act my way into right thinking by purging the alcoholic foods from my system so that my thoughts could become clear, perhaps for the first time in my memory. Another saying I have heard is that this program is not for people who need it. It is not for people who want it. It is for people who work it.

Betsy H. – Fort Worth



Working With Others

Without others carrying the message, I don't know where I would be. I need your experience, strength, and hope. I want to always be available to those who are suffering.

Houston

If I don't share my recovery, I am in danger of falling back down into a bottomless pit.

Houston

We are many voices with one purpose. We are a fellowship of equals. I am a spiritual being having a human experience.

Houston

How do I stay out of isolation? I do service. I do what's needed. It doesn't have to be done my way.

New Jersey

How do I stay out of isolation? I have to do more meetings. I am not alone. I commit to 3 meetings a week, but I need more. I am part of a beautiful worldwide camaraderie. Open my mind, my eyes, and shut my mouth.

New Jersey

If you are on the fence,
jump on in.

We will catch you.

Arizona Family Afterwards

The Family Afterward

Substitute “compulsive eating” for “drinking” and “compulsive eaters” for “alcoholics.”

“This painful past may be of infinite value to other families still struggling with their problem. We think each family which has been relieved owes something to those who have not, and when the occasion requires, each member of it should be only too willing to bring former mistakes, no matter how grievous, out of their hiding places. Showing others who suffer how we were given help is the very thing which makes life seem so worth while to us now. Cling to the thought that, in God’s hands, the dark past is the greatest possession you have—the key to life and happiness for others. With it you can avert death and misery for them.”

Alcoholics Anonymous, 2nd Edition, p. 124

Sharings from members on the above reading:

“In 12-Step we are transparent, even when it is embarrassing. We share that we haven’t figured it out yet. Terminal uniqueness is deadly. We are doing this together.”



“Highly effective management doesn’t work with addicts. All we can be is a light.”



“Experience is my greatest teacher. My dark past is my greatest asset.”



“Sharing helps fill in the puzzle around this disease. Experience keeps us together and helps us move forward.”



Fellowship

“Fellowship is overwhelming at first. I had no trust. I was groomed to have no feelings. I was able to finish sentences in meetings! I can see myself without shame through other people’s shares. Sharing is great practice for healthy relationships.”



“Listening to my HP requires learning to listen and I did that in meetings. Growth happens when I listen and share. I used to interrogate. I don’t do that anymore. How does my body feel when I’m connected to the HP within?”



“The fellowship is an important part of my recovery.”



“Fellowship takes the anxiety out of the problem.”



“I was very guarded. I was numb. I was put to work doing service. That was a godsend, even though I could not help anyone else. We had service parties. It made the fellowship come alive.”



“Let it begin with me.”



Retreat 2022

The Retreat was excellent. The featured speaker combined her experience, strength and hope with readings from the Big Book, handouts, and one-on-one exercises. She spoke on the Steps. She was well received, had "Ask it bags" and an "Angel Walk" at the end.

There were 40 participants, 5 scholarships. Newcomers led the OA meetings.

There are new volunteers for the 2023 Retreat, allowing a rotation of service.

The speaker donated her expense receipts to the Delegate Fund instead of getting reimbursed. The Retreat also raised \$200 from the Boutique and donated that to the Delegate Fund. (Note from the Editor: The Delegate Fund is part of the Intergroup Treasury that is separately funded. It is used to send an Intergroup Delegate to the World Service Business Conference.)

Melissa A. and Gail M.

I have doubts about whether I belong because I'm not obese. Maybe I'm just a perfectionist. I think that's the disease talking. I hope I realize I am a full member by working the Steps.

Visitor

Anonymity

We can share *what*
we hear in a meeting
but not *who*
said it.

Going Through the 12 Steps in the Big Book

Roy L. has 44 years abstinent in both A.A. and O.A. He will take attendees through the 12 Steps by reading and studying the Big Book of A.A.

He said to let others know because it is still early. They just read the Preface of the BB on 11/19/22.

The meeting is via Zoom on

Saturdays

5-6:30p PST **7-8:30p CST** 8-9:30p EST

It is 1 hour and 30 minutes long.

Direct Link to Join the Zoom Meeting:

<https://us02web.zoom.us/j/82749363514?pwd=OUI1Wm1vQUN0RCtFNjZFM0tLNkIkQT09>

Meeting ID: 827 4936 3514

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

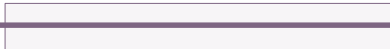
- Thursday** 7:30 pm SHCC OA # 26280
From Zoom App, meeting ID# 922 016 4765, Password: ODAT2015
Phone number: 1 (346)-248-7799
For assistance, contact Amber 817-798-6289

- 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

<p>Sunday – Arlington - 5:00 PM Epworth Church 1400 S Cooper St. Arlington, TX 76013 Behind Starbucks. For assistance, contact: Rhonda at 817-480-7904</p>	<p>Thursday – Waco - 5:30 PM Crestview Church of Christ, Room C12 7129 Delhi Road, Waco, TX 76712 (Also Monday via Zoom).</p>
<p>Tuesday – North Richland Hills - 7:00 PM City Point United Methodist Church 7301 Glenview Drive, North Richland Hills, 76180 For assistance, contact: Rachel at 817-595-3044</p>	



Upcoming OA Events

Tri-County Intergroup Meeting Dates:

Dec 3

Workshops

Dec 3, 9AM-Noon CDT: Holiday Booster Workshop, "Experience, Strength, And Hope Through the Holidays," Sponsored By: St. Louis Bi-State Area Intergroup & St. Mary's Sunday Morning group. Virtual

Flyer attached

Dec 4, 2-3 PM: Holiday Challenges Workshop Series, "Celebrate or Commiserate?", Sponsored by Houston Metro Intergroup, On Zoom, Meeting ID: 811 7402 6732, Pwd: 2020

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**

Retreats

WSBC
Concepts of Service: The Heart of Fellowship
Dates: **April 25-29, 2023**, face-to-face only.
<https://oa.org/world-service-business-conference/>

SAVE
THE
DATES!

RETREATS and
WORKSHOPS

2022 TRI-COUNTY INTERGROUP BOARD

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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 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.

