

February 2023

Notice! New Address for  
Donations  
Tri-County Intergroup of OA  
P. O. Box 20962  
Waco, TX 76702

# Looking Up

## First Things First

### Step Two (Hope):

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

### Tradition Two (Trust):

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):

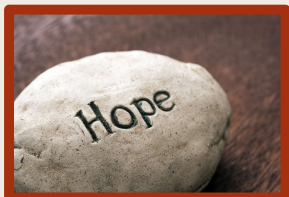
The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

### 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](mailto:newsletter@oa-tricounty.org)



Tri-County Intergroup, Fort Worth, Texas

Information Line: 817-303-2888

## Choosing Sanity

- Sanity would be to stop returning to offensive food and to stop obsessing about it.
- Sanity would be to choose to eat healthily and be capable of doing so.
- Sanity is seen in my behavior and it is also known to me by my thoughts.
- Sanity would be that I would be free of the bondage of myself.
- Sanity would be to not be preoccupied with feeling comfortable, physically and emotionally.
- Sanity would be to know and accept my physical limitations.
- Sanity would be to grow up and accept life on life's terms – certain facts – that I cannot eat more than my body needs or else I will suffer.
- Sanity is knowing that if I eat foods that don't agree with me, I will suffer.
- Sanity would be to choose to not suffer.
- Sanity would be able to regularly "eliminate," to regularly exercise, meditate, and pray.
- Sanity would be to treat my body with compassion and treat it like I love it.
- Sanity would be the ability to treat my mind and spirit like they are the valuable gifts that they are.
- My serenity, my balance, and my sanity are taken from me when I am irritable, bloated, or chained to the toilet.
- I feel tethered to my "self" when I am off kilter and I am not a channel of God's love.
- Insanity is that I keep doing the same thing or am obsessed with doing it differently.
- Insanity is trying to find a quick fix.
- Sanity is knowing that I lack the power to do this myself.

Gail M., Waco OA

INSANE!

SANITY

*"So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness. We must, or it kill us! God makes that possible. And there often seems no way of entirely getting rid of self without His aid. Many of us had moral and philosophical convictions galore, but we could not live up to them even though we would have liked to. Neither could we reduce our self-centeredness much by wishing or trying on our own power. We had to have God's help. This is the how and the why of it. First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life, God was going to be our Director. He is the Principal; we are His agents. He is the Father, and we are His children. Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom.*

*Alcoholics Anonymous, p. 62 (2<sup>nd</sup> Ed.)*

### Powerless

I keep returning to the offensive food – even when I know it's not healthy, even when I know I am going to feel bad, I keep returning. I overeat at times. I overeat on healthy foods because it tastes good. Even when I do not want to eat more, I eat more.

### Unmanageable

I can no longer successfully eat flour and sugar and gluten. My body no longer processes these ingredients efficiently and it reacts allergically. When I eat gluten, I feel achy, bloated, and irritable. I feel like my stomach is attacking itself. When I eat sugar, my body produces too much yeast and I feel irritable, sporadic and have big energy fluctuations.

Gail M., Waco OA

## Some of the Things We Have Tried

- Eating one meal only,
- Limiting the amount of sweets or starches,
- Never eating alone,
- Never eating breakfast,
- Never having any goodies in the house,
- Never eating during working hours,
- Switching from regular food to health foods,
- Eating only certain foods,
- Dieting as a part of a bet or agreement,
- Swearing off a particular treat forever,
- Making a solemn oath,
- Going to health farms,
- Going the shots and pills route,
- Going to a sanitarium,
- Reading inspirational books,
- Going to gyms for exercise.

## Save the Date:

Farmer's Branch Workshop  
 March 25, 2023 – 9 am to 5 pm  
 First United Methodist Church Richardson  
 Speaker from Phoenix, AZ



### Getting Her OA Groove Back

Willingness is the key to my success in this program. When I'm willing to do the footwork, I start to feel my recovery in all the places that I need it. When I'm working it by using the tools, I feel like I have cushioning that protects me from all the sharp edges in life. And if I let go and let HP guide me, I can relax into that cushion and stay in that cozy, comfy place.

But sometimes, even when I think I'm working my program, the cushioned security of my HP seems to evaporate and I'm left again feeling abandoned, wanting to eat. I've spent long days and nights trying to figure out why this happens. Of course, the reason is simply that I am a compulsive overeater! But what to do to get my OA groove back?

First, I have to accept where I am. Sometimes, the most I can do is honestly acknowledge the pain. I just go through the motions of being honest, even complaining to my HP about where I am and lamenting my lost willingness. While it seems like this is whining, I've found that releasing my angst is like doing a first step. "Here I am HP, in all my bitter glory – I can barely ask for help but I know I need to." This acknowledgement of powerlessness allows me to live in the moment even with the pain. "Ouch it hurts, but I'm trying, HP!" Then I ask my HP for willingness to ask for willingness. If I keep asking for help and doing the footwork, before I know it, I've come to believe I can be helped.

And that's how continuously working Steps One and Two – even when it doesn't feel possible that they can help – can give me my OA groove back.

*Tracy G.*

*Reprinted from the Aug./Sept. 2005 issue of the DC-Metro OA Newsletter*



## Cleaning House

By Glenn C

Kneeling on the tile floor, with the nail of her index finger she carefully scratches off three stubborn green spots ignored from the past.

Lifts the family pictures on the piano the souvenirs of New Mexico on the mantle with the buffalo and St. Francis statue and wipes away three weeks of dusty memories.

Arm muscles straining she scrubs the black stria of aluminum pots left by pressured movement.

With studied swiftness she wields the vacuum across floors removing the dirt and detritus of our daily grind.

I should imitate her.  
Clean house  
dwindle defects  
make room

for a larger grace.



Join the Workshop or  
Retreat Committees!  
Carry the Message -  
Let It Begin With Me  
Email to volunteer:

retreat@oa-tricounty.org  
or  
workshop@oa-tricounty.org

**BIG BOOK**  
04 FEB 23 DEPARTED

**ABSTINENCE**  
9:00 AM DEPARTURE  
... TOGETHER ...

**12 STEPS + MIRACLES**  
FEB 04/23

ARRIVED AT  
02/04/2023  
WILLINGNESS

ARRIVAL OF  
SPIRITUAL  
SOLUTION

ONE-DAY TICKET!  
02.04.2023  
DEPART 9:00AM!

SPONSORS  
04 FEB 2023  
FELLOWSHIP

JOY  
02/04/2023

THE NJIOA

# Winter Retreat

STAR LAKE LODGE

SATURDAY, FEBRUARY 4, 2023

9:00 AM TO 5:00 PM ET

**An all-virtual OA event on Zoom**

## Passport to Recovery

*"... and you will surely meet some of us  
as you trudge the Road of Happy Destiny."*

**Register Online here:**  
<https://www.njioa.org/star-lake-details>

Feel free to choose a donation level that works for you: \$20, \$25, or \$30.

**Early Bird Incentive:** The first 100 people to register will be automatically entered into our RAFFLE to win \$50 in OA literature of the winner's choice!

**Contact People:**

Fran U. (973) 973-5607 starlake@njioa.org	Susan S. (201) 960-1995 starlake@njioa.org	Mary Ann C., Registration (973) 568-2761 starlake@njioa.org
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**Register by Mail:** Snip & complete this form and mail it out with a check, payable to NJIOA.  
Mail this registration to: Mary Ann Cluney, 11 Newbridge St., Durham NC 27703

NAME: \_\_\_\_\_ CELL: \_\_\_\_\_

EMAIL: \_\_\_\_\_  Please add my name & cell to the We Care List for this event.

I would like to do service at this event:  Workshop leader or timer  Zoom committee  I can help as needed

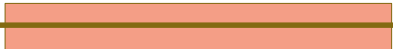


# Tri-County Meetings

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

<b>Sunday</b>	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
<b>Monday</b>	6:00 pm	Waco, OA # 50529 From Zoom app, meeting ID# 851-4964-0368, Password: 330219 For assistance, contact Beth 254-715-2521
<b>Tuesday</b>	12:00 pm (noon)	SHCC OA # 41132 Free Conference Call, dial 760-548-9061 No access code For assistance, contact Jaclyn 817-996-8711 or Nancy 678-882-4488
<b>Tuesday</b>	6:30 pm	Richland Hills OA # 51841 Dial in # 505-144-0847, Password: hope For assistance, contact Andrea 717-614-9131
<b>Wednesday</b>	10-10:45am	TENNIE, Shades of Hope Zoom dial in #346-248-7799, meeting ID# 823 5702 0585, password 476552
<b>Thursday</b>	12:00 pm (noon)	Grapevine OA # 54878 From Zoom App, meeting ID# 202-154-656, Password: 1212 For assistance, text Judith 682-313-8484
<b>Thursday</b>	6:45 pm	New Beginnings OA/HOW #45896 Meeting ID# 283 565 1317, password 441395 For assistance, contact Patrice 817-692-7180
<b>Thursday</b>	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
<b>Saturday</b>	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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<b>Saturday</b>	12:00 pm - 1:30 pm CST	Harlan <i>Line by Line Big Book Study</i> Dial In # 346-248-7799, meeting ID# 853-3089-5657, password 164758 Any questions, email: <a href="mailto:harlanbigbookstudy@gmail.com">harlanbigbookstudy@gmail.com</a>
<b>FACE-TO-FACE OA MEETINGS</b>		

<p><b>Sunday – Arlington - 5:00 PM</b> Epworth Church 1400 S Cooper St. Arlington, TX 76013 Behind Starbucks. For assistance, contact: Rhonda at 817-480-7904</p>	<p><b>Thursday – Waco - 5:30 PM</b> Crestview Church of Christ, Room C12 7129 Delhi Road, Waco, TX 76712 (Also Monday via Zoom).</p>
<p><b>Tuesday – North Richland Hills - 7:00 PM</b> City Point United Methodist Church 7301 Glenview Drive, North Richland Hills, 76180 For assistance, contact: Rachel at 817-595-3044</p>	<h2>Who is my Intergroup Representative?</h2>



## Upcoming OA Events

### Tri-County Intergroup Meeting Dates:

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

### Workshops

Feb 7, *Quick Step Study*, (mult. sessions) 5 PM – 6:30 PM CST, Zoom, Flyer [Here](#)

Mar 25 – 9 AM to 5 PM  
Farmers Branch, [1<sup>st</sup> United Methodist Church Richardson](#), Speaker from Arizona

**Health Fairs - contact Jaclyn 817-996-8711**

### Retreats

Feb 4, *Passport to Recovery*, sponsored by North Jersey Intergroup – 9AM to 5PM EST  
[REGISTER HERE](#)

Apr 14-16, *Recovery, It's Not Taxing!* sponsored by McKinney Care & Share OA Lake Texoma, Flyer [Here](#)

### 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

### 2023 TRI-COUNTY INTERGROUP BOARD

Chair:	Jackie H.
Vice-Chair:	Joy D.
Treasurer:	Gail M.
Secretary:	Debbie M.
Liaison to DMI:	[open]
Liaison from DMI:	Frances P.
Public Relations:	Jaclyn D.
Newsletter:	Betsy H.
Telephone:	Mary Lou B.
Retreat:	Melissa A.
Workshop:	Charra W.
Web Master:	Ron C.
WSO Delegate:	[open]
Region 3 Rep:	Gail M.

Thank you to these groups for your generous donations!

South Hills  
Waco

### 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 20962**  
**Waco, TX 76702**

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

**For more information, please contact our Treasurer at:**  
**[treasurer@oa-tricounty.org](mailto:treasurer@oa-tricounty.org)**