

March 2023

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

Looking Up

First Things First

Step Three (Faith):

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition Three (Identity):

The only requirement for OA membership is a desire to stop eating compulsively.

Concept Three: (Trust):

The right of decision, based on trust, makes effective leadership possible.

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

God's Will – What Is It?

- I have to pay attention to what the program is and what the program tells me to do in certain circumstances. I believe God wants me to be well. Working the program improves that. Learning how to deal with stuff helps me to grow spiritually.

Fort Worth

- Honest, true, not urgent. Maintain dignity and integrity.

Fort Worth

- Repeating what I'm saying over and over is not God's will. But I need compassion for others, acceptance of them. I was learning how *not* to be, but I didn't have to change someone else. I don't have to be perfect. I think I want more and more recovery but I'm okay with where I'm at today.

Fort Worth

- I pray to know what God's will is for me. I pray to be teachable.

Fort Worth

- God's will above everything is for me to be abstinent. That is first and most important. I work Step Three during the day, doing my best. Then things turn out the way they should, I guess. It's easy. I have to accept things the way they are and that can be the difficult part. I have to release things to my Higher Power. If I'm trying to figure it out, I can't hear God.

Arlington



“Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas:

- (a) That we were alcoholic and could not manage our own lives.*
- (b) That probably no human power could have relieved our alcoholism.*
- (c) That God could and would if He were sought.*

*Being convinced, WE WERE AT STEP THREE, which is that we decided to turn our will and our life over to God as we understood Him. Just what do we mean by that, and just what do we do?
Alcoholics Anonymous, p. 60 (2nd Ed.)*

Step Three – Houston members share

- Getting abstinent is overwhelming. Seeing others ahead of me seemed like a far reach. They spoke a foreign language. It was hard to believe. I’ve been in two years and haven’t finished the Steps yet. Belief in a higher power keeps me abstinent and keeps me here. I am not ashamed.
- The Steps go hand in hand with working on food issues.
- Old ideas are displaced and re-arranged. They are not deleted.
- This is the first Step of action. Every day I have to be willing to give up something. My choices are about will and greed, primal instincts, and those always get me in trouble.

Faith

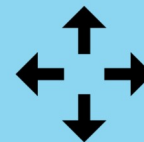
“It’s amazing that God won’t do what I ask. I’ve believed since a child that God will do whatever I want. I’m going to piggyback on your faith.”



“I was taught to pray for my will, not God’s will. This program was a whole new world. Developing a relationship with God was a new concept.”



“Don’t confuse emotionalism with faith. Faith is a choice. I can change.”



“I had no idea how insane my life was. I was not aware of the connection between emotions and eating. I had to go to treatment three times. More is always revealed.”



The Big Book Path to Your Wildest Dreams

OA Hybrid Workshop

Saturday, March 25, 2023

9 am to 5 pm Central

First United Methodist Church Richardson Texas

Ogden Fellowship Hall

503 North Central Expressway, Richardson, TX 75080

Speaker from Phoenix Arizona

Bring your lunch

Suggested donation \$10

Zoom Details:

851 9971 0430, pw 160619

Contact Dorothy B for more info 347-404-0356

IT'S FREEING TO
GIVE UP CONTROL



What we are granted the
ability to do is impossible.
This program makes it
possible.



Act Myself into Right Thinking

- We are a fellowship of equals. We are many voices with one purpose. I am a spiritual being having a human experience.
- It's got to be life or death before I get it. I know only a little. I have to be willing to change my whole life.
- I eat different foods than I used to eat.
- Keep it simple. I have one job. Meetings are like my classroom.
- I can sabotage my own efforts. If I'm not paying attention, I may miss something I needed to hear. If I'm not paying attention when I'm driving, I may miss the Exit.
- I keep getting back up.
- I get to the point when I think, "I don't need this anymore." Then I take the next right action. I commit my food and do the next right thing. It's been 8 days.
- If hunger is not the problem, then food is not the solution.



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

OAHOW Houston
Annual
Retreat

August 11-13, 2023

Holy Name Retreat Center
430 Bunker Hill Road
Houston, Texas 77024
HolyNameRetreatCenter.com

- **12-Step speakers and breakout sessions**
- **Morning meditation**
- **Quiet time to rest, reflect, and connect in a tranquil setting**
- **Private room with private bathroom**
- **Six delicious abstinent meals**
- **Friday 4 pm – Sunday 12:30 pm**

\$265 for the weekend
(\$250 for those 65+)
financial assistance may be available through HNRC

For more info, contact:
Kurt W. 281-515-4506 or
Rhonda S. (713) 444-0895

Register online at
<https://holynameretreatcenter.com/12-step-retreats>



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	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)	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
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 #45896 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 <i>Line by Line Big Book Study</i> Dial In # 346-248-7799, meeting ID# 853-3089-5657, password 164758 Any questions, email: harlanbigbookstudy@gmail.com
<u>FACE-TO-FACE OA MEETINGS</u>		
Sunday – Arlington - 5:00 PM Epworth Church 1400 S Cooper St. Arlington, TX 76013 Behind Starbucks. For assistance, contact: Rhonda at 817-480-7904		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 For assistance, contact: Rachel at 817-595-3044		



Upcoming OA Events

Tri-County Intergroup Meeting Dates:

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

Workshops

Mar 7, Sponsored by **Region 3**
Quick Step Study, 5 PM – 6:30 PM CST,
Zoom, <https://www.oaregion3.org/event/quick-step-study/2023-03-07/>

Mar 25 – 9 AM to 5 PM, Sponsored by **Dallas Metroplex Intergroup**
Farmers Branch, [1st United Methodist Church Richardson](#),
Speaker from Arizona, Flyer attached

May 13 – Sponsored by **Tri-County Intergroup**, Fort Worth – SAVE THE DATE!

Health Fairs - contact Jaclyn 817-996-8711

Retreats

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

Aug 11 – 13, Sponsored by **OA/HOW Houston Intergroup**
Holy Name Retreat Center, Houston, Flyer attached

Assembly & Convention

Mar 16-18, **Region 3**
Salt Lake City, Utah, Flyer attached

World Service Business Conference

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.
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Retreat:	Melissa A.
Workshop:	Charra W.
Web Master:	Ron C.
WSO Delegate:	[open]
Region 3 Rep:	Gail M.



CONSIDER THIS!

New column coming soon



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

Thank you to these groups for your generous donations!

South Hills

