

April 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 Four (Courage):

Made a searching and fearless moral inventory of ourselves.

Tradition Four (Autonomy):

Each group should be autonomous except in matters affecting other groups of OA as a whole.

Concept Four: (Equality):

The right of participation ensures equality of opportunity for all in the decision-making process.

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

Strong Recovery Tips

- Work the Tools and the Steps
- Stay IN the program
- Ask God before putting any food in my mouth
- Work ALL the Tools
- Don't pick up no matter what
- Rely on God
- Recommit
- Be with program people
- Changes are no excuse to fall off
- Food is in one hand; life is in the other . . . Don't Clap!
- Plan, Prepare, Protect, Pray
- Three-fold strength
- Watch out for little things
- Have an Action Plan
- Use Gratitude
- Weigh and Measure
- Keep God Close
- Stay Balanced
- Turn to God
- Trust God
- Read the literature
- Talk to program people
- Work the Steps *in depth*
- Are each of my three legs strong?



Next, we launched out on a course of vigorous action, the first step of which is a personal housecleaning, which many of us had never attempted. Though our decision was vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us. Our liquor was but a symptom. So we had to get down to causes and conditions. Therefore, we started upon a personal inventory. THIS WAS STEP FOUR. A business which takes no regular inventory usually goes broke. Taking commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values.

Alcoholics Anonymous, p. 63-64 (2nd Ed.)

Anger

"It's a waste of energy. I'm afraid of my anger. It's okay to talk about anger with program people. I will want to push it down and that means push it down with food. Being powerless makes me angry. I don't have to be alone with it."

"Lack of control makes me angry. I have resources to release it. I need to stay in the arena of recovery. Part of me wants to eat. I think it through. It's part of being human. I have outlets. Spoken words cannot be retracted."

"I'm glad this program addresses everything."

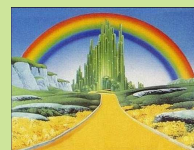
"I was raised in a violent angry home. I took a class to learn how to control anger. Why did it bother me? What was my part? I don't have to go to anger anymore. It's only what's happening in my head that's important. If it cost you your peace, you paid too much. I have no reason to be angry."

Surprises

"OA gave me the confidence to be myself. That has been a real gift. Those old demons are only in my head. Putting them on paper removed the threat. I'm no longer afraid."



"A hollow reed goes down the center of me. That's where I feel that gentle tug from God. Being in OA is like I'm on a Wizard of Oz journey. I pick up friends along the way."



"The big book, Alcoholics Anonymous, says resentment is the number one offender, not alcohol, not drugs, not food."



"If you focus on the weight loss, you'll lose the program. If you focus on the program, you'll lose the weight."



"I quieted my mind and began to feel. It was emotional pain. I don't know where it came from. The surprise to me was that almost as soon as I felt it and said "hello" to it, it disappeared. I did not disappear it. By my awareness and acceptance, it stopped nagging at me."

The
Tools
help
me put
down
my
will.



I would never have thought a solution for my compulsive overeating problem would be found in a book for alcoholics.



I have to feel the pain of abstinence, which is real to a compulsive overeater. It is the pain of loss, of not getting what I want, of being disciplined. It is maturity, not childishness. It is sober, not giddy. It is wise, not foolish.

April Fool

With myself around food, I am wary, knowing that I can fool myself in an instant.

Today I have enough. If I get a food thought, I turn it over to Higher Power and I get another day.



This article is about one aspect of the 4th step inventory work. It is the sick man's prayer, also known as the prayer to remove deep resentments. Alcoholics Anonymous, p. 67, suggests praying for those people we're resentful at while completing the inventory.

It was my experience that holding onto resentments is deadly business, deadly for me! My resentments fed my compulsive eating disease and made it stronger. My step guide said that if I were to recover from compulsive eating and associated behaviors, I had to rid myself of my resentments. How could I do that when I didn't have power over them? She suggested I write my own version of the prayer based on the one in the big book and pray every day for the people I had deep resentments for. Pray everyday until God removes the resentments.

I was instructed to ask God to first set aside all my old ideas about myself, my brokenness, my resentments, and my spiritual path. Then wait until some words came to me. God and I wrote this prayer several years ago and I still use it sometimes. Note that it can be used for people who are no longer alive.

“God, _____, like me is (was) an imperfect and possibly broken and spiritually sick person. I'm willing to show (think of) _____ (with) patience, compassion, and kindness. Only YOU can remove my deep-seated and hidden anger, as I've tried over and over again. Please release me and unfurl my tight grip on my old ways. Guide me in showing (feeling) kindness and love to (for) _____. Show me how I can be helpful. Lead me in acceptance of reality. Thank you, God!”

It took several weeks for some resentments to be removed, like coworkers and friends. And others a year or more, like my abusive neglectful parents. I was accountable to my step guide or other trusted fellow to pray daily and to pray until the resentment was gone. It works, it really does! I'm free and very grateful for step 4, this prayer, and the subsequent steps.

*Margie DL
Waco TX*



Resentments

- Resentment only hurts me.
- I used to think everyone thought like I did.
- I have to learn to listen better.
- There is meditation involved in weighing and measuring.
- I think of St. Francis . . . humble poverty.
- Be on the street with people.
- I have a war with food.
- I feed everyone.
- Food is love.
- Mom was a cook.
- I decided to stop eating and fast.
- I can't do it.
- I isolate.
- I stay home.
- Writing about it gave me peace.
- It was like magic, a miracle.
- To some people, I'm forgettable.
- I need help.
- Being angry and resentful is taking too much of a toll on me. It's fear. I don't care anymore. I'm going to work the Steps.
- The disease will get others into the rooms faster than I can get them there.
- What the disease offers is not a valid solution to my problems. It's a tricky voice. Ego adopts a tricky façade for rationalization. A tricky façade that wants an alternate reality. Reality is not as bad as my addiction wants me to believe.
- I cannot practice belligerent denial.
- Pomp
- Self-centeredness
- Calamity
- Crisis
- Idolatry
- I'm not worthy

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>

Upcoming OA Events

Tri-County Intergroup Meeting Dates:

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

May 13th, Registration 12:30. Workshop 1 PM – 4 PM
 Sponsored by **Tri-County Intergroup**, Fort Worth
 South Hills Christian Church, 3200 Bilglade Rd., Fort Worth 76133
 In Person and Via Zoom
Space Limited! RSVP Required!
 Email: workshop@oa-tricounty.org

Health Fairs - contact Jaclyn 817-996-8711

Retreats

Apr 14 - 16 Sponsored by Dallas Metroplex Intergroup <i>Recovery, It's Not Taxing!</i> Presented by McKinney Care & Share OA Lake Texoma Flyer attached	Aug 11 – 13 Sponsored by OA/HOW Houston Intergroup Holy Name Retreat Center Houston Flyer attached
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Assembly & Conventions

Oct 13, 14, 15
 Sponsored by **OA and Region III**
 State Convention and Region Fall Assembly
 “The Power of We”
 Flyer attached

World Service Business Conference

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



2023 TRI-COUNTY INTERGROUP BOARD

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Region 3 Rep:	Gail M.

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

CONSIDER THIS - UNITY

UNITY – Tradition One – Our Common welfare should come first; personal recovery depends upon OA unity.

What that means to me is **my recovery depends upon OA Unity.**

I cannot do this alone. **Where “I can’t, WE CAN”.** I cannot manage life on life’s terms, **on my own**, without compulsively overeating - because I have the disease of compulsive overeating.

But with OA, there is HOPE.

OA welcomed me with Open Arms. My local fellowship, as supported by OA as a whole, loved me until I could love myself. **I owe a debt of gratitude to OA.** I want OA to be available whenever anyone, anywhere, needs help with Compulsive Eating or Compulsive Food Behaviors.

CONSIDER THIS – WHAT AM I DOING TO FURTHER OA UNITY

I want the hand of OA to always be there. How can I personally help? A very beautiful excerpt from AA’s Big Book, page 164, is read in most meetings. It has been paraphrased like this:

A) Trust God B) Clean House and C) Help others.

The primary purpose of Tri-County Intergroup (our intergroup) is to aid those with problems of compulsive eating through the Twelve Steps of Overeaters Anonymous, and to serve and represent the OA groups from which the intergroup is formed.

Unity is born of fellowship with other OA’s, seeking a common solution, helping each other see their own truth. It starts with one member helping another, like Bill and Bob, like Rozanne and Thelma. **We love our abstinence, we love our fellowship, let’s do what we can so that OA will continue to thrive and grow.**

Each group has a voice and works together with other groups to promote unity and to help our fellowship to thrive and grow, and each group has a voice at OA World Service (by way of the Regions and Intergroups).

*****It is not hard to represent your group at the intergroup level.***** There are few requirements: you need to be working the steps and elected by your group, and come to the monthly Intergroup Zoom Meetings. There is no abstinence requirement. As an Intergroup Representative, your group would get a voice at the Intergroup level, and input on Workshops, the Retreat, etc. You would then take news back to your group. **This is not only fun, but also promotes unity within OA thereby strengthening our fellowship. It also fills the heart to give back. To quote the Big Book, page 89, 2nd Ed., “this is an experience you must not miss.”**