

May 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 Five (Integrity):

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition Five (Purpose):

Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

Concept Five: (Consideration):

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

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

"Honesty and integrity are absolutely essential for success in life – all areas of life. The really good news is that anyone can develop both honesty and integrity."

Tri-County Intergroup, Fort Worth, Texas

Information Line: 817-303-2888

"Strength and Power of One Day at a Time"

Hybrid Workshop

Sponsored by Tri-County Intergroup

May 13 – In Person and Online
Registration 12:30, Workshop 1 – 4 PM
South Hills Christian Church, 3200 Bilglade Rd., Fort Worth 76133
Zoom opens at Noon for visiting prior to workshop
Zoom Meeting ID: 838 4600 7075
Passcode: oatricou

Maintaining Integrity

"For me today, maintaining my integrity first means that I must be rigorously honest. I must be honest about what I am eating since I am a compulsive eater. The only way I know how to do that is to commit to my food plan, write it down daily, commit it to a sponsor, and then follow it. How? By being powerless before my Higher Power and accepting from Him the power I need. I need to be powerless over and over again every day, many times a day. In order to do that, I must be honest. Honest about my actions certainly but honest about my feelings and my thoughts as well. This calls for regular writing and talking with my sponsor. It calls for me to feel ALL of my emotions, good, bad, and indifferent. Yesterday I was so frustrated with technology that I was balled up in a corner of the bed sobbing uncontrollably. I cried until I was done, washed my face, took a break and went back at solving the issue I was having. And I was able to solve it using the helpful info I had received earlier in the day but was too emotionally frustrated to apply. This required me to be open-minded. To relax and see what I could not see before. I think being open-minded is part of the Serenity Prayer, the part about accepting. I have a tendency to walk around with closed fists to the world, which stands for my closed mind. I need to be open-minded in order to see new solutions, new ways of doing and being that have always been in front of me but which I have literally not been able to see.

"For that to happen I have to be willing. What makes me willing is coming to the end of doing something the way I have been doing it and not having it work. Also what makes me willing is remembering when I tried something different before and it worked! If I don't have the willingness, I ask for it, even when I don't want to.

"These three basics are the foundations of integrity for me no matter what is going on in my head, in my house, at my job, or in the world. If I have integrity, I will have sanity."

Kathy W.

“Having made our personal inventory, what shall we do about it? We have been trying to get a new attitude, a new relationship with our Creator, and to discover the obstacles in our path. We have admitted certain defects; we have ascertained in a rough way what the trouble is; we have put our finger on the weak times in our personal inventory. Now these are about to be cast out. This requires action on our part, which, when completed, will mean that we have admitted to God, to ourselves, and to another human being, the exact nature of our defects. This brings us to the Fifth Step in the program of recovery mentioned in the preceding chapter.

“We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past. Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.”

Alcoholics Anonymous, p. 72, 75 (2nd Ed.)

In between these two paragraphs (above), there are descriptions of all of the excuses an addict can make in order to avoid what she or he may consider guaranteed catastrophe – that someone might know the truth – that judgment day will come too soon – that surely I, the addict, will die, go to jail, be cast out of the family, lose my job, be publicly shamed.

From the description of the problem to the description of the solution, is a long journey for the mind and heart.

I'm grateful to have been so miserable that I was willing to go to any lengths to recover in this program. The truth was that I had no pride left. I felt shame because I had acted shamefully. Anon.

Lying

“Self-deception = self-destruction. I would not look at my whole body – only my face. I wasn't honest with others. I don't lie to myself anymore but it's hard to be honest with others without hurting their feelings.”



“I have low self-esteem. I tell lies to myself. I heard it when I was little. At a retreat people said nice things about me but in my head, I doubted it all. But I want to stop doing that, so I told the whole group. I try to write more.”



“Lying to myself is easier than lying to others. That says I have no value. I worry about hurting others' feelings. I have to pray about it. I people please and I end up in a fix.”

“It's not
your job
to like me
- it's mine”

— Byron Katie

www.theactualmind.com

“To have no leave of absence from myself is exhausting. Food was my relief. I had to do new things – meetings, calls, writing, reading, exercise, and counseling.

I want to take a break from myself. Getting honest about that has helped me. Negative thinking drives me into the food.”



Gratitudes

May Flowers



<p>Act with an attitude of gratitude.</p>	<p>As I retire for the night I go over my gratitude list; this practice works better than counting sheep or sleeping pills.</p>
<p>I look at the good and the bad of the day and write a gratitude list at night, along with the things I see need change.</p>	<p>Gratitude came from not being asked to contribute money, from having a place where there were other people like me, and from finding a name for what I am.</p>
<p>My daily gratitude list starts with OA and my OA friends, without whom I would have been trapped in a hopeless half-life.</p>	<p>I reached out my hand to a woman who seemingly had what I was desperate for—love, gratitude and joy of fellowship....and God.</p>
<p>Add a Gratitude List in Times of Trouble—It will never hurt us to remember who we are. This tool can be a life saver and sometimes the only link to the reality of our spiritual side. Tragic events will occur in our lives and we will survive. The process of getting to the other side is the challenge of our humanity, and a gratitude list is one of the tools to help us get there.</p>	<p>Critical analysis can also cause us to see the good in certain situations and relationships that we didn't see before. This way our gratitude list expands.</p>
<p>Gratitude, gratitude, 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.</p>	<p>One time I followed my sponsor's suggestion that I make a gratitude list. I was amazed at how much better I felt; then I promptly forgot about it. Wallowing is so much easier.</p>
<p>Over the years, bits and pieces of evidence pointing to the therapeutic effect of gratitude filtered through my thick screen of non-thankfulness. Sometimes I was so filled with awe at the changes in my life that I wanted to do cartwheels to express my thanks. I became more receptive to being grateful.</p>	<p>At another meeting, the leader suggested I make a list of difficulties I'm grateful I don't have. I did, and that too changed my perspective dramatically.</p>
<p>I can now begin to be willing and able to offer service to others in gratitude for all of the gifts of this program.</p>	<p>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.</p>
<p>Please know that on this day, I am especially grateful for you, and I am sending, along with my prayers of thanksgiving, special prayers for each of you to receive blessings "beyond your wildest dreams!"</p>	<p>I am grateful to God and my sponsor for giving me the gift of unconditional love and acceptance.</p>
<p>If I listen closely in meetings I hear or say something I need to learn; therefore, I am grateful for this program and its fellowship.</p>	<p>Step 5 - Thank G-d for sponsors for me to admit the exact nature of my wrongs. I hear at meetings: If I'm not part of the problem, there is no solution!</p>
<p>The telephone brought me back to OA after having left for 6 years. Gratefully, I was beaten into a desperate realization of powerlessness and given by God the willingness and inspiration to call a long-time OA member and understanding friend.</p>	<p>Today I am grateful to hear that voice in my head "Call a member..." when urges to compulsively eat come over me.</p>





Honesty

- The Self-Honesty of the 1st Step continues today in every aspect of my living.
- Honesty and consistency are key factors in recovery.
- Gradually, my life began to change as I responded to the loving, caring and sharing I was receiving. Sometimes I experienced those things the hard way, through tough love and hearing hard truths I did not always want to hear; through abstaining no matter what; through taking the steps over and over and trusting God with the results. Sometimes these qualities were expressed by the simple transparency and honesty of each person sharing at a meeting. They laid their lives open for me to read and see with what I could identify and what I could find that might work for me too.
- When I write I get honest, and honesty is the foundation of our recovery.
- I will talk about fear, humility, action, surrender, and self-honesty because these things are essential to my own recovery.
- There are a couple of things I've never told anyone. It's scary to trust someone that much. This step is honesty to me. It's something no one has asked me to do. I know I have to do it to unload my soul.
- You had the experience. With your honesty, open-mindedness, and willingness to share, I am freed a little bit more from my prison.

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

Interactive Meeting List on the TCI Website <http://www.oe-tricounty.org/meetings>

- 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 *Line by Line Big Book Study*
Dial In # 346-248-7799, meeting ID# 853-3089-5657, password 164758
Any questions, email: harlanbigbookstudy@gmail.com

Resources for Men

<https://www.oamen.org>

FACE-TO-FACE OA MEETINGS

<p>Sunday – Fort Worth – 4:30 PM South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133 For assistance, contact: Jaclyn 817-996-8711 or Nancy 678-882-4488</p>	<p>Tuesday – North Richland Hills - 7:00 PM City Point United Methodist Church 7301 Glenview Drive, North Richland Hills, TX 76180 For assistance, contact: Rachel at 817-595-3044</p>
<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>

Upcoming OA Events

Tri-County Intergroup Meeting Dates:

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

May 13th, **Strength and Power of One Day at a Time**
 In-Person 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
 HYBRID – Zoom Meeting ID 838 4600 7075, Passcode oatricou
 (Zoom will open at Noon for visiting prior to the workshop)

Health Fairs - contact Jaclyn 817-996-8711

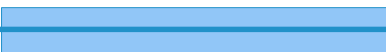
Retreats

Aug 11 – 13 Sponsored by OA/HOW Houston Intergroup Holy Name Retreat Center Houston <u>Flyer attached</u>	
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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



**2023 TRI-COUNTY
INTERGROUP BOARD**

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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