

June 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 Six (Willingness):

Were entirely ready to have God remove all these defects of character.

Tradition Six (Solidarity):

An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Concept Six: (Responsibility):

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

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

I Was Given the Gift of Desperation

I had a different relationship with food than other people in my family. I had to clean my plate before dessert. My punishment was being sent to bed without dinner. I didn't think I was overweight except when I was compared to my siblings. They shamed me. There was a lot of body shaming. I always felt overweight even if I wasn't. Their hand-me-downs never fit; they were always too small. I felt "less than." My dad was a musician so the whole family had a different lifestyle. I thought it was awful. I gained weight in my teens. That's also when I started "yo-yo" dieting. In my twenties, I found cigarettes and alcohol. That was how I maintained my weight. At 29 I joined Alcoholics Anonymous, and my yo-yo dieting started again. I had no defense against the first bite. Today I pick up a Tool instead of food. My weight would go up or down with life. I found OA when someone mentioned it. I went to a big OA/HOW meeting where they were doing a Step-Up ceremony [when a newcomer becomes a sponsor after 30 days of abstinence and completing the first three Steps]. I thought it was all very frightening, but I decided to do it anyway. I tried doing it alone, but it didn't work. I needed the support of other compulsive eaters. I was given the gift of desperation. I cried and cried – they were tears of healing. The most critical thing for me is to be of service. I can't get through life without my fellows in the program. There is no reason for me to pick up food today. My final thought, "Isolation is a dark room where we develop our negatives."

Anonymous, New Jersey

I never saw myself as an isolator. I'm an extrovert. I don't ask for help. I have to be in charge. I have to let in my Higher Power and my fellows.

How do I stay out of isolation?

I turn on my video and I attend in-person meetings.

I have to participate in my own recovery.

I have to change things up.

It is my responsibility to find meetings that feed my recovery.

Willingness to Change

Struggling with my health undermined the security I had in my original food plan. My health changed and I had to change my food plan. I found I did not have all that much trust, freedom, or security for over fifteen years. I now have some abstinence, but not every day. I try to document all of my little wins. I have mental fatigue from the struggle. The program seems too big sometimes. I need to focus on little wins.



I felt stupid because I had a learning disability. Doctors didn't help. My mom fought for me. I'm now a teacher. We listen to the messages we are given as kids. I don't have to be like everybody else. The program pushes me to do things differently. It hurts and it's difficult, but I am present for my life.



This program has given me blessings beyond measure.



Never give up. Keep on going.



We're a couple of terriers. We hang on. We know our only hope is this program. Your hope and faith stay with me.



I've never dropped out, but I've had a lot of failures. I've been able to build a life for myself and the promises are starting to come true. People with persistence make it.



Just keep doing it. Nourish the gift of abstinence and sustain it.

I blamed others for my problems. I didn't learn about self-honesty for years. Learning my part was difficult. I still wanted to blame someone else. I had to admit my part before I could change. I need to accept, understand, and forgive others. I have to accept reality and be okay with it.



Others think differently than I do. I have to check my motives. I speak my truth. I want the best for others, but I don't want to control them.

Responsibility



I cannot see myself clearly unless I am abstinent.



Perfection is not required. It's a program for broken imperfect people. That's why I can keep coming back. Somedays all I can do is to be abstinent. Somedays I can do more. Trying teaches me that I can do it.



Things are a lot more difficult now than in the beginning. I'm being stretched really hard. I try to be gentle with myself. I breathe. I don't want to do any damage. I'm learning a lot. It's good. Will I be able to handle this? I do the best I can.



I have to make an effort every day. I see my life changing. I'm much more at peace but I have to work on it. Serenity does radiate.



The roots of my body image are gnarled and deep within me. They may never go away.



Construction

ZONE



A
New
Self
Image



Imagine myself well, sane, and with confidence. I can work, clean my house, floss my teeth. And I'm only on Day 2.

In the beginning it was all about losing weight, but working the program changed me spiritually and emotionally. God wants the best for me. No matter what life throws at me. It's very freeing. A lot of good can come from recovery.

This is new thinking for me. I can feel afraid and weak in the world. It's interesting to think of changing that. I have new goals to work on.

God can change people's hearts. The program is life changing.

I can lose weight but not fix what's wrong with me. I regained the weight. If I don't change internally (self-respect), I'll gain it all back.

All I need for recovery is to be willing. Just don't bring the food in the house. There is no explanation for me being kind and tolerant.

My size doesn't matter even when I'm thin. I feel fat! Meetings help me progress.

The most important thing I can do in life is to forgive. I don't want to live in the anguish of the past today.

I've been feeling hungry between meals. I know it's not for food. What I need is God but it's also an indication something is wrong with me. I started counseling. I have to be honest. I can't stay abstinent without God's power. Don't act on hunger. I don't want to need but I do. And it's okay.

Food filled the hole. I had God but I wasn't going to Him for fulfillment. The more I go to God now, the more I want to. I can't let things take priority. I worked hard on my program today. I needed that.





Expectations

- Expectations are the mother of all frustrations.
- Expectations bring disappointment. I'm aware of them now and I ask God to help me not have them.
- My expectations aren't very mature. They don't come true and that pushes me into the food.
- This is not a program for people who want it but for people who do it.
- I ate at someone who disappointed me. Guess who got hurt.
- Unhealthy dependency is giving away my power.
- I have to watch my expectations about how fast I will lose weight.
- Resentments lead to compulsive suicidal behaviors.
- The scale – "Please God let me be okay with this number."



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>

ABSTINENCE, DIETING, AND WEIGHT LOSS

Kathy W.

Abstinence and controlled eating, i.e., dieting, have nothing to do with each other. If I diet instead of abstain, it's like loading up my car for a trip to the beach and I end up in the mountains – I won't have the right equipment for my stated purpose! Dieting is a physical action that is totally disassociated with abstaining from compulsive eating. It has no spiritual effect on me whatsoever. Why is this important? The program gives several reasons:

1. Stringent honesty is an absolute requirement for my recovery. This honesty requires that spiritual concepts must be embraced, or I will continue to be dishonest and sick.
2. I also need an urgent desire to get well, which is more than losing weight.
3. All the above depend on a belief in a power greater than myself which is essential for success.

These tools are the equipment I need not just learn to control my eating but to be abstinent and live sanely. Weight loss is the by-product.

AND ON RESENTMENTS

PAGES 64 THROUGH 67 IN THE BIG BOOK

RESENTMENTS, SUMMED UP AS "EXPECTATIONS ARE RESENTMENTS IN THE MAKING"

RESENTMENT IS THE NUMBER ONE OFFENDER. ...FROM IT STEMS ALL FORMS OF SPIRITUAL DISEASE... WHEN THE SPIRITUAL MALADY IS OVERCOME WE STRAIGHTEN OUT MENTALLY AND PHYSICALLY"

Tri-County Meetings

Interactive Meeting List on the TCI Website <http://www.oa-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 Mary K. 972 891-2830
- 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)

<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 Dr., 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:


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

Workshop on the Twelve Traditions
 May 28th (introduction) – September 10th
 Sundays from 1 – 2:30 PM
 Sponsored by **Heart of Texas Intergroup**
 Zoom Meeting ID 886 4472 8418, Passcode 121212
 More details @ heartoftexasoa.org

Health Fairs - contact Jaclyn 817-996-8711

Retreats

June 9 – 11 Sponsored by San Antonio Intergroup Slumber Falls, New Braunfels \$130 for full retreat; \$70 for Saturday only More details @ oaregion3.org	July 21 – 23 Sponsored by Arizona Serenity in the Desert IG “Recovery in the Pines” Northern Arizona University, Flagstaff Register by June 2 nd More details here @ oaphoenix.org
Aug 11 – 13 Sponsored by OA/HOW Houston Intergroup Holy Name Retreat Center Houston Flyer attached – registration open	Sept 29 – Oct 1 Sponsored by McKinney Care & Share Silent Retreat Details will be coming in future newsletters.
Nov 3 – 5 Sponsored by Tri-County Intergroup Glen Rose Camp, Glen Rose Flyer attached – registration open	 Scholarships Available – see flyer Clothing Boutique All Weekend

Assembly & Conventions

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



**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!**

**Grapevine OA
South Hills**

Thank you! your donation matters!