

July 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 7 (Humility):

Humbly asked Him to remove our shortcomings.

Tradition 7 (Responsibility):

Every OA group ought to be fully self-supporting, declining outside contributions.

Concept 7: (Balance):

The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by tradition and by OA Bylaws, Subpart B.

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

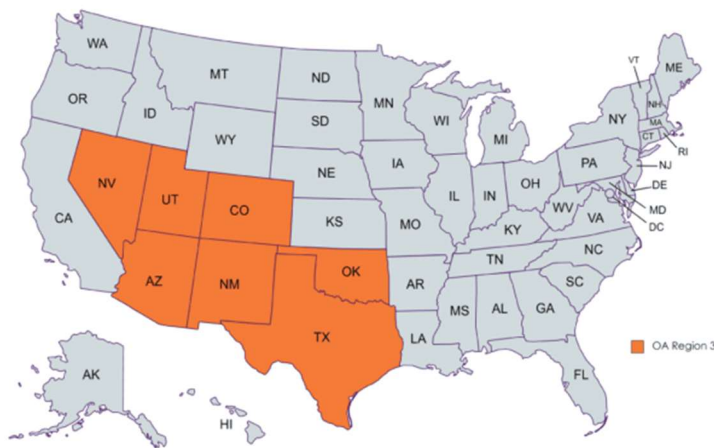
Information Line: 817-303-2888

First Annual 2023 Texas OA State Convention & OA Region III Fall Assembly

When: October 13-15, 2023
Registration is open
<https://txoaconvention.org/>

Where: The Royal Sonesta Houston Galleria,
2222 West Loop S, Houston, TX 77027
Reservation Phone #: 855-463-3091

For those planning to attend:
Contributions of gently used-clean clothing on hangers as able
Jewelry accepted
(prices suggested by person bringing)



OA Region III

HAPPY, JOYOUS AND FREE:
REGION 3 IS THE PLACE TO BE!

Humility – a Key to Step 7

Before I joined the OA program I was intolerant of many people, places, situations, things, and myself. I lived by the rules I remembered from my childhood, but they no longer worked. I had rules for myself that were different from rules for others, but I could not have told anyone what they were. If something didn't make me happy, I was intolerant. Even after coming into the program, I continued to be intolerant for a long time and I am sorry for coming off as a know-it-all about OA. I was intolerant of those who could not get abstinent, who would not answer questions with anything but a word or two, or who didn't come to meetings regularly. I thought I had all the answers. I'm not sure when I was able to see myself as others see me. That has been the most difficult education of my life. I guess it started with little things, including slips in abstinence. I have had many and each one "ate away" at my arrogance. I became filled with self-doubt and for someone as intolerant as I, self-doubt was my key to compassion for others and humility for myself.

Let me remember to set aside everything I think I know so that I may have an open mind and a new education.

	<p>"Belief in the power of God, plus enough willingness, honesty and humility to establish and maintain the new order of things, were the essential requirements."</p> <p>Alcoholics Anonymous, 2nd ed., pp. 13-14</p>
--	---

"On awakening let us think about the twenty-four hours ahead. We consider our plans for the day.

Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives."

Alcoholics Anonymous, 2nd ed., p. 86

Negative Thinking

How could these negative thoughts and feelings be my best? They were once, long ago, when I needed them to survive. They are what drove me to seek help in OA. For this I am grateful. I know today that they will never leave me. They are at least one-half of me, so I'd better get used to them and grow to appreciate, if not like, them. Imperfections make many things more beautiful. I would not want to be friends with a perfect person. I would always feel less than. As I study the list of my character defects that I prepare to become willing to have removed, I want to remember that their removal will be only for this one day. In this program, everything is based on what can happen in this one day.

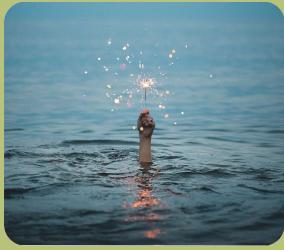
If I think I can get rid of my defects of character, I am probably about to engage in self-centered pride.

[Balance Sheets](#)[Balance Problems](#)[Balance Disorders](#)[Balance Issues](#)[Finding Balance](#)[Loss of Balance](#)[Balance Exercises](#)[Balance Loans](#)[Off Balance](#)[Balance Tests](#)[Balance Boards](#)[Balance Transfer](#)[Improve Balance](#)[Check Balance](#)[Balance of Power](#)[Account Balance](#)[Life Balance](#)[Balance of Payment](#)[Right Balance](#)[Check & Balance](#)[Balance Budget](#)[Emotional Balance](#)[Physical Balance](#)[Spiritual Balance](#)[Balance Scales](#)[Mental Balance](#)

“BUT WHAT ABOUT THE REAL ALCOHOLIC? HE MAY START OFF AS A MODERATE DRINKER; HE MAY OR MAY NOT BECOME A CONTINUOUS HARD DRINKER: BUT AT SOME STAGE OF HIS DRINKING CAREER HE BEGINS TO LOSE ALL CONTROL OF HIS LIQUOR CONSUMPTION, ONCE HE STARTS TO DRINK. HERE IS A FELLOW WHO HAS BEEN PUZZLING YOU, ESPECIALLY IN HIS LACK OF CONTROL. HE DOES ABSURD, INCREDIBLE, TRAGIC THINGS WHILE DRINKING. HE IS A REAL DR. JEKYLL AND MR. HYDE. HE IS SELDOM MILDLY INTOXICATED. HE IS ALWAYS MORE OR LESS INSANELY DRUNK. HIS DISPOSITION WHILE DRINKING RESEMBLES HIS NORMAL NATURE BUT LITTLE. HE MAY BE ONE OF THE FINEST FELLOWS IN THE WORLD. YET LET HIM DRINK FOR A DAY, AND HE FREQUENTLY BECOMES DISGUSTINGLY, AND EVEN DANGEROUSLY ANTI-SOCIAL. HE HAS A POSITIVE GENIUS FOR GETTING TIGHT AT EXACTLY THE WRONG MOMENT, PARTICULARLY WHEN SOME IMPORTANT DECISION MUST BE MADE OR ENGAGEMENT KEPT. HE IS OFTEN PERFECTLY SENSIBLE AND WELL-BALANCED CONCERNING EVERYTHING EXCEPT LIQUOR, BUT IN THAT RESPECT HE IS INCREDIBLY DISHONEST AND SELFISH.”

Alcoholics Anonymous, 2nd ed., p. 21

When I get caught up in extreme emotional reactions to crisis, I will pause, breathe, and remember *Easy Does It*. This will restore my balance.



Step 7 and Humility

- Step 7 is complex. It's about a right relationship with my Higher Power. It leaves me with dignity. Acknowledgement of powerlessness of myself and to myself is key. I can't fix myself. I need help. My Higher Power shows me character defects and how to get rid of them. "Thy will be done" whether I like it or not.
- I can do it and get through it. I need to look gently on myself. I can trust and rely on the program. I can trust and rely on my Higher Power. Things work out better.
- I am humbled to be here and to be welcomed.
- I've been away for 3 years. When I'm not working a program, I don't have humility. It's not a "me" program; it's a "we" program. I turn to God more in program and my Higher Power helps me get through the day. My life feels better. I'm glad to be back.
- I can accept myself. I can show you who I am. I don't have to pretend. Most days I want what I've got. I'm okay even if things aren't perfect.
- Humility also comes with self-respect.



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 RELEASE

Relapse is preventable. We fade into relapse. I can't stay clean on yesterday's shower.

- ❖ It's so good to be abstinent and not have that voice in my 🧠.
- ❖ It's not about the weight. It's about staying abstinent and the clarity.
 - ❖ I weigh and measure my food with a 😊 on my face.
- ❖ I didn't receive the 📁 of willingness. I received the 📁 of desperation. I didn't put my 📱 down until the craving passed.
- ❖ I let food, ego, and fear become bigger than God. Then I lost my abstinence.
- ❖ I went to a block party and brought some food home so I could fix it the way I need to. Nobody cared.
- ❖ I spent 4-5 years in OA before I recovered. I was never hopeless. I thought I was different. I did not put a high premium on being honest. When I did, I became hopeless. I surrendered, and then I recovered.
- ❖ I developed a different attitude toward holiday food. I cut back and make only enough.
- ❖ I'm on maintenance and the 📁 doesn't move. That's a little disappointing. I have to remember abstinence is a 📁. The disease is lurking. It waits for vulnerabilities.

AND ON FEELINGS

FEELINGS HAVE NOTHING TO DO WITH FOOD. IF HUNGER IS NOT THE PROBLEM, THEN FOOD IS NOT THE ANSWER.

I'm not always hungry

wait.. yes I am

But what am I hungry for?

"Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously. But where and how were we to find this Power?"

"Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem. That means we have written a book which we believe to be spiritual as well as moral. And it means, of course, that we are going to talk about God."

Alcoholics Anonymous, 2nd ed., p. 45

Tri-County Meetings

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

Monday

6:00 pm Waco, OA # 50529

UPDATE

From Zoom app, meeting ID# 944-1103-3877, Password: r3cover
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

UPDATE

From Zoom App, meeting ID# 931-7134-2743, Password: r3cover
For assistance, contact Kristin 817-308-2670, or email triczoomOA@gmail.com

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



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 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:

July 8	Aug. 5	Sep. 9	Oct. 7	Nov. 4	Dec. 2
--------	--------	--------	--------	--------	--------

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

Senior Synergy Expo – August 31
 City of Fort Worth Health & Wellness Fair – October 18

Retreats

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 – “Sounds of Silence” Lake Texoma Flyer attached – registration open
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

See Page 1 of this newsletter

World Service Business Conference



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: [open]
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.

Tri-County Intergroup generally meets
1st Saturday of each month at 10:30 A.M.

In Person

3200 Bilglade Rd., Fort Worth, TX 76133
South Hills Christian Church

Or Via Zoom

Meeting ID: 962-7180-7189
Passcode: r3cover

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!