

August 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 8 (Self-Discipline):

Made a list of all persons we had harmed and became willing to make amends to them all.

Tradition 8 (Fellowship):

Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Concept 8 (Delegation):

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the World Service Office.

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

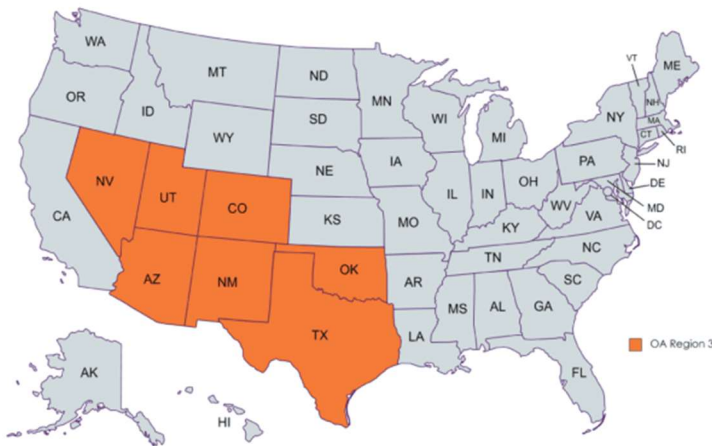
Information Line: 817-303-2888

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!

Scholarships available!

Willingness – Always in Style

“If I have willingness, I can still be happy. I can have a life.”



“I wanted to be in control of my weight, but I could not lose weight. Dependence in OA means freedom.”



“I used to worship the god of reason and my own thoughts. Was my life working? No. My life was intolerable. I wanted to stop but I couldn't. I was out of ideas. I was willing to listen to other people. When I seek new knowledge, I am seeking God.”



“I became willing as only the dying can be. I had not surrendered before. I had not trusted that I could live without excess food.”



“I was dying a slow death and I didn't believe the program would work. I was told all I needed was honesty, open-mindedness, and willingness. I had to take Step Three every day. I wanted to live.”



“It was only a matter of being willing to believe in a Power greater than myself. Nothing more was required of me to make my beginning.”

Alcoholics Anonymous, 2nd ed., p. 12

“Now we need more action, without which we find that ‘Faith without works is dead.’ Let's look at STEPS EIGHT AND NINE. We have a list of all persons we have harmed and to whom we are willing to make amends.”

Alcoholics Anonymous, 2nd ed., p. 76

What is Harm?

“We must be willing to make amends where we have done harm, provided that we do not bring about still more harm in so doing. In other words, we treat sex as we would any other problem. In meditation, we ask God what we should do about each specific matter. The right answer will come, if we want it.”

Alcoholics Anonymous, 2nd ed., p. 69

“If we are not sorry, and our conduct continues to harm others, we are quite sure to drink. We are not theorizing. These are facts out of our experience.”

Alcoholics Anonymous, 2nd ed., p. 70

“The question of how to approach the man we hated will arise. It may be he has done us more harm than we have done him and, though we may have acquired a better attitude toward him, we are still not too keen about admitting our faults.”

Alcoholics Anonymous, 2nd ed., p. 77

“We do not dodge our creditors. Telling them what we are trying to do, we make no bones about our drinking; they usually know it anyway, whether we think so or not. Nor are we afraid of disclosing our alcoholism on the theory it may cause financial harm.”

Alcoholics Anonymous, 2nd ed., p. 78

“Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone.

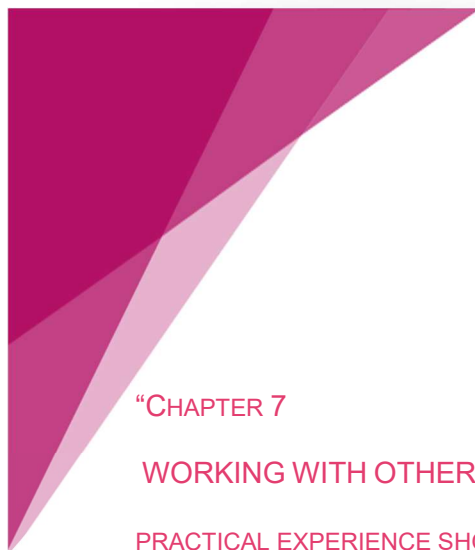
Alcoholics Anonymous, 2nd ed., p. 84

“Keep on the firing line of life with these motives and God will keep you unharmed.”

Alcoholics Anonymous, 2nd ed., p. 102

Why a Sponsor?

- ✓ Always take a buddy
- ✓ Yellow flag warning
- ✓ I need help
- ✓ I need to check in
- ✓ I can't see myself like others see me
- ✓ My "picker" is broken
- ✓ My vision is skewed
- ✓ This neighborhood is dangerous (my brain)
- ✓ I don't know what's right for me
- ✓ I've never done this before
- ✓ Is this okay?
- ✓ I was thinking...
- ✓ What am I hungry for?
- ✓ Throw me a life preserver
- ✓ "We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness and democracy pervade the vessel from steerage to Captain's table."
Alcoholics Anonymous, 2nd ed., p. 17
- ✓ Boundaries
- ✓ ... and another human being
- ✓ Humble myself
- ✓ Learn to trust again
- ✓ Practice



“CHAPTER 7

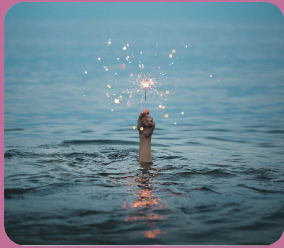
WORKING WITH OTHERS

PRACTICAL EXPERIENCE SHOWS THAT NOTHING WILL SO MUCH INSURE IMMUNITY FROM DRINKING AS INTENSIVE WORK WITH OTHER ALCOHOLICS. IT WORKS WHEN OTHER ACTIVITIES FAIL. THIS IS OUR TWELFTH SUGGESTION: CARRY THIS MESSAGE TO OTHER ALCOHOLICS! YOU CAN HELP WHEN NO ONE ELSE CAN. YOU CAN SECURE THEIR CONFIDENCE WHEN OTHERS FAIL. REMEMBER THEY ARE VERY ILL. LIFE WILL TAKE ON NEW MEANING. TO WATCH PEOPLE RECOVER, TO SEE THEM HELP OTHERS, TO WATCH LONELINESS VANISH, TO SEE A FELLOWSHIP GROW UP ABOUT YOU, TO HAVE A HOST OF FRIENDS--THIS IS AN EXPERIENCE YOU MUST NOT MISS. WE KNOW YOU WILL NOT WANT TO MISS IT. FREQUENT CONTACT WITH NEWCOMERS AND WITH EACH OTHER IS THE BRIGHT SPOT OF OUR LIVES..”

Alcoholics Anonymous, 2nd ed., p. 89

OUR PROBLEMS WERE OF OUR OWN MAKING





Step 8 – a Primer

- Learn attitudes of mercy and forgiveness.
- Make a list.
- Become willing to make amends to all.
- Pay attention to what I'm supposed to do.
- Always talk to my sponsor.
- I'm not supposed to go dashing out to make amends.
- Step Eight takes a while.
- Make a plan and rehearse.
- Stop, think, and look at my motives.
- Forgive myself for the harm I have done to myself.
- All I have to do is write.
- I'm working on myself, and it feels good.
- Don't worry ahead of time.



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



WHAT IT WAS LIKE, WHAT HAPPENED,
AND WHAT IT'S LIKE NOW

- Nothing mattered when I was in my food addiction. If someone tried to intervene, I only felt guilt and shame. That was an illusion. The addiction was out to kill me.
- Anytime something got hard, I ate my way through it. After OA, I used anything else to numb my feelings. My food needs to be clean.
- "Instincts on rampage balk at investigation." (p. 44) Nothing to see here. Everybody does what I do. But if I was up, I was eating. It's amazing the lies I can tell myself. I know what a lie feels like today.
- When I'm alone, I'm apt to be depressive. I blame or I reflect on the past. It was pride in reverse. It's just another form of self. I thought about myself all the time. I had to stop that and get into what God wanted me to do. My Fourth Step helped me see that fear was under everything. I saw it was ridiculous.
- The intolerable situation versus spiritual help.
- I had no idea the part I played in anything. I had no idea the rath I brought on myself. I had a hard time realizing I had to change. My biggest amends have been to me this time around.
- I ate over anything, mostly negative, because I was a negative person. I justified myself but then I had to. I was driven to overeat. It's all I thought about. One day at a time, I have freedom by working this program.
- I was disturbed a lot, but now those disturbances pass.

My ABCs
Attitudes Behaviors
Change



Tri-County Meetings

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

- Sunday** 4:30 pm SHCC 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
Zoom dial in #346-248-7799, Meeting ID# 944 1103 3877, Password r3cover
For Zoom assistance, call Margie D. 435-705-8632
For other 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
Zoom dial in #346-248-7799, Meeting ID# 202 154 656, Password 1212
For assistance, text Mary K. 972-891-2830

- Thursday** 6:45 pm New Beginnings OA/HOW #45896
Zoom dial in #346-248-7799, Meeting ID# 283 565 1317, Password 441395
For assistance, contact Patrice 817-692-7180

- Thursday** 7:30 pm SHCC OA # 26280
Zoom dial in #346-248-7799, 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

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- Saturday** 12:00 pm - 1:30 pm CST - Harlan *Line by Line Big Book Study*
Zoom 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

Sunday – Fort Worth – 4:30 PM South Hills Christian Church 3200 Bilglade Road, Fort Worth, TX 76133 For assistance, contact Jaclyn at 817-996-8711 or Nancy at 678-882-4488	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
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 Community Center in the back For assistance, contact Beth at 254-715-2521

Upcoming OA Events

Tri-County Intergroup Meeting Dates:

Aug. 5	Sep. 9	Oct. 7	Nov. 4 at the retreat	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

Senior Synergy Expo – August 31 – TCI attending
 Arlington Health Fair – October 17 – 9am to 2pm – **NEED VOLUNTEERS, CONTACT JACLYN!**
 City of Fort Worth Health & Wellness Fair – October 18 – TCI attending

Retreats

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]
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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!

Arlington
South Hills

Thank you! Your donation matters!