

September 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 9 (Love)

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9 (Structure)

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept 9 (Ability)

Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

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

Please read the attached letter from the Board of Trustees. Are we being open-minded in our meetings? What is an outside issue?

DENIAL

D – DON'T
E – EVEN
N – KNOW
I – I
A – AM
L – LYING

Watch out for taking care of others. It's really control. I have a pattern of working too much. I don't take care of myself. I am always a spiritual beginner. I have to work Step One every day. The program helps me break through denial.

I CAN'T RECOVER IF I DON'T ADMIT THERE IS A PROBLEM.

Am
I
A
Tourist?

Have
I
Committed
?

Self will run riot.
Food was my best friend.

I dated the program,
but I never committed.

Do I love myself enough?

Am I willing to level my pride and admit I have a problem?

I admit I have a problem.
I ate unconsciously.
I have a problem trusting a sponsor.
I have to do this for myself.

Making Amends to Myself –
A Starting Place

As a child it wasn't safe to say, "I'm sad, I'm scared, I'm angry, I'm hurt, I don't want to, You don't listen to me, or I don't feel important to you."

I learned I must ignore my feelings inside. I learned I must not tell about my feelings inside. No one listens anyway.

Don't talk.
Don't trust.
Don't feel.

Childhood, teenage, and adult survival skills and mantra.

But I am an adult now and I'm still following the same script. I'm not talking, trusting, or feeling. This leads to emotional pain inside.

Emotional eating.
Compulsive activity.

My emotional hurt is not revealed because I can't trust a human being. I keep the pain, fear, and feelings inside of me.

I behave to alleviate the emotional pain, which may work *as long as I continue the behavior*. I must continue the compulsive behavior for relief from pain. If I continue to eat, I feel guilty on top of the other feelings so I must eat to stuff the guilt and stuff the years of other painful feelings.

Every human being has emotional needs.

How do I take care of my emotional needs?

- Fill my emotional needs
- Reveal my emotional needs

because filling my stomach, spacing out with television, games, sex, drink, or drugs just keeps me numb inside. Numbing is following the script to not feed my emotional needs. Eating has been my emotional coping mechanism.

What is my real feeling? FEAR I will never be loved, listened to, or valued for exactly who I am.

Because I was trained to not trust, talk, or feel, I cannot say to someone: "I fear you will not love me, or I fear you will not believe me, or I fear you will not hear me, or I fear you will not value me as I am."

My emotional hunger is

Overwhelming
Urgent
Scary
Instant
Reactive
Triggered

And it needs to be stuffed or fixed. It is sudden and it craves. Braided into this urgency are guilt, shame, and powerlessness.

I eat to soothe my stress.

I stress because I eat.

Guilt and shame are the aftertaste in my mouth and need to be fixed again.

I don't know how to manage my emotions without involving food. My emotions hijack me and demand payment with food. What are my food alternatives?

- Food doesn't talk about
- Food doesn't feel feelings
- Food doesn't reveal who I am

How do I set myself up to replace food with a better solution? I feel powerless over my emotions, or I don't feel anything at all.

I can numb, deny, lie, and kill my feelings for good, but I cannot eliminate them! My dreams, wants, and hopes are to be loved, approved, wanted, worthy, appreciated, invited, and included.

- Anger isn't all bad. It can mobilize and inspire.
- Sadness isn't all bad. It can support my emotional healing.
- Fear isn't all bad. It can trigger life-saving action.

Emotions that need solutions: anger, emptiness, purposelessness, resentment, loneliness, stress, anxiety, fear, worry, sadness, bitterness, shame, guilt, numbness, nothingness, upset, tension, urgency, reactivity, mindlessness, emotional rollercoaster, controlling, suppression, obsession, isolation, avoidance, hiding, impulsiveness, procrastination, inflexibility, disconnection, pride, codependence, negative self-talk.

Anonymous, Fort Worth

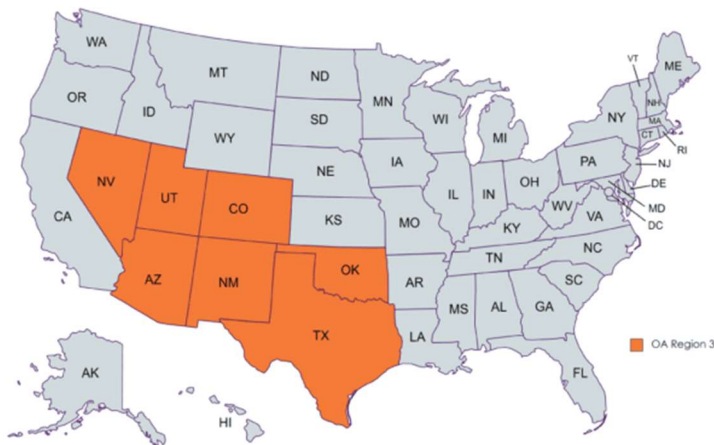
*HAPPY, JOYOUS AND FREE:
REGION 3 IS THE PLACE TO BE!*

**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

Scholarships available!





Step 9 – OMG

Things to remember

- It's not amends if I keep doing it
- Amends means Action
- Make restitution
- I can't blame others for my behavior
- Doing it wrong can have catastrophic results
- Self-protective behavior does not require amends
- Be present
- I owe amends for all the other stuff, not because I overate
- I don't need to keep making amends over and over
- Abstinence is living amends to myself
- I hurt my loved ones more than I knew when I was in relapse – they thought I would die – they thought my current abstinence wouldn't stick



**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**

MORE ABOUT STEP 9 – HEARD IN A MEETING

- I'll be glad when my amends are done.
- Steps 8 and 9 are powerful and liberating.
- Doing Steps 8 and 9 made it a lot easier to stay current. It became *impossible* to not make amends. It wasn't as scary as I thought it would be.
- I thought I might not be able to stay in the program because of Step 9. But I couldn't hide any longer. People in my group were **LIGHTER AND BRIGHTER** after Step 9. I needed my sponsor to lift me up after an amend. I needed an objective observer. It's about reparations.
- It helped to recognize that it wasn't all my fault. I had a part, and I was responsible *only* for that.
- The important part was my willingness whether I saw the people or not. Anything that kept bothering me belonged on the list or I would eat again. It hurts me more than anyone.
- It was a new idea to make right a previous wrong. It's about keeping my side of the street clean. Not being willing set me up for relapse. That only hurts me.

PRIDE VS. HARMONY

- I can now see the assets of others, to compliment them, and not feel envy.
- I don't know a thin person's story. It's about perspective. An airbrushed body is not real.
- For me pride is a self-sufficiency thing. It keeps me from asking for help. I can get in the way of God's plan for me!
- People naturally pay attention to a new baby and a toddler may be pushed aside. This is my position. This is where I am. I choose to be where I am.
- I was the youngest of five. Everyone vied for our parents' attention. I was always superior to everyone else – waiting patiently until someone might notice me. I manipulated. The program works if you work it. I stopped using the Tools and I relapsed. I think if I do it really well then I get a free ride. That's not true! It's humbling to recognize that. The program doesn't owe me anything.
- Steps 6 and 10 help me with this defect. When I seek anonymity, my pride is squelched. Under my jealousy is self-centered fear. When it crops up I can work Step 10. *Ask God to remove it. **Talk to someone. ***Make amends if necessary. **** Work with someone else. Sharing in someone else's success is very rewarding.
- I had to figure out who I was! If I am comparing myself to others, I don't know who I am.

Hitting Bottom

I'm cured.
I can do it my way now.
It will be different this time.
I was blacking out.
I was Restless, Irritable, and Discontent.
I had to recognize that moment BEFORE the next compulsive bite.

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>

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:

| | | | |
|--------|--------|-----------------------------|--------|
| Sep. 9 | Oct. 7 | Nov. 4 at the retreat | 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

Newcomers' Workshop – [Flyer attached](#)
 Marathons Remaining – [Flyer attached](#)
 Labor Day Zoom Workshops (two) - [Flyers attached](#)

Health Fairs - contact Jaclyn 817-996-8711

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

Retreats

| | |
|---|---|
| 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 3 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: [open]
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!**

**New Beginnings
South Hills
WACO
Arlington**

Thank you! Your donation matters!