

October 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 10 (Perseverance)

Continued to take personal inventory and when we were wrong, promptly admitted it.

Tradition 10 (Neutrality)

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Concept 10 (Clarity)

Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

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

GOT SERVICE?

Intergroup Vacancies:

- Workshop chair,
- WSO Delegate,
- DMI liaison

Please contact your Intergroup Rep for more information!

Join Intergroup!
Help carry the message!
Step 12 in action is action!

Many hands
make light
work.

- John Heywood

Workshop Chair:

- Survey membership for Workshop preferences.
- Contact speakers.
- Build a team of volunteers to complete the preparations activities.

WSO Delegate(s)

Delegate #1 is designated as Regional Liaison Representative and serves as Chairperson of the Delegate Committee. In delegate #1's absence or as monies permit, the next available delegate(s) serve as Representative(s).

- A. Serve as WSO/Region contact for referral to carry the message
- B. Help TCI solve problems and avoid mistakes
- C. Be available to speak to OA groups about WSO/Region
- D. Help raise monies for the delegate fund.

DMI Liaison:

- Attends monthly meetings of the Dallas Metroplex Intergroup (DMI) as a representative of Tri County Intergroup (TCI).
- Exchanges newsletter along with other media materials and information to DMI workshops.
- Report activities and pertinent information at each regular TCI meeting about DMI activities.

Nominations for the 2024 Tri-County Intergroup **Executive Officer positions** will be held at the November retreat in Glen Rose. Please consider volunteering your time to Intergroup. The more voices are heard, the better the Intergroup may serve you. Elections will be held at the December IG meeting in Fort Worth and terms begin in January 2024. Brief descriptions follow—See your IG board members for more information.

Qualifications:

- Actively working the 12 Steps after having completed all 12
- Actively working the 12 Traditions
- Actively working the 12 Concepts
- Six months abstinence

Term: 1 year

Chairperson

Duties: Preside over meetings; set agendas. Oversee the management of Intergroup. Co-sign on bank account.

Vice Chair

Duties: Serve in absence of chair and assist in chair duties. Help new meetings get started and maintain current list of meetings, contacts, etc.

Secretary

Duties: Record and report minutes; keep past minutes. Maintain list of board members and contact information.

Treasurer

Duties: Maintain bank account; submit monthly financial statement; oversee IG mailbox and mail distributions.



Other Intergroup Board Positions and Committees that may be of interest to you are:

Intergroup Rep

Qualifications determined by the group they represent. Attend monthly IG meetings. Allowed to vote at IG meetings. Act as liaison between IG and group they represent.

DMI Liaison

Attend monthly Tri-County and Dallas Metroplex Intergroup meetings to exchange information between intergroups.

Region 3 Delegate

Represent the IG and area groups at the Region 3 meetings and report back to our area important information. See IG Bylaws for additional important information about this position. 2-yr. term.

WSO Delegate

Represent the IG and area groups at the World Service Business Conference and report back to our area important information. See IG Bylaws for additional information about this position. 2-yr. term.

Telephone

Maintain telephone answering service for Tri-County IG.

Newsletter

Compile and distribute monthly IG newsletter, "Looking Up."

Website

Maintain Tri-County IG website.

Retreat

Organize the annual fall IG retreat with the assistance of a committee.

Workshops

Plan and hold IG workshops with the assistance of the IG board.

Public Relations

Handle requests for information about OA and distribute information through local health fairs, newspapers, and other public means of communication.

These positions are appointed by the IG Board at the January 2024 intergroup meeting. The terms are 1 year, and the abstinence requirement is 6 months except as mentioned above. Attendance at 3 IG meetings prior to taking office or accepting a position is required.

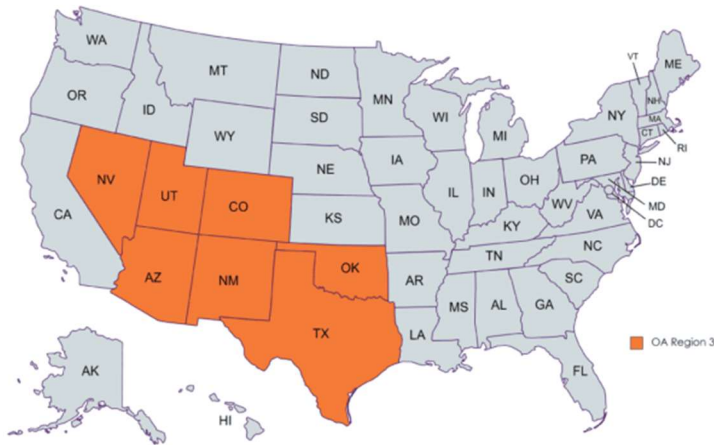
**HAPPY, JOYOUS AND FREE:
REGION 3 IS THE PLACE TO BE!**

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

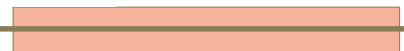
When: October 13-15, 2023
Registration is open
<https://txoaconvention.org/>

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)



Scholarships available!



Dear OA Friends,

Greetings from your Tri-County Intergroup! We feel so privileged to serve the OA community for Tarrant County and outlying areas. We take our roles seriously and at the same time have great fun planning our annual retreat, workshops, and participation in city and community health fairs. We also maintain a website <http://www.aa-tricounty.org> that offers program information, meeting times, and event announcements as well as producing a monthly inspirational newsletter distributed to all groups.

Ideally, each OA group contributes to the creative endeavors and business decisions of Tri-County Intergroup by sending at least one Intergroup Representative, or rotating Representatives, to our monthly hour-long meetings. We meet the first Saturday of each month. Our schedule is printed at the bottom of the meeting list in the newsletter.

Service is a vital tool in our recovery. Through Intergroup it's a win/win situation. The quality of Intergroup's value is increased and you will have a voice in its progress. As a group representative, your vote will help decide such issues as how the Intergroup's budget can be better allocated, who will lead our annual retreat, what workshops will be offered, how improvements can be made to our website, and suggestions for public outreach. Imagine the influx of innovative ideas all the member group representatives could bring to the Intergroup efforts! Also, there are no abstinence requirements for service as an Intergroup Representative.

We lovingly invite you to consider helping us by learning about this new avenue of service available to you as OA members during our virtual October meeting. We would love to see you there. Drop me an email and I will send you the link.

Sincerely,

Joy D.

Step 10 - Living Beyond Guilt

Step Ten is like enjoying a spiritual shower every day. As I take a personal inventory throughout the day, I'm mindful that I'm seeking to reach a balance that aligns me with God's will. Seeing the good and the bad in my actions gives me a more accurate picture of where I am and, therefore, allows me to be at my best to serve. For many, making amends promptly keeps them from going over and over the situation until they are tempted to rationalize their bad behavior. It helps to check out your thinking with another person if in doubt. Bottom line: assessing oneself requires perseverance, that steady persistence, which is the principle behind Step Ten.

The issue we face is identifying those actions that require amends and those that don't. Having bad feelings about someone is not a wrong that needs an amends. Acting on those feelings is a different matter, however. Feeling angry can cross the line into Step Ten when actions are based on that anger. Try looking at your actions from your personal point of view. If someone did that to you would you hope to receive an expression of regret and/or an intention to change from the person who did it?

Some compulsive overeaters have said "I'm sorry," about everything all their lives. Step Ten's "I'm sorry" looks different. It's the communication that you intend to change your behavior and regret what you've done. There's a difference. It's a meaningful difference. Often people are quick to say sorry in the hope that the issue will disappear, and the other person will get over it just as quickly. Saying "I'm sorry" too many times makes the action lose meaning and effect. Your credibility evaporates. Amends on the other hand are not made loosely. They are sincere and heartfelt. The listener hears a description of the wrong that convinces him/her of the veracity of the amends.

No room for guilt with this step because we are expressing our regrets promptly throughout the day as they arise. Feeling guilty denies God's power of mercy and forgiveness. In my opinion, however, there is nothing wrong with shame. Shame is the immediate reaction to sensing that we've done something we regret. Guilt is the depressive state we linger in after shame. From my understanding, Step Ten is to be done before the guilt sets in.

Anonymous
South Hills Voices of Recovery / OA 12X12

Tips to Get Through the Holidays Abstainently

1. Focus on the true meaning of the holiday or event rather than the food orgy that sometimes accompanies it.
2. Don't set yourself up to feel bad because of unrealistic expectations of what the holiday will bring. Sometimes we're with family; sometimes with friends, sometimes we are alone. Face the reality of the situation beforehand. For example, if a family occasion almost always turns unpleasant, plan not to be a part of the unpleasantness. If you're going to be alone, face that you may be sad, Plan to deal with it without excess food.
3. Build up your recovery bank account before and during the holidays by attending lots of meetings, working extra hard on your 12 steps and using all the tools, especially service. Keep in constant contact with your sponsor. The disease doesn't take a holiday, nor should our recovery.
4. Keep your OA phone numbers with you always. Use them.
5. Know the limits of your recovery. When in doubt, avoid persons, places and things that have in the past triggered overeating. The party is not worth it. Choose not to attend if you feel it may be a major problem, remember that abstinence, one day at a time, must be the highest priority in your life.
Without it, all other things suffer.
6. From the food perspective, treat the holiday like any other day. Our disease never takes a holiday. 7. Plan something special for yourself during the time other people are eating sugary desserts that you choose not to include in your food plan. Special tea, hot water with lemon, fruit ... anything that is special for you and allowable in your plan.
8. Whether attending a holiday gathering or ordinary party, choose to focus on the people rather than the food. Pick out people and engage them in real conversation. If they don't want to participate, move on to the next person. People like to talk about themselves. Ask them questions about their life, their work, their families, and really listen to their answers.
9. Try to genuinely connect with people at the holiday table. Food is secondary.
10. There is no law that says you must give out Halloween candy. We're not doing these kids a favor by giving them junk food Give nutritious snacks, toys or money. Do not give out things you would not consume yourself. Then there will be no problem with leftovers.
11. Set an extra place beside you (in your mind or in reality) at the table for your Higher Power.
12. Remember Step Two: with the help of a Higher Power, we can be restored to sane eating behavior. one day at a time, one meal at a time.
13. During the holidays, get out of yourself by giving service, any service, whether it is to the program, to needy individuals, or to the community; Do something that may be a little hard for you, but that you know you will feel good about later. Give yourself something to build self-respect.

14. Plan, plan, plan! Be proactive toward the holidays and the meals. Don't just sit back and hope for the best. Rehearse in your mind over and over exactly what you will do, particularly what, where and when you will eat. Pray just before sitting down to the meal.
15. Just before sitting down to eat or being served; go to a private room somewhere in the house or restaurant, call your sponsor, and commit what you are about to eat, as well as what you will choose not to eat. It makes no difference whether you get your sponsor or an answering machine - it is your commitment.
16. If you are visiting others for a holiday dinner, it is up to you to know what is being served and whether it is something that you choose not to eat. Call the host ahead of time. Plan accordingly. People understand others' food limitations. Even people without our disease have foods they don't eat for one reason or another. Volunteer to bring something that is good for you. The host then thinks you are gracious, while you are taking care of yourself!
17. Remember that you are responsible for what you eat. It's easy when sitting with family to slip into old childish roles where you feel you must eat whatever you are given. This does not have to be. We are adults and are responsible for our own choices. It is up to us to take care of ourselves. It is up to us to set whatever parameters or boundaries we need to set with our families.
18. 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.
19. For many of us, the most dangerous period for our abstinence is after we have successfully gone through a difficult occasion. The insanity of our disease subconsciously or consciously tells us to reward ourselves with food because we did so well yesterday. Or we suffer some type of letdown about the occasion because it didn't meet our expectations. Some of us feel an emptiness after holidays that in the past we have tried to fill with food. For these reasons, plan to go to meetings the next day after the holiday.
20. For many of us, the most dangerous period for our abstinence is after we have successfully gone through a difficult occasion. The insanity of our disease subconsciously or consciously tells us to reward ourselves with food because we did so well yesterday. Or, we suffer some type of letdown about the occasion because it didn't meet our expectations. Some of us feel emptiness after holidays that in the past we have tried to fill with food. For these reasons, plan to go to meetings the next day after the holiday.
21. A holiday is not a crisis, Holidays come every year. They are simply calendar times set aside to honor certain things. We deal with holidays the same way we deal with the rest of the days in the year. You can do it. Relax and work your program the best way you know how. One day at a time.



Why Service?

Serve others and recover.

A key part of recovery in addition to working the Twelve Steps? Service.

When you hear about performing service, you may think, “Wow. Working Twelve Steps and giving service? That’s a lot!” Rest assured, the last thing we at OA want to do is to overwhelm you. Service can be as simple as you want it to be. Here are some examples:

- **Show up.** Attending a meeting is service.
- **Unlock the venue for meetings each week.** This is a seemingly simple task, but one of great importance. Without this act of service, your group can’t meet to work on their recovery.
- **Set up and clean up meetings.** Putting out and returning chairs, making the books available, and passing out materials are all ways to serve.
- **Participate in the meeting.** Welcome newcomers, read or share your own experience, strength and hope on the topic.

When you are ready for more

- **Moderate or lead the meeting.** The leader/moderator is just a member who follows the format to keep the meeting on topic and on time.
- **Operate the dashboard.** Unique to the virtual world this position protects the meeting from disruptive participants.
- **Participate in group conscience.** There are always different ways of doing things and the meeting members decide together what is best for the group.

As your recovery continues, consider being an intergroup rep, attending the meeting, and bringing back the news to your group. You have many talents and gifts you can use in OA. Event planner? Help with workshops, retreats, and assemblies. A writer? Contribute to your local newsletter, or submit to calls for stories.

Providing service opens up a world beyond you, while also giving you a way to carry our message to others.

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

<p>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</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 Community Center in the back For assistance, contact Beth at 254-715-2521</p>

Upcoming OA Events

Tri-County Intergroup Meeting Dates:

Oct. 7	Nov. 4 at the retreat <i>Nomination</i> of Officers Chair Vice Chair Treasurer Secretary 	Dec. 2 <i>Election</i> of Officers Chair Vice Chair Treasurer Secretary	January 2024 <i>Appointment</i> of Committee Chairs and Delegates/Rep (made by the new board) WSO Delegate(s) [2-yr term] Region 3 Representative [2-yr term] Newsletter Public Relations Retreat Telephone DMI Liaison Website Workshops Zoom Coordinator
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Workshops

Marathons Remaining – [Flyer 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
 Discover Waco – November 11 – 9am to 4pm – TCI attending (9820 Chapel Rd. Woodway, Waco)

Retreats

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
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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]
- Public Relations:** Jaclyn D.
- Newsletter:** Betsy H.
- Telephone:** Mary Lou B.
- Retreat:** Melissa A.
- Workshop:** [open for 2024]
- Zoom Coord.:** [open]
- Web Master:** Kristin H.
- WSO Delegate:** Ron C.
- Region 3 Rep:** [open]
- Region 3 Rep:** Gail M.

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

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



Participation is the key to growth and recovery.



Thank you to these groups for your generous donations!

[your group name here!]

Thank you! Your donation matters!



WHY I GIVE:
TO ENSURE OA WILL BE HERE WHEN I NEED IT MOST, WHEN I AM LOST AND SEARCHING AND IN A BAD WAY, WHEN I DON'T HAVE THE RESOURCES, WHEN I NEED YOU.

