

LOOKING UP

DECEMBER 2023

[HTTP://WWW.OA-TRICOUNTY.ORG/](http://www.oa-tricounty.org/)

STEP 12 (SERVICE)

Having had a spiritual awakening as a result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

TRADITION 12 (SPIRITUALITY)

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

CONCEPT 12 (GUIDELINES)

The Concept 12 Guidelines represent these spiritual principles: Selflessness, Realism, Representation, Dialogue, Compassion, and Respect.

Disclaimer: Personal stories express the experience, strength, and hope of the individual member and not of OA.

To contact the Editor: Please send articles or submissions for the newsletter to:

newsletter@oa-tricounty.org

CARRY THE MESSAGE

OPPORTUNITIES FROM REGION 3

BE A SPEAKER

- WHEN WE SEE A SPEAKER, WE SEE RECOVERY AND KNOW IT'S POSSIBLE.
- WHEN WE HEAR A SPEAKER, WE HEAR THEIR PERSONAL STORY OF HOW THEY RECOVERED.
- EVERY STORY IS DIFFERENT BECAUSE WE ARE HUMAN AND WE ALL HAVE DIFFERENT STORIES OF HOW WE RECOVER.
- A SPEAKER OFFERS A SERVICE TO THE REGION 3 AREA BY OFFERING THE PROMISES WITHIN THE OA PROMISE.

SPEAKERS LIST APPLICATION

INVITE A SPEAKER



- ARE YOU LOOKING FOR A SPEAKER FOR YOUR MEETING?
- FILL OUT AND SUBMIT THE FORM BELOW AND WE WILL SEND YOU THE OA REGION III SPEAKER LIST OF QUALIFIED SPEAKERS.

SPEAKERS LIST REQUEST FORM



KNOWING MY STORY AND BEING ABLE TO TELL IT TO SOMEONE IS THE BEGINNING OF RECOVERY.

[RESOURCES FOR MEN - CLICK HERE](#)

Message from Gail M., Region 3 Rep to TCI

I am our Intergroup's Representative at Region 3. I am honored to be able to help spread the news of exciting and lifesaving things Region 3, and World Service, and OA as a whole, are doing. This is a Summary Report of the events at the Fall Region 3 Assembly. We don't have enough time today to go over everything. I just want to give an overview. I'm available to visit each zoom meeting and go over details if the groups would like. The focus of this Assembly seemed to me to be Spreading the Message. At Region 3, there are currently 7 states: Arizona, Colorado, Nevada, New Mexico, Oklahoma, Texas, and Utah.

At the Region Assembly, we separated into 4 Committees and discussed how can we best serve OA groups and OA members, and how can we spread the message. The 4 committees are:

1. PIPO (Public Information & Professional Outreach)- lots to report on this - how we can use social media to spread the message
2. Twelve Step Within (getting communication to suffering members who have left the rooms) - lots to report on this - speaker's list for intergroup's (workshops, retreats), Monthly E-Blast around the 12th of every month.
3. Ways and Means/Finance
4. Bylaws (CONTD NEXT PAGE)

MESSAGE FROM ELAINE, REGION III CHAIR

IF THERE ARE STRONG FOUNDATIONS WITHIN MEETINGS: ABSTINENCE, SPONSORS, COMMITMENT TO WORKING THE STEPS, AND DOING OUTREACH TO NEWCOMERS AND PROFESSIONALS ALREADY, THERE IS SO MUCH MORE WE CAN DO TOGETHER.





... Continued Message from Gail M., Region 3 Rep to TCI

- Region would like to have an Assembly and State Convention in Texas each year. This year it was in Houston. Next Fall, it is hopeful that it will be in Abilene. It will take every intergroup in Texas to help put on the best Assembly and State Convention in Texas. And I tell you, the Houston Assembly and State Convention was AMAZING!!
- Each member is special.
- Each member gets a voice and a vote.
- Please, send a Representative from your Group to Intergroup, so that information can be received from Intergroup, and taken to intergroup. This gets the members voice to intergroup. This is how the “Where do I start” pamphlet got to be free and downloadable from the oa.org website. A member thought it was important, then the intergroup, then the Region, and it went to World Service.
- There are connections and communication at each level. Our Intergroup sends a Representative to Region (me) and I bring information back and forth.
- Our intergroup can also send a representative to World Service and bring our voice there also. At the World Service Convention, representatives come from all over the world, and we get to collaborate on what is best for OA.

THANK
YOU

Strong Abstinence Checklist and Writing Exercise

Use this valuable tool every day to support you in keeping your abstinence strong and intact. You may also use it as the focus for meetings and workshops.

CHECKLIST

1) Have I been abstinent today? 2) Did I pray and meditate today? 3) Am I maintaining or working towards a healthy body weight? 4) Did I rely on my Higher Power to get or stay abstinent today? 5) Is what I am currently doing working for me to remain abstinent? 6) If I am having problems have I asked someone else what they are doing? 7) Have I made an OA call today? 8) Did I have an attitude of gratitude today? 9) Did I plan my food today? 10) Have I helped someone else today? 11) Did I have an action plan in place to stay abstinent today? 12) Do I have a sponsor and am I working the Steps with that person?

WRITING EXERCISE

1) What is compulsive eating for me? 2) What are the foods and food behaviors that trigger me to eat compulsively? 3) Am I afraid to get abstinent and if yes, why? 4) Why do I think abstinence is important? 5) What do I do to stop eating compulsively? 6) What Steps do I take to remain abstinent in all circumstances? 7) What is the difference between abstinence and a plan of eating? 8) What actions do I take to maintain my abstinence and achieve or maintain a healthy body weight? 9) How do I begin my day in order to abstain from compulsive eating and compulsive food behaviors? 10) What tools do I regularly use? 11) How does remaining abstinent improve the quality of my life? 12) What place does food have in my life today?

FEAR OR FELLOWSHIP



HOLIDAYS

When I came into OA and approached my first holiday, it was suggested that I focus on fellowship rather than food. I remember clearly that first abstinent holiday. I remember the faces of family as I asked them about themselves and learned things I had never known or bothered to know. And I took care of my abstinence that day by moving myself to a quiet place and calling my sponsor. I went to a meeting that night. I began to learn the true meaning of gratitude.

I used to think that all gatherings of people had to have food, laughter, entertainment, and material gifts in order to be a success. There was never enough food that I could take without being exposed as a food addict, which I didn't even know myself. I could never create laughter. I could never entertain. I could never afford gifts. Parties, holidays, and meetups were dreaded because I knew in advance that I wasn't enough. When I approached my first family holiday in OA, I was told to focus on the fellowship and to ask others about themselves. I thought I was helping myself get through the day. What I see now is that I was affirming others without even knowing it myself. I was giving something to them without being aware of what I was giving. I was listening to their stories. I used to listen to the stories of my parents, grandparents, and great-grandparents even though I'd heard them many times. I have a spouse who repeats his stories. I have recovery groups where I was taught to listen without interruption. I was taught to be respectful. In OA I learned that our meetings involve goodwill, mutual attraction, communication, and affirmation. We tell each other our stories, our experiences, strengths, and hopes, what it was like, what happened, and what it's like now. As I share I feel a connection to you.

STEP TWELVE

CARRY THE MESSAGE



The most important person in my meeting is the newcomer because she or he is the reason for my existence - to carry the message to the still suffering compulsive eater. What the newcomer doesn't know at the time is how important he or she is to me. The newcomer reminds me how close I am to being back in the depths of the disease, which makes it real and painful again, i.e., makes it new again.

The primary purpose of OA is to carry the message of recovery to those who want and ask for help. Groups carry the message by having meetings and sponsors. One way a group can help is to assign members to greet, introduce and call newcomers. Having someone contact a newcomer after their first meeting to answer their questions is a simple action that can have a positive impact on the newcomer. Groups cannot afford to lose sight of the importance of taking a special interest in a confused compulsive overeater who is looking for relief from this disease.



Jaelyn

LET'S CARRY THE
MESSAGE TO OA MEMBERS
WHO ARE IN
RELAPSE OR STILL SUFFERING
FROM COMPULSIVE
EATING.

Some OA Guidelines - Concept 12



Small Groups Help and Hope



Group Conscience Meetings



Membership Retention



OA Approved Literature List



OA Online Bookstore



EVENTS

Intergroup Meetings

Jan 2024	Appointment of Committee Chairs and Delegates/Rep (made by the new board)	<p>WSO Delegate(s) [2-yr term] Region 3 Representative [2-yr term] Newsletter Public Relations Retreat Telephone DMI Liaison Website Workshops Zoom Coordinator</p>
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Health Fairs - contact Jaclyn 817-996-8711

TBD

Workshops and Marathons

2023 OA Virtual Intergroup Phone Marathons – [Click Here](#)

Dec 9	See Flyer	12th Step Within
Dec 9	See Flyer	Creativity
Dec 16	To Register, Email: r3tswregister@oaregion3.org	Relapse Prevention
Dec 17	See Flyer	Big Book Speaker
Dec 30	See Flyer	The Tool of Service

Assemblies, Conventions, and Conferences

Mar 1-3, 2024	OA Virtual Region 2024 Convention - There is a Solution
May 7-11, 2024	OA WSBC - We All Belong - Welcome to OA

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. [open for 2024]
Workshop:	[open]
Zoom Coord.:	Kristin H.
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.

Via Zoom

Meeting ID: 962-7180-7189

Passcode: r3cover

THANK YOU TO THESE GROUPS
FOR YOUR GENEROUS DONATIONS!

ARLINGTON
SOUTH HILLS
WACO

THANK YOU!
YOUR DONATION MATTERS!

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

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.

TRI-COUNTY MEETINGS

[MEETING LIST WITH MAPS - CLICK HERE](#)

Day	Time	Details	Contact
Sunday	4:30 pm In Person	South Hills Christian Church (SHCC), 4133 Bilglade Rd., Fort Worth, TX 76133	Jaclyn 817-996-8711 or Nancy 678-882-4488
Sunday	4:30 pm SHCC OA # 51282	Free Conference Call, Dial 760-548-9061, No access code	Jaclyn 817-996-8711 or Nancy 678-882-4488
Sunday Arlington	5:00 pm In Person	Epworth Church, 1400 S Cooper St., Arlington, TX 76013, Behind Starbucks	Rhonda 817-480-7904
Monday Waco	6:00 pm Waco OA # 50529	Zoom dial in #346-248-7799, Meeting ID# 944 1103 3877, Password r3cover	Zoom: Margie D. 435-705-8632 Beth 254-715-2521
Tuesday	12:00 (noon) SHCC OA # 41132	Free Conference Call, Dial 760-548-9061, No access code	Jaclyn 817-996-8711 or Nancy 678-882-4488
Tuesday	6:30 pm Richland Hills OA # 51841	Dial in # 505-144-0847, Password: hope	Andrea 717-614-9131
Tuesday N Richland Hills	7:00 pm In Person	City Point United Methodist Church 7301 Glenview Dr., North Richland Hills, TX 76180	Rachel 817-595-3044
Thurs Grapevine	12:00 (noon) OA # 54878	Zoom dial in #346-248-7799, Meeting ID# 202 154 656, Password 1212	Mary K. 972-891-2830
Thurs Waco	5:30 pm In Person	Crestview Church of Christ, Room C12 7129 Delhi Road, Waco, TX 76712 Community Center in the back	Beth 254-715-2521
Thurs	6:45 pm OA/HOW # 45896	Zoom dial in #346-248-7799, Meeting ID# 283 565 1317, Password 441395	Patrice 817-692-7180
Thurs	7:30 pm SHCC OA # 26280	Zoom dial in #346-248-7799, Meeting ID# 931 7134 2743, Password r3cover	Kristin 817-308-2670, or triczooomOA@gmail.com
Sat	9:00 am SHCC OA # 46989	Free Conference Call, Dial 760-548-9061, No access code	Jaclyn 817-996-8711 or Nancy 678-882-4488