

# LOOKING UP

JANUARY 2024

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

## STEP ONE (HONESTY)

We admitted we were powerless over food--that our lives had become unmanageable.

## TRADITION ONE (UNITY)

Our common welfare should come first; personal recovery depends upon OA unity.

## CONCEPT ONE (UNITY)

The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

**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](mailto:newsletter@oa-tricounty.org)



# HONESTY

## Where Does It Start?

Anonymity creates trust and intimacy between OA members and that anonymity allows me to be honest with myself, God, and at least one other member. Honesty is the first of the three legs of the program for without honesty I cannot be abstinent. I have to be honest about my food in order to be free from its grip. I have to be honest about needing help, accepting that I am a compulsive eater, that I do not have the answers, and so much more. I have to be honest about needing God at this moment, and this one, and this one, and feeling myself relax as I type these words so that God can enter my heart and make me feel whole. Recovery is not in the food. Food is a solution, but it's not the solution I am looking for! It will take me down a certain path that I know well. I choose the other path today, the path of freedom from food, the path where food takes its proper place on the side of the road. My goal is to reach perfect union with God, and nothing can get in the way of that.

# Region 3 News

## Upcoming Region III Assemblies/Conventions

- Spring 2024, Las Vega OA Intergroup, Host—April 4-6, 2024
- Fall 2024 in Abilene, TX

Unity day, February 24, 2024, is to be held at the Intergroup level.

OA Birthday January 20, 2024

## Region 3 of Overeaters Anonymous

Anonymous seeks to aid those with the problem of compulsive eating through the Twelve Steps of OA, and to serve and represent the OA groups in the states of Arizona, Colorado, New Mexico, Nevada, Oklahoma, Texas and Utah.



**OVEREATERS ANONYMOUS**  
**REGION III**



### Has Grant Money for Your Meetings!

Thanks to the tremendous donations of its members and reduced expenses during COVID, Region III has a surplus of funds that are available to help carry the message in the suggested areas:

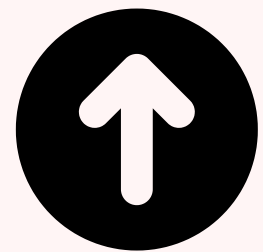
 <p><b>Hybrid Meetings</b></p> <p>TECHNOLOGY</p>	 <p><b>ALL are welcome HERE</b></p> <p>DIVERSITY</p>
 <p><b>YOUNG PERSONS</b></p>	 <p><b>COMMUNITY OUTREACH</b></p>

Up to \$250.00 per group, per category.

For more information contact the Ways, Means and Finance committee at: [R3Treasurer@oaregion3.org](mailto:R3Treasurer@oaregion3.org)

Funds are Limited, Apply Early! Grants will require full receipts for monies spent!





**Click  
Logo  
to  
Apply!**



# UNITY

## Group and Worldwide Community

Tradition One – Unity – is more important than I. When I am disturbed by my own desires in the group setting, I must sit patiently, waiting for God’s gentle nudge telling me what to do or say, and even how to feel. The group is my lifeline, my life saver, my portal to that 5th dimension mentioned in the big book. I think being in OA makes that even more obvious since my home group is so small. It’s hard to believe that in the fastest growing metropolitan area in the US there are so few of us. There is so much need, but there is no “want.” I often feel self-conscious in public or around family who feel that the better trend is to accept one’s body as it is. That’s great for normal eaters but it is an invitation to addiction for me – that state of mind where I have submitted to a drug of choice. I have to return my focus to my group, remembering that “no personal sacrifice is too great for preservation of the Fellowship.”

# W E L C O M E !

## 2024 TCI Intergroup Officers

### CHAIR

# Jaclyn

Fellowship is so important! Getting the message out is so important! Maybe in 2024 each one of us can introduce the concept of OA to our personal health care professionals. Use the downloadable postcard on the next page. Just print it, cut it out and hand-deliver, or upload into an email, or other electronic messaging system.

### VICE CHAIR

# Melissa

Service is one of the primary pillars to sustaining recovery and abstinence. Additionally, I have benefited greatly from the service of others in this program and I have so much gratitude to those who have served before me. I am looking forward to serving in this new position for Intergroup.

### TREASURER

# Gail

Please get involved in Intergroup! You don't have to have a commitment to come to Intergroup. You don't have to represent a group, although that's great if you do. But everyone is welcomed, and it supports unity. It's only for an hour once a month. If you have an idea to bring people together (to share experience, strength, and hope, come to Intergroup and share it).

# Debbie

### SECRETARY

I enjoy meeting new members and hearing about their program resources. I enjoy online meetings, but really appreciate the in-person meetings.



## GIVE THEM A BIG THANKS THE NEXT TIME YOU CONNECT!

# Professional Outreach Printable or Downloadable Postcard to Send to Professionals



No matter what the problem with food,  
we can provide ongoing support to  
your patients or clients.

#### WE CAN HELP WITH:

- Compulsive Eating
- Undereating
- Food addiction
- Anorexia
- Bulimia
- Overexercising



[www.oa.org/professionals](http://www.oa.org/professionals)

# EVENTS

## Intergroup Meetings

January 6, February 3, March 2, April 6, May 4, June 1  
July 13, August 3, September 7, October 5, November 1-3, December 7  
Meeting ID: 962 7180 7189, Passcode: r3cover

**Health Fairs - contact Jaclyn 817-996-8711**

TBD

## Workshops and Marathons

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

Jan 1	<a href="#">Men's Virtual Holiday Meeting</a> - Sponsored by MIGOA - A New Year, A New Beginning	Noon Central Time
Jan 6	<a href="#">Step Four Inventories with Compassion and Love</a> - Sponsored by Inland Empire Intergroup	Starts at 3:00 Central Time
Jan 20	<a href="#">OA Birthday and 12 Steps Workshop</a> - Sponsored by Snake River Intergroup	Starts at 10:30 Central Time Register by Jan 12th

## Assemblies, Conventions, and Conferences

Mar 1-3, 2024	<a href="#">OA Virtual Region 2024 Convention</a> - There is a Solution
Apr 5-6, 2024	<a href="#">Region 3 Spring Assembly and Convention</a> - Design for Living - the Hope and the Journey
May 7-11, 2024	<a href="#">OA WSBC - We All Belong - Welcome to OA</a>

# 2024 Tri-County InterGroup Board

## Executive Officers

Chair.....Jaclyn  
Vice Chair.....Melissa  
Treasurer.....Gail  
Secretary.....Debbie

## Appointed Positions

DMI Liaison.....Margie  
Newsletter.....Betsy  
Public Information.....Jaclyn  
Region 3 Rep.....Gail  
Retreat.....Kristin  
Telephone.....Mary Lou  
WSBC Delegate.....[open]  
Website.....Ron  
Workshops.....Amber  
Zoom Coordinator.....Kristin

THANK YOU TO THESE GROUPS  
FOR YOUR GENEROUS DONATIONS!

CITY POINT- UMC N HILLS  
SOUTH HILLS  
ARLINGTON  
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](mailto: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	<a href="#">South Hills Christian Church (SHCC), 4133 Bilglade Rd., Fort Worth, TX 76133</a>	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	<a href="#">Epworth Church, 1400 S Cooper St., Arlington, TX 76013, Behind Starbucks</a>	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
Monday <b>Begins 1/8</b>	7:00 pm In Person OA/HOW # 45896	<a href="#">St. Paul Lutheran Church, 1800 W. Freeway, Fort Worth, Seniors Parking Lot to 2-story stone house</a>	Patrice 817-692-7180
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	<a href="#">City Point United Methodist Church 7301 Glenview Dr., North Richland Hills, TX 76180</a>	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	<a href="#">Crestview Church of Christ, Room C12 7129 Delhi Road, Waco, TX 76712 Community Center in the back</a>	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 triczoomOA@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