

LOOKING UP

FEBRUARY 2024

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

STEP TWO (HOPE)

Came to believe that a Power greater than ourselves could restore us to sanity.

TRADITION TWO (TRUST)

For our group purpose there is but one ultimate authority--a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

CONCEPT TWO (CONSCIENCE)

The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

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@aa-tricounty.org

HOPE

I think gratitude instills hope in me each morning which is why it has become such an important aspect of my morning routine. It even comes before abstinence. Without gratitude and the hope it brings, I would not be able to be abstinent. I would not be able to hear the God within me. This time in the morning with the God of my not understanding opens the door to my life for this one day, which is all I have. The illusion of joy kept me in bondage to food, sex, drugs, entertainment, alcohol, fast cars, parties, bars, concerts, and constant stimulation from the outside. Those things never made me joyful. They made me excited for short periods always followed by even lower depressions. Those excitements were never sustainable. Gratitude and hope can be temporary also, but they are free and available to me at all times. They are mine when I choose them. Those other things were never mine. I had to go somewhere to get them. Gratitude comes from my heart and hope comes from my head. Once I passed through the pain of giving up my old over-stimulated and overfed lifestyle, I came to believe in the power of hope.

I will spend my thoughts today recognizing hope in myself and others and, if I can, I will share what I have found.

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.

 **WE'VE GOT EXCITING NEWS!**

OVEREATERS ANONYMOUS

REGION III



Has Grant Money for Your Meetings!

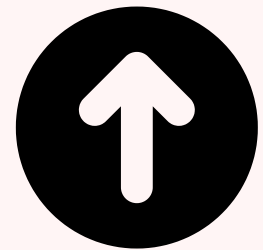
Thanks to the tremendous donations of its members and reduced expenses during COVID, Region III has a surplus of funds that are available to help carry the message in the suggested areas:

 Hybrid Meetings TECHNOLOGY	 ALL are welcome HERE DIVERSITY
 YOUNG PERSONS	 COMMUNITY OUTREACH

Up to \$250.00 per group, per category.

For more information contact the Ways, Means and Finance committee at: R3Treasurer@oaregion3.org

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

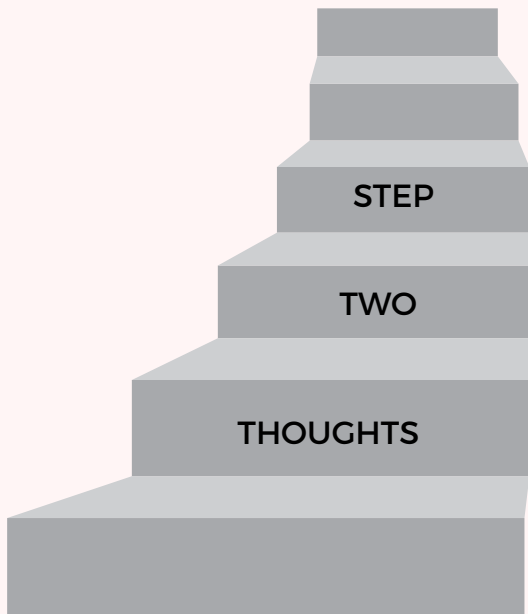


**Click
Logo
to
Apply!**



I DON'T HAVE TO KNOW WHY. JUST DO THE PROGRAM.

OA = SOUL HAPPINESS.
I WANTED PEACE WITH FOOD.



We need to spend time talking about the paradox between saying to a newcomer:

- admit you are powerless AND
- now follow this food plan.

An addict wants to stop but can't.

Lack of power is our dilemma. God has the power. God will solve the problem.

Alcoholics Anonymous, p. 45, 2nd Ed.

WHAT ARE MY PROBLEMS AND PREJUDICES?

IDEAS THAT KEEP ME FROM FINDING A POWER GREATER THAN MYSELF

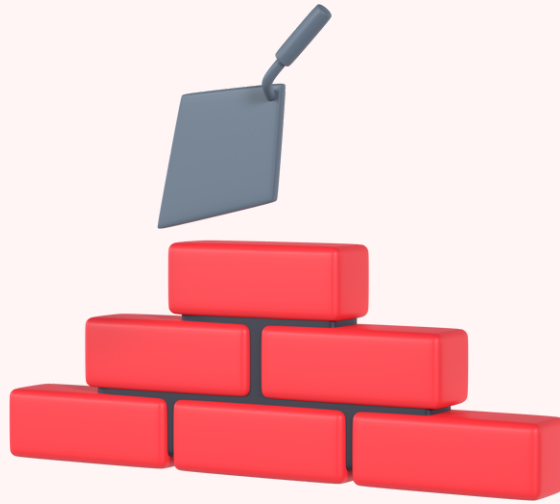
- GOD IS INADEQUATE
- BELIEF IS WEAKNESS
- I CAN'T BELIEVE IF I CAN'T UNDERSTAND
- I CAN'T BELIEVE A GOD THAT RUNS THE WORLD POORLY
- BELIEVERS AREN'T NICE
- IF I BELIEVE, I CAN'T DO WHAT I WANT

WHERE DOES POWER COME FROM?

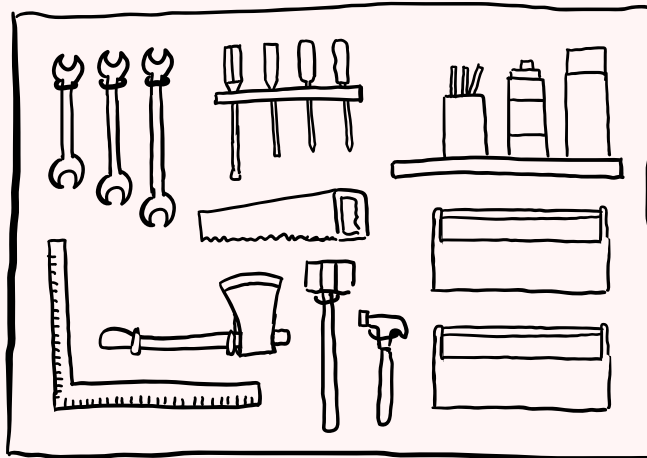
ADMITTING IT'S POSSIBLE THAT A HIGHER POWER EXISTS

- PROVIDED WE TOOK OTHER SIMPLE STEPS

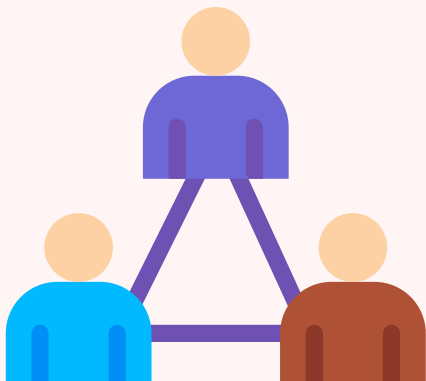
ALCOHOLICS ANONYMOUS, P. 46, 2ND ED.



MY FOUNDATION IS BEING WILLING TO BELIEVE



THE TOOLS PUT MY EGO TO SLEEP



*honesty is
about trust!*

W E L C O M E !

2024 TCI Intergroup Chair Peeps

DMI Liason - **Margie**

I love OA - it's saved my life and I'm grateful for my recovery. Sponsoring is my favorite form of service, but I also like knowing the details of how things work in OA and contributing my ideas and efforts in spreading the message. That's why I volunteered to be part of the Tri-County Intergroup.

Public Information - **Jaclyn**

I am starting on my 45th year in the OA program. I have never worked the program perfectly. The good news is by the grace of my Higher Power I have never left the program. I can continue to seek a relationship with this Mysterious Power. Service and helping others is vital to my program.

Website - **Ron**

I'm Ron, a compulsive overeater. I've been the webmaster for Tricounty OA for ten years now. This service keeps me in touch with OA, and for that I'm grateful!

Telephone - **Mary Lou**

Newsletter - **Betsy**

Literature and Writing are my favorite Tools and editing the monthly Newsletter is a "labor of love." I'm moving it to an easier platform so that I can pass the baton to another peep in 2025. Although I love this service, it's time to step away.

Retreat / Zoom - **Kristin**

Hi, my name is Kristin H and I am a grateful compulsive overeater and the retreat coordinator for this year. I was fairly new to OA in fall of 2022 when I heard announcements for the retreat at Glen Rose and knew it would be important for me to attend. The intensive, compassionate atmosphere had a tremendous effect on my program and it is an honor to make that space available for my fellows later this year. See you there!

Workshops - **Amber**

My name is Amber. I go to in person and online meetings of OA and am part of the South Hills Fort Worth meeting, my home group. I have been in OA for over 8 years, love the Big Book and the OA program. I am a grateful compulsive overeater because it has brought me to a greater conception of Higher Power and myself. My fellows have become my friends and I am starting to become less about myself and more about serving others

**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



In a story about the first use of the A.A. logo, Bill admits that it wasn't until 1955 that he stepped down as the unofficial leader of the society. He said he could finally let go of A.A. and let God. That was 20 years of leadership of what became that day a leaderless society. I think it must have been his humility that allowed the growth and change of A.A. His humility probably fueled his open-mindedness and willingness. He no longer had to "act for, decide for, or protect A.A." He dreaded the change for a bit, but he knew the conscience of A.A. was guided by God and it was dependable to ensure A.A.'s future. I too can depend on God to ensure my future. It won't be easy or soft. It won't be painless or without sadness or fear. But I hope to always look to God for guidance because that is the only way for me. With God lies hope and hope always implies the next moment, the future. I cannot safely rely on anything else. God is the only constant. Isn't that strange that I have realized that the ever-present, ever-changing God is constant. And I'm pretty sure I can only imagine a tiny bit of what God might be like. More will be revealed.

EVENTS

Intergroup Meetings

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, Marathons and Retreats

2023-2024 OA Virtual Intergroup Phone Marathons – [Click Here](#)

Feb 10	29th Annual Winter Retreat - sponsored by Northern New Jersey IG	9 AM - 5 PM Eastern
Mar 16	You Are Not Alone Relapse Prevention - sponsored by Region 3	1:00 - 2:30 PM Central
Mar 23	Back to Basics One Day Retreat - sponsored by Region 3	In Person - Las Cruces, NM
Aug 9-11	OA HOW Houston Annual Retreat - sponsored by OA HOW Houston IG	In Person - Houston, TX

Assemblies, Conventions, and Conferences

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

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!

SOUTH HILLS

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
Monday <i>Updated</i>	7:00 pm In Person OA/HOW # 45896	St. Paul Lutheran Church, 1800 W. Freeway, Fort Worth, Seniors Parking Lot to 2-story stone house	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	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 OA #57418	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 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