

LOOKING UP

MARCH 2024

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

STEP THREE (FAITH)

Made a decision to turn our will and our lives over to the care of God, *as we understood him*.

TRADITION THREE (IDENTITY)

The only requirement for OA membership is a desire to stop eating compulsively.

CONCEPT THREE (TRUST)

The right of decision, based on trust, makes effective leadership possible.

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



FAITH

When I began working Step Three I thought it was only about making a decision, a simple act of the mind and body. I decided to work the OA program and went after it becoming abstinent within a day and becoming fully involved in the program. I didn't have a slip for seven years. I was too afraid. When I began to work on my balance as a senior citizen, I thought it was a simple act of standing on one foot. The physical therapist gave me exercises which I did while I was in his care. Then I stopped. I realized after experiencing difficulties in the program and in life that Step Three was not simple for me and physical balance with an ageing body is not easy. Searching for a God of my understanding in which I could place all of my faith took many years. Now I am finding that learning balance as a senior citizen is taking a lot of daily practice, guided by a person I trust. The trouble I had was finding a power greater than myself that was something I could fully and completely trust. Finally, it was there in front of me, and I realized I had faith. From that day to this, that faith has not wavered. It helps me in all areas of my life, including faith in the knowledge that I need to practice this program every day, I need to practice balance every day, and that it is not a "one and done" activity.

Today's Thought: Faith is alive and the driving force that guides my will and my life.

Region 3 News

Region 3 of Overeaters 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!

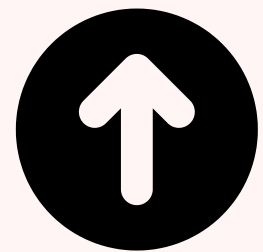
Thanks to the tremendous donations of its members and reduced expenses during COVID, Region III has a surplus of funds that are available to help carry the message in the suggested areas:

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

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!

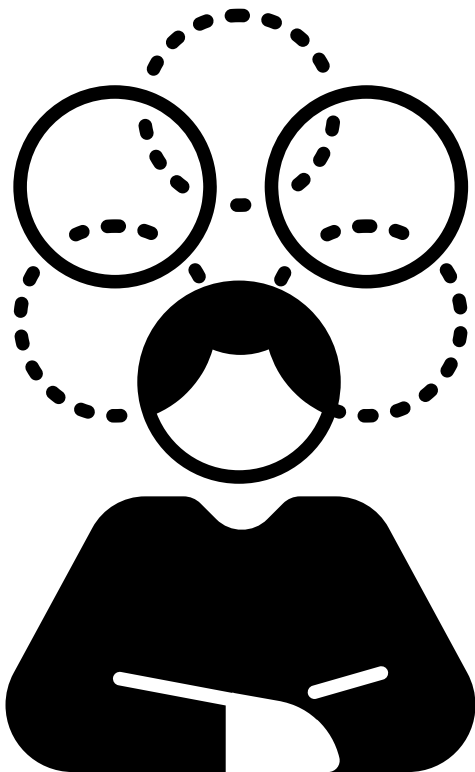


**Click
Logo
to
Apply!**

IDENTITY

My life has been cyclical in many ways and some of those cycles seemed like doom. Today I view the daily cycle of this 24 hours, sunrise and sunset, light and dark, day and night, as gifts from God to be relished with joy and gratitude. The cycles of the seasons are welcomed even though I definitely have my favorite. I accept that the others are necessary for life to exist. The cycles of my human growth including birth, childhood, adolescence, adulthood, middle age, and now senior citizen, have been welcomed, or not, with excitement or resignation. And since I've been in OA I have met myself again on the starting line of Step One many times even though I have been in and working the program for 25 years. I am powerless over so many things that it's best now if I can start my day admitting that fact, surrendering it, myself, and everything outside myself, to God. I am still definitely powerless over food, alcohol, addiction, people, places, things, and certain events in my life. Here starts the basis of my identity. I am a compulsive overeater and because of this program I have learned that I am much more. The fact that I am a compulsive overeater once made me feel like a prisoner but now it is simply a fact that I can accept without feeling, today anyway, and move on.

Today's Thought: As Popeye said, "I yam what I yam and that's all that I yam."



**"Here starts
the basis
of my
identity."**

Betsy H.

TRUST

"I'm not upset that you lied to me, I'm upset that from now on I can't believe you."

Friedrich Nietzsche

I can substitute the word "food" for "you," and the sentence will be true because I relied on food as if it were a higher power. I did the same thing with people and God because I expected more from them than they were capable or willing to do for me. I was angry when I discovered that the fairy tales of my youth weren't real and that I was going to have to do for myself what I had always asked others to do. The reason I felt alone was because I was alone. The reason I believed in lies was because they allowed me to hide the fact that I was alone. I didn't want to be responsible. I wanted to be saved. But then one day I reached the point that I knew that from then on I could not believe in those "things" that I thought were going to save me, including a Santa Claus God. The OA/HOW program was the first thing that I believed in because I was willing to go to any lengths myself to work it. I knew it was now up to me. I no longer had to believe in the power of food, other people, money, diets, etc. I knew it was my own actions that were going to save me because I had been willing to let go of those wrong answers.

Today's Thought: Today I will trust that God, whom I do not understand, will solve my problems because today I am willing to trust only God.

"Perhaps there is a better way--we think so. For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity."

Alcoholics Anonymous, 2nd Ed., p. 68



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

Faith Alone...

Faith alone can avail me nothing because faith is just a belief that something can happen. In order to make faith come alive, action needs to be taken. I can have faith that when I turn on the light switch, the light will go on, but if I never take the action to turn the light switch on I will remain in the dark. If I have faith the 12 steps of the program work but never actually do the footwork to work the steps, then believing they will work is not going to do me any good. Faith with action is what will get me going in the direction I want to be headed.

– Anonymous



A PERSONAL VICTORY

I knew that visiting family would be difficult since almost EVERYTHING revolves around food – and it has been. I've only been here one day and it's been a challenge to stay abstinent. My mom has trigger foods in every corner of the house! (okay, kitchen). But it's EVERYWHERE.

This morning I was feeling really angry. My mom was pointing out all this food she had gotten for me but it seemed so gross and bland compared to everything else in plain sight and I was getting mad. I couldn't figure out why I was so mad! So, when I went upstairs and was alone for a minute, I really tried to think about what was going on. I realized this: I was feeling resentful of my mom for having all this sugar in the house. And I was feeling resentful of her for having all that sugar in the house my whole life. "No wonder I'm fat."

Then something happened – I realized that I can't blame my mom or anyone else for my disease. This program has taught me that we cannot live in the blame and resentment of others. I am responsible for my own actions. No matter what happened through my life that helped my disease along, I am the only one who can change anything about it now. By the grace of God and this program I can be abstinent and choose to eat the food on my plan. In that moment of self-pity (over not being able to eat what everyone else can) I asked God for help. He will be there for me. He was the one that gave me this small moment of clarity this Christmas morning.

For the rest of the day I will not wallow in resentment or pity, but I will rejoice in other things that bring me joy.

– Michelle, Fort Worth, TX



Tools for Abstinence

- ❖ Don't try to test your willpower - give a compulsive overeater one shovel and one pail and in one hour he/she will need 100 wheel barrels.
- ❖ Live TODAY, not YESTERDAY, not TOMORROW - projection is planning the results before anything even happens.
- ❖ Avoid emotional involvement in your first year in recovery - you end up putting the other person first and lose sight of your program.

- ❖ Remember: food obsession is cunning, baffling and powerful.
- ❖ Rejoice in the manageability of your new life
- ❖ Humility is not in the thinking of yourself more, but in the thinking more of yourself, less often.
- ❖ Watch your ego.
- ❖ Share your experience, strength and hope.

*These are not in order or comprehensive.
They are but suggestions and items to put in your own O.A. tool-bag.*

From Oct 2008 Looking Up

EVENTS

Intergroup Meetings

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](#)

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
Apr 6	Willingness is the Key sponsored by OA HOW Houston	Hybrid 2:00 - 3:30 PM Houston, TX Zoom Link
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!

NEW BEGINNINGS OA/HOW
NORTH RICHLAND HILLS
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
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 N Richland Hills	7:00 pm In Person	City Point United Methodist Church 7301 Glenview Dr., North Richland Hills, TX 76180	Rachel 214-412-9704
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