

LOOKING UP

APRIL 2024

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

STEP FOUR (COURAGE)

Made a searching and fearless moral inventory of ourselves.

TRADITION FOUR (AUTONOMY)

Each group should be autonomous except in matters affecting other groups or OA as a whole.

CONCEPT FOUR (EQUALITY)

The right of participation ensures equality of opportunity for all in the decision-making process.

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



A COURAGEOUS STORY

In an Italian family, you ate for everything. My whole life was food. I didn't know I was a compulsive eater. I was just Italian. I couldn't read so I became the class clown. I became a hairdresser. It (not reading) ruined my life. I got fat because I got my tonsils out. I shopped at Robert Hall. I was chubby. I was popular because of a cousin. All my boyfriends liked my friends. My first husband was a junkie. I was rebellious. I left him when he was unfaithful. I went to therapy to learn to love myself. I found God. I was on welfare. I got what I needed. I got my first job for insurance. I've been there 40 years. I learned to give back. A therapist told me I needed to go to OA. At 49 everything changed. I couldn't keep weight off. I did not like my first OA meeting. In 2019 I tried again. I just kept coming back to this Friday night meeting. Then I got a wonderful sponsor. She makes me read everyday. I came 100%. I'm getting my confidence back and I'm learning about my husband's drinking problem.

The program taught me to accept myself just the way I am.

Anonymous, New Jersey

Public Info News

Waco Group had a successful
Public Info Event on March 16th!

Thank you Waco!

A colorful poster for a health event. At the top left is the WISD logo (Waco Independent School District) featuring a graduation cap. The main title 'SPRING INTO Health' is in large, multi-colored letters, with 'Health' in a green script font. Below the title is a green banner with 'DOOR OPENS AT 10:00AM'. The date 'Saturday March 16th, 2024' is followed by a bee icon. The location '7200 Viking Dr, Waco, TX 76710' and time '10a.m.-1p.m.' are listed. The bottom features a stethoscope icon and a grassy field with flowers and butterflies.

GWAHCA presents

SPRING
INTO
Health

DOOR OPENS AT 10:00AM

Saturday March 16th, 2024

Location: 7200 Viking Dr, Waco, TX 76710

Time: 10a.m.-1p.m.

There will be blood pressure and blood glucose checks. We will also have information on health and wellness from various organizations.

[RESOURCES FOR MEN - CLICK HERE](#)

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:

 Hybrid Meetings TECHNOLOGY	 ALL HERE are welcome 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 receipts for monies spent!

Click Logo
to Apply!



ASSEMBLY AND CONVENTION

APRIL 4-6, 2024

DESIGN FOR LIVING:
THE HOPE AND THE JOURNEY

LAS VEGAS, NV



ASSEMBLY AND CONVENTION
WITH TEXAS STATE CONVENTION

SEPT. 6-8, 2024

HILTON GARDEN INN,
ABILENE
4449 RIDGEMONT DR.
ABILENE, TX

The Balanced Application of Tradition Four Throughout OA

From A Step Ahead, Second Quarter, 2006

Tradition Four: Each group should be autonomous except in matters affecting other groups or OA as a whole.

At the group level, what might affect other groups or OA as a whole? Perhaps very little. Some possibilities are: • When we are doing PI work or working with institutions, we need to consult other groups. • If we are setting up a meeting, we probably should make sure we don't have it on a night that will clash with a nearby group. • When it comes to setting up a telephone line or distributing a local meetings list, we may want to work with other groups to avoid duplication of service. But regarding all else, what if we were to ask, "Does this action greatly affect OA as a whole?" (the words of the long form of Tradition Four). As mentioned, autonomy does bring responsibility. We must learn about the Traditions and speak up when we see them being broken. We must always ask, "Will our action hurt anyone? Are we helping the Fellowship as a whole?" But having asked those questions, perhaps we will learn more through tolerance (even of those we believe are breaking Traditions), through open-mindedness, and above all, through accepting that there is more than one way to work the program. AA's cofounder, Bill Wilson, wrote in *AA Comes of Age* (p. 105) that Tradition Four means "alcoholics could try for sobriety in any way they liked. They could disagree with any or all of A.A.'s principles and still call themselves an A.A. group . . . If . . . they found something better than A.A., or if they were able to improve on our methods, then in all probability we would adopt what they discovered for general use everywhere" (italics added). Do we live by this belief in OA? Are we willing to allow groups to disagree with all of our principles and still call themselves an OA group? If a group were to find a way that worked better than what we are doing, would we embrace this new way, knowing it may help someone? Or do we in OA micromanage and overregulate, as some suggest? Have we lost sight of the fundamental faith that AA's early members had, that such liberty would have little risk because our disease itself would ensure that we would conform, or perish. Are we willing to look and see if some of those "mistakes" might even be right, be something we could learn from? Are we ready to welcome, even encourage, new ideas and ways of working the program, knowing they may benefit some; and if they don't, they will not last? Are we ready to believe the Fellowship is strong enough to take the risk?

— Member of the Board of Trustees (2006)

Save the Date!

Tri-County OA Fall Retreat

NOVEMBER 1-3, 2024

WORKING WITH OTHERS

featuring two Texas speakers with a
combination of 11.5 years abstinence
and 400 pounds released

ask Kristin H. 817-308-2670 or Amber B. 817-798-6289
for details

EQUALITY



Equality and my ability to recognize it and emit it has been a driving force in my life. I was told from an early age that all persons were created equal. It was also demonstrated in my family of origin that not all people were created equal. I had to learn that there were overt and covert rules in my home so that I could take what I liked and leave the rest after I became an adult. In doing service in OA, I learned a lot about equality. I kept silent while others spoke as everyone had equal rights at the Intergroup or Group table. I learned to accept that my ideas did not always receive acceptance. I came down off my ladder of superiority to stand on flat ground with those around me. I learned not to judge others by personal history, weight, body image, color of skin, sexual orientation, age, and other physical or emotional characteristics. It started with learning the “O” of this program, being open-minded.

Today’s Thought: I will attempt to treat all creatures with equality today, knowing that my Higher Power has already given me the ability to do this.

Betsy H., Fort Worth

EVENTS

Intergroup Meetings

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

April 3 - TCC South Campus - need volunteers
Aug 29 - Senior Synergy

Workshops, Marathons and Retreats

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

Apr 6	<u>Willingness is the Key</u> sponsored by OA HOW Houston	Hybrid 2:00 - 3:30 PM Houston, TX Zoom Link
Apr 12-14	<u>McKinney 4th Annual Spring Retreat</u>	In Person - Pottsboro, TX
May 11	DMI Workshop. Getting into Action (on steps 4-10) Patti 214-403-0175; ppierce074@yahoo.com	Hybrid 10:00 AM - 4:00 PM Richardson, TX
June 1	<u>TCI Workshop</u> <u>Relapse Through the Eyes of the Big Book</u>	Hybrid 1:00 PM - 4:00 PM South Hills CC, Fort Worth, TX
Aug 9-11	<u>OA HOW Houston Annual Retreat</u> - sponsored by OA HOW Houston IG	In Person - Houston, TX

EVENTS CONTINUED

Assemblies, Conventions, and Conferences

Apr 5-6, 2024	<u>Region 3 Spring Assembly and Convention</u> - Design for Living - the Hope and the Journey
May 7-11, 2024	<u>OA WSBC - We All Belong - Welcome to OA</u>
Sep 6-8, 2024	<u>Region III Fall Assembly and Texas State Convention</u> Abilene, TX

Let's
Grow
Together



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!

ANONYMOUS DONATION
ARLINGTON GROUP
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