

LOOKING UP

MAY 2024

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

STEP FIVE (INTEGRITY)

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

TRADITION FIVE (PURPOSE)

Each group has but one primary purpose-to carry its message to the compulsive overeater who still suffers.

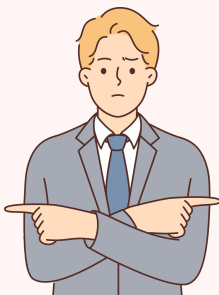
CONCEPT FIVE (CONSIDERATION)

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

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



THANK
YOU



In this program I learned to listen to everyone in the meeting, not just to what they were saying but also to how they were saying it. I was taught to give consideration to each of their thoughts and feelings. I was taught to be respectful and to not interrupt, and especially not to cross-talk. I learned that people are important, loving them and being kind and courteous to them are important, but that they are no more important than I. In 12-Step business meetings I learned that each person has a voice and is encouraged to express it. One person's idea may be the spark of an inspired idea that no one else had thought of.

Today's thought: I will practice being quiet and listening with consideration to the people I meet today. I might learn something new.

Betsy H.



Dallas Metroplex Intergroup of Overeaters Anonymous Spring Workshop

Getting into Action:

Steps 4-10

(The Program doesn't work by just reading or thinking about it!)



Saturday, May 11, 2024

10:00 AM to 4:00 PM

Hybrid Workshop (in-person and virtual options)

Our guest speaker from Houston is known for bringing the Big Book of Alcoholics Anonymous to life for compulsive overeaters!

**First United Methodist Church - 503 N. Central Expressway (75) - Richardson
Mays Hall, Room 130
(Please park in back of church)**

Suggested donation: In person: \$10 pre-registration, \$15 at the door

Zoom: \$10 pre-registration (workshop link will be sent out upon registration)

Payment Options:

Zelle – dmi.oa1212@gmail.com

Venmo - DallasOAmetrogroup@DallasintergroupOA

Check - made out to DMI-OA and mailed to: Tina Thoreson, 521 S Delaware St, Irving, TX 75060

For additional information, please contact Patti P. at ppierce047@yahoo.com / 214-403-0175 or Tina T. at dmi.oa1212@gmail.com/214-682-1618

(SEE REVERSE FOR TENTATIVE SCHEDULE AND REGISTRATION FORM)

Tentative Workshop Schedule

Time	Description	Notes
8:00 AM - 9:30 AM	Set up	Helpers needed
9:30 AM – 10:00 AM	Registration	Please be on time
10:00 AM – 10:10 AM	Welcome & Logistics	Patti P. & Alan B.
10:10 AM – 12:00 PM	Guest Speaker	Breaks as needed
12:00 PM – 1:00 PM	“The Gifts of OA Service”	Bob J. (Bring your lunch* or eat at close fast food - list to be provided)
1:00 PM – 3:15 PM	Guest Speaker	Breaks as needed
3:15 PM – 3:45 P	Ask-it-Basket	Ask-It-Basket or chat
3:45 PM – vs:00 PM	Closing	Bob J. & Patti P.
4:00 PM – 5:00 PM	Clean up	Helpers needed

*Note: A microwave and refrigerator will be available.

REGISTRATION FORM – DMI Spring Workshop – Getting into Action

Name (PLEASE PRINT) _____

Phone Number _____

Email Address _____

Home OA Group (optional) _____

I will be participating by: _____ Attending in person _____ Zoom

New to OA? _____ Yes _____ No

I will be making my suggested donation by:

_____ Paying cash at the door

_____ In advance through **Zelle** – dmi.oa1212@gmail.com

_____ In advance through **Venmo** - DallasOAmetrogroup@DallasintergroupOA

_____ In advance by **Check** - made out to DMI-OA (mailed to: Tina Thoreson, 521 S Delaware St, Irving, TX 75060)

For additional information, please contact Patti P. at ppierceo47@yahoo.com / 214-403-0175 or Tina T. at dmi.oa1212@gmail.com/214-682-1618

RESOURCES FOR MEN - CLICK HERE

Region 3 News

Share Your Experience, Strength, and Hope in OA

...and encourage others in their recovery from compulsive eating!

We're looking for your stories of recovery from compulsive eating. There is nothing more encouraging than reading about someone who recovered and guess what? That person is just like me!

Please use the form below to submit your story of any length for publication on the OA Region 3 website. We'll protect your anonymity and won't publish any personal contact information. We only request it in order to answer any questions we have about your submission.

If you'd prefer, you can submit your story in an email or as an attachment to an email to r3commsec@oaregion3.org We prefer common file formats such as *.doc, *.docx and *.txt.

As in any matter pertaining to OA, keep in mind that your story should abide by the Steps and Traditions of OA. If we have any questions about this, we'll contact you.

Finally, thank you so much, the service you do by submitting your story may be invaluable to the recovery of a fellow sufferer of our disease!

Send in your story here...

<https://www.oaregion3.org/share-your-experience-strength-hope/>



ASSEMBLY AND CONVENTION
WITH TEXAS STATE CONVENTION

SEPT. 6-8, 2024

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

<https://www.oaregion3.org/event/region-3-assembly-and-convention/>

JUNE 1, 2024 SATURDAY 1-4PM

"RELAPSE THROUGH THE EYES OF THE BIG BOOK"

GUIDED MEDITATION:
INTERACTIVE QUESTIONS: BREAKOUT
ROOMS

Intergroup meeting
at 10:30AM
All welcome to join!

IN PERSON
AND ZOOM

\$5 SUGGESTED
DONATION Zelle:
Treasurer@oa-
tricity.org

QUILT DOOR PRIZE
&
SILENT AUCTION

JUNE 1, 1-4 P.M.

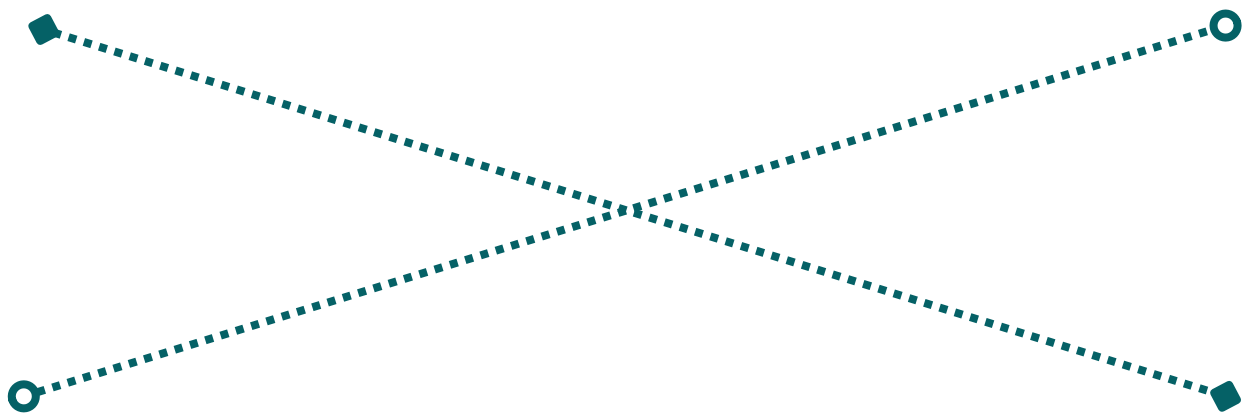
SOUTH HILLS CHRISTIAN
CHURCH:
3200 BILGLADE RD,
FORT WORTH TEXAS
76133

SPONSORED BY TRI-COUNTY
INTERGROUP OF TEXAS

FOR INFO PLEASE CONTACT
AMBER: 817-798-6289

ZOOM ID:
992-9317-2057
ZOOM PASSWORD:
r3cover

**I only need to do
three things:
weigh and
measure three
meals. All else is
in God's hands.**



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

Integrity

How am I maintaining my integrity? For me today, maintaining my integrity first means that I must be rigorously honest. I must be honest about what I am eating since I am a compulsive eater. The only way I know how to do that is to commit to my food plan, write it down daily, commit it to a sponsor, and then follow it. How? By being powerless before my Higher Power and accepting from Him the power I need. I need to be powerless over and over again every day, many times a day. In order to do that, I must be honest. Honest about my actions certainly but honest about my feelings and my thoughts as well. This calls for regular writing and talking with my sponsor. It calls for me to feel ALL of my emotions, good, bad, and indifferent. Yesterday I was so frustrated with technology that I was balled up in a corner of the bed sobbing uncontrollably. I cried until I was done, washed my face, took a break and went back at solving the issue I was having. And I was able to solve it using the helpful info I had received earlier in the day but was too emotionally frustrated to apply. This required me to be open-minded. To relax and see what I could not see before. I think being open-minded is part of the Serenity Prayer, the part about accepting. I have a tendency to walk around with closed fists to the world, which stands for my closed mind. I need to be open-minded in order to see new solutions, new ways of doing and being that have always been in front of me but which I have literally not been able to see. For that to happen I have to be willing. What makes me willing is coming to the end of doing something the way I have been doing it and not having it work. Also what makes me willing is remembering when I tried something different before and it worked! If I don't have the willingness, I ask for it, even when I don't want to.

These three basics are the foundations of integrity for me no matter what is going on in my head, in my house, at my job, or in the world. If I have integrity, I will have sanity.

Kathy W.
(reprinted from May 2020, Looking Up)

Purpose

The Walk Part 8 - I Give Back

And the greatest of these is Love...

This wonderful transformative program is finally wrapped in a blanket of love - being touched so deeply by the gift of our Higher Power we find purpose. This purpose gives every morning meaning beyond disease, trial or tribulation. We are alive within our inner being and we have a gift that will expand our joy and usefulness. It is true that disease blocks the flow of life and love. Once removed as a barrier our life sours and we find new heights of love in the day to day adventure of sharing our joy. And to be in a community of travelers that "trudge the Road of Happy Destiny" (Big Book Page 164) is one of the most wonderful gifts of the 12 Step Journey - we not only have support we have help we can provide - we can give back what we received. We awake to the gift of our Higher Power and in awakening we see Him there every moment of our lives. We no longer question the past or worry about tomorrow. We rise and shine with the love that has been given and impart our special message of joy as we pass it on to the next beautiful being we meet. To our fellow OAers we gladly give service and we expand our circle of love outward to all creation of our Higher Power. This is the most amazing part of the journey because it no longer matters who or what - we have love to give and every time we remain in the 12 Step Process we gain more joy. "He has commenced to accomplish those things for us which we could never do by ourselves." Big Book page 25.

For it is in giving that we receive...

If you told me on the day I arrived that the solution was to love others I would have laughed at you then cried. Through my disease I was blocked from joy and in despair - I would have only seen another broken promise at solace. You didn't. You took me in and held me and loved me until I could find my way back into the arms of my Higher Power. You promised me things that each day you proved to be true and you gently awaited the miracle to bloom within my soul. I now understand what a wonderful miracle you are and how much my Higher Power must love me to bring so many together for this one lonely soul crying out for abstinence. Thank you deeply for walking with me on the path set by our Higher Power.

Anonymous
(reprinted from July 2011, Looking Up)

EVENTS

Intergroup Meetings

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

Aug 29 - Senior Synergy

Workshops, Marathons and Retreats

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

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	TCI Workshop Relapse Through the Eyes of the Big Book	Hybrid 1:00 PM -4:00 PM South Hills CC, Fort Worth, TX
Aug 9- 11	OA HOW Houston Annual Retreat - sponsored by OA HOW Houston IG	In Person - Houston, TX

Assemblies, Conventions, and Conferences

May 7-11, 2024	OA WSBC - We All Belong - Welcome to OA
Sep 6-8, 2024	Region III Fall Assembly and Texas State Convention Abilene, TX

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!

**RICHLAND HILLS
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

ZELLE DONATIONS

**TCI CAN NOW RECEIVE
DONATIONS VIA ZELLE.**

SEND YOUR DONATIONS TO:

TREASURER@OA-TRICOUNTY.ORG

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	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 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