

LOOKING UP

JUNE 2024

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

STEP SIX (WILLINGNESS)

Were entirely ready to have God remove all these defects of character.

TRADITION SIX (SOLIDARITY)

An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

CONCEPT SIX (RESPONSIBILITY)

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

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

*Practicing
Willingness*



I went through the Steps quickly. They are simple. It's an easy process. I'm glad I had guidance from my sponsor. When I'm desperate, I will work the Steps. "It's a faith that works." I'm powerless over wanting more after every meal.

Lisa

My drug of choice is food. It's not limited to sweets and starches. My first time through the Steps, I didn't know what I was doing. I began to understand by attending meetings and listening to others. I learned how I felt about food and how I felt about myself. It became a matter of habit. The Food Plan and weighing and measuring helped me with food. But the Steps were different. They helped me live life on life's terms.

Charra

RESOURCES FOR MEN - CLICK HERE

Region 3 News

7th Tradition donations to WSO and Region 3 have dropped.

Literature purchases have dropped.

WSO accepts recurring automatic donations – see OA.ORG.

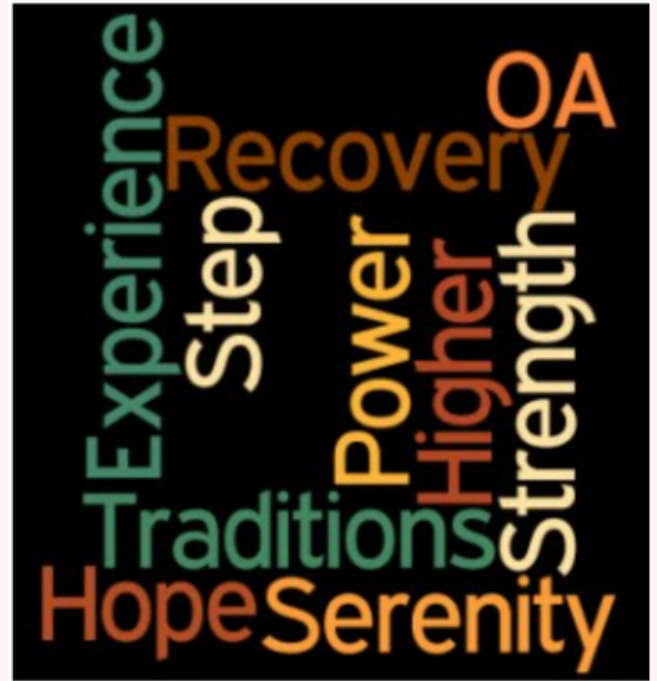
Region III is expanding
by welcoming:

Central Iowa
(Des Moines, Iowa)

Greater Heartland
(Omaha, Nebraska)

Mid-Continent
(Wichita, Kansas)

Sunflower
(Topeka, Kansas)



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-
triconity.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

Save the Date!

Tri-County OA Fall Retreat

NOVEMBER 1-3, 2024

WORKING WITH OTHERS: SERVICE AS A WAY OF LIFE

Featuring two Texas speakers with a combination of 11.5 years abstinence and 400 pounds released. A deeper look into the principals of Step 12.

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

Get Ready with Me

More on Willingness

Doing the Steps was not an option. I prided myself on being honest. I was not honest. I had to go by what my sponsor said and by the experience, strength, and hope I heard in meetings. I have to stay out of food gutters. There's more to life than just being abstinent, but I'm not gonna get it if I don't practice the Steps. Those actions make a huge difference in my relationships with other people. It also changes me so I can hear my Higher Power.

Kathy

I need a new order. As an addict, I feel unparented, a child without supervision. I do stupid things and I hurt myself and others. Without food, I act compulsively about other things. I need my Higher Power ODAT!!! I can't tackle my whole life problem at once.

Juliana

I'm morbidly obese. I'm struggling. I'm on day 40. Without food, I'm emotionally raw. I'm speaking up but I'm not always nice. I'm snippy. I'm trying to help others. It's been a rough day. I'm glad I can find a meeting.

Tammy

*For each resentment, I
had to work four times
harder to find my part.*

**I WANTED
GUARANTEED
OUTCOMES.
THAT COMES
FROM FEAR.
I WANT TO
REPLACE FEAR
WITH FAITH.**

Willingness
IS INDISPENSIBLE

**Recovery
is Slow!**

I feel the obligation to help our group, our Intergroup, the Region, and the WSO. I don't have to think about what they are doing but I do have a **RESPONSIBILITY** to keep my meeting going.

Charra



MY EATING CAREER - MY RESPONSIBILITY

I read a phrase in one of our readers that caught my attention. It was “our eating careers.” I laughed for the first time even though I’ve read that phrase and that page many times since I’ve been in this program, probably 25 times since I’ve had that book this long. Yet, I never got the punch line of the joke until now. I *worked* at overeating. I spent more time on it than anything else. I perfected hiding food, eating quickly while others were out of the room or the house or the office. I knew where all my favorite restaurants were in town, on the road, and nearby. I knew their hours of operation and my favorite items on the menu. I had all the excuses handy for my use when explaining why all of something I baked was gone and there was nothing left for the kids. I knew the grocery store aisles by heart. And so on, *ad nauseum*. The result of overeating - weight gain - didn’t seem to make the connection in my mind. I wasn’t responsible for that because I thought I had been born by some capricious god who made me gain weight when I ate. After all, other people ate more than I did and were skinny. I blamed my situation on fate. I would reach some point, however, where I couldn’t stand myself when I put on my clothes. They were too tight, and I couldn’t afford to buy more so I would diet and lose weight. I did this repeatedly, always believing that the capricious god would magically change me if only I prayed the right prayer or waited long enough for the magic to happen like waiting for the lottery winnings when I never played the lottery. I hit bottom through a series of events and when I was on the bottom of that chasm with such slick sides I couldn’t climb out, I had to accept the fact that I was fully responsible for my eating career. I put myself in that pit and I couldn’t get out on my own. I had to ask for help.

Today’s Thought: I am still in that pit every morning and I continue to ask for help from the God of *my understanding* to keep me from going back to that career. That’s my responsibility.

EVENTS

Intergroup Meetings

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](#)

June 1	<u>TCI Workshop</u> <u>Relapse Through the Eyes of the Big</u> <u>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
Oct 4- 6	<u>21st Annual Silent Retreat</u> - Sponsored by McKinney Care and Share	In Person - Texas Elks Camp on Texoma

Assemblies, Conventions, and Conferences

Sep 6-8, 2024	<u>Region III Fall Assembly and Texas State</u> <u>Convention</u> Abilene, TX
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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.....[open]
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

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