

# LOOKING UP

JULY 2024

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

## STEP SEVEN (HUMILITY)

Humbly asked Him to remove our shortcomings.

## TRADITION SEVEN (RESPONSIBILITY)

Every OA group ought to be fully self-supporting, declining outside contributions.

## CONCEPT SEVEN (BALANCE)

The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by tradition and by OA Bylaws, Subpart B.

**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](mailto:newsletter@aa-tricounty.org)



In the mornings I pray for God's guidance to find order and balance in my thoughts and actions. I look at the good and the bad of the day and write a gratitude list at night, along with the things I see need change.

*Anonymous  
South Hills Group*

## [RESOURCES FOR MEN - CLICK HERE](#)

### Region 3 News

*Elections are coming in Fall 2024 at our Region 3 Assembly in Abilene, TX!*

*Fall elections for Chair, Recording Secretary, and Digital Content Coordinator (from Fall 2023) will take place at the September Assembly.*

*The R3 Steering Committee asks you to consider stepping up to this service.*

*There is much support for each of these service roles. If you meet the abstinence and service requirements (attendance at two Region 3 Assemblies at the time of Election), please consider submitting your nomination.*

**VOLUNTEERS  
NEEDED**



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/>

# 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 principles of Step 12.

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

**STRONGER  
TOGETHER**



## SEVENTH STEP FINDING I AM A BLESSING

As blessings go, this Spiritual Gift of Humility was not what I expected or could even comprehend when I first began this journey with faltering steps. It was there to behold in the 7th Step Prayer but my hardened eyes and broken spirit could not see its beauty.

### *7th Step Prayer*

*My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me the strength, as I go out from here, to do your bidding. Amen.*

*Alcoholics Anonymous, p. 76*

When seeking miracles very few would seek out humility and fewer still would attempt to build their life on its principle. The fact is I am a wonderful gift of my Higher Power and He rejoices in my being. The power I gave up in attempting to control my disease is now put to bringing the beautiful message of my Higher Power's love to the world and that in doing this I fulfill who I am and ever wanted to be. Who knew Humility was so cool!

My search began when my sponsor put me on the 6th Step and told me to rebuild my life the way I wanted it to be with my Higher Power's guidance. Tall order and truly the beginning of the hard work in the program. No more looking back and sweeping up the past. It was now time to build a life worth living.

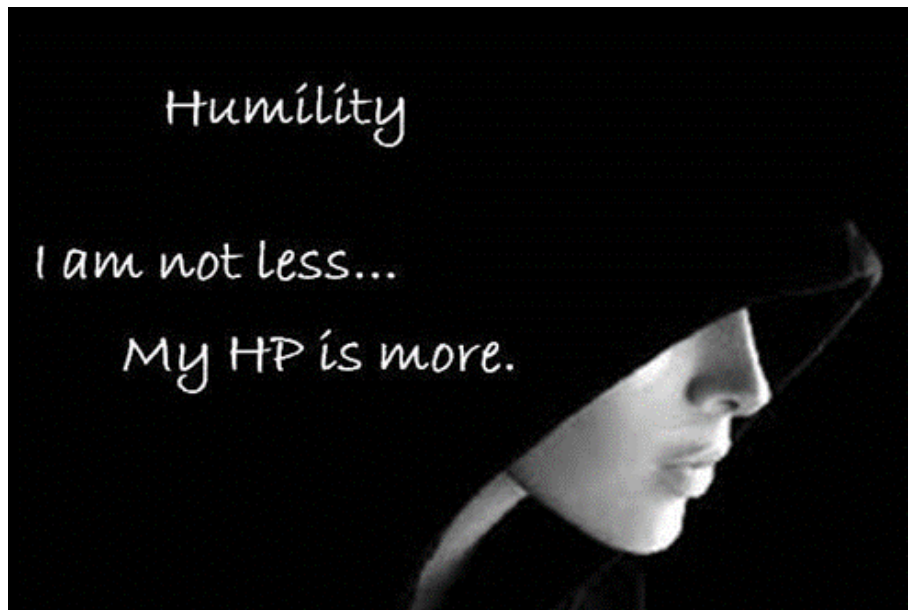
So gently and lovingly we are guided in this program...Step 7 comes when we are ready. Each morning I realize that my Higher Power moves the entire universe to meet my little needs...

When seeking miracles, very few would seek out humility and fewer still would attempt to build their life on its principle. The fact is I am a wonderful gift of my Higher Power and He rejoices in my being. The power I gave up in attempting to control my disease is now put to bringing the beautiful message of my Higher Power's love to the world and that in doing this I fulfill who I am and whom I ever wanted to be.

I am loved by my Higher Power and that love is there for me to share with others. I have both purpose and value and my gift to my Higher Power is to be a messenger of His great love. All of the past pains of humiliation are sifted away like sands in the hourglass and a new more wonderful me emerges filled with the joy of being needed.

Of course you already see I am still the child and you know that there are many steps to go before I am there, but now I have something to offer and that is what has sparked the completeness of me. I stand before you humble knowing that what I offer is a gift from my Higher Power and it is good.

*A member of South Hills OA Workbook Meeting*



I became a new person by admitting that my way had not worked and that I needed help. Needless to say this was a humbling experience to ask for help, but that humility put me on the road to recovery. that humility put me on the road to recovery.

*Anonymous -  
Richland Hills OA*

# EVENTS

## Intergroup Meetings

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](#)

Aug 9-11	<a href="#">OA HOW Houston Annual Retreat</a> - sponsored by OA HOW Houston IG	In Person - Houston, TX
Oct 4-6	<a href="#">21st Annual Silent Retreat</a> - Sponsored by McKinney Care and Share	In Person - Texas Elks Camp on Texoma
Nov. 1-3	<a href="#">Fall Retreat</a> Sponsored by Tri-County Intergroup OA	In Person - Glen Lake Camp, Glen Rose, TX

## Assemblies, Conventions, and Conferences

Sep 6-8, 2024	<a href="#">Region III Fall Assembly and Texas State Convention</a> Abilene, TX
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Glen Lake Camp OA Retreat in Glen Rose, TX  
Sponsored by Tri-County Intergroup OA  
November 1 – 3, 2024  
“Working With Others: Service as a Way of Life”

Our two Texas speakers have a combination of 11.5 years abstinence and 400 pounds released.

Registration includes accommodations for 2 nights (Friday and Saturday) and 4 meals (3 on Saturday, 1 on Sunday). If you have special food needs, you may bring an ice chest. There is limited space in refrigerator in Jones Lodge, but ice is available. No dinner will be served Friday, however, there are several places to eat in Glen Rose or you can bring your dinner with you.

Sleeping arrangements are in rustic air conditioned/heated dormitory-style cabins with twin-sized bunkbeds which are socially-distanced apart. A limited number of hotel-style double rooms are available at an additional cost on a first come, first served basis. The hotel-style building has a central living area, refrigerator, microwave, and provides linens/ towels. There is no individual climate control in each hotel room. See registration form for price. Masks are optional.

Items to bring:

- Personal toiletries
- Cushions for hard chairs
- Writing supplies
- Your Big Book
- Flashlight
- Bug repellent
- Comfortable, casual clothes and walking shoes
- Jacket or sweater - bring to Smith Bldg as the temperature is hard to regulate
- Games, cards, etc. Sheets, blankets, and pillow or sleeping bag (for dormitory rooms)
- Towels (for dormitory rooms)

For more information, call Kristin H. (817) 308-2670 or Amber B. (817) 798-6289

**[OR CLICK THE LINK ON THE EVENTS PAGE TO DOWNLOAD THE FLYER!](#)**

REGISTRATION DEADLINE: 10-20-2024

(NO REFUNDS. UNUSED PAYMENTS MAY BE TRANSFERRED TO ANOTHER MEMBER OR OUR SCHOLARSHIP FUND)

COST PER PERSON:

\$130.00 WEEKEND (DORMITORY-STYLE ROOM)

\$220.00 WEEKEND (HOTEL-STYLE ROOM)

\$70.00 SATURDAY ONLY (INCLUDES THREE MEALS)

MAKE CHECKS PAYABLE TO:

TRI-COUNTY INTERGROUP OA

MAIL TO:

TRI-COUNTY OA

P.O. BOX 20962

WACO, TX 76702

PLEASE MAIL THIS FORM ALONG WITH YOUR CHECK

(OR SEND ZELLE PAYMENT AND INFORMATION VIA EMAIL TO [TREASURER@OA-TRICOUNTY.ORG](mailto:TREASURER@OA-TRICOUNTY.ORG))

TOTAL ENCLOSED \$

NAME:

ADDRESS:

CITY, STATE AND ZIP:

PHONE:

EMAIL:

OA HOME GROUP:

WILL YOU BE EATING THOSE MEALS WITH US?  YES  NO

YOU MUST EMAIL ([G.MOFFETT@YAHOO.COM](mailto:G.MOFFETT@YAHOO.COM)) OR SPEAK WITH GAIL M (254) 405-2120 TO RESERVE A HOTEL-STYLE ROOM. NAME OF PRE-ARRANGED ROOMMATE:

CONTRIBUTE! I WOULD LIKE TO DONATE \$\_\_\_\_\_ TO HELP FUND THE NANCY E. MEMORIAL RETREAT SCHOLARSHIP FUND.

YES, I WOULD LIKE TO APPLY FOR A 1/2 SCHOLARSHIP. SCHOLARSHIPS ARE GIVEN IN EXCHANGE FOR SERVICE AT THE RETREAT OR IF REQUESTED FOR FINANCIAL NEED. PLEASE CONTACT KRISTIN H. AT (817) 308-2670 TO FIND OUT IF THERE ARE FUNDS AVAILABLE THIS YEAR.



# 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!

NEW HOPE GROUP OF BEDFORD  
ARLINGTON  
SOUTH HILLS  
NORTH RICHLAND 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	<a href="#">South Hills Christian Church (SHCC), 4133 Bilglade Rd., Fort Worth, TX 76133</a>	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	<a href="#">Epworth Church, 1400 S Cooper St., Arlington, TX 76013, Behind Starbucks</a>	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	<a href="#">St. Paul Lutheran Church, 1800 W. Freeway, Fort Worth, Seniors Parking Lot to 2-story stone house</a>	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	<a href="#">City Point United Methodist Church 7301 Glenview Dr., North Richland Hills, TX 76180</a>	Rachel 214-412-9704
Thurs Waco	5:30 pm In Person OA #57418	<a href="#">Crestview Church of Christ, Room C12 7129 Delhi Road, Waco, TX 76712 Community Center in the back</a>	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