

LOOKING UP

AUGUST 2024

A Step 8 Story

STEP EIGHT (SELF-DISCIPLINE)

Made a list of all persons we had harmed and became willing to make amends to them all.

TRADITION EIGHT (FELLOWSHIP)

Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

CONCEPT EIGHT (DELEGATION)

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the World Service Office.

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

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

I had a little trouble with this Step. My first list had 189 names on it! I thought I owed amends to any and every one I had ever hurt or felt anger toward, because I felt my anger had hurt our relationship. I came to believe that was another form of insanity, driven by a panicky need to immediately right every wrong I believed I had committed. But that list just sat there. I acted on only one of the amends that needed to be made.

Gradually, as I grew in the program, I realized I had only imagined that I owed direct amends to so many. I came to believe that although I had indeed harmed many there was no way I could make amends to everyone on my list. My sponsor helped me see that even though I might have felt badly toward some people and institutions, that didn't necessarily qualify as a "wrong" for which amends were owed. My list shrank considerably and I began to filter out the chaff, leaving behind the real stumbling blocks in my life.

My sponsor put it like this: figure out the people and events that continue to haunt you... your ghosts... the ones that keep coming back. Those are the things and people that belong on your Eighth Step list. This was doable and also made sense to me.

Anonymous
Reprinted from Looking Up August 2008

[RESOURCES FOR MEN - CLICK HERE](#)

Region 3 News

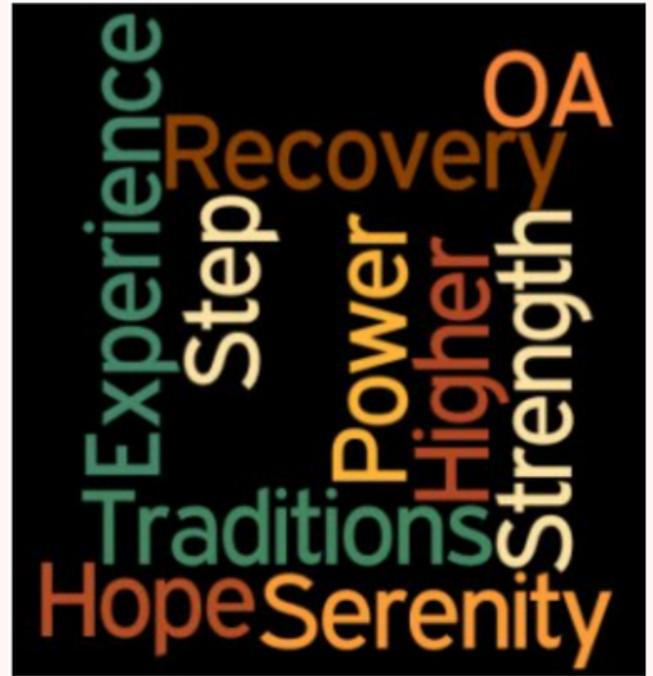
Elections are coming in Fall 2024 at our Region 3 Assembly in Abilene, TX!

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

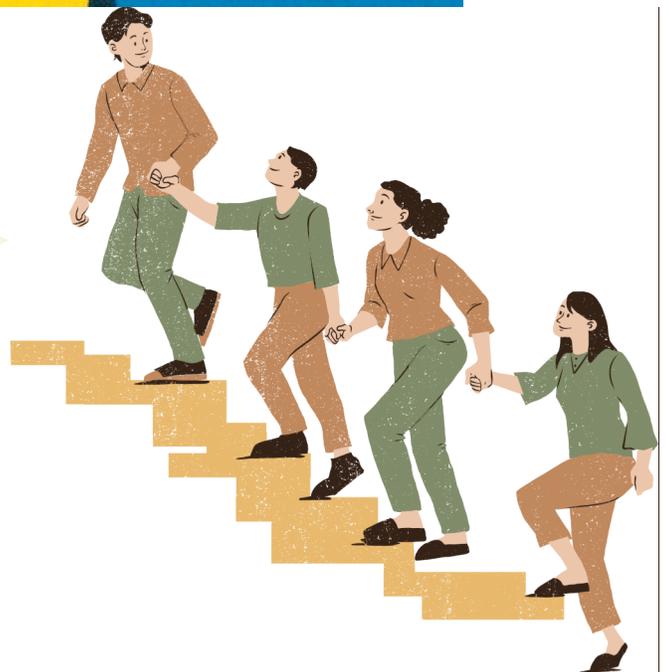
NOVEMBER 1-3, 2024

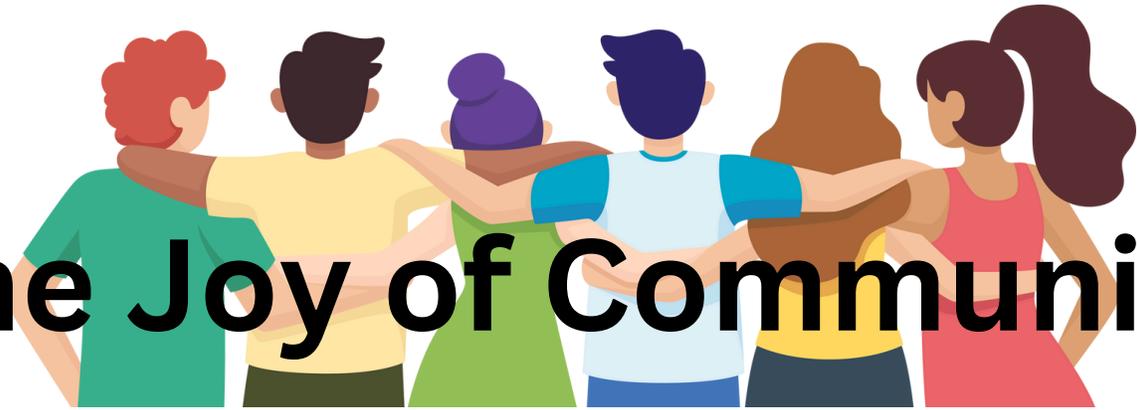
WORKING WITH OTHERS: SERVICE AS A WAY OF LIFE

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**





The Joy of Community

The "The Joy of Community" in our OA context is both an ongoing experience and the result of a life lived in abstinence toward recovery.

As an ongoing experience, the joy of community is the commitment to participate in the communal structures of Overeaters Anonymous through the local group and the Intergroup. This commitment grows out of the faith and trust that one's Higher Power is somehow channeled through the words and actions of others with whom we share the OA journey. This commitment also takes shape by means of our active participation in the 12 Steps with the support and accountability of others.

This commitment has certain characteristics:

- (1) the will toward community, that is, the realization and the decision that I need community to survive and thrive;
 - (2) the sense of community, that is, the awareness and the thirst for being connected to others;
 - (3) the activity in community, that is, the willingness to be involved in the workings that make community happen (like attending meetings and offering practical service);
 - (4) the vulnerability within community, that is, the ability to take the risk to be rigorously honest and candidly open; and
- the option for community, that is, in spite of one's tendencies to be a "lone ranger" or to withdraw or isolate oneself, the choice to seek out community for discernment and fulfillment.

As a result of this commitment to community, a specific kind of joy settles into the OA member: peace of mind or serenity to know that we are on the right path; contentment with reality in accepting life on life's terms; the satisfaction of wisdom because we've learned to see things from our HP's point of view; the happiness of being associated with other sojourners along the path; and the gratification of ongoing recovery.

This is what I have come to know as the "joy of community."

Ben F.

Reprinted from Looking Up - December 2015

Consider This

Newsletter Chairperson Position Opening Up January 2025

The Newsletter Chairperson is responsible for the compilation, editing, and publication of the TCI newsletter, *Looking Up*. The Newsletter is currently being compiled using the free online editor, Canva.



Distribution is conducted electronically via Mailchimp and the TCI website.

The Newsletter Chairperson maintains a permanent file of newsletters on the TCI website. The chairperson shall surrender all files upon vacating the office to the Board Chairperson or the newly appointed Newsletter Chairperson.



Specific Qualifications: Must be duly appointed member of a Tri-County Intergroup (TCI) group.

Term: Normal term is one year but may be extended and renewed by Board vote as appropriate.

If you are interested in more information about this position, please contact Betsy via newsletter@oa-tricounty.org.



THE REALITY OF STEP 8

This “List” was very fresh in my mind the day I walked into the rooms. It was in fact branded on my conscience and it continued to burn fiercely allowing my shame to surface, especially when I was forced to encounter one of the ‘harmed’. I lived a life of bondage and if these Spiritual Steps required sackcloth and ashes - so be it. The pain of continuing on in misery was beyond my tolerance.

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

The first miracle was that God put this “List” way down in the Steps so I had time to realize exactly what He meant for me to do.

Yes I was a normal compulsive and attempted my first amends even before reading the 1st Step. You can imagine the comical tragedy this provided my sponsor as I came back weeping and bewildered. He taught me a wonderful lesson that evening - you have two choices: you can follow the Steps and find recovery or you can go back out and do it on your own - either way I will continue to love you. I chose the Steps and started the 1st Step in earnest. The List would have to wait.

The day came when my sponsor requested I find pencil and paper for my List. By this time a good deal (not all) of my ego had been purged and I picked up a small scrap and wrote down the names. I did not need the reason next to the name and I listened carefully now to my sponsor to make sure this part of my recovery went well.

Continued on Next Page

Here is his advice and words of wisdom.

- Amends is not saying you're sorry. It is rebuilding a bridge of love between two very special people in God's kingdom. The essence of this wonderful program is to make me a part of the world my Higher Power created and I cannot be involved in His world without connecting (or re-connecting) with the ones He sent into His world with me.
- Time now truly belongs to God. It is not ours to force the issue. It is ours to be prepared when God puts the individual in front of us.
- The essence of Step 8 is Brotherly Love. It is not built for guilt removal but for offering ourselves to those we love.

It is here that my sponsor guided my thoughts and meditations. He brought me to a place of availability where I could be present for those who are part of my life's journey. What a beautiful gift. Sackcloth and ashes were cast aside for open arms, and I was fully free to be the "me" I always wanted to be.

Now I had a lot of mending of the past to do and indeed there is a real need to come clean with those we reconnect with, but something special happens when you await the miracle of Step 8 - when you become willing. First and foremost you offer the new you to the person standing there - not the broken wretch they lived with for so long. This transformation (Steps 1-7) builds a person that someone can choose to connect with and that you can be proud of.

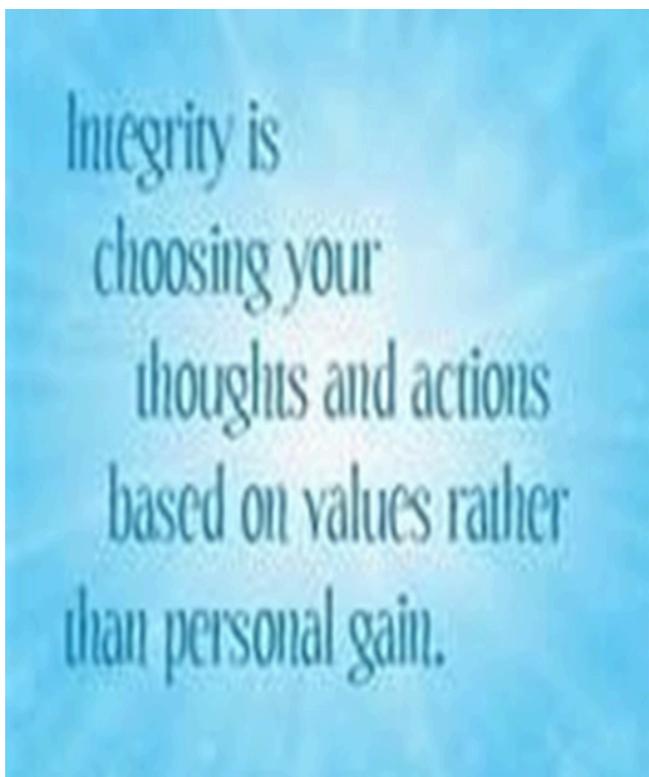
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Yes, it continues to be important to sweep away the pain of the past but now it has reason - to build a better, more loving relationship.

Even in cases where direct amends are not possible you can remain at rest in the gentle arms of the Lord knowing that He guides you now and will provide everything you need to be whole and alive in His kingdom.

I found my list many years later and looked on it with tear-soaked eyes. Each name no longer held the pains of the past but the joy of today and the gift of Brotherly Love. Thank you, Dear Lord, for the gift of Step 8. Oh and thank you, sponsor, for guiding me to this wonderful garden of love.

*Men's Group - Anonymous
Reprinted From Looking Up -August 2013*



EVENTS

Intergroup Meetings

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	OA HOW Houston Annual Retreat - sponsored by OA HOW Houston IG	In Person - Houston, TX
Oct 4-6	21st Annual Silent Retreat - Sponsored by McKinney Care and Share	In Person - Texas Elks Camp on Texoma
Nov. 1-3	Fall Retreat Sponsored by Tri-County Intergroup OA	In Person - Glen Lake Camp, Glen Rose, TX

Assemblies, Conventions, and Conferences

Sep 6-8, 2024	Region III Fall Assembly and Texas State Convention 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)

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) 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.....Margie
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	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