

LOOKING UP

SEPTEMBER 2024

The Steps in One Sentence

STEP NINE (LOVE)

Made direct amends to such people wherever possible, except when to do so would injure them or others.

TRADITION NINE (STRUCTURE)

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

CONCEPT NINE (ABILITY)

Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

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/)

- **Step One:** "That first bite gives up my entire life."
- **Step Two:** "If I have an idea, chances are it's my idea, not God's."
- **Step Three:** "I put my will in a big box on a silver platter and give it to God."
- **Step Four:** "Just do it."
- **Step Five:** "The things I did are not killers; they are the shadows of small mice."
- **Step Six:** "When I'm entirely ready I can see a defect."
- **Step Seven:** "Recognizing character defects can be a slog."
- **Step Eight:** "I began the arduous task of talking about others."
- **Step Nine:** "Check with your sponsor."
- **Step Ten:** "Ask God to do it for me."
- **Step Eleven:** "Pages 86-88 of the big book are 'Life for Dummies.'"
- **Step Twelve:** "I'm glad you called."

[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

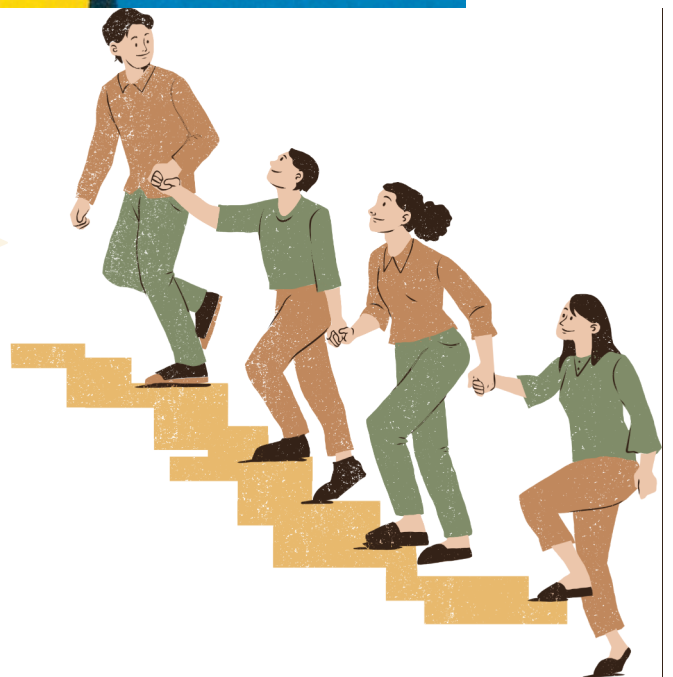
NOVEMBER 1-3, 2024

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**





Carrying the Message

- At a meeting, I gave someone who needed it a package of sugar free gum.
- I send my daily gratitude list to a gratitude buddy.
- It feels really good to hear, “I’m glad you called.”
- I got a package of chopsticks. I broke one of them. I tried to break all of them but I couldn’t. Go to meetings!
- I gave away a Tee Shirt that says, “Just one bite Snow White.”
- I took a newcomer to the grocery store and showed her how to shop.

Sarah C., Houston

Practicing These Principles in All My Affairs

I was not being truthful at church like I am in the program. Power comes from sharing suffering.

I started saying, “I was wrong,” at work.

It’s important for me to be a giver, not a parasite.

I remind myself that the results are in God’s hands.



Sarah C., Houston

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.



STEP 9 - KEEP IT SIMPLE



Check with your sponsor.

Fix what you did wrong.

If you don't, you won't stay abstinent.

The Promises will come true.

Freedom.

Janice F., Houston

EVENTS

Intergroup Meetings

September 7,
October 5, November 1-3, December 7
Meeting ID: 962 7180 7189, Passcode: r3cover

Health Fairs - contact Jaclyn 817-996-8711

Waco - Jubilee Market Health Fair - Contact Margie DL

Workshops, Marathons and Retreats

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

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

Assemblies, Conventions, and Conferences

Sep 6-8, 2024	<u>Region III Fall Assembly and Texas State Convention</u> 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!

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	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