



LOOKING UP

NOVEMBER 2024

STEP ELEVEN (SPIRITUAL AWARENESS)

Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

TRADITION ELEVEN (ANONYMITY)

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

CONCEPT ELEVEN (HUMILITY)

Trustee administration of the World Service Office should always be assisted by the best standing committees, executive staffs and consultants.

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/)



It's just us turkeys
On the way to Intergroup

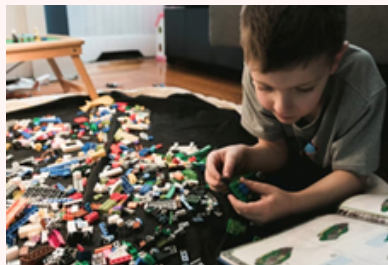
RESOURCES FOR MEN - CLICK HERE

Region 3 News - Two Way Prayer

A spiritual awakening is key to recovery from compulsive eating and food behaviors. Have you considered trying 2-WAY PRAYER? Used for several centuries as a spiritual tool, we now have registered OA meetings that focus on this form of meditation. Father Bill W., a recovered alcoholic for 50 years, has been a forerunner in 12-step use of this tool. To use the links, click on the graphics below.



INTRODUCTORY PAMPHLET



HOW TO USE THIS TOOL



BILL'S WORKSHOP



HANDOUTS



ARTICLE in Alcoholic Treatment Quarterly



This message is from the Region 3 Twelfth Step Within (TSW) Committee – reaching out to those who still suffer and to address relapse recovery.

Save the Date!

Tri-County OA Fall Retreat

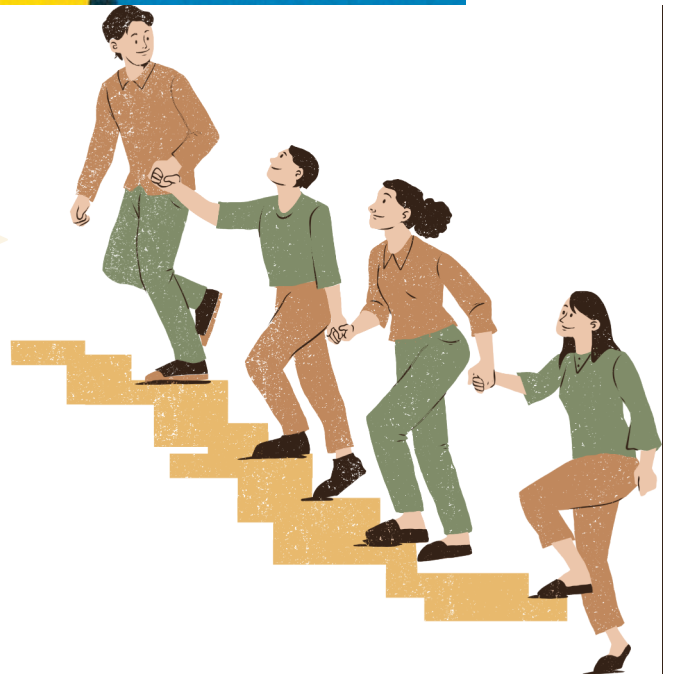
NOVEMBER 1-3, 2024

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**



GOT SERVICE?

Nominations for the 2025 Tri-County Intergroup Executive Officer positions will be held at the November retreat in Glen Rose. Please consider volunteering your time to Intergroup. The more voices are heard, the better the Intergroup may serve you. Elections will be held at the December IG meeting in Fort Worth and terms begin in January 2025. Brief descriptions follow— See your IG board members for more information.

Qualifications:

Actively working the 12 Steps after having completed all 12
Actively working the 12 Traditions
Actively working the 12 Concepts

Term: 1 year

Chairperson

Duties: Preside over meetings; set agendas. Oversee the management of Intergroup. Co-sign on bank account.

Vice Chair

Duties: Serve in absence of chair and assist in chair duties. Help new meetings get started and maintain current list of meetings, contacts, etc.

Secretary

Duties: Record and report minutes; keep past minutes. Maintain list of board members and contact information.

Treasurer

Duties: Maintain bank account; submit monthly financial statement; oversee IG mailbox and mail distributions.

Other Intergroup Board Positions and Committees that may be of interest to you are:

Intergroup Rep

Qualifications determined by the group they represent. Attend monthly IG meetings. Allowed to vote at IG meetings. Act as liaison between IG and group they represent.

DMI Liaison

Attend monthly Tri-County and Dallas Metroplex Intergroup meetings to exchange information between intergroups.

Region 3 Delegate

Represent the IG and area groups at the Region 3 meetings and report back to our area important information. See IG Bylaws for additional important information about this position. 2-yr. term.

WSO Delegate

Represent the IG and area groups at the World Service Business Conference and report back to our area important information. See IG Bylaws for additional information about this position. 2-yr. term.

Telephone

Maintain telephone answering service for Tri-County IG.

Newsletter

Compile and distribute monthly IG newsletter, “Looking Up.”

Website

Maintain Tri-County IG website.

Retreat

Organize the annual fall IG retreat with the assistance of a committee.

Workshops

Plan and hold IG workshops with the assistance of the IG board.

Public Relations

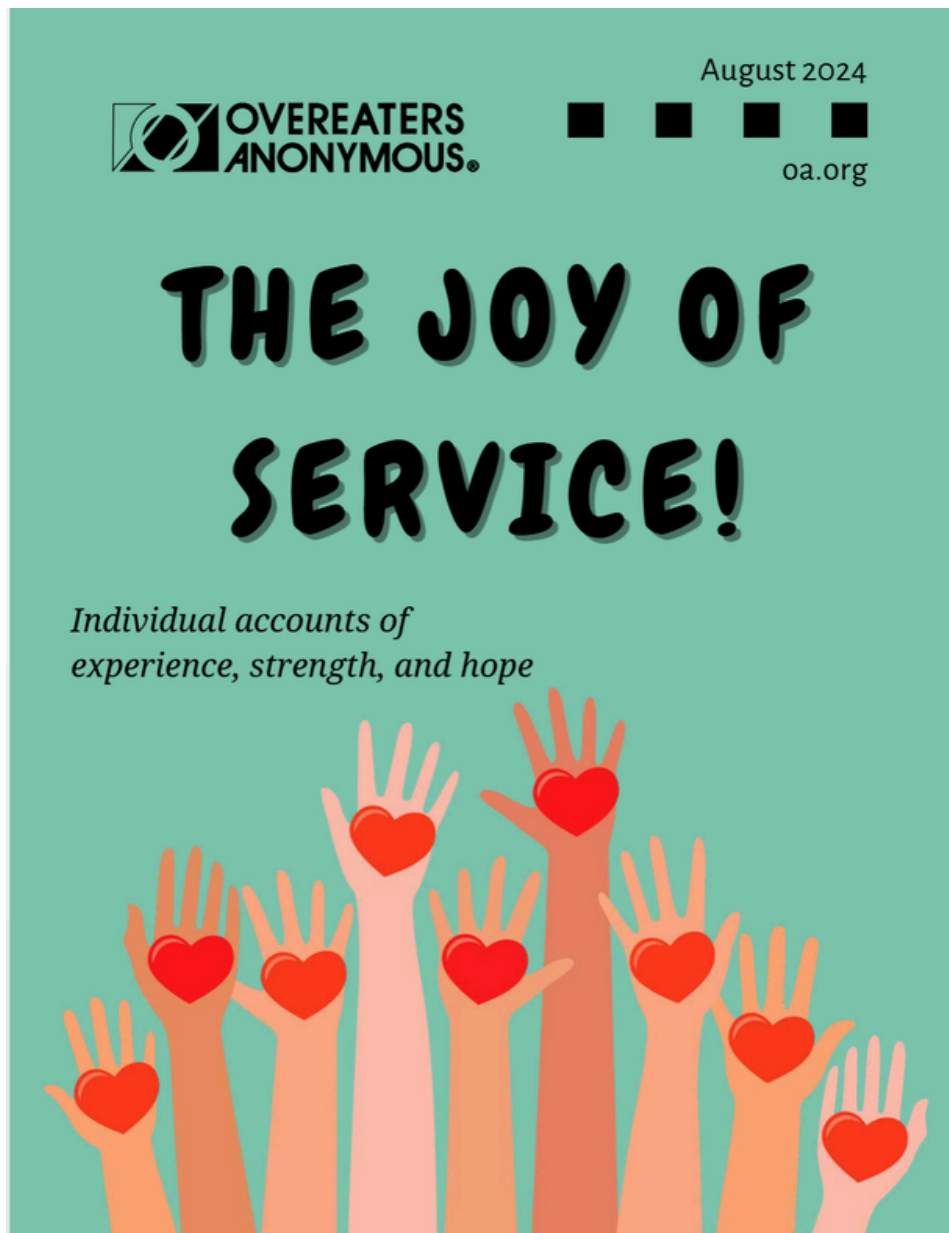
Handle requests for information about OA and distribute information through local health fairs, newspapers, and other public means of communication.

Zoom Coordinator

These positions are appointed by the IG Board at the January 2025 intergroup meeting. The terms are 1 year, and the abstinence requirement is 6 months except as mentioned above. Attendance at 3 IG meetings prior to taking office or accepting a position is required.



The Joy of Service eZine



Click The Image!

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.



Tips to Get Through the Holidays Abstinently

1. Focus on the true meaning of the holiday or event rather than the food orgy that sometimes accompanies it. 2. Don't set yourself up to feel bad because of unrealistic expectations of what the holiday will bring. Sometimes we're with family; sometimes with friends, sometimes we are alone. Face the reality of the situation beforehand. For example, if a family occasion almost always turns unpleasant, plan not to be a part of the unpleasantness. If you're going to be alone, face that you may be sad, Plan to deal with it without excess food. 3. Build up your recovery bank account before and during the holidays by attending lots of meetings, working extra hard on your 12 steps and using all the tools, especially service. Keep in constant contact with your sponsor. The disease doesn't take a holiday, nor should our recovery. 4. Keep your OA phone numbers with you always. Use them. 5. Know the limits of your recovery. When in doubt, avoid persons, places and things that have in the past triggered overeating. The party is not worth it. Choose not to attend if you feel it may be a major problem, remember that abstinence, one day at a time, must be the highest priority in your life. Without it, all other things suffer. 6. From the food perspective, treat the holiday like any other day. Our disease never takes a holiday. 7. Plan something special for yourself during the time other people are eating sugary desserts that you choose not to include in your food plan. Special tea, hot water with lemon, fruit ... anything that is special for you and allowable in your plan. 8. Whether attending a holiday gathering or ordinary party, choose to focus on the people rather than the food. Pick out people and engage them in real conversation. If they don't want to participate, move on to the next person. People like to talk about themselves. Ask them questions about their life, their work, their families, and really listen to their answers. 9. Try to genuinely connect with people at the holiday table. Food is secondary. 10. There is no law that says you must give out Halloween candy. We're not doing these kids a favor by giving them junk food Give nutritious snacks, toys or money. Do not give out things you would not consume yourself. Then there will be no problem with leftovers. 11. Set an extra place beside you (in your mind or in reality) at the table for your Higher Power. 12. Remember Step Two: with the help of a Higher Power, we can be restored to sane eating behavior. one day at a time, one meal at a time. 13. During the holidays, get out of yourself by giving service, any service, whether it is to the program, to needy individuals, or to the community; Do something that may be a little hard for you, but that you know you will feel good about later. Give yourself something to build self-respect.

14. Plan, plan, plan! Be proactive toward the holidays and the meals. Don't just sit back and hope for the best. Rehearse in your mind over and over exactly what you will do, particularly what, where and when you will eat. Pray just before sitting down to the meal. 15. Just before sitting down to eat or being served; go to a private room somewhere in the house or restaurant, call your sponsor, and commit what you are about to eat, as well as what you will choose not to eat. It makes no difference whether you get your sponsor or an answering machine - it is your commitment. 16. If you are visiting others for a holiday dinner, it is up to you to know what is being served and whether it is something that you choose not to eat. Call the host ahead of time. Plan accordingly. People understand others' food limitations. Even people without our disease have foods they don't eat for one reason or another. Volunteer to bring something that is good for you. The host then thinks you are gracious, while you are taking care of yourself! 17. Remember that you are responsible for what you eat. It's easy when sitting with family to slip into old childish roles where you feel you must eat whatever you are given. This does not have to be. We are adults and are responsible for our own choices. It is up to us to take care of ourselves. It is up to us to set whatever parameters or boundaries we need to set with our families. 18. Gratitude. There is nothing as good for staying abstinent, particularly during the Thanksgiving season, as focusing on the many things we have, rather than what we do not have. Write gratitude lists frequently. 19. For many of us, the most dangerous period for our abstinence is after we have successfully gone through a difficult occasion. The insanity of our disease subconsciously or consciously tells us to reward ourselves with food because we did so well yesterday. Or we suffer some type of letdown about the occasion because it didn't meet our expectations. Some of us feel an emptiness after holidays that in the past we have tried to fill with food. For these reasons, plan to go to meetings the next day after the holiday. 20. For many of us, the most dangerous period for our abstinence is after we have successfully gone through a difficult occasion. The insanity of our disease subconsciously or consciously tells us to reward ourselves with food because we did so well yesterday. Or, we suffer some type of letdown about the occasion because it didn't meet our expectations. Some of us feel emptiness after holidays that in the past we have tried to fill with food. For these reasons, plan to go to meetings the next day after the holiday. 21. A holiday is not a crisis, Holidays come every year. They are simply calendar times set aside to honor certain things. We deal with holidays the same way we deal with the rest of the days in the year. You can do it. Relax and work your program the best way you know how. One day at a time.

EVENTS

Intergroup Meetings

November 2 at the Fall Retreat, December 7
Meeting ID: 962 7180 7189, Passcode: r3cover

Health Fairs - contact Jaclyn 817-996-8711

More Information to Follow

Workshops, Marathons and Retreats

2024-2025 OA Virtual Intergroup Phone Marathons – [Click Here](#)

Nov. 1-3	<u>Fall Retreat</u> Sponsored by Tri-County Intergroup OA	In Person - Glen Lake Camp, Glen Rose, TX
January 25	Save The Date	TCI Workshop Region III Speaker

Assemblies, Conventions, and Conferences

Nov 16-17 10 AM - 4:30 PM	<u>Virtual Region Assembly</u>	
Feb 28 - Mar 2	Save The Date	Virtual Region Convention "There is A Solution"

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)

**PAYMENT ALWAYS
ACCEPTED
AT
THE RETREAT**

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

**PAYMENT ALWAYS
ACCEPTED
AT
THE RETREAT**

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.....[open]
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