

# LOOKING UP

DECEMBER 2024

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

## STEP 12 (SERVICE)

Having had a spiritual awakening as a result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

## TRADITION 12 (SPIRITUALITY)

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

## CONCEPT 12 (GUIDELINES)

The Concept 12 Guidelines represent these spiritual principles: Selflessness, Realism, Representation, Dialogue, Compassion, and Respect.

**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)

KNOWING MY STORY AND BEING ABLE  
TO TELL IT TO SOMEONE IS THE  
BEGINNING OF RECOVERY.

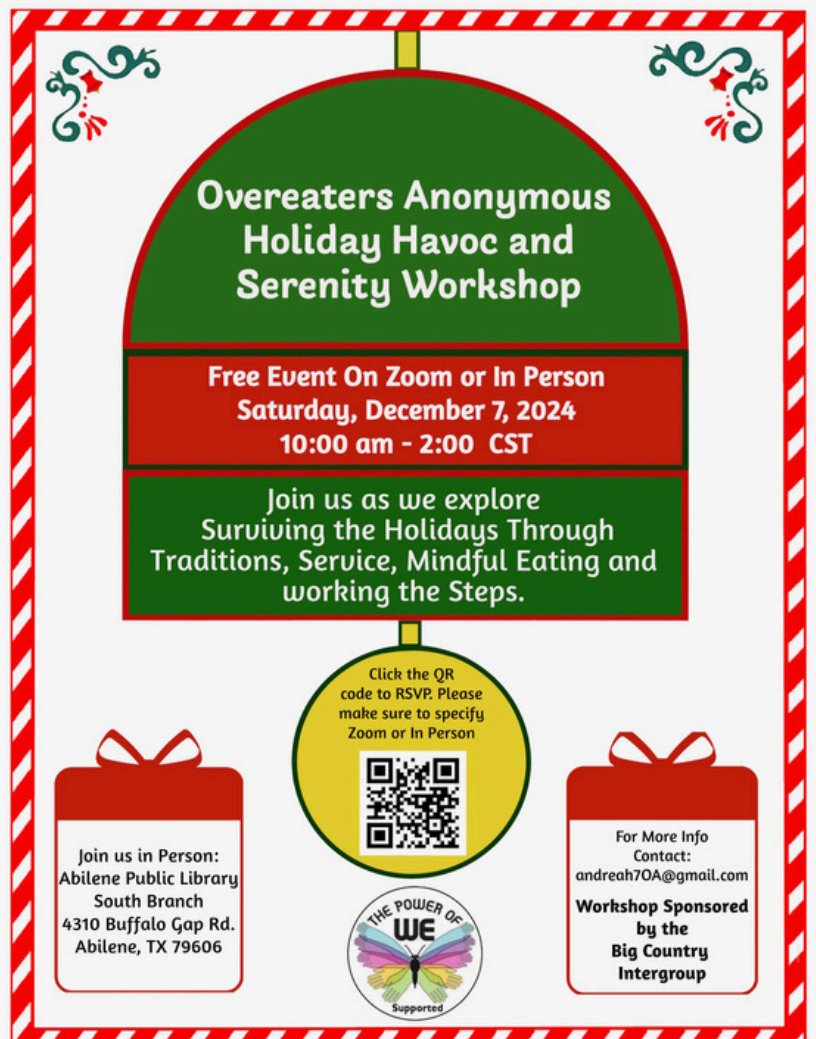
When I started working the OA program I thought it was selfish, but I did it anyway because I was desperate to find a cure for my compulsive overeating. When I let go of doing things for others because they wanted me to, and doing things for myself because it was the right thing to do, leading me to health, I started to release resentments and think of service in a totally different way. I saw that my motives were the key to performing service. I began to read my feelings when asked or told to do something, I began to say “no.” Over time, I realized that for me service to God, through esteem-able acts toward myself, is the rent I pay for being. This way, I don’t have any spare time. Service is not what I thought growing up. It is my response to God’s grace and mercy.

[RESOURCES FOR MEN - CLICK HERE](#)

## From Margie DL - Region 3 Rep

- R3 November EBlast for your Thanksgiving reflections regarding Abstinence (see next page)
- R3 Texas State Spring Assembly & Convention in Austin Save-the-Date April 4-6, 2025 (let's think about how TCI can support this!)
- R3 Savor Each Bite Workshops November 23 and/or December 14, 2024 (where we can experience in real time mindful and grateful eating practices)
- WSO International Convention August 21-23, 2025 Orlando FL
- Big Country IG Workshop on Holiday Havoc and Serenity Sat December 7, 2024

Anonymity is  
a precious  
gem, easily  
stolen  
because of  
its glitter.



The poster is designed to look like a Christmas ornament hanging from a string. It has a red and white striped border. The top part is a green semi-circle with the title. Below that is a red rectangular box with event details. The bottom part is a green rectangular box with a description. At the bottom, there are two gift boxes: one on the left with in-person location details, one on the right with contact information, and a central yellow circle with a QR code and a logo.

**Overeaters Anonymous  
Holiday Havoc and  
Serenity Workshop**

**Free Event On Zoom or In Person  
Saturday, December 7, 2024  
10:00 am - 2:00 CST**

Join us as we explore  
Surviving the Holidays Through  
Traditions, Service, Mindful Eating and  
working the Steps.

Click the QR  
code to RSVP. Please  
make sure to specify  
Zoom or In Person

Join us in Person:  
Abilene Public Library  
South Branch  
4310 Buffalo Gap Rd.  
Abilene, TX 79606

For More Info  
Contact:  
andrea70A@gmail.com

**Workshop Sponsored  
by the  
Big Country  
Intergroup**

THE POWER OF  
**WE**  
Supported

# You Are Not Alone

Quarterly Region 3  
Relapse Prevention Workshop  
Saturday, December 7, 2024  
Time: 12:00-1:30 (MT)

Hear speakers share their experiences with relapse/relapse prevention

ZOOM ID: 842 4509 9831

Password: itworks

Questions? Email Annette H.

[ortzow@hotmail.com](mailto:ortzow@hotmail.com)

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Sponsored by Region 3

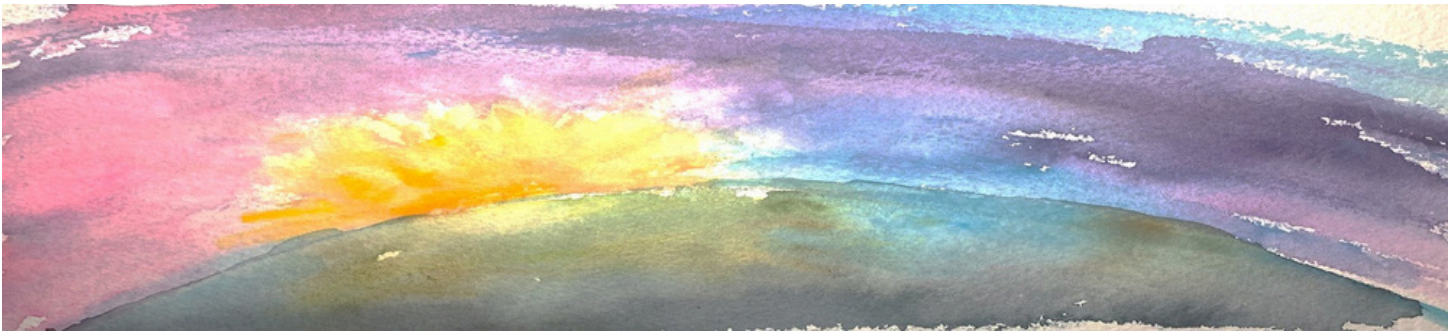
Go to a meeting. Attend at least six meetings before deciding if you want what we have. Keep coming back. Meeting makers make it. Attend 90 meetings in 90 days. Where did my OA journey start?  
In meetings.

Save the Date!

# Staying in Recovery—Wisdom from Around the World

A 24-hour virtual event beginning at 1:00 a.m. Mountain Standard Time

Thursday, December 12, 2024



Overeaters Anonymous has designated December 12 (12/12) as International Twelfth Step Within Day. The purpose is to encourage OA service bodies, meetings, and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors.

This 24-hour event will bring experience, strength, and hope from speakers from around the world.



Check with your Region  
contact for Service  
Opportunities:

<https://oa.org/service-bodies/regions/>



# New Beginnings

Renewal was something I was looking for in each diet or weight loss attempt. I wanted to be renewed but into something different. I wanted to be remade, from the beginning, as a different person. I didn't understand the concept of renewal until I had been in this program a very long time. It was only when I began to see each day as a new beginning that I began to understand that I could renew myself in recovery rather than in disease but that I had to do it every day and, specifically, every morning before the day got away from me. A day is like the waves on the ocean. It is too easy to get caught in the current and drift out to sea. I must pay attention to each wave, anticipate it, and either go under it, or go with it toward the shore. God is in this moment of choice and renewal.





Tri-County  
Intergroup

# Traditions and Service Workshop

**HYBRID**

**EVENTS OF THE DAY:**  
**Sponsored by Region 3**

- ❖ Savor Each Bite – The Art of Conscious Eating  
(Prepare and bring your packed lunch with you!)
- ❖ Traditions and Service – How to Use the Traditions  
in Daily Life and Relationships
- ❖ Step Ten – Rapid Process
- ❖ Relapse – Symptoms & Prevention
- ❖ Affirmation Circle – A Group Experience

**RAFFLE  
BASKET**

**LOCATION:** *South Hills Christian Church*  
*3200 Bilglade Rd.*  
*Fort Worth, TX 76133*



**Bring the Following Items for  
“Savor Each Bite”:**

- Prepared Meal • Plastic Fork • Paper Napkin • Serving Spoon • Large Paper Plate (10-12”) • Small Paper Plate (6-8”) • Sheet of Aluminum Foil

*Together We Get Better*



*Overeaters Anonymous*

**Zoom Login:**

ID: 920 4680 2293

Passcode: service

**For More Info Call Amber**  
at 817-798-6289

Saturday, January 25, 2025 from 11:30am-4:00pm CST

**\$10**

**SUGGESTED DONATION**

Zelle:

Treasurer@oa-tricounty.org

# Texas State OA Convention

Moves to Spring

APRIL, 2025

AUSTIN, TEXAS

## SAVE THE DATE



**Spring 2025 Region 3 Assembly  
& Texas State Convention  
April 4-6, 2025**

## PLANNING AHEAD

**Hosted by  
The Heart of Texas  
Intergroup**



**Coming Soon:**

CONVENTION FLYER with:  
Hotel & Convention  
Registration Information  
Convention Program  
Convention Menu



Region III  
Assembly Date  
Fri. April 4, 2025

  
**OVEREATERS  
ANONYMOUS®**

Overeaters Anonymous

# CONVENTION WISDOM

OA is hosting a recovery Convention for the first time since 2016. Come, join hundreds of fellow members in celebrating OA recovery at a live, face-to-face event.

- The Convention is NOT a business event; it IS a recovery-focused global gathering.
- Open to all - members, newcomers, visitors, family, and friends.
- Over 50 OA meetings, great and varied topics.
- Three keynote speakers, several workshops.
- Dedicated rooms for specific focus meetings.
- Socializing and a chance to meet your virtual friends, in person.
- A real-life hug!
- Banquet and dance Saturday night!
- OA recovery will be rocking in Orlando.

*“This is an experience you...will not want to miss.” Alcoholics Anonymous, p. 89*



**Save the Date!**  
**August 21-23,**  
**2025**



To be kept up to date with the latest convention news, email  
[CONVENTIONINFO@OA.ORG](mailto:CONVENTIONINFO@OA.ORG)



# EVENTS

## Intergroup Meetings

Jan 2025	Appointment of Committee Chairs and Delegates/Rep (made by the new board)	<p>WSO Delegate(s) [2-yr term]            Region 3 Representative [2-yr term]            Newsletter            Public Relations            Retreat            Telephone            DMI Liaison            Website            Workshops            Zoom Coordinator</p>
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**Health Fairs - contact Jaclyn 817-996-8711**

TBD

## Workshops and Marathons

2024-25 OA Virtual Intergroup Phone Marathons – [Click Here](#)

Dec 7	See Page 3	Region 3 Relapse Prevention
Dec 12	See Page 4	OA 12th Step Within
Jan 25	See Page 5	TCI Workshop

## Assemblies, Conventions, and Conferences

Feb 28 - Mar 2	Save The Date	Virtual Region Convention “There is A Solution”
Apr 4 - 6	See Page 6	Texas State Convention and Region 3 Assembly
Aug 21 - 23	See Page 7	OA Convention

# 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!

NEW BEGINNINGS HOW  
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



# Service Openings

## DMI Liason

Attends monthly meetings of the Dallas Metroplex Intergroup (DMI) as a representative of Tri County Intergroup (TCI). Exchanges newsletter along with other media materials and information to DMI workshops. Report activities and pertinent information at each regular TCI meeting about DMI activities.

## WSO Delegate(s)

Delegate #1 is designated as Regional Liaison Representative and serves as Chairperson of the Delegate Committee. In delegate #1's absence or as monies permit, the next available delegate(s) serve as Representative(s).

- A. Serve as WSO/Region contact for referral to carry the message
- B. Help TCI solve problems and avoid mistakes
- C. Be available to speak to OA groups about WSO/Region
- D. Help raise monies for the delegate fund.

## Newsletter

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](mailto:newsletter@oa-tricounty.org).

# TRI-COUNTY MEETINGS

Day	Time	Details	Contact
Sunday	4:30 pm In Person	<a href="#"><u>South Hills Christian Church (SHCC), 4133 Bilglade Rd., Fort Worth, TX 76133</u></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
Monday	7:00 pm In Person OA/HOW # 45896	<a href="#"><u>St. Paul Lutheran Church, 1800 W. Freeway, Fort Worth, Seniors Parking Lot to 2-story stone house</u></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="#"><u>City Point United Methodist Church 7301 Glenview Dr., North Richland Hills, TX 76180</u></a>	Rachel 214-412-9704
Thurs Waco	5:30 pm In Person OA #57418	<a href="#"><u>Crestview Church of Christ, Room C12 7129 Delhi Road, Waco, TX 76712 Community Center in the back</u></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