

# LOOKING UP

FEBRUARY 2025

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

## STEP TWO (HOPE)

Came to believe that a Power greater than ourselves could restore us to sanity.

## TRADITION TWO (TRUST)

For our group purpose there is but one ultimate authority--a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

## CONCEPT TWO (CONSCIENCE)

The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

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

## Step Two

Step 2 was my most difficult step. I wanted no part in this Higher Power referred to in the rooms- even a light bulb. But I had no place to go. I weighed 150 pounds more than I should have weighed and I could not stop eating. My addiction was literally killing me. I kept relapsing.

My sponsor asked me to pray for the willingness to be willing. I said, "I don't believe in anything to pray to". She said just pray and I did because I was desperate. I continued to rail at God because of the sexual abuse I had endured as a small child. My sponsor said that I seemed very angry. I said, "Hell yes, look at what happened to me". She would say something that forever changed my life. She said, "I don't think you can be angry at something you don't believe in". That upset me but I knew she was right. I believed. I was just angry.

Over the next few weeks my sponsor sent me different items to read. Then one day she sent me a poem. The poem is not important but I read the poem and my anger was relieved at God and I accepted His love and power in my life. And abstinence became a reality I could realize. I am a grateful compulsive overeater, bulimic and 100 pounder with a deep faith today. Step 2 is a reality.

# Region 3 News

Region 3 of Overeaters Anonymous seeks to aid those with the problem of compulsive eating through the Twelve Steps of OA, and to serve and represent the OA groups in the states of Arizona, Colorado, Iowa, Kansas, Nebraska, Nevada, New Mexico, Oklahoma, South Dakota, Texas, and Utah.

## Texas State OA Convention

Moves to Spring

APRIL, 2025

AUSTIN, TEXAS

# SAVE THE DATE



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

## PLANNING AHEAD

**Hosted by  
The Heart of Texas  
Intergroup**



**Coming Soon:**  
CONVENTION FLYER with:  
 Hotel & Convenon  
Registraon Informaon  
 Convenon Program  
 Convenon Menu



Region III  
Assembly Date  
Fri. April 4, 2025



# Step Two Thoughts...

HOPE

*One Thing to  
Know-  
the solution isn't  
me*

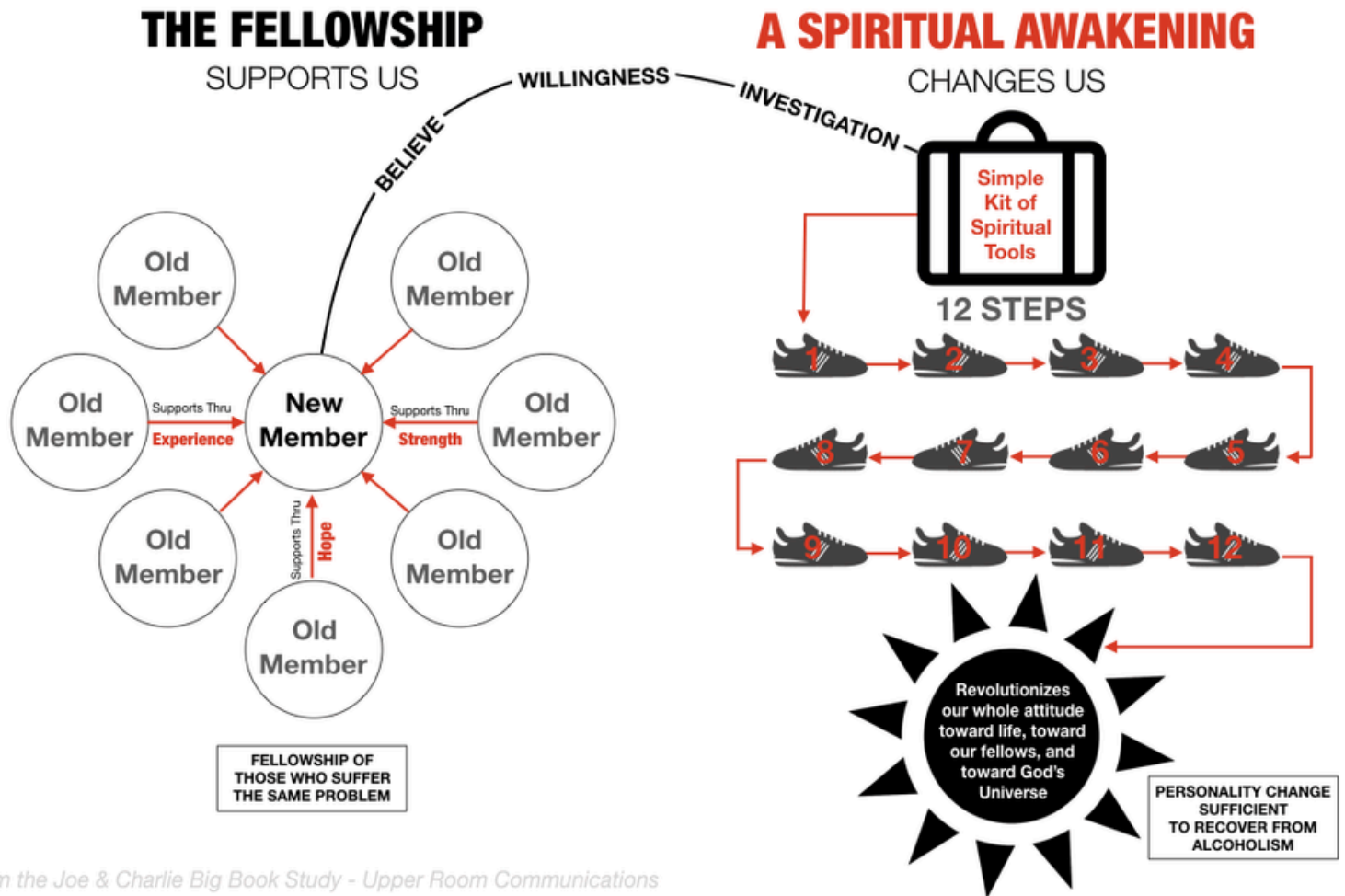


**Surrender...**

- my desire to control everything myself
- my belief that I am responsible for the outcome of my life

“Came to believe that a Power greater than ourselves could restore us to sanity”

## WHAT IS THE SOLUTION?



from the Joe & Charlie Big Book Study - Upper Room Communications


Step 2 Promise: “In the face of collapse and despair, in the face of the total failure of their human resources, they found that a new power, peace, and happiness, and sense of direction flowed in them.” (Alcoholics Anonymous 2nd Ed. – Page 50, We Agnostics)

# More THOUGHTS...



To define God is  
to limit God

“Trust in  
God  
removes  
all fear  
instantly. I  
can't be  
“in” fear  
and faith  
at the  
exact same  
time.”



“Trust in God is not  
a sliding scale –  
it's a toggle switch.  
Either it's ON or  
it's OFF.”

Hope is being able to  
see that there is light  
despite all of the  
darkness. [Desmond  
Tutu](#)

# You may have heard us talk about God. . .

Welcome. You may have heard us talk about God in our meetings, using a term you may not relate to, or even abhor.

Although many in twelve step groups use the term Higher Power, there is no requirement to do so. In fact, AA literature tells us we need not be ashamed to use the word God, if that is what we mean.

The point is, there is also no requirement to believe in God, in anyone else's view of God, or in religion. All that is needed is your belief in a higher power. How you feel about it, how you describe it, what you call it – all of that is your business, not ours.

For me at first, I did not believe in God and I did not believe in twelve step programs. I was very skeptical. I did an experiment. I committed to the food plan and decided that if it worked (without exercise), then I would believe in the program. As I committed to my food plan every day, I also started working the steps, very rigorously. I did “homework” on the steps every single day. By the time I reached goal weight, I had come to believe not only in my food plan, but also in the twelve steps. Those were my first higher powers. I had come to believe in something besides myself.

From TCI website February 24, 2020

# Professional Outreach

## Printable or Downloadable Postcard to Send to Professionals



No matter what the problem with food,  
we can provide ongoing support to  
your patients or clients.

### WE CAN HELP WITH:

- Compulsive Eating
- Undereating
- Food addiction
- Anorexia
- Bulimia
- Overexercising



[www.oa.org/professionals](http://www.oa.org/professionals)

# EVENTS

## Intergroup Meetings

Next meeting March 8th  
Meeting ID: 962 7180 7189, Passcode: r3cover

## Health Fairs - contact Jaclyn 817-996-8711

TBD

## Workshops, Marathons and Retreats

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

Feb- June 2025	<a href="#">DMI Brings You the 12 Steps</a> by Dallas Metro Intergroup	9:30am- 12:30pm
Apr 25- 27	<a href="#">Family Reunion: The Family We Choose</a> by Micknney OA	Fri, Sat, Sun

## Assemblies, Conventions, and Conferences

Feb 28, March 1, 2	<a href="#">OA Virtual Region 2025 Convention - Roadmap To Recovery</a>
March 14-16	<a href="#">Region 8 OA Convention -Traveling the River Road to Freedom by Baton Rouge IG</a>
Aug 21-23	<a href="#">OA Convention- Walking in the Spirit Together</a>
Oct 16-19	<a href="#">Fall 2025 Region 3 Assembly and Convention</a>



# 2025 Tri-County InterGroup Board

## Executive Officers

Chair.....Jaclyn  
Vice Chair.....Melissa  
Treasurer.....Gail  
Secretary.....[open]

## Appointed Positions

DMI Liaison.....Rachel  
Newsletter.....Nancy F  
Public Information.....Jaclyn  
Region 3 Rep.....Gail  
Retreat.....Kristin/Debbie  
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](mailto:treasurer@oa-tricounty.org)

### WHY I GIVE:

To ensure OA will be here when I need it most, when I am lost and searching and in a bad way, when I don't have the resources, when I need you.

# 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), 3200 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 <i>Updated</i>	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	6:30 pm Richland Hills OA # 51841	Dial in # 505-144-0847, Password: hope	Andrea 717-614-9131
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 817-595-3044
Thurs Grapevine	12:00 (noon) OA # 54878	Zoom dial in #346-248-7799, Meeting ID# 202 154 656, Password 1212	Mary K. 972-891-2830
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