

# LOOKING UP

MARCH 2025

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

## STEP THREE (FAITH)

Made a decision to turn our will and our lives over to the care of God, *as we understood him*.

## TRADITION THREE (IDENTITY)

The only requirement for OA membership is a desire to stop eating compulsively.

## CONCEPT THREE (TRUST)

The right of decision, based on trust, makes effective leadership possible.

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

## Third Step

### The third step prayer.

Before I came into program, I had never memorized a prayer. I went to my first OA meeting and people were saying the serenity prayer, Rosanne's prayer, and all sorts of other memorized slogans.

After I had been in OA for several years, I learned the serenity prayer. Then I tried memorizing the third step prayer, but I just couldn't seem to do it. I tried various methods until a friend of mine told me to take each individual sentence and meditate on it. For example: God, I offer myself to thee. That is the first part of that prayer. I spent lots of time just thinking that. Imagining myself sitting and offering myself to God. Finally, I got that part memorized. I did that with the entire prayer and when others would say the 3rd step prayer, I would say only the parts I knew until I finally learned the whole prayer.

(Continued on page 2. . .)



# Third Step continues. . .

(Continued from page 1)

Now I say this prayer every morning when I wake up. This prayer is my first conscious thought each day---

*God, I offer myself to thee. To build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy love, and Thy way of life. May I do Thy will always!*

Anonymous/Alcoholics Anonymous, 2nd Edition, page 63



Additional contributions by Kristin H.

**I can't.**  
**God can.**  
**I think I'll**  
**let Him.**



# Help Wanted Ad



*My sponsor encouraged me to write about what I needed in a Higher Power*

Mystery, Infinite Power of love – compassion - support – direction. That gives me unconditional love – compassion – support. Creator of all that lives deep down within me so is

always available to me. I can consciously connect through intuition and receive guidance. Created me out of love and wants me to live life abundantly to be healthy, happy, joyous, and free from addictive behaviors. Omnipotent. Power that opens my awareness to the beauty of nature and the unity of all existence. Inclusive unconditional love that gives me value and tells me I'm worthy and important. Gives me fun and laughter. Gives me a voice and tells me my voice is important and safe to use. Gives me the courage to use my voice to ask questions and to ask for help. Lovingly teaches me through humor that all my experiences are gifts. Never changing, trustworthy presence that knows, hears and listens. Takes away my worry and fear and replaces it with gratitude, peace, and serenity. I must ask and align myself with the Perfect Presence. My breath is my connection. As I inhale God's will, I exhale out, letting go of my will. It is a part of me automatically I need to stay conscious of reality throughout my day to pause and be grateful for this gift of breath my connection with the– Mysterious Power of Reality.

Anonymous



# 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





# A Journey to Step 3. . .

I have admitted that I am powerless over certain foods and food behaviors (Step 1) and I have come to believe and realize that only a Power greater than myself could restore me to sanity (Step 2). I am now on Step 3. I have to make a decision (no action, just a decision) to turn my will and my life over to the care of God as I understand Him.

I made that decision and said that prayer for the first time in November/December of 2021. I would subsequently make that decision several times after, as I did step studies and workshops. Each time I did, I would say it with a heart of faith and desire to truly offer myself to God- to build with me and do with me as He willed.

What I came to learn as I continued to walk towards my abstinence, one step at a time and one day at a time, is that I needed to get to a place of complete surrender. I know today that I couldn't surrender on my own will, I needed God's help even with my surrender. In April of 2023, in desperation (I was now one year and eight months into program, I had regained the 11 pounds I had lost, I was close to weighing 300 pounds and my health was declining) I wrote a prayer asking God to show me how to surrender the food, because I didn't know how; I had knowledge but it wasn't translating into abstinence. I now know that the key ingredient in my surrender was to include in my prayer that I was willing to go to "any lengths; I was willing to let go of and put down what God showed me needed to be put down (no more resistance, just action)." I was finally ready to put my will down and my way of doing things for God's will. I had to admit total defeat of trying to do abstinence "my way" and surrender to doing it as God directed.

The words of the 3rd Step Prayer become truer and truer with each passing day. Today, by the Grace and Gift of God, I have food neutrality and true freedom from food as a result of my surrender. (Continued on page 6. . .)

## A Journey to Step 3 continues. . .

(Continued from page 5)

As I experience the fruit of that surrender decision and prayer in my abstinence; I now pray that God help me surrender in other areas of my life. What a beautiful journey it has become; I am looking forward to what lies ahead.

As the prayer states, as God relieves me of the bondage of self, I can better do His will. I look forward and I am excited to be on a journey of discovering more and more what that Will entails, as I am led to serve others in Love. Thank you for letting me share a little part of my journey.

Claudia L FL



# Thoughts & Quotes

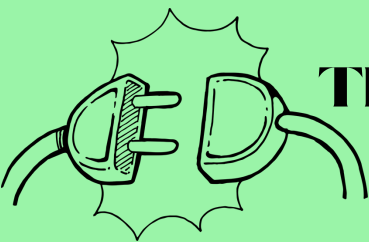
You think you have power? Tell the sun to stop shining!!



**What Can I Surrender in this Step?**  
The person I was before taking these Steps.  
My belief that I know better than God what is right for me.

WHEN YOUR TV OR MICROWAVE ISN'T WORKING- WHAT'S THE FIRST THING YOU CHECK?

**THE POWER**

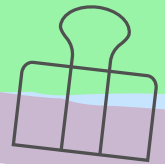


Contributed in part from Takethe12.org

## My Own Third Step Prayer

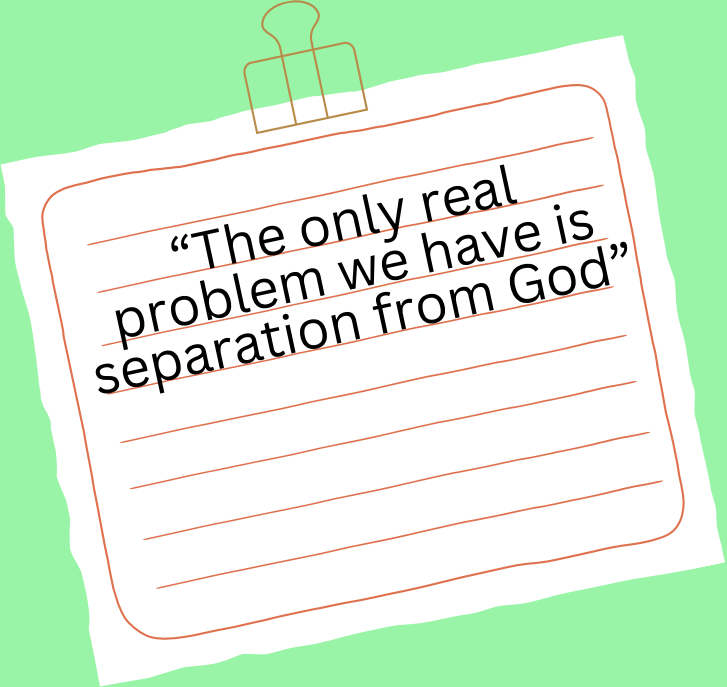
Thank you dear God for my my food abstinence yesterday and throughout the night. God, I pray for the willingness and surrender to be abstinent from compulsive overeating and compulsive food behaviors today. I am powerless over my desire to eat compulsively. I ask you to remove all desires to eat my alcoholic foods. Please show me the way of acceptance, patience, kindness and love. Thank you for the gift of life, the gift of recovery, the gift of health, the gift of enough and abundance. Thank you God for being my refuge, my protector, my healer and my deliverer. Thank you for your grace and mercy. Help me ask for that grace and mercy one day at a time. First things first, easy does it, live and let live. Thy will be done. Amen.

Anonymous

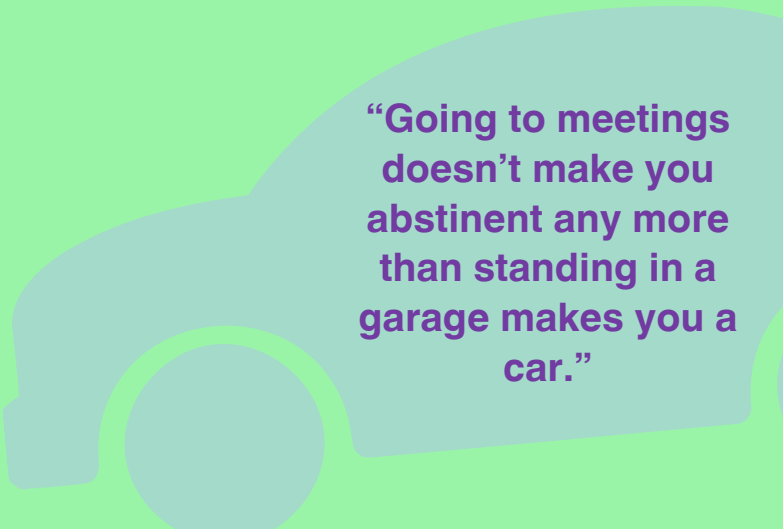


**The One Thing I  
Need To Know  
About Step 3:  
Real Action Starts  
With a Decision**





“The only real  
problem we have is  
separation from God”



“Going to meetings  
doesn’t make you  
abstinent any more  
than standing in a  
garage makes you a  
car.”

“OA moves  
at the  
speed of  
trust.”

“good  
things  
ahead”

“If faith  
without works  
is dead; then  
willingness  
without action  
is fantasy.”

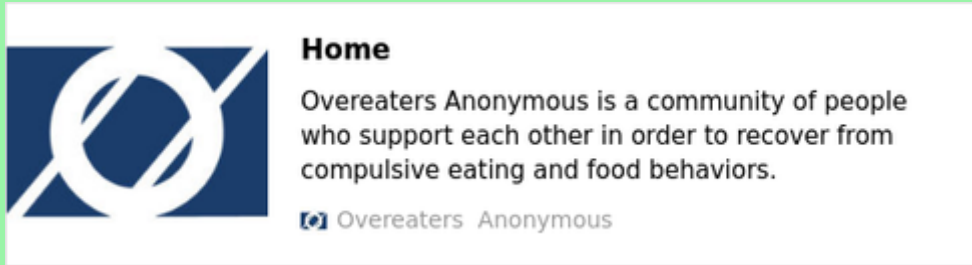
“Faith has to work twenty-four  
hours a day in and through us, or  
we perish.” (Alcoholic  
Anonymous, 2nd Ed.— Page 16,  
Bill’s Story)

**LITTLE STEPS  
MATTER**



# Newcomer Information

Double-click for OA.org



**Where Do I Start?: Everything a Newcomer Needs to Know is our pamphlet for anyone new to OA.**

<https://media.oa.org/app/uploads/2022/06/30133023/where-do-i-start-everything-a-newcomer-needs-to-know.pdf>

## Online Store

<https://bookstore.oa.org>

## Podcasts

<https://oa.org/podcasts/>



# Plan to attend--



CENTRAL OFFICE OF LOUISIANA  
BATON ROUGE INTERGROUP

## Traveling the River Road to Freedom:

*from Compulsive Eating & the Bondage of self*

SOAR8  
RECOVERY  
CONVENTION  
AND BUSINESS  
ASSEMBLY

March 14-16, 2025



# EVENTS

## Intergroup Meetings

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

## Health Fairs - contact Connie 817-714-0099

TRD

## 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.....Margie  
Newsletter.....Nancy F  
FPublic Information.....Connie  
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  
WACO**

**YOUR DONATION MATTERS!  
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.

## 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  
OR  
ZELLE VIA [TREASURER@OA-TRICOUNTY.ORG](mailto:TREASURER@OA-TRICOUNTY.ORG)

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)

**THANK YOU...**

**A huge shout out to those that  
contributed to our last workshop  
where a significant amount went to  
the R3 representative and delegate  
fund.**

**THANK 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	6:45 pm OA/HOW # 45896	Zoom dial in #346-248-7799, Meeting ID# 283 565 1317, Password 441395	<a href="mailto:newbeginningsoahow@gmail.com">newbeginningsoahow@gmail.com</a>
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="#">City Point United Methodist Church 7301 Glenview Dr., North Richland Hills, TX 76180</a>	Rachel 214-412-9704
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	5:45 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	<a href="mailto:newbeginningsoa@gmail.com">newbeginningsoa@gmail.com</a>
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 <a href="mailto:triczoomOA@gmail.com">triczoomOA@gmail.com</a>
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