

# LOOKING UP

APRIL 2025

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

## STEP FOUR (COURAGE)

Made a searching and fearless moral inventory of ourselves.

## TRADITION FOUR (AUTONOMY)

Each group should be autonomous except in matters affecting other groups or OA as a whole.

## CONCEPT FOUR (EQUALITY)

The right of participation ensures equality of opportunity for all in the decision-making process.

**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)



## Fearlessness

I don't think I'll ever be totally fearless, which seems to be a great excuse to procrastinate on starting another Fourth Step. I was reading outside literature recently and learned that I carry within me not only my own fears but also the fears of my parents, grandparents, or anyone who played a significant role in my life as a child. That was a surprising emotional awakening. Yes, I realize I have their fears. I did not experience what they did, but they told me about their experiences all the time. I took on their fears. Those fears are totally, absolutely, 100% unmanageable. I really cannot change their past. I wasn't even there. Yet I feel this pressure to do something about it. I feel pressure to change myself so that their fears go away. As I sit here in the present moment, I know I can do nothing about their fears. I am sad about that but I didn't cause them. Those fears belong on my inventory. What was my part? I listened. I believed. I absorbed. (Continued on page 2. . .)

## Fearlessness continued. . .

(Continued from page 1)

I reacted emotionally and those emotions stayed with me, influencing my present state of mind and therefore my actions. What would my life have been like if I had been equipped to hear about my parents' fears? I would have let them pass right through me. I would not have become the receptacle where their fears were buried. I would not have been their hope. No human being, not even children, can be another person's source of hope. This realization of mine is one of those huge emotional displacements and rearrangements that are described in the big book. In order to recover from my fear, I have to become aware of it, accept it, and then I can take action. In this case, I can let them go and let God take them. God will solve all my problems but it's up to me to inventory them.

-- **Betsy H.**



Additional contributions by Kristin H

# Thoughts & Quotes

The One Thing I  
Need To Know  
About Step 4:  
It's About Causes &  
Conditions

The Fourth Step is NOT  
about finding out who we  
ARE, it's about finding out  
who we are NOT

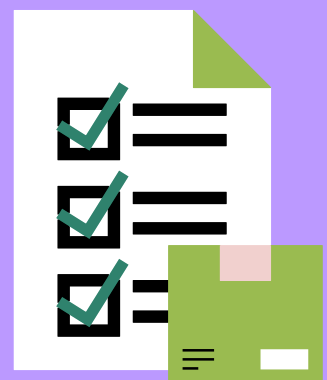
I am brave

A ccept  
C hallenges  
T erminate  
I ndecision  
O vercome  
N egativity  
--Mary Ann B.

It's good to  
remember where  
I came from so I  
can remember  
where I'm going.

What Can I Surrender in this Step?  
1.) Fear of looking at who I was, and  
2.) Any desire to regret the past

"It is plain that a life which includes deep resentment leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worth while." (Alcoholics Anonymous, 2nd Ed. - Page 66, How It Works)



# A Death Threat



But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found that it is fatal. For when harbouring such feeling we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die. If we were to live, we had to be free of anger. The grouch and the brainstorm were not for us. They may be the dubious luxury of normal men, but for alcoholics these things are poison.' (Alcoholics Anonymous, 2nd Ed, p. 69)

For the alcoholic to drink is to die. For me- the compulsive overeater- to pick up my alcoholic foods is to die. This warning on page 69 was a death threat for me.

And I was dying a slow death in the beginning of 2024. I could not stay abstinent. I was holding onto several resentments I could not move past. I had tried several 4th steps, many 10th steps but still I held tightly to these resentments. I wore them like a badge of honor. Me- the forever victim- had been wronged.

And then in reworking the steps I listened to a podcast on Step 4. It asked me to pray for those I felt resentful at. And to not move forward in Step 4 until I felt the resentments lift. Only then was I ready to look at my part. I prayed several times a day for these individuals- the sick man prayer- and over a two month period the resentments begin to lighten and were finally lifted one at a time. And I stopped binging. I was finally abstinent. The gift of recovery became my reality. By facing my death threat I began to live again.

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.

*Welcome to Overeaters Anonymous.  
Welcome home!*



**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)

# Poetry Corner

This month's contribution by Mary Ann B./Michagan

## Skinny Girl

Anorexia was her name  
Undernourished starving body  
Hidden under oversized clothes

Believing if only she lost  
A few more pounds  
Her life would be perfect  
She would find love and acceptance

She needed to hear and believe  
She was loving, lovable and precious  
And worthy to live a life  
Happy, joyous, and free

No one seemed to notice  
The signs were there  
No one seemed able to read  
Or make the effort to reach her...

Will you help her find her way?  
Before it is too late...



## Myriad Possibilities

Inspiration in what  
I think, see, and hear  
Prompts swirling around

I try to put them on paper  
To edit and polish  
And hopefully share

Maybe you will critique  
Maybe you will enjoy and/or relate  
Maybe it is just not for you

Whatever you think  
Please remember  
I have feelings, too...

I matter

# 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



"The secret to happiness is freedom...  
And the secret to freedom is courage".

**"You are braver than you believe,  
stronger than you seem, and  
smarter than you think".**

*"Courage is found in unlikely places".*

'Don't be afraid to fail. Be afraid not to try'

**Courage**

"Courage is failing 19 times and succeeding the 20th".

"It's not whether you get knocked down;  
it's whether you get up".

"Courage is fear that's found its legs".

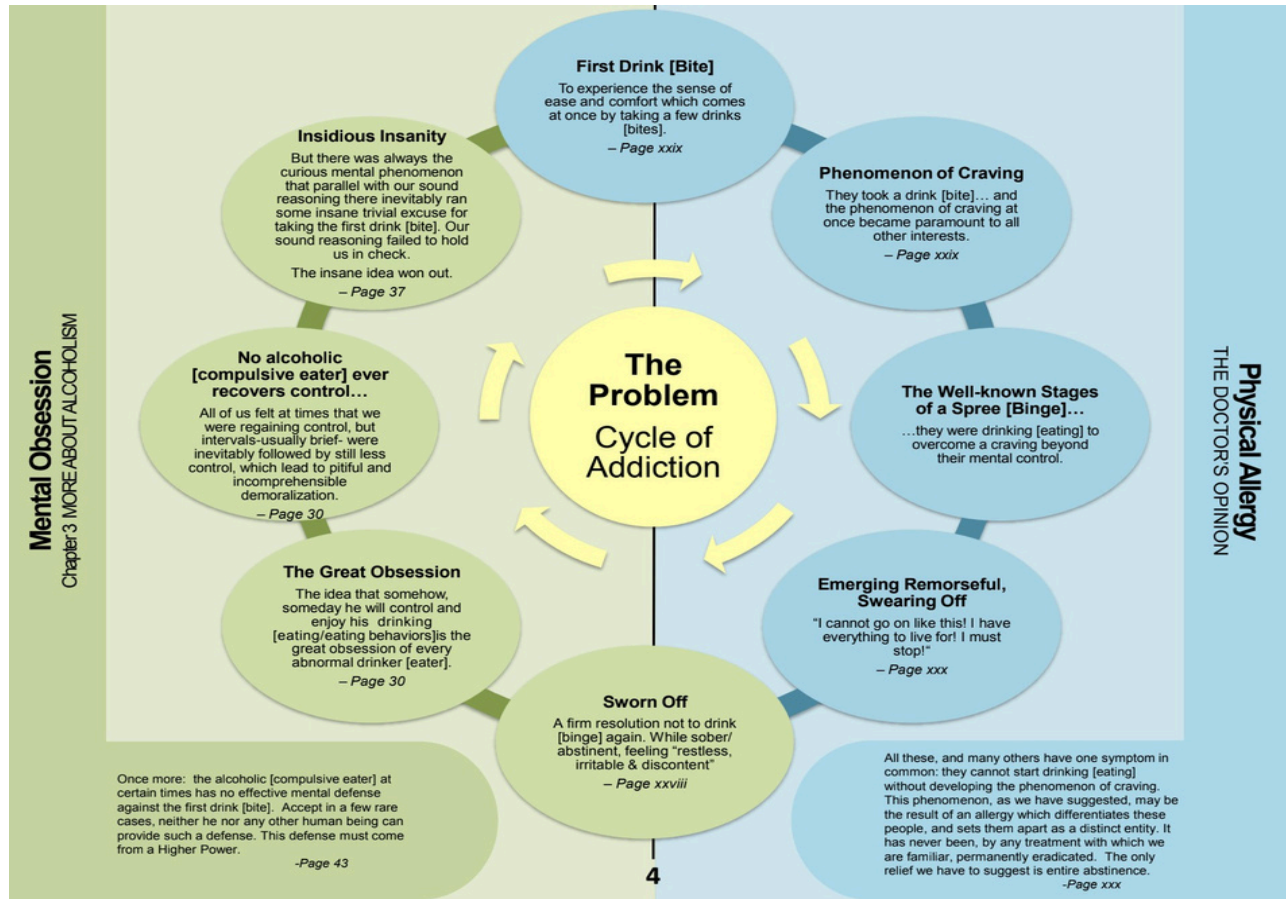
"The most courageous act is still to think for yourself. Aloud".



# RELAPSE vs RECOVERY

## (Cycle of Addiction) vs (Abstinence + 12 Steps)

Discuss this chart with a trusted fellow compulsive eater. What's it mean to you?



The Problem is the Addiction Cycle: Physical Craving And Mental Obsession  
As depicted in *Alcoholics Anonymous*, 4th Ed. (Chart Designer: Unknown)

We believe that no amount of willpower or self-determination could have saved us...our resolutions and plans were shattered as we saw our individual resources fail. So we honestly admitted to ourselves that we were powerless over food. This was the first step toward recovery.

(Overeaters Anonymous, 3rd Ed., p. 2)

Region 3 has a speaker list! [Click here for Speaker List Request – OA Region 3](#)



# SAVE THE DATE!

ONE DAY AT A TIME

## for a lifetime

NOV  
**7-9**  
2025

Tri-County OA Retreat at the Glen Lake Camp in Glen Rose, TX  
Our speaker from Oklahoma has 7+ years of abstinence and 40+ years free from bulimia and she will lead us in methods of living a sustainable recovery.

call Kristin H. 817-308-2670,  
Debbie M. 214-435-3676  
[www.aa-tricounty.org](http://www.aa-tricounty.org)

## A Fun 4th Step...

A fun way to do your fourth step, is to write it out on an index card. This allows you to keep it simple. It is a great practice in teaching me how I really love my own drama! Do I really want to get rid of this, or do I want to stay in the problem?

# Fear Inventory

1. WHAT IS YOUR FEAR? WHY DO YOU HAVE THE FEAR? WHO ARE YOU TRUSTING, YOUR FINITE SELF OR INFINITE HIGHER POWER? HOW IS THAT FEAR-BASED BELIEF WORKING FOR YOU AS A HIGHER POWER? WHO IS MORE POWERFUL? ARE YOU READY TO PRAY? WHAT DO YOU CALL YOUR HIGHER POWER? 2. PRAYER — “(NAME OF HIGHER POWER), PLEASE REMOVE MY FEAR \_\_\_\_\_ AND SHOW ME WHAT YOU WOULD HAVE ME DO AND HAVE ME BE. [BREATHE.] AT ONCE, I COMMENCE TO OUTGROW MY FEAR, AND WITH THE FEAR REMOVED, \_\_\_\_\_.”

ADAPTED FROM ALCOHOLICS ANONYMOUS, 2ND ED. PAGE 68

## Teachable Moments-

“THEY’RE NOT DOIN’ IT TO ME – THEY’RE JUST DOIN’ IT.”



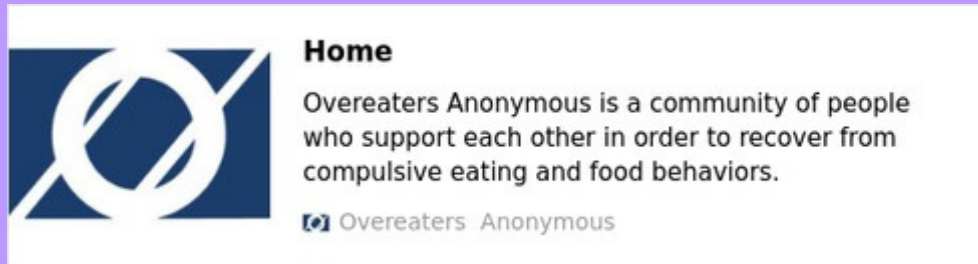
**WHAT OTHER PEOPLE THINK OF YOU HAS NOTHING TO DO WITH YOU. AND EVERYTHING TO DO WITH THEM!!**



“WE HAVE BEGUN TO LEARN TOLERANCE, PATIENCE AND GOOD WILL TOWARD ALL MEN, EVEN OUR ENEMIES, FOR WE LOOK ON THEM AS SICK PEOPLE”.  
ALCOHOLICS ANONYMOUS, 2ND ED, PAGE 70”

# 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.**

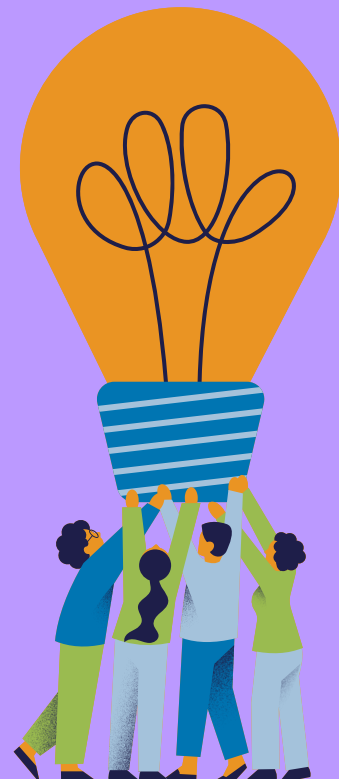
<https://media.oa.org/app/uploads/2022/06/30133023/where-do-i-start-everything-a-newcomer-needs-to-know.pdf>

**Online Store**

<https://bookstore.oa.org>

**Podcasts**

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



# EVENTS

## Intergroup Meetings

April 5, May 3, June 7, July 12, Aug 2, Sept 6, Oct 4, Nov 8(at retreat)  
Meeting ID: 962 7180 7189, Passcode: r3cover

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

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
Nov 7-9	<a href="#">ODAAT For a Lifetime</a> by OA Tri County	Fri, Sat, Sun

## Assemblies, Conventions, and Conferences

Apr 4-6	<a href="#">Spring R3 Assembly and State Convention</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.....(open)  
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**

THANK YOU!  
YOUR DONATION MATTERS!

INDIVIDUAL DONATIONS WELCOME  
TOO!!

## 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**

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

## 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.

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
Monday	6:45 pm OA/HOW # 45896	Zoom dial in #346-248-7799, Meeting ID# 283 565 1317, Password 441395	newbeginningsoahow@ mail.com
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	newbeginningsoa@ mail.com
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.co m
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