

LOOKING UP

MAY 2025

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

STEP FIVE (INTEGRITY)

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

TRADITION FIVE (PURPOSE)

Each group has but one primary purpose-to carry its message to the compulsive overeater who still suffers.

CONCEPT FIVE (CONSIDERATION)

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

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

Step 5

Some of my most memorable, life-changing, moments in the program (and my life) have been while doing a Fifth Step. The steps are miraculous, each one! We get together with another human being, and ask God to be there, and wonderful things happen. This time is sacred for me. My step work experience started in another program. I have done the steps several different ways. I remember the first 2 years of step work for me was necessary, and obviously helped, but I was as honest as I could be, as fearless as I could be – at that time.

But after the 2nd year, everything started to make so much more sense. I did my 4th step using the columns of the Big Book. My fourth step was *my* inventory, *not me taking the inventory of everyone else I had come into contact with*. When I was done with my 5th step, I truly felt the “nearness of my creator”. I felt loved for the first time. Loved by God and loved by my sponsor. I felt like I was part of humanity. And that I didn’t have to be perfect, and I was not defective. I realized God’s love was available to me, when I had never believed that before. I realized I was human, and inherently loved by my creator, just like everyone else is. How great that felt, for the first time. And that was a result of the 5th step.

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Step 5 Continued from Page 1. . .

I've had many other spiritual experiences while doing the 5th step. There is magic in being vulnerable, being teachable, and asking God in to my step work. *My experience in OA and the love that I have received*, has given me the freedom to become *more vulnerable*, to be *more fearless* and *go deeper* with my step work. This has led to a better understanding of my communication with others. And this has led to better relationships – which are priceless!

Doing a 5th step is energizing. It is freeing. There is energy in knowing you are in the solution, and that God only wants what is best, and doesn't require super-human strength. *God is there, God is here, and is available to help us*. Integrity is a good feeling. *It is being honest and behaving in accordance with my values. And this I can only do today because of the 12 steps*. With the steps, the fellowship, and God, I am truly blessed! The steps aren't that hard. We don't have to do them in one day. But we are asked to do them, bit by bit, if we want to keep the miracle of abstinence.

Gail M.
OA Member



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.oe-tricounty.org

Meanderings...

**It is important for me to remember
where I came from so I can see where I'm
going.**

5th Step Promises

It says on page 75 (Alcoholics Anonymous 2nd Edition) that "Once we have taken this step, withholding nothing, we are delighted." It goes on to say that seven (7) things will occur...

- (1) "We can look the world in the eye.
- (2) We can be alone at perfect peace and ease.
- (3) Our fears fall from us.
- (4) We begin to feel the nearness of our Creator.
- (5) We may have had certain spiritual beliefs, but now we begin to have a spiritual experience.
- (6) The feeling that the drink problem has disappeared will often come strongly.
- (7) We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe."

One thing you need to know. . .

STEP 5: "Others See Us Better Than We Do"

**In Step 5, I will surrender...
Fear of sharing my inventory
with another human being**

I am damaged not so
much by what I did to
myself but what I believed
about myself.

INTERACTIVE WORKSHOP!!!

PRESENTED BY TRI-COUNTY INTERGROUP

JOIN US FOR AN INTERACTIVE WORKSHOP ON
"THE POWER OF SURRENDER"
IN RECOVERY

EXPLORE HOW STEP 3 TRANSFORMS LIVES.
DEEPEN YOUR UNDERSTANDING, AND GAIN PRACTICAL
TOOLS FOR DAILY SURRENDER.

SATURDAY JULY 12, 2025, 1-4PM CST

LOCATION: SOUTH HILLS CHRISTIAN CHURCH
3200 BILGLADE RD. FORT WORTH, TEXAS 76133

IN PERSON RAFFLE TREE



ZOOM LOGIN ID: 833 553 1730

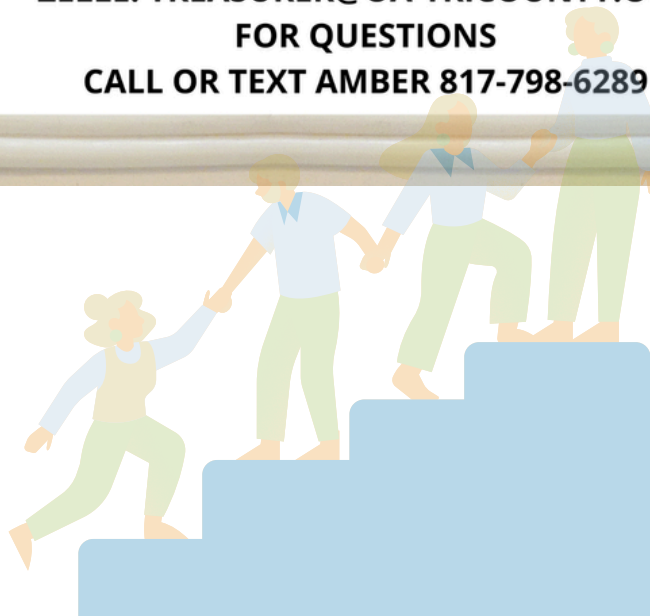
PASSWORD: r3cover

\$10 SUGGESTED DONATION

ZELLE: TREASURER@OA-TRICOUNTY.ORG

FOR QUESTIONS

CALL OR TEXT AMBER 817-798-6289



The Tool of Service

I didn't realize it at the time, but when I walked through the door into my first OA Meeting, I was giving service, to myself and to others. That's the great thing about service. It helps me. Service of any kind makes me feel better about myself. I am basically a selfish, self-centered person. Service and thinking about others, doing for others is my cure for self-centeredness.

Phone calls when I think food sounds like a good idea is great service. I can pick up the phone and make contact with someone. Outreach calls can be as simple as, I was thinking about you and wanted to wish you an abstinent day. When I was into self-pity and my two children were driving me crazy, I would call a member who had eight children. After listening to her for a few moments, I would get off the phone grateful I only had two children. When I was upset with my husband, I would call someone who was single. Listening and remembering the problems of being single I could be grateful for my own problems. Coming to meetings, listening, just being present abstinent or not. Sharing struggles or victories identifying with others not comparing. When I don't want to go to a meeting a sponsor told me that's when I really need to go. I have always left a meeting grateful for my own life. Giving hugs or just saying keep coming back is service.

Leading meetings, putting my name on the calendar, making a commitment to carry a key, type up the phone list, be a treasurer, etc. The possibilities for service are unlimited. If every person who is in OA was encouraged to do a little service their recovery and our groups would be stronger.

Sponsoring is service. When I came into OA in 1979 we didn't have a lot of sponsors. In fact, whoever had the most days of abstinence got to be the newcomer sponsor and no one left a meeting without someone to call. We don't have to wait till we are perfect. The whole AA program is based on two alcoholics, sharing experience strength and hope with each each other and that's what we need to do in OA.

Service is a tool, but it is the whole essence of step 12. Chapter 7, and chapter 11 in the AA big book are devoted to service. You can read more about service in OA 12 and 12 pages 102-106.

Continued on page 8. . .

The Tool of Service Continued from page 7

Why give service AA? Comes of Age p. 251 it ask: "are you really committed to a group, what are you afraid of?" You can't keep it unless you give it away. Commitment means giving service. Ask yourself this question. What would a person who gives service be doing. Take a little time out of your day. Make one call, go to a meeting. Write an article for the newsletter. Volunteer to help at a workshop, hand out literature at health fair, do security on a zoom meeting. Start with small steps, don't be discouraged. No one among us is perfect.

I really relate to Dr. Bob in the Big Book on page 181 and his four reasons for giving service. There was a point in my program when I was out of the country and in a really bad relapse. People knew when I was coming back. I had a service position and in a group and also in my home group. I was sponsoring people. People kept calling me and encouraging me. Had I not been giving service I would not have been connected to OA and it would Have been very easy, not to come back. I learned by committing to service I stay committed to my own recovery.

I owe my recovery to those who were there giving service when I was new. As you grow in your service work, you can become more involved. My sponsor invited me to go to Intergroup after I've been in program about a month. I really wasn't ready at that time and I couldn't see how the business part of OA could help me. I needed to do my step work and it took me a long time to get back to in a group. I've been privileged to meet many people from other groups over the years. I've represented our Intergroup at region meetings and world service. These experiences to travel and meet and work with other compulsive overeaters are open to all members. I encourage you to visit the in Intergroup meeting. Don't worry about getting roped into anything. You have to attend at least three Intergroup meetings before you can take on a service opportunity. We can get out of balance with service work. I had someone volunteer to be my Service sponsor, because she didn't want to see me burn out and eventually leave OA. You can ask for a service sponsor to help you.

Our OA pledge says: I am responsible when anyone, anywhere, reaches out for help, I Want the hand of OA always to be there and for that I am responsible.

With gratitude for all those who have been of service to me.

Love, Jaclyn

The background features a light gray field with several large, solid-colored circles in shades of orange, pink, and gray. A series of dashed gray lines forms a large, irregular circular path around the central text. On the right side, there is a stylized orange butterfly with a dark brown body and antennae.

Transformation

Like the caterpillar
Inching slowly
We enter the Fellowship

We are given tools
And steps to build
Our chrysalis
(Like a cocoon)
In which we grow
And develop spiritually

When we have made
Conscious contact
With a Power
Greater than ourselves
A beautiful butterfly emerges
And takes flight

Are you ready to fly?

Mary Ann B.

We Are Not a Glum Lot

I have often heard the phrase from page 132 of Alcoholics Anonymous that **"we are not a glum lot."** If I keep reading, the serious business of whimsy deepens. "If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely must insist on enjoying life."

Wait, now that my best-friend-food is with me no longer and life is happening around me and I absolutely must insist on enjoying it? Even as I face my dirty side of the street? How do I start?



I start with a bit of whimsy or talking to inanimate objects. The term mismatched socks seems a bit judgmental, so a fellow prefers to wear intentionally non-identical socks by pairing sharks and penguins or various polka dots. You may hear me call out, "Thank you, dear!" when the microwave or washing machine beeps or a "Please hold my purse!" to the table by the door.

If I am with fellows, family or friends, I focus on the shared experience rather than what we are trudging

through. The gratitude I feel for not being alone can morph into joy if I direct it. "We can't have nice things!" when the computer system crashes at work. "I laughed so hard I snorted!" with a friend or fellow- which usually causes even more laughter.

The joy is in the sharing of the burden; the sharing is the joy of me being with my Higher Power and another human being.



~Kristin H. (photo credit, OA anonymous)





OA Service positions are not arranged like a ladder with the most important job at the top. All service is important. We encourage anyone interested in serving on the Intergroup Board to come to several meetings as your group representative or just as a visitor.

The Tri-County Intergroup has several positions open. Can you help? The positions are Vice Chair, Secretary, WSBC Delegate and Liaison to DMI. Our next Intergroup Meeting is May 3 at 10:30am on Zoom.

Meeting ID: 962 7180 7189, Passcode: r3cover

Responsibilities of the Secretary

Meetings: The Secretary takes minutes at the Tri-County Intergroup (TCI) meetings and submits them to the Board for approval. May attend all standing committee meetings.

Group Communications: The Secretary is responsible for all official TCI correspondence including the proper distribution and retention of official documents. The Secretary maintains a current list of Board Members and mailing address of each group. The Secretary is custodian of the permanent file of original minutes and makes them available to the Board upon request. All minutes will be maintained and surrendered upon vacating the office to the Chairman or the newly elected Secretary. The Secretary keeps WSO informed of all changes to group information.

Fiscal: The Secretary may be designated as a co-signer to all Tri-County Intergroup Bank Accounts by the Chairperson.

Been Slipping and Sliding?



Has your program been slowly going downhill, or has it reached an all-time low? Do not despair! There is hope and help for you today. OA has a reading and writing tool to help you get back on track. Click on the link below to get started...



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

**Keep Coming Back, It Works When You Work It
And You're Worth It!**



<https://oa.org/app/uploads/2021/09/been-slipping-and-sliding-a-reading-and-writing-tool.pdf>

EVENTS

Intergroup Meetings

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	<u>DMI Brings You the 12 Steps</u> by Dallas Metro Intergroup	9:30am- 12:30pm
July 12	<u>The Power of Surrender</u> by OA Tri County	Sat 1pm- 4pm
Nov 7-9	<u>ODAAT For a Lifetime</u> by OA Tri County	Fri, Sat, Sun

Assemblies, Conventions, and Conferences

Aug 21-23	<u>OA Convention- Walking in the Spirit Together</u>
Oct 16-19	<u>Fall 2025 Region 3 Assembly and Convention</u>



2025 Tri-County InterGroup Board

Executive Officers

Chair.....Jaclyn
Vice Chair.....(open)
Treasurer.....Gail
Secretary.....(open)

Appointed Positions

DMI Liaison.....(open)
Newsletter.....Nancy F
Public 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.

TRI-COUNTY MEETINGS

[MEETING LIST WITH MAPS - CLICK HERE](#)

Day	Time	Details	Contact
Sunday	4:30 pm In Person	<u>South Hills Christian Church (SHCC), 3200 Bilglade Rd., Fort Worth, TX 76133</u>	Happy 817-312-8594 or Kristin 817-308-2670
Sunday	4:30 pm SHCC OA # 51282	Zoom dial in #346-248-7799, Meeting ID# 833-553-1730	Happy 817-312-8594 or Kristin 817-308-2670
Monday	6:45 pm OA/HOW # 45896	Zoom dial in #346-248-7799, Meeting ID# 283 565 1317, Password 441395	newbeginningsoahow@gmail.com
Tuesday	12:00 (noon) SHCC OA # 41132	Zoom dial in #346-248-7799, Meeting ID# 833-553-1730	Happy 817-312-8594 or Kristin 817-308-2670
Tuesday N Richland Hills	7:00 pm In Person	<u>City Point United Methodist Church 7301 Glenview Dr., North Richland Hills, TX 76180</u>	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	<u>Crestview Church of Christ, Room C12 7129 Delhi Road, Waco, TX 76712 Community Center in the back</u>	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@gmail.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.com
Sat	9:00 am SHCC OA # 46989	Zoom dial in #346-248-7799, Meeting ID# 833-553-1730	Happy 817-312-8594 or Kristin 817-308-2670