

# HEART OF TEXAS OA NEWSLETTER

The Newsletter of the Heart of Texas OA Intergroup

## RESOURCES

[12th STEP SERVICE  
OPPORTUNITIES](#)

[ANNOUNCEMENTS & NEWS](#)

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## CONTACT US!

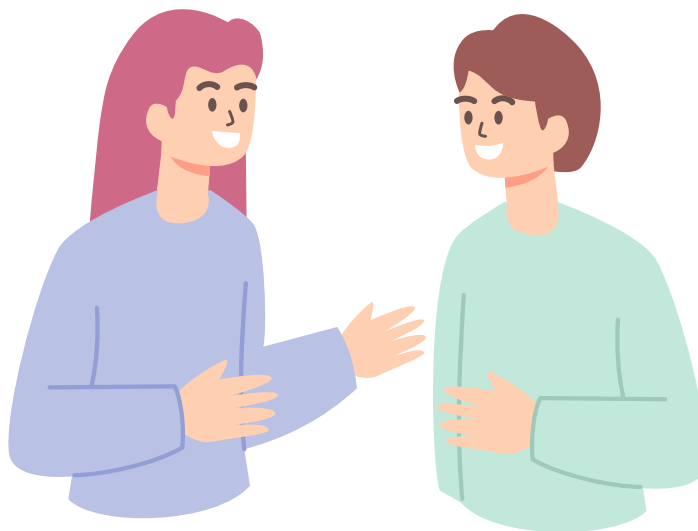
By phone:  
512.677.5590

Email  
[info@heartoftexasoa.org](mailto:info@heartoftexasoa.org)

By mail:  
PO Box 4116,  
Austin, TX  
78765

Our website:  
[heartoftexasoa.org](http://heartoftexasoa.org)

**SUBSCRIBE TO THE  
NEWSLETTER - click  
here**



[Illustration from vecteezy.com](https://www.vecteezy.com)

## Giving Away 4th Steps

Over the course of nearly 15 years in OA, I've written and given away a number of 4th steps, listened to other members' 5th steps, and heard lots of 4th step stories in meetings and on phone calls. As I write this, I have just finished the fear section of my most recent 4th step. Over the course of this journey, a few moments and learnings have been particularly helpful to me:

When I was giving away my first fourth step, my sponsor paused a few times and said, "I'm so sorry that happened to you." Her compassion helped me have compassion for myself, and helped me begin to take responsibility for my reactions without blaming myself for harms inflicted by others.

For my second 4th step, I went through all 87 questions associated with the HOW program. This included re-

*continued on page 2*

counting moments, mostly from dating and sexual encounters, about which I felt a lot of shame. In sharing this 4th step I not only received acceptance and grace, but also a little bit of perspective: moments that felt so big and shameful to me were actually pretty ordinary to everyone else. This perspective has been enhanced listening to a sponsee's fourth step and seeing a completely normal, human response in an event about which she has been ashamed for more than a decade. And of course, I always delight in hearing other members' stories about watching their sponsor placidly knit or even fall asleep as they recount the most salacious details from their past. We don't always have much perspective on ourselves, which is one of the many benefits of not only taking inventory but giving it away. We get to see that even in our mistakes, and hurts, and moments of shame, we are one among fellows, and not so terminally unique.

After moving across country, finishing a grad program, starting a new job and ending a long term relationship I embarked on 4th step based on the big book step study method. This approach asked me to focus not only on my resentments, but on the self-seeking behaviors I engaged in in response to the people, places and institutions I resented. It was eye-opening and humbling. I saw a handful of character defects I fall back on over and over again in response to life's ups and downs. I was not responsible for the hurt caused by others, but in some cases I repeatedly walked into the same situation but expected different results, or exposed myself again and again to old hurts through rumination and obsession.

The Big Book Step Study method of 4th step asked that in addition to taking an inventory of harms I may have caused through my relationships and sexual behavior, that I ask God for a sane ideal for my romantic relationships going forward. The first few lines of my sane ideal read:

"I will enter a relationship knowing that my self worth comes from God and that God will provide for me so I do not need to compromise myself out of fear that this is my only chance for love. I will turn over uncertainty to my H.P. I will honestly express my preferences and opinions, I will trust my partner to do the same, and not try to manage his experience."

I finished and gave away this inventory a few months before the person I am now married to asked me out on our first date. I reread my ideal after most of our early dates to check that I was behaving with integrity and not engaging in the self-seeking and manipulative behaviors that had so greatly multiplied my resentments in past relationships.

As I work on my current 4th step I'm hoping for new insight around fear and the ability to let go of more of my fears. As a mom of a small child, I can think of a lot of things to be afraid of-- mostly that I can not keep him perfectly safe. But I don't want to transmit a fearful outlook on the world to my young son. I trust that more will be revealed and that there will be another 4th step after this one, so I don't have to do it perfectly.

Anonymous

# Courage

## STEP FOUR

Made a searching and fearless moral inventory of ourselves

# Autonomy

### Step 4 Prayer

### When others disturb me

God help me to show this person the same tolerance, pity and patience that I would cheerfully grant a sick friend.

This is a sick person, like myself. How can I be helpful to him? God save me from being angry. Thy will be done.

Big Book pg.67  
12 & 12 pg.144



### 4th STEP PROMISE

We will know

# PEACE

### Tradition Four

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

### Concept Four

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

Next Intergroup meeting is  
Saturday, 10:30 am CST

**April 6**

**Come join us all are welcome!**



**The Heart of Texas Intergroup meets the first Saturday of every month  
Anyone interested in learning more or serving is invited!**

**Intergroup Zoom Link:**

<https://us02web.zoom.us/j/2639556764?pwd=UzNuV20zSVZlWC9uK3RoCldpVVFmQT09>

**Meeting ID: 263 955 6764**

**Passcode: 121212**



**Heart of Texas Intergroup Mission**

**Statement**

To support individuals in need of recovery from compulsive eating (e.g.: overeating, bulimia, anorexia) through empowering all meetings within the Intergroup.

[What is an Overeaters Anonymous Intergroup?](#)

*The opinions expressed here do not necessarily represent Heart of Texas Intergroup or OA as a whole.*



[Illustrations from vecteezy.com](#)

# WELCOME TRUSTED SERVANTS FOR 2024!

Did you know that the Heart of Texas Intergroup operated this past year *without* a chairperson? The officers and committee members took turns acting as chairperson. If groups don't send group representatives to intergroup we won't have the support needed to provide workshops, literature, information, telephone answering, a newsletter, or website. Help is needed to carry the message! Many hands make light work!

## POSITIONS OPEN in 2024 are highlighted in RED

### OFFICERS

*chairperson@heartoftexasoa.org*

Chair— **Rhonda J.**

*vicechair@heartoftexasoa.org*

Vice Chair— **Melissa R.**

*treasurer@heartoftexasoa.org*

Treasurer— **Betty T.**

*secretary@heartoftexasoa.org*

Secretary — **OPEN POSITION**

R3 Reps/WSBC Delegates –

*r3rep-1@heartoftexasoa.org*

Rep #1 — **Dixie H.**

*r3rep-2@heartoftexasoa.org*

Rep #2 — **Vonnie N.**

### COMMITTEE CHAIRS

*literature@heartoftexasoa.org*

Literature— **Lee A.**

*12th-step-within@heartoftexasoa.org*

12th Step Within— **Pam R.**

*group-outreach@heartoftexasoa.org*

Group Outreach— **Rhonda J.**

*newsletter@heartoftexasoa.org*

Newsletter Editor— **Melanie S.**

*info@heartoftexasoa.org*

Information Service — **Melissa R.**

*webmaster@heartoftexasoa.org*

Webmaster— **Clyde H.**

PIPO Chair— **OPEN POSITION**

Young People— **OPEN POSITION**



[Illustrations from vecteezy.com](https://www.vecteezy.com)

**RESPONSIBILITY PLEDGE** - Always to extend the hand and heart of OA to all who share our compulsion, for this I am responsible.

# The following HOTIG 2024 Officer & Committee positions are open.

## OFFICER POSITIONS

*To qualify for election to the HOTIG Board, a person must at the time of his or her election:*

*Be an active member of an OA group within the geographical boundaries of the HOTIG. Have served as a meeting representative to HOTIG for one year and have attended at least four Intergroup meetings in the past year. Follow the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service to the best of his/her ability.*

**The Secretary** shall prepare minutes for each intergroup meeting; maintain membership rosters and all original HOTIG Charter, Bylaws and organizational records. S/he handles all correspondence between the Intergroup and Region and the WSO.

## COMMITTEE POSITIONS

*Committee Chairs shall be OA members who attend an OA group within the geographic boundaries of the HOTIG and who have attended at least four Intergroup meetings in the past year*

**The Young People Chairperson** coordinates activities to carry the message of recovery to persons in their teens and twenties, following the WSO Guidelines.

**Public Information / Professional Outreach (PIPO) Chairperson** carries the message of OA recovery to the level of press, radio, television and other public media of communication. HOTIG public information activities include preparation of newspaper support group notices, coordination of public service announcements for local radio and television stations, conducting local media interviews and handling requests for information. This person will act as the liaison between the HOTIG and interested medical, clergy, military, employee assistance programs and eating disorder therapists. Among their duties is the regular mailing of the Intergroup Meeting Directory to professionals.

Looking for a sponsor to guide you through the OA recovery program?  
Willing to be a sponsor?  
Contact: [info@heartoftexasoa.org](mailto:info@heartoftexasoa.org).

See [oaregion3.org](http://oaregion3.org) for details of other announcements, and [heartoftexasoa.org](http://heartoftexasoa.org) for online meetings and additional details, or [oa.org](http://oa.org) for world service information and announcements.



Illustrations from [vecteezy.com](http://vecteezy.com)

## New 'Welcome' Statement Added to Some Suggested Meeting Formats



[Illustrations from vecteezy.com](https://www.vecteezy.com)

### Heart of Texas Intergroup Purpose

The purpose of Heart of Texas Intergroup is to promote the unity within the Intergroup, to provide a forum for the exchange of ideas, to be aware of and serve the needs of member Groups and to carry the message of Overeaters Anonymous to the compulsive overeater who still suffers, by:

- Furthering the OA program in accordance with the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA.
- Maintaining a Communication Center for the Intergroup.
- Providing a format for selection of Board Officer nominees.
- Providing unity of Groups and organization of Groups within the Intergroup.
- Conducting various recovery events that help further the aims of the Intergroup and member Groups.



Look for this new text in suggested meeting formats on [oa.org](https://oa.org):

Welcome to Overeaters Anonymous; we are a growing, evolving Fellowship with in-person and virtual meetings around the world. In OA, there are opportunities for recovery and to give service at local and virtual group, intergroup/service board, region, and world service levels. We strive to provide literature and support in every language, worldwide, to meet still-suffering compulsive eaters wherever they are.

We encourage groups to adopt the new text in their meeting formats. Thank you for your service.

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For more information on OA events and meetings please check out

[www.heartoftexasoa.org](https://www.heartoftexasoa.org)

The 37th Semi-Annual Southern California OA Men's Retreat Committee Presents:

# ***OA Men's Retreat***

**Fri, May 31 - June 1- June 2, 2024**

Sponsored by OALA Intergroup @oalaig.org



**Old Mission San Luis Rey Retreat Center**  
**4050 Mission Avenue, Oceanside, CA 92057-6402**  
**Tel: 760-757-3659**

For a complete site description: [www.sanluisrey.org](http://www.sanluisrey.org)

***Scholarships are available!***

**Questions - please contact:**

Dave B. at (619)787-2937 or email [davebirge66@gmail.com](mailto:davebirge66@gmail.com)  
Gene K. at 760-859-7400 or email [Genekogan1@gmail.com](mailto:Genekogan1@gmail.com)

**What is the cost?**

- **\$25 Virtual via Zoom** – limited participation
- \$275 per man - double occupancy
- \$325 per man - single occupancy

**Commuters (not staying overnight) Meal Prices:**

- \$50 per day (includes the three meals for that day)
- \$150 for the weekend (includes all 6 meals for the weekend)

**What do I get?**

- A weekend of fellowship with other men in recovery in the tranquility of beautiful and spacious grounds.
- Retreat leaders who have worked all 12 Steps and want to help your recovery.
- Two nights of lodging and six meals

**When does it start?**

Dinner starts at 6:00 pm on Friday, May 31.  
Opening ceremonies begin at 7:00 pm Friday, May 31.

**Why should I go?**

Dozens of men have gotten abstinence at this retreat. Many come every year to reenergize their program. Recovery happens here!

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## **The 37th OA Men's Retreat - Fri, Sat, Sun, May 31 – June 2, 2024**

1. Register online: <https://www.eventbrite.com/>
2. Click on “Looking for event”
3. Type in “OA men” to find our event to register yourself.

You must register for the ZOOM option online.

**KEEP COMING BACK!**



# WEEKLY INFORMATIONAL *Newcomers* OA MEETING

What to expect:  
Hear from an abstinent speaker for 15 minutes, then newcomers get to ask questions. This is a great place to learn more, find a sponsor and connect with fellow newcomers..

## JOIN US EVERY TUESDAY

Tuesdays  
6:30 – 7:30 pm (EST)  
5:30 – 6:30 pm (CDT)  
4:30 – 5:30 pm (MDT)  
3:30 – 4:30 pm (PDT)  
Join us on Zoom!

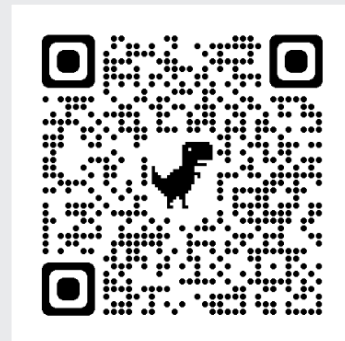
### CURRENT ZOOM DETAILS:

**Meeting ID:** 899 1043 8712

**Password:** 123123

<https://oawmass.org/for-newcomers/meetings-for-newcomers>

### MORE INFORMATION



# NEED LITERATURE?

Contact Lee at  
512-638-2333  
to order books from  
Lee and arrange for  
no-contact pick-up at  
her North Austin home.



[Illustration from vecteezy.com](https://www.vecteezy.com)

## Writers Needed for the Newsletter!

### 5 ways you can carry the message

1. If you shared your experience, strength and hope in a meeting, why not put it in writing and share it in the intergroup newsletter?
2. Journaling with your sponsor on the steps or traditions, why not share it anonymously in the newsletter?
3. Read a good piece of OA literature? Please share a review of how it helped you with your program!
4. Are the tools helping you? Please share how one of the tools has strengthened your program.
5. Promises coming true in your life give hope to others who are suffering.

Articles are needed by the 15th of the month preceding publication. Any length accepted in these formats: word documents, emails, google docs, & pdfs.

Please send your articles to: [newsletter@heartoftexasoa.org](mailto:newsletter@heartoftexasoa.org)

You're Invited to Our

# FRAMILY SHARE

Framily: Friends  
Who Feel Like  
Family

EVERY MONTH,  
JOIN US FOR A  
CREATIVELY  
INSPIRED  
FELLOWSHIP EVENT

Topics vary but may include:

- Sharing personal artwork
- Art tutorials
- Speakers
- Interactive activities

Every Month  
on the 2nd Saturday  
6 PM EST

<https://zoom.us/j/81738885598>  
{password: 1212}

Hosted by OA Creative Reprieve



The Las Vegas "Sphere"



**DESIGN  
FOR  
LIVING:  
THE HOPE AND  
THE JOURNEY**

**REGION III ASSEMBLY  
& CONVENTION**

**LAS VEGAS, NV  
APRIL 4-6, 2024**

**Register Now**

[www.oaregion3.org/assemblyconvention](http://www.oaregion3.org/assemblyconvention)

Sponsored by:  
Las Vegas OA Intergroup

# OA Convention Location

## **Hampton Inn Tropicana**

**4975 Dean Martin Dr, Las Vegas, NV 89118**



**Book online at**

<https://bit.ly/OA24RoomRate>

**OR call 702-948-8100 using Group Code  
STP**

**Reservations by March 13, 2024:** Cost is \$129/night up to 4 occupancy

**Reservations after March 13, 2024:** Rooms subject to availability and rate increase.

**All rooms include:**

- Free hot breakfast
- Free WiFi
- Non-smoking rooms
- Outdoor pool
- Fitness center
- Overnight self parking \$15/night (free parking for day attendees)
- Five minute drive time to Strip

**Please register early to ensure Early Bird rates for convention and hotel!**

**Hotel Website:**

[www.lasvegashamptoninn.com](http://www.lasvegashamptoninn.com)

# Convention Agenda

## **Thursday, April 4**

Reg. III Rep Registration 5:00 pm - 6:30 pm  
Reg. III Dinner 6:00 pm

## **Friday, April 5**

Region III Assembly 8:00 am - 5:00 pm

Convention Registration 5:30 pm - 7:30 pm  
Opening/Keynote Speaker 7:00 pm - 9:00 pm  
OA meeting 9:15 pm - 10:00 pm

## **Saturday, April 6**

OA meeting 7:00 am - 7:45 am  
Registration 7:00 am - 9:00 am  
Welcome/Keynote Speaker 8:30am - 10:00 am

Break 10:00 am - 10:15 am

### **Main Room Topic:**

*Design for Living* 10:15 am - 11:45 am

### **Breakout Room:**

Labyrinth/Meditation 10:15 am - 11:45 am

### **Lunch**

(Served at Hotel) 11:45 - 1:00 pm

### **Main Room Topic:**

*The Hope* 1:15 pm - 2:00 pm

### **Breakout Room:**

Newcomer's Meeting 1:15 pm - 2:00 pm

### **Break**

2:00 pm - 2:15 pm

### **Main Room Topic:**

*The Journey* 2:15 pm - 3:00 pm

### **Breakout Room:**

Recovery from Bulimia 2:15 pm - 3:00 pm

### **Break**

3:00 pm - 3:15 pm

### **Keynote Speaker**

3:15 pm - 4:00 pm

### **Group Sharing/Close**

4:00 pm - 5:00 pm

# Registration Form Side 1

Full Name: \_\_\_\_\_

Name On \_\_\_\_\_  
Badge: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency Contact: (Name & Cell #)  
\_\_\_\_\_

Your Intergroup: \_\_\_\_\_

\_\_\_ Region III Representative  
\_\_\_ New Rep (Green Dot)

### Service Opportunities

Please check any service that you are available for:

- \_\_\_ Setup
- \_\_\_ Workshop Speaker / Leader  
(1 year continuous abstinence)
- \_\_\_ Registration
- \_\_\_ Hospitality
- \_\_\_ Decorations
- \_\_\_ Greeter/Hugger
- \_\_\_ Literature Table
- \_\_\_ Session Monitor
- \_\_\_ Clean Up
- \_\_\_ Other \_\_\_\_\_

\*\*\$50/person Scholarship is available.

Email: [oar3assembly@oaregion3.org](mailto:oar3assembly@oaregion3.org)

# Registration Form Side 2

## OA REGION III ASSEMBLY/CONVENTION Registration

### Online registration:

[www.oaregion3.org/assemblyconvention](http://www.oaregion3.org/assemblyconvention)

### By mail:

To register by mail, please complete both sides of this form and mail it with a check or money order to: **R3 Treasurer**  
**2001 Holcombe Blvd, Unit 3503**  
**Houston, TX 77030**

Make checks payable to:

**Overeaters Anonymous**

### Convention Registration

#### Options

Convention Registration includes Saturday lunch\*\*

**\*\*Region III Representatives - Registration includes Thursday 6:00 pm Dinner**

**Early Bird Registration:** \$135 \$ \_\_\_\_\_  
(before March 13)

**Registration** \$160 \$ \_\_\_\_\_  
(after March 13)

**Saturday Only:** \$75 \$ \_\_\_\_\_  
(includes lunch)

2024 Scholarship Donation: \$ \_\_\_\_\_

Total Funds Enclosed: \$ \_\_\_\_\_

**Any questions about the registration,  
Contact: April D - (262) 412-0631**



# SAVE The DATE

## 2024 Region III Fall Assembly & Texas State Convention Abilene, Texas



**Fall Assembly**  
Region III Business Meetings  
September 5-6, 2024



### **Texas State Convention**

**When:** September 6-8, 2024

**Where:** Hilton Garden Inn Abilene, 4449 Ridgemont Dr, Abilene TX

#### **Hotel Registration:**

The OA R3 Assembly & Convention will take place at the recently remodeled [Hilton Garden Inn Abilene](#) hotel, where you can enjoy a comfortable room at a discounted rate of

\$140.00/night (+tax). (Up to four occupancy).

ONLINE: [Hotel registration link coming soon](#) »

PHONE: [Phone number and booking code coming soon](#)

[Convention Registration Flyer Coming Soon](#)»

[Convention Program Coming August 2024](#) »

[Weekend Menu for Meals Coming August 2024](#) »

Please copy and distribute

**Overeaters Anonymous  
San Antonio Intergroup  
22nd Annual Retreat**



**September 20-22, 2024**

**5:00 pm Friday to 10:00 am Sunday**

**Pre-register at \$320.00 double occupancy for full retreat  
Late registration starting August 24 is \$350.00**

**We now accept credit cards on-line!**

**For Additional Information**

Ron J                      Co-Chair  
(858) 688-3579      [rjohnson264@satx.rr.com](mailto:rjohnson264@satx.rr.com)

Join the San Antonio Intergroup of Overeaters Anonymous for a weekend of recovery in the serene surroundings of T-Bar-M.

**This is an abstinent retreat. Meals are provided from Saturday breakfast at 8:00am to Sunday Breakfast at 8:00am.** A refrigerator and microwave are available. Partial Scholarships for 50% are available (first come first served); deadline to apply is August 12th. Email Ron J. for availability.

**Dorm buildings:** Bring personal items. Rooms have 2 queen beds, mini fridge, TV, & hair dryer. Please leave valuables at home. Camp is smoke-free.

**Suggestions:** AA Big Book, OA Literature, writing materials, flashlight, and mug. No pets or visitors.

**Service:** If you would like to lead a workshop, yoga, meditation, or hiking, sign up at registration.

Directions: <https://www.google.com/maps/place/T+Bar+M+Camps+%26+Retreats/@29.7243463,-98.187982,17z/data=!3m1!4b1!4m6!3m5!1s0x865c99d900efd009:0xb51a1fa0d529aa30!8m2!3d29.7243463!4d-98.187982!16s%2Fg%2F1tkrm6t1?entry=ttu>

**If you are coming from Austin**, you will exit IH35 at Exit 189 onto Highway 46 West (also known as Loop 337), and drive for approximately 5.5 miles. Turn left on to T Bar M Drive. You will enter the camp down our paved entrance and drive until it ends at our main Lodge.

**If you are coming from San Antonio** and points south, you will exit IH35 at Exit 184 onto Loop 337, and drive approximately 2.7 miles. Turn left on Hwy 46 west and drive 2.0 miles to T Bar M Drive on the left. You will enter the camp down our paved entrance and drive until it ends at our main Lodge

**Please do not arrive before 5:00pm, housing is not available until 5pm.**

**September 2024 Registration is available on-line at <https://form.jotform.com/220766936948170>**

(Or cut along line & mail. Keep directions above)

**Circle one**

Enclosed is: \$320.00 payment in full.

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

There are no refunds. To receive receipt, please send stamped, self-addressed envelope or your email address. Make check payable to OA Retreat and mail registration to: OA Retreat, PO Box 33203, San Antonio, TX 78265. The Retreat Committee looks forward to welcoming you and helping to make this retreat a wonderful experience.



**HIGHLIGHTED IN YELLOW - MEETING CHANGES**

Website: heartoftexasoa.org	<b>Austin Area Overeaters Anonymous IG #09229</b>	Hotline # (512) 677-5590
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The only requirement for membership is a desire to stop eating compulsively. If you have a problem with food/weight (including anorexia or bulimia), you are welcome at any OA meeting. Any changes to any meeting on this list must be updated at WSO website: oa.org **AND** please contact Rhonda at rgpw30@sbcglobal.net to let her know. **April 1, 2024**

**1-Sun. 3:00PM**

Group #55710

**Phone Meeting Only**

Contact: Kelly 512-694-0137

Topic: Literature/Lifeline Study

**Austin, 78722****Tel. Conference: 978 990 5000****Passcode: 686240#****2-Sun. 5:00PM**

Group #57870

**Face to Face**

Contact: Jezelle, 512-517-7012

Topic: OA Steps and/or Traditions

Old Bank Bldg/Hope Group

151 S. Bell Blvd.

**Cedar Park TX 78613**

Enter main doors, there is a small hallway on the left. The meeting room is at the end of that hallway.

**3-Sun. 6:00 – 7:15PM**

Group #88865

**Virtual Mtg Only**

Contact: Sabrina 512-762-9442

1-512-270-0009

Topic: Speaker Meeting,

Commitment to Abstinence

LGBTQ+

**Austin, 78752****Meeting ID: 861 4627 2153****Passcode: 01011960****4-Mon. 12 Noon**

Group #801109

**Virtual Mtg Only**

Contact: Kathy B., 512-751-7150

Topic: OA Literature, Varies

**Austin, 78730.****Meeting ID: 819 2521 8451****Passcode: 509235****Online meeting locked at 12:15pm****5-Mon. 12:15PM**

Group #800721

**Virtual Mtg Only**

Contact: Renee, 512-736-2793

Topic: Varies each week

**Austin, 78745****Meeting ID: 524 387 555****Passcode: 173625****6-Mon. 6:30PM**

Group #40260

**Hybrid: Face to Face, Online**

Contact: Kim G.,

512-659-9528

Topic: Newcomer and Oldtimers

Kleberg Hall at St. George's

Episcopal Church,

1201 Ardenwood Rd.

**Austin TX 78722****Meeting ID: 862 9718 6141****Passcode: 512171****7-Mon. 7:00 PM****ONLY Meets 2nd & 4th Monday**

Group #56492

**Face to Face**

Contact: Aida P., 512-787-8313

Topic: Literature Study

956 FM 2325

Wimberly Presbyterian

**Wimberly, 78676**

Church Library,

3rd door from the right

**8-Tues. 12 Noon**

Group #50800

**Face to Face**

Contact: Kira, 661-435-5757

Topic: OA Steps/Traditions Study

**Meeting in person at**

First Lutheran Church

130 W Holland St

**San Marcos, TX 78666****9-Tues. 12 Noon**

Group # 800130

**Virtual Mtg Only**

Contact: Pam, 512 656-6634

Topic: Big Book/Speaker Meeting

**Austin, 78758.****Meeting ID: 858 2920 5015****Passcode: 45279****10-Tues. 7:00pm**

Group # 57903

**Face to Face**

Contact: Miriam S. 818-621-5282

Topic: Literature, Big Book

Lake Travis United Methodist

Church

1502 Ranch Rd 620 North

MAC Bldg, 2nd Fl

**Lakeway, TX 78734****11-Wed. 12 Noon**

Group #13646

**Hybrid: Face to Face, Online**

Contact: Eddie G., 512-731-2131

Topic varies

Good Shepherd on the Hill

1700 Woodland Ave

**Austin, 78741****Meeting ID : 894 1789 1111****Passcode : 382057****12-Wed. 5:30PM**

Group #800341

**Virtual Mtg Only**

Contact: Barbara W.

512-451-0684

Topic: Literature Study

**Austin, 78751.****Virtual Zoom meeting info****send email to:****[bwiederaenders@att.net](mailto:bwiederaenders@att.net)**

**13-Wed. 7:00PM**  
Group #88804  
**Virtual Mtg Only**  
Contact: Jennie, 512-569-3269  
Topic Meditation  
**Online Only**  
**Zoom: 434 751 041**

**14-Thurs. 10:15 – 11:30AM**  
Group #800372  
**Virtual Mtg Only**  
Contact: Tiffany C.. 714-296-8582  
Topic: Chair picks/Open discussion.  
**Meeting ID: 834 7970 9423**  
**Passcode: 421695**

**15-Thurs. 12:00 Noon**  
Group #57580  
**Face to Face**  
Contact: Victoria, 314-691-0895  
Topic: Literature Study, Varies  
Covenant United Methodist  
4410 Duval Rd  
**Austin, TX 78727**  
Park in the back of church next to the playground. There will be an OA sign on the external door to the meeting room.

**16-Thurs. 6:30PM**  
Group #56398  
**Face to Face**  
Contact: Mary C., 830-265-0202  
First United Methodist Church  
1101 Bluebonnet Dr  
**Marble Falls TX 78654**

**17-Thurs. 8:00PM-**  
Group: #89261  
**Virtual Mtg Only**  
Contact: BJ, 512-787-8390  
Topic: Literature Study  
For vegans but everyone welcome  
**Zoom: 833 9893 4121**  
**Passcode: 4863446**

**18-Fri. 12 Noon**  
Group #89019  
**Virtual Mtg Only**  
Contact: Candy, 432-349-1512  
Topic: Literature Study, Writing  
Focus: Read, Write, Recharge!  
**Meeting ID: 827 4266 9025**  
**Passcode: 088491**

**19-Sat. 9:00AM**  
Group # 24802  
**Face to Face**  
Contact: Victoria 314-691-0895  
Topic: OA Steps & Traditions.  
Kleberg Hall at St. George's Episcopal Church,  
1201 Ardenwood Rd.  
**Austin TX 78722**  
Take Airport Blvd exit, East on Airport, almost immediate right onto Parkwood Road to the church.

**20-Sat. 9:30AM**  
Group #49196  
**Face to Face**  
Sign on door.  
Contact: Melissa A. 361 649-4905  
Topic: Rotation of literature: Step, Tradition, Big Book, and Leader's Choice. Literature Study, Varies  
Georgetown Church of Christ,  
1525 W. University Ave.  
**Georgetown TX 78628.**

**21-Sat. 9:30AM**  
Group #57867  
**Face to Face**  
Contact: Lynn, 512-740-8562  
Topic: Literature Study, Varies  
Special Focus: Health Issues  
Emmanuel Episcopal Church,  
118 N. Church St.  
**Lockhart TX 78655**



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