

# HEART OF TEXAS OA NEWSLETTER

The Newsletter of the Heart of Texas OA Intergroup

## RESOURCES

[12th STEP SERVICE  
OPPORTUNITIES](#)

[FIND A MEETING](#)

[OA Virtual Region](#)

## 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**

## Step FOUR

### Made a searching and fearless moral inventory of ourselves



*Photo by Wonderlane on Unsplash*

The fourth step brought me one step closer to freedom. At first I was overwhelmed by the prospect of writing out a moral inventory of myself and my life. I knew all the reasons that I needed to do it, but doing it was another thing. I called to my higher Power for help and just began writing. The truth about my unmanageable self and life became my greatest lesson. There it was in black and white. It was my story.

It took me 3 months or longer to complete my fourth step. My story and my behaviors revealed repeating themes that stemmed from my childhood experience and were carried over into my adult life. The very character defects and destructive behaviors that helped me survive my childhood were the patterns that were

*continued on page 2*

*continued from page 1*

causing my unmanageability and were now patterns of thinking and behavior that seemed to precipitate all of my difficulties in life. What a blessing it was to recognize and acknowledge that these destructive patterns of behavior and attitude were once a survivor skill that no longer served the same purpose as they did long ago.

Once I was able to recognize these patterns I could then do something about them. First I had to share my inventory with a trusted human being and my Higher Power. In the fifth step my sponsor helped me see more clearly how the patterns of my life were no longer useful to me and in fact, were self-destructive.

I began to dig into my character defects (or survival skills as I like to refer to them) in the 6th and 7th step, with my Higher Power's help. My old survival skills that enabled me to get this far are now, and had been for years, creating the bondage of self that caused me to rely on food as a source of comfort and became part of my life skills. My dishonesty, pride, and people pleasing were among many of my survival skills that proved to be self-destructive and challenged my relationships with others. People pleasing, caretaking and self-centered fear kept me from knowing and showing my authentic self.

After almost two years in the program, I now have a blueprint for living that embraces a life of truth, open-heartedness, authenticity, service and abstinence. The fourth step gave me the gift of awareness which catapulted me into action. This OA journey has offered me a new life of manageability, serenity and peace in relationships and life.

-Wendy A.



## **Region 3 Keep Your Virtual Meetings Secure!**

- Are constant disruptions interfering with your virtual meetings? It's time to take charge and create a secure, seamless experience for everyone!
- Register to attend the Zoom Security Training Session, held every 3rd Saturday of the month at 3:30pm Central Time, and learn the keys to safeguard your meetings.
- Reserve Your Spot Today! Simply email Jenean B. at [jenean.oa2023@icloud.com](mailto:jenean.oa2023@icloud.com) to register. Registered members will be provided with the Zoom link to attend the training session two days in advance.
- Don't wait—empower yourself with the knowledge to keep your meetings distraction-free and safe.
- Make security your superpower!

<https://www.oaregion3.org/event/zoom-security-training-2-2/2025-09-20/>

# Kris' Korner

## Suffering

*"I don't have answers for you, but I can cry with you."*

– unnamed scholar

Among the many things I am, I am a relapse survivor.

By grace, God continues to change how I talk about myself and my experiences.

Feeling like a colossal failure and utter embarrassment, I had struggled to see the normalcy of my experiences or appreciate the priceless lessons.

One big reason why I could not get "clean" with my food was because I could not get my life "in order" particularly with my children.

How could anyone expect me to put "the food" (or insert alcohol, drugs, spending, gossip, busyness, self-pity or resentments) down when my life was so unbelievably difficult?

When my life settled down, then I would quit overeating (or so I thought). I could never get my proverbial ducks in order, so I never quit using food to soothe and comfort myself.

I was going to wait a lifetime if I stayed on this erroneous line of thinking.

I am grateful that I kept coming back to the OA fellowship while in longterm relapse.

By grace, I never left the program.

My home in-person meeting offered me priceless unconditional acceptance and love.

I had no where else to turn. I'd tried everything I'd known. OA is often referred to as the last house on the block.

When I finally put the food down, I was then ready to work on some very old and deep wounds and secrets. Slowly. Gently. With a Power greater than myself.

- Kris I.





On March 6th I was one of 135 members of Overeaters Anonymous (OA) to gather in Irving, Texas, for the 4th annual Texas OA Convention. Some of us were new to the recovery journey, some were starting over or coming back after relapse, and some were there to carry the message and keep recovering by giving away what they have learned. We all came together searching for that power and strength greater than our own that OA promises through taking the 12 steps together in a real and loving fellowship, THE POWER OF WE.

What, you may wonder, is a Texas OA convention? Even a room full of people in recovery who share the same disease of compulsion can be overwhelming to both the socially shy and gregarious person challenging us to walk through fear of people. Like previous conventions, the committee worked hard to make the hotel warm and welcoming. Moving from the hotel lobby down the hallway to registration, you entered a beautiful little garden oasis with a butterfly bench and the POWER OF WE butterfly logo on the backdrop. The butterfly wings are outstretched colorful hands symbolizing the love and acceptance of OA.

Smiling volunteers gave out hugs and helped us register with butterfly stickers to trade with people we had not met yet, a fun activity that encouraged us to overcome isolation as we gathered. Cowboy boots pouring forth butterfly trees with fairy lights were everywhere in our shared space for the weekend. A room of more than 100 raffle baskets with recovery and self-care goodies and merchandise with the POW logo was a delight for the eyes and for the winners announced Saturday evening.

This hotel gave us many cozy chairs to step out alone or sit with a few fellows to talk. The hospitality room on the 4th floor was a nice retreat to get a healthy drink or snack, heat our own food, write, play a game or do something creative with art supplies on hand. The program included a regular OA meeting each day and Saturday morning guided prayer and meditation to help members begin the program.

We heard from three powerful keynote speakers who reminded us that WE ARE NOT ALONE! Each shared what they were like in their disease of compulsive eating, the life terms and pains, and the gift of desperation that moved them to OA and to take the 12

steps where they found a WE TEAM of fellows in meetings, sponsors and a Higher Power. One speaker described the program as all tips, no tricks. Each story was a powerful testament to surrender and the promises they live out in serenity, gratitude, peace and self-acceptance in abstaining one day at a time.

Saturday's program offered two tracks of powerful guided workshops on steps, traditions and tools with interaction built in for us to POWER UP our recovery together. Newcomer friendly workshops offered included an extended session on "God as I Understood Him" and "Emotional Sobriety - Shame to Shared Hope," and tool topics "Getting Started - Action Plan," "Service - Fellowship in Action," and "Moving Closer - Gentle movement and 2-Way Conscious Contact (writing)." Leaders guided groups how to deeply and thoroughly work steps 10, 3 and 4, apply the traditions to our individual recovery. Three group focus workshops "From Isolation to Inclusion," "The Urge to Purge: Bulimia's Phenomenon of Craving" and "Becoming Whole Men in Recovery" also gave us opportunities to build our WE TEAMS.

But that's not all, because we are not a glum lot and absolutely insist on enjoying ourselves! On Saturday evening people dressed up or dressed casual in their rainbows and rhinestones. I saw tutus, lights, some people in butterfly costumes or rainbow skirts, and many people wore sparkles on their bodies, in their eyes and in their smiles. We shared an abstinent wonderful dinner with relaxed fellowship.



After dinner we were gifted a truly wonderful and unique performance by the Greater Oklahoma City Intergroup treated us to a performance of "The Incredible Journey of DOT; An OA Musical" written by the 2003 Region 3 convention committee. This moving and powerful drama set to popular musical songs tells the story of a girl named DOT, a lonely and struggling compulsive overeater who finds OA and learns how to let go and let God relieve her of compulsive eating. Set to songs rewritten from popular Broadway shows, they told Dot's story singing I Want to Be in Recovery (Westside Story), Pink Cloud is Gone (Oklahoma), and On the Street Where I Binged (My Fair Lady), and more ending with The 12 Steps are My Best Friends (Gentlemen Prefer Blondes). The musical story told our common story in a way that was moving, honest, funny, hopeful and joyful!

We all cheered members on and laughed as the raffle committee and ringleader gave out 150 plus baskets, gift cards and cash donated by many Texas and Region 3 OA groups to lucky winners. The grand finale was a DJ dance for members to get their boogie on and line dance in celebration. There is a special joy in

dancing with OA members who have traded old body shame for self-acceptance and freedom of expression!

**Thank you, thank you, THANK YOU** to everyone who worked so hard to plan and host this convention! Every one I have attended was a recovery family reunion of friends who know me and the new friends I just met, and at every one I experienced a spiritual awakening and guidance from my Higher Power to keep me in progress in the 12 steps.

Through the POWER OF WE we find love and understanding beyond our wildest dreams every time we gather together. I'll see you next year!

Gratefully, Kim G

181st San Diego OA

# Serenity Retreat

## APRIL 24-26, 2026

### Mission San Luis Rey Oceanside, CA

Our leader joined OA in 1988 weighing 200 pounds and was a chronic slipper for years before getting abstinent in 2000 and losing 75 pounds. She has a history of sexual trauma from childhood and is grateful that consistent step and tradition work has enabled her to move on and forgive the seemingly unforgivable. She's helped many others who are dealing with similar trauma challenges and actively works the Maintenance Steps (10, 11, 12) daily.

4:00PM FRIDAY TO 1:00PM SUNDAY

<b>SATURDAY ONLY</b>	<b>3 DAYS 0 NIGHTS</b>	<b>3 DAYS 2 NIGHTS</b>	<b>3 DAYS 2 NIGHTS</b>
<b>NO ROOM</b>	<b>NO ROOM</b>	<b>SHARED DOUBLE ROOM</b>	<b>PRIVATE SINGLE ROOM</b>
<b>3 meals</b>	<b>6 meals</b>	<b>6 meals</b>	<b>6 meals</b>
<b>\$65</b>	<b>\$170</b>	<b>\$295</b>	<b>\$345</b>

\*PRICES ABOVE DO NOT INCLUDE EVENTBRITE FEES

Online registration only:  
[www.tinyurl.com/OARetreat2026](http://www.tinyurl.com/OARetreat2026)

An agenda will be sent one week before the event.  
Questions and scholarships: [Retreats@oasandiego.org](mailto:Retreats@oasandiego.org)

# For The Men Of OA:

Honesty

Surrender

Brotherhood

Come for real conversation,  
shared experience, and practical  
spiritual tools for living in integrity  
and freedom.

**ALL MEN IN OA ARE WELCOME!**

A workshop for the men of OA to speak truth  
without shame, connect deeply, and grow  
spiritually.

Together we'll explore:

- **Honesty** — the courage to tell the truth about our experience.
- **Surrender** — letting go of self-will and trusting a Power greater than ourselves.
- **Brotherhood** — the strength that comes from walking this path together.

For more info: Contact Melvin B. at  
[gizmo5542@gmail.com](mailto:gizmo5542@gmail.com).

Sponsored by the Region 3 TSW Committee.

**Saturday, April 11, 2026**

**1pm to 2:30pm CST**

**Zoom ID: 883 9074 5603**

**PW: 777820**

# New to Overeaters Anonymous? You're Not Alone.



## [Click Here to Explore the Virtual Welcome Room](#)

New on the Region 3 website is the OA Virtual Welcome Room is an interactive experience designed to introduce visitors to the tools of recovery and helpful resources available through Overeaters Anonymous.

Visitors can click on items within the room to learn more about the OA program and discover resources that support recovery.

# OA Resource Guide

Find a meeting

[Heart of Texas OA Website](#)

[Heart of Texas Meeting Calendar](#)

for meeting documents scroll down

[Heart of Texas Event Calendar](#)

[OA Region 3 Website](#)

[OA Region 3 Event Calendar](#)

[OA.org](#)

[Texas State Convention Website](#)

[OA Virtual Region](#)

Need literature call Lee  
at 512-638-2333

Contact Us

By phone: 512.677.5590

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



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

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## Writers Needed for the Newsletter!



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

### 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)

## Courage

# STEP FOUR

Made a searching and fearless moral inventory of ourselves

### 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



Tradition Four Spiritual Principle

## Autonomy

### 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 4**

**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**



**OA RECOVERY LINE**

The LA Intergroup has set up an OA Recovery Line for anyone with questions about the program or needs to connect with a fellow. Whether you are struggling in the middle of the night, living in a remote location or just need a program boost, volunteers from our OA Recovery Line will remind you that you are not alone.

**CALL OR TEXT  
818-794-0880**

TO VOLUNTEER FOR THE RECOVERY LINE, PLEASE EMAIL [OUTREACH@OALAIG.ORG](mailto:OUTREACH@OALAIG.ORG)

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



# THANK YOU TRUSTED SERVANTS FOR 2025!

Did you know that the Heart of Texas Intergroup operated this past year *without* a secretary? If groups don't send group representatives to intergroup we won't have the support needed to host the state convention, 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 2026 are highlighted in RED

### OFFICERS

[chairperson@heartoftexasoa.org](mailto:chairperson@heartoftexasoa.org)

Chair— **OPEN 2026**

[vicechair@heartoftexasoa.org](mailto:vicechair@heartoftexasoa.org)

Vice Chair— **Rhonda J.**

[treasurer@heartoftexasoa.org](mailto:treasurer@heartoftexasoa.org)

Treasurer— **Melissa R.**

[secretary@heartoftexasoa.org](mailto:secretary@heartoftexasoa.org)

Secretary — **Clyde H (served 1 year)**

R3 Reps/WSBC Delegates –

[r3rep-1@heartoftexasoa.org](mailto:r3rep-1@heartoftexasoa.org)

Rep #1 — **OPEN POSITION**  
**2026 - 2 year term**

[r3rep-2@heartoftexasoa.org](mailto:r3rep-2@heartoftexasoa.org)

Rep #2 — **Vonnie N.**  
**2026 - 2 year term**

### COMMITTEE CHAIRS

[literature@heartoftexasoa.org](mailto:literature@heartoftexasoa.org)

Literature—**Lee A.**

[12th-step-within@heartoftexasoa.org](mailto:12th-step-within@heartoftexasoa.org)

12th Step Within—**OPEN POSITION**

[group-outreach@heartoftexasoa.org](mailto:group-outreach@heartoftexasoa.org)

Group Outreach—**Rhonda J.**

[newsletter@heartoftexasoa.org](mailto:newsletter@heartoftexasoa.org)

Newsletter Editor—**Melanie S.**

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

Information Service — **Betty T.**

[webmaster@heartoftexasoa.org](mailto:webmaster@heartoftexasoa.org)

Webmaster—**Clyde H.**

[public-outreach@heartoftexasoa.org](mailto:public-outreach@heartoftexasoa.org)

PIPO Chair—**Bob C.**

Young Adults— **OPEN POSITION**



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

## 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 following HOTIG 2026 Officer & Committee positions are open.

Please see [the bylaws](#) for further information about  
Regional and World Service Representative positions.

### OFFICER POSITIONS

*To qualify for election to the HOTIG Board, a person must at the time of their 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 Chairperson** shall preside at all HOTIG monthly meetings and at any special meetings. The Chairperson prepares meeting agendas and is one of the signers of the bank accounts.

**The Regional Representatives and Alternate(s)** represent the HOTIG at Region 3 Assembly and World Service Business Conference (WSBC) as Delegate. Representatives/Delegates may be instructed as to the desires of the HOTIG, and shall not vote against these wishes unless situations arise that make it necessary for the best interests of OA as a whole.

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

**The 12th Step Within Chairperson** coordinates Intergroup activities in support of encouraging existing OA members to become or remain abstinent, to work the Twelve Steps and to give service to the best of their ability. These activities may include: preparing and presenting workshops, marathons and retreats; sponsoring personally or by mail/email; focusing on membership retention; and providing literature that addresses Twelfth-Step-Within concerns



## NEW Face to Face OA Meeting in Round Rock

### Tuesdays 10 am

Grace Lutheran Church  
708 Bluff Drive  
Round Rock, Texas 78681  
Contact Jill S. 512-659-8508  
for more information

*Meeting is held in the  
Wemecke Grace House  
located behind the church  
building on Bluff Drive —  
in the Blue Room.*

Some used OA Literature has been returned to Heart of Texas Intergroup Literature Stock

They were used for reading in a meeting and are marked "Group Copy" or "Meeting Copy" and cannot be sold.

The following titles are available to groups for use in their meeting rooms. This will leave their new books available for sale to individuals.

**AA Big Book Hardback 4th edition**

**Abstinence**

**For Today**

**OA Brown Book 3rd edition**

**12 Steps & 12 Traditions of OA**

Let me know what you would like to borrow.

Also, if any groups have marked books to share with another group let me know that too.

*Lee Alvord Text 512-638-2333*



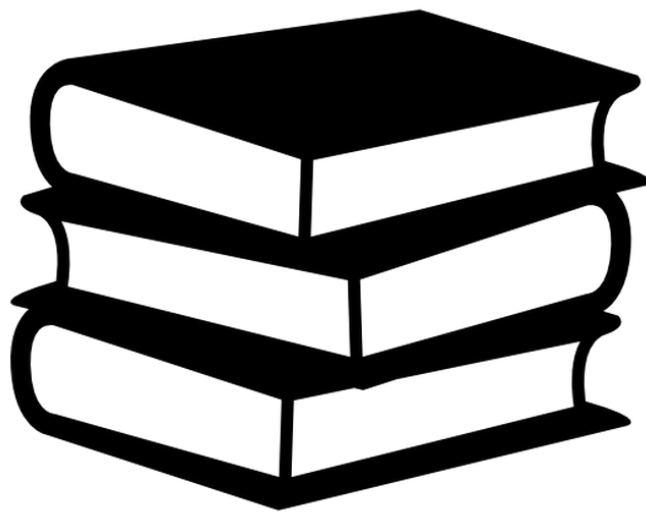
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## NEED LITERATURE?

To order OA books and pamphlets

Contact Lee by text at 512-638-2333.

Arrange for pick-up at her North Austin home.





For young people who struggle with food, eating behaviors, or body image - OA offers ongoing support, community and recovery from disordered eating.

**WE HELP YOUNG PEOPLE WITH:**

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



[www.oa.org/young-people/](http://www.oa.org/young-people/)



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

**HIGHLIGHTED IN YELLOW - MEETING CHANGES**

Website: <a href="http://heartoftexasoa.org">heartoftexasoa.org</a>	<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](http://oa.org)

Please email [meetings@heartoftexasoa.org](mailto:meetings@heartoftexasoa.org) to let them know.

**April - 2026**

**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#**

**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**

**9-Tues. 12 Noon**

Group # 800130

**Virtual Mtg Only**

Contact: Melissa R. 361-652-5140

Topic: Big Book/Speaker Meeting  
**Austin, 78758.**

**Meeting ID: 858 2920 5015**

**Passcode: 45279**

**2-Sun. 5:00PM**

Group #57870

**Face to Face**

Contact: Pam R. 512-963-0404

Contact: Glenda 713-826-7828

Topic: Big Book, first 164 pages  
Yellow House Foundation Bldg.

804 Leander Drive,

**Leander, TX 78641, Rm 109**

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

**6-Mon. 6:30PM**

Group #40260

**Hybrid: Face to Face, Online**

Contact: Mary Elaine

512-573-2376

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**

**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**

**3-Sun. 6:00 – 7:00PM**

Group #88865

**Virtual Mtg Only**

Contact: Sabrina H. 512-762-9442

1-512-270-0009

Topic: Literature Meeting,

**Austin, 78752**

**Meeting ID: 861 4627 2153**

**Passcode: 01011960**

**7-Tues. 10:00AM**

Group #801992

**Face to Face**

Contact: Jill S. 512-659-8508

Topic: AA Big Book Study

**Meeting in person at**

Grace Lutheran Church

708 Bluff Dr

**Round Rock, TX 78681**

Meeting held in Warnecke Grace

House. Located behind the

Church building on Bluff Dr.

In the Blue Room

**11-Wed. 12 Noon**

Group #801632

**Virtual Mtg Only**

Contact: Eddie G., 512-731-2131

Topic varies

**Austin, 78741**

**Meeting ID : 894 1789 1111**

**Passcode : 382057**

**4-Mon. 12 Noon**

Group #801109

**Virtual Mtg Only**

**Contact: Dixie H., 512-413-9655**

Topic: OA Literature, Varies

**Austin, 78730.**

**Meeting ID: 819 2521 8451**

**Passcode: 509235**

**Online meeting locked at 12:15pm**

**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**

**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: Lisa M., 951-847-6108  
Topic Meditation  
**Online Only**  
**Zoom: 856 5467 1525**  
**Passcode: 688644**

**14-Thurs. 10:15 – 11:30AM**  
Group #800372  
**Virtual Mtg Only**  
Contact: Rachel B. 812-204-1408  
Topic: Chair picks/Open  
discussion.  
**Meeting ID: 834 7970 9423**  
**Passcode: 421695**

**15-Thurs. 12:00 Noon**  
Group #57580  
**Face to Face**  
Contact: Jill S., 512-695-8508  
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. 6:00PM**  
Group #58151  
**Face to Face**  
Contact: Sabrina, 512-762-9442  
Topic: BB Study, Meditation  
Abiding Love Lutheran Church  
7210 Brush Country Rd  
**Austin, TX 78749**  
Please arrive on time. Meeting  
room is UPSTAIRS. There is an  
elevator. Doors are locked so we  
cannot hear you knock if you are  
late arriving.

**17-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**

**18-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**

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

**20-Every Fri 2:30pm**  
Group #56492  
**Face to Face**  
Contact: Kira, 661-435-5757  
Topic: Literature Study  
956 FM 2325  
Wimberly Presbyterian  
**Wimberly, 78676**  
Church Library,  
3rd door from the right

**21-Sat. 9:00AM**  
Group # 24802  
**Face to Face**  
Contact: Wendy A., 512-317-5429  
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.

**22-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.**

**23-Sat. 9:00AM**  
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**

For more  
information on  
OA events and  
meetings please  
check out  
[www.heartoftexasoa.org](http://www.heartoftexasoa.org)

If you change  
the way you look  
at things, the  
things you look at  
change.