

MARCH 2025 • ISSUE NO. 3

HEART OF TEXAS OA NEWSLETTER

The Newsletter of the Heart of Texas OA Intergroup

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OPPORTUNITIES](#)

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[OA Virtual Region](#)

CONTACT US!

By phone:
512.677.5590

Email
info@heartoftexasoa.org

By mail:
PO Box 4116,
Austin, TX
78765

Our website:
heartoftexasoa.org

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NEWSLETTER - click
here**



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

“Sought through prayer and meditation to improve our conscious contact with God as we understand God, praying only for knowledge of God’s will for us and the power to carry that out.”

Step Eleven was a challenge for me when I came into the rooms of our program in 2009.

I intentionally changed the word “his” in line two to “God” and “God’s.” Because my religious background referred to “God, the father”, I feel more comfortable imagining a God that is either female or has no gender at all.

I was both rewarded and punished with food as a child. The “reward” came in the form of a visit to the local drug-store to get a single dip ice cream cone after a “good check up with no cavities.” The opposite occurred on a day when my mother reported my misbehaviors to my father just before dinner. He asked if I needed a spanking

continued on page 2

continued from page 1

or to be sent to bed without dinner. If it was the latter, I was sent from the table and told to get ready for bed. After my two older sisters with whom I shared a bedroom were asleep, my mother would creep into the room and offer to share a candy from a stash that she kept hidden in a box in her dresser. This began my relationship with using food in states of either pleasure or pain.

I see God as more of a life force that expresses love and acceptance for me as I am. My God says: "I see you. I hear you. I choose you." These are the three things that every human brain is seeking when we attempt to engage with others.

My spiritual path was greatly influenced by an occasional babysitter named Mattie. She had a full-time job as a housekeeper at the local hotel of the rural town where I lived. She came to help my mom when she was expecting her fourth child. I was not yet walking, and I was told that I "took my first steps to Mattie." When my younger brother and I were older we would be taken to Mattie and her husband's home to spend the night. This allowed my parents to go to a nearby town to attend a party and return the next day to pick us up.

On those Sunday mornings we would go with Mattie and Ed to church. It was a stark contrast to the Catholic church in which I was baptized and received first communion. Ed's sister was the Sunday School teacher and told bible stories with great enthusiasm. We were made to feel very welcome.

Mattie lived to the age of 104 and since my mother died at the age of 53, I always considered her as my primary role model as a loving, wise and mature woman. Because of her presence in my life, I still embrace my Christian heritage as the foundation of my spirit.

After my husband died, I sought more depth in my spiritual path.

The eleventh step emphasizes "prayer and meditation." I attended a soul-centered leadership pilgrimage that met on quarterly weekends over the course of one year. It was led by a woman with a Doctor of Divinity and a man who is a Zen Buddhist priest and also had a doctorate in psychotherapy. We sat in silence each day at the beginning of our gathering.

I began meditating at a Zen Buddhist center and took classes to learn about the eight precepts and made a vow to follow them. At the same time, I continued to participate in contemplative prayer gatherings led by a woman who had studied with Father Thomas Keating, the author of the Welcoming Prayer.

There is one thing that is common to both spiritual practices: sitting upright with your feet flat on the floor and your eyes either open and looking at the floor at a 45-degree angle or closing your eyes. I was encouraged to be attentive to where I felt tension in my body and to relax and soften my gaze.

Here is an example of a guided meditation that you might wish to record on a device and play back to yourself after you are seated. Think of it as a brief experiment with the practice of both relaxing and being attentive at the same time.

"Just start with your breath. Notice your breath in through your nostrils, going all the way down to your deep belly. Feel your deep belly expand and as you relax, allow your navel to float back toward your spine. And let go of all the tension, all the tight-

continued on page 3

continued from page 2

ness, all the fears and anxieties. And do this one more time, really breathing in slowly, peacefully into your deep belly and then as you exhale, releasing, letting go, allowing your navel to float back to your spine. Then with your next breath, just breathe down your legs into your feet and send some nice strong roots to the ground. And as your roots go down, just see your roots are mingled with other people's roots; people who have supported you and nurtured you. And just breathe in all that support and nurturance. And circulate that throughout your body. And then breathe into the sensation of nurturance and connect with people, places that have the energy of nurturance; where you find this place where you are really relaxed, peaceful, calm, present. Just connect to that sensation and again, breathe that in and circulate that throughout your body. As we move to your heart center, place your hands on your heart and just step into the place of love and compassion. And allow that love and compassion to flow through yourselves in all times and all places. Let that love and compassion flow through you. And also, you can extend that love and compassion and even move your hands, opening that space of love and compassion. And send that to someone else so that person is receiving your love and compassion. And just as that love and compassion circulates through your body, allow it to continue to relax all cells and find places of peace and calm within your body. And then, as you come to the close of your meditation, hold that intention to have a loving, connected, calm presence to yourselves; knowing that you are supported, loved and cared for. Connect to a loving statement about yourself and about the effort you are making in this process. And take time. And as you are ready, come into current time and place."

This meditation is one I received from a woman that I greatly respect and admire. I share it with you with deep gratitude for her sustaining presence in my life.

I encourage you to explore and find your spiritual path to practices that engender self-compassion, compassion for others, self-acceptance and love. I am grateful for your presence with me on this path.

Anonymous



Making Room Reservations for the AUSTIN POWER OF WE TX CONVENTION

Here is the info clarifying how to book hotel room via phone-

CALLING HOTEL DIRECTLY TO MAKE RESERVATIONS:

If guests do not feel comfortable making a reservation online, they need to call the hotel directly at 512.580.2847 select Prompt #2

VERY IMPORTANT! When they call directly, they need to hit **PROMPT #2** for the Front Desk. If they select prompt #1 for "new reservations" that takes them to Central Reservations. They will encounter issues with Central Reservations. That is something we are working on with them. They must select prompt #2 to speak with the Front Desk at the hotel directly.

Ask for the Block Name: Texas State OA Convention



The Heart of Texas Intergroup

Hosts the
Spring 2025 Region 3 Assembly
Texas State Convention

April 4-6, 2025
Austin, Texas



CONVENTION SCHEDULE AND MORE INFORMATION

www.txoaconvention.org

REGISTRATION INFORMATION:

Click here to Register:

[Convention Registration](#)

Full Convention Registration Includes:

Saturday/Sunday Breakfast & Saturday Dinner

Early Bird Registration (before March 21) - \$125

Registration (after March 21) - \$150

Saturday In-Person Only (includes dinner) - \$ 75

Virtual Registration - \$ 30
(includes 3 Keynote Speakers)

Scholarships are available.

Email: info@txoaconvention.org

Convention or Registration Questions:

512-657-7677

info@TXOAConvention.org



OVEREATERS
ANONYMOUS
REGION 3



HOTEL INFORMATION

Cambria Hotel Austin Uptown

13205 Burnet Rd.

Austin, Texas. 78727



Reservation Phone #512-580-2847 #1

Ask for the Texas State OA Convention

Code 4989494

[Cambria Hotel Austin Uptown](#)

Reservations made by March 3, 2025:

\$149 night up to occupancy of 4

Reservations after March 3, 2025:

Subject to availability and rate increase.

Amenities:

- Mobile Check-In
- Free Wi-Fi
- 100% Smoke Free Hotel
- Pet Friendly Hotel
- Seasonal Outdoor Pool
- Fitness Center
- Free Parking
- Late Check-Out Available



SERVICE OPPORTUNITIES:

Workshop Session Speaker (1 year abstinence)

Registration Setup

Session Monitor Decorations

Greeter/Hugger Hospitality

Literature Table Clean-up



Austin





**Volunteers
Needed!**

**2025 SPRING
TEXAS OA CONVENTION
PLANNING MEETING
3rd Saturday of the Month**

Please join us for our **LAST** planning meeting on
Saturday March 15 at 1:30 p.m.
to organize and demonstrate the Power of We!

We need volunteers to help with volunteer coordination, raffle, hospitality, transportation/shuttle and the clothing boutique.

**Convention Meeting Zoom Link
Meeting ID: 846 8767 6856**

Password: 2020

Relapse Through the Eyes of the Big Book

Quarterly Region III Relapse Prevention Workshop

Saturday March 29, 2025 Time: 2:00-4:00 (mt)

A presentation by Linda T. addressing relapse with Big Book quotes, Linda's experience, strength and hope, and obstacle to abstinence. Also, questions to ponder or journal on and time for questions or comments.

ZOOM ID: 842 4509 9831

Password: itworks

Questions? Email

Annette H. ortzow@hotmail.com

Sponsored by Region III



Dallas Metroplex Intergroup of Overeaters Anonymous' 2025 Twelve Steps Workshop Series

The Dallas Metroplex Intergroup of OA is presenting a series of workshops that introduce the program and study the Twelve Steps as adapted for OA.

You may attend these workshops live or view them via a live stream online, once per month for five months.

Speakers from all over the world will share their stories live, explaining how they reached OA and the difference it has made in their lives. Whether you are simply curious about OA or an experienced member, you are welcome.

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

There are no dues or fees to attend this event, but an offering will be accepted.

February 1, 2025, 9:30 AM-12:30 PM CST: *An Introduction to OA and Steps 1,2, 3*

March 1, 2025, 9:30 AM-12:30 PM CST: *An Introduction to OA and Steps 4 and 5*

April 12, 2025, 9:30 AM-12:30 PM CST: *An Introduction to OA and Steps 6 and 7*

May 3, 2025, 9:30 AM-12:30 PM CST: *An Introduction to OA and Steps 8 and 9*

June 7, 2025, 9:30 AM-12:30 PM CST: *An Introduction to OA and Steps 10, 11 & 12*

**First United Methodist Church of Richardson
(Ogden Fellowship or Mays Halls)
503 N. Central Expressway (US Hwy. 75) -
Richardson, TX 75080**

ZOOM STREAMING LINK:

<https://us02web.zoom.us/j/163878393?pwd=NWd5RTlyNOFTZW93em1TNFZZU0NGdz09>

ID 163878393

Passcode is 694921

For more information, go to oadallas.org or contact Bob (bobjosch@msn.com) or Cindy (bethechange@cheerful.com)

ENHANCING DIVERSITY IN OA MEETINGS & SERVICE BODIES

Sunday, March 9, 2025

8:00-10:00AM est* or

8:00-10:00PM est*

Workshop's ZOOM ID:

813 2949 0352

PW: 121212

English - Spanish - French

**PRESENTED BY
OA'S UNITY WITH DIVERSITY COMMITTEE:
DIVERSITY ACTION SUBCOMMITTEE**

***Eastern Standard Time**



**You are invited to Southeastern Overeaters
Anonymous Region 8
Recovery Convention**

**Traveling the River Road to Freedom:
Freedom from Compulsive Overeating & the Bondage of Self**

March 14-16 2025

“Let the Good Times Roll”

Does your Program need a boost?

Experience something new!!!

INTERACTIVE WORKSHOPS!!!

MAKE MUSIC, sing, dance, reflect, share.

draw, pray, meditate, laugh, role play!

**Enjoy fellowship as you share abstinent meals with other recovering
compulsive overeaters!**

Hear great speakers!

All while growing in recovery

Attend a Mardi Gras Ball

Complete with a second line, throws, picture taking area!!!

Wear your masks, feathers, all that sparkles!!

Dreamstimes.com

Pixiestalk.net

en.ac-illust.com



World Service Business Conference

Visitors will be able to attend the WSBC (World Service Business Conference) 2025 workshops only. The business meetings are closed; only delegates, alternate delegates and Region Chairs may attend. A visitor registration form will be available in March, 2025. A tentative agenda is available at OA.org, News and Events, World Service Business Conference.

Theme:

To Carry the Message is our Primary Purpose

Dates:

May 4–10, 2025

Virtual Attendance Only



MONDAY MEETING WANTS TO SUPPORT YOU!

**HELLO
MONDAY**

This is an invitation asking you to attend the Monday 12:15 Welcome Home local meeting on Zoom. We have members ranging from newcomers to several people with long-term recovery. It is an excellent meeting with varying topics. The first Monday of the month is an OA Step Study. The second the leader chooses a topic from OA or AA literature. The third is a Big Book study. The fourth is an OA Traditions Study. The fifth Monday is a speaker meeting. You are invited and we would welcome speakers. Contact Renee at 512-736-2793.

The Monday 6:30 PM Newcomers and Oldtimers meeting would love to have you attend. We meet both on Zoom and in person at St. George's Episcopal Church, Kleberg Hall, 1201 Ardenwood Rd. We have several members with decades of OA recovery and welcome newcomers. It is a speaker meeting. When newcomers are present, the topic is Steps 1, 2, and 3. If you would like to speak, you can just show up about 5 minutes early or can speak on Zoom. Contact Kim G. at 512-659-9528.

We look forward to seeing you!

Mary Elaine

Next Intergroup meeting is
Saturday, 10:30 am CST

March 1st

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=UzNuV20zSVZlWC9uK3RoYldpVVFmQT09>

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

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



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

THANK YOU TRUSTED SERVANTS FOR 2025!

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 2025 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 — **Clyde H**

R3 Reps/WSBC Delegates –

r3rep-1@heartoftexasoa.org

Rep #1 — **OPEN POSITION**
MAY 2025

r3rep-2@heartoftexasoa.org

Rep #2 — **Vonnie N.**

COMMITTEE CHAIRS

literature@heartoftexasoa.org

Literature—**Lee A.**

12th-step-within@heartoftexasoa.org

12th Step Within—**OPEN POSITION**

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.**

public-outreach@heartoftexasoa.org

PIPO Chair—**Bob C.**

Young People— **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 2025 Officer & Committee positions are open.

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 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 People 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

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

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.

Faith

STEP THREE

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

Identity

Tradition Three

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

Concept Three

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

3rd STEP PROMISE

We will comprehend the word "serenity."

Step 3 Prayer

Big Book pg. 63

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!



Attention OA Groups: Suggested Seventh Tradition Split of 50/10/40 Starts in 2025

The OA Board of Trustees has approved a change in the suggested Seventh Tradition contribution split for groups, effective January 1, 2025. The new recommended allocation is 50% to intergroup or service board, 10% to region, and 40% to the World Service Office (WSO), reflecting a shift from the previous 60/10/30 split.

This adjustment supports OA's commitment to self-sustainability, helping the WSO meet growing service needs and rising costs. A revised Seventh Tradition of OA pamphlet with these updates will be available by January 2025. We encourage all OA groups to review this change in their next group conscience meeting.



Thank you for helping us strengthen OA's future!

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.org](#)

[Texas State Convention Website](#)

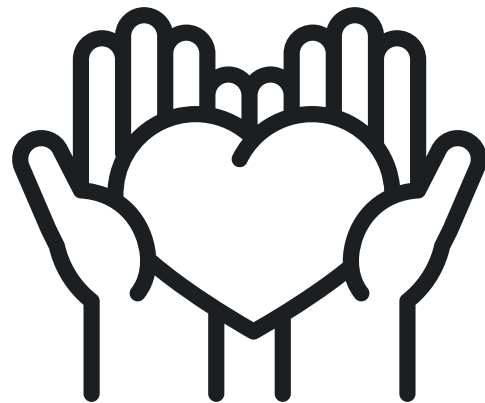
[OA Virtual Region](#)

Need literature call Lee at 512-638-2333

Contact Us

By phone: 512.677.5590

Email: info@heartoftexasoa.org



[Illustrations from vecteezy.com](#)

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.

“This is an experience you...will not want to miss.” Alcoholics Anonymous, p. 89



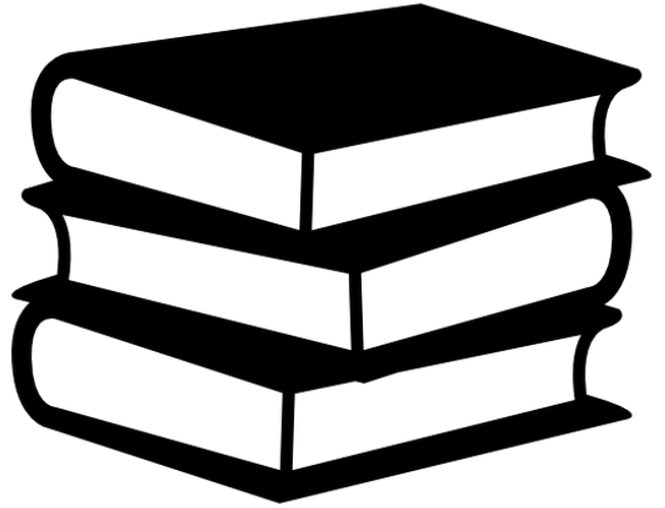
Save the Date!
August 21-23,
2025



To be kept up to date with the latest convention news, email CONVENTIONINFO@OA.ORG

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.



See oaregion3.org for details of other announcements, and heartoftexasoa.org for online meetings and additional details, or oa.org for world service information and announcements.

RESPONSIBILITY PLEDGE -

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



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

ARE YOU STRUGGLING WITH RELAPSE?? LOOKING TO
KEEP YOUR PROGRAM STRONG AND PREVENT
RELAPSE?? THEN JOIN US ON THURSDAY NIGHTS.
ALL ARE WELCOME!!

RELAPSE PREVENTION MEETING THURSDAY EVENINGS 7:15 PM EDT

7:15pm Thursday Recovery & Relapse Meeting

Dial in #: 1.646.876.9923

Meeting ID: 774-646-690

Join Zoom Meeting:

<https://us04web.zoom.us/j/774646690>

Password: 535356

CLICK HERE TO GET THIS
BOOK [A-New-Beginning-](https://www.oa.org)
[oa.org](https://www.oa.org)

Doing Well and Looking for a Service
Opportunity? This Meeting Needs
Sponsors

NASSAU COUNTY INTERGROUP OF OVEREATERS ANONYMOUS
www.oa.org

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



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

HIGHLIGHTED IN YELLOW - MEETING CHANGES

Website: heartoftexasoa.org	Austin Area Overeaters Anonymous IG #09229	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 **March, 2025**

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: 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.

3-Sun. 6:00 – 7:00PM

Group #88865
Virtual Mtg Only
 Contact: Sabrina H. 512-762-9442
 1-512-270-0009
Topic: Speaker/Literature 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 #801632
Virtual Mtg Only
 Contact: Eddie G., 512-731-2131
 Topic varies
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

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: 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. 6:00PM

Group #58151

Face to Face

Contact: Candy P. 432-349-1512

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-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.

21-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.

22-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



For more information on OA events and meetings please check out

www.heartoftexasoa.org

Save the Date!

Saddle Up & Thrive In '25!

Region 3 Assembly & Convention

Oklahoma City, OK

October 16-19, 2025