

# HEART OF TEXAS OA NEWSLETTER

The Newsletter of the Heart of Texas OA Intergroup

## RESOURCES

[12th STEP SERVICE  
OPPORTUNITIES](#)

[ANNOUNCEMENTS & NEWS](#)

[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**

## Feeding the wolf



There is a myth often attributed to the Cherokee people: A grandfather tells his grandson that inside of him, and every person, live two wolves that are constantly fighting each other. One wolf is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego the other is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The grandson asks which wolf will win the fight. The grandfather replies, "the one you feed."

My OA program has changed how I feed myself in many ways. In addition to changing what food I feed my body, OA has taught me that I have a choice in what

*continued on page 2*

thoughts and feelings I feed. Before I came into program, I didn't understand the difference between acknowledging my feelings and wallowing in them, I didn't know that I didn't have to engage with every thought that passed through my mind. Before I came into program, I was constantly feeding my compulsive thoughts, and feelings of discontent, and self doubt.

Learning to pause before I react has been the first step in relearning how to feed myself. It gives me time to recognize that I have a choice before I rush headlong down the rabbit hole of a thought or feeling. Here are a few of the tenants of my mental plan of eating that support my program and well being:

I don't read diet articles in books or magazines

I do not allow myself to calculate out future weight loss or changes to my body. If I start to think, "If I lose X lbs a week, then by X date..." I just don't let myself do the math, because I know this feeds my illusion of control and desire to take back control of my body and weight from my HP.

When I have thoughts that are critical of my body, I now know that I don't have to engage. I used to think that when I had a critical thought about my body I had to respond to it. I had to try to determine if it was accurate, I had to start comparing myself to other people, I had to make a plan to fix the flaw I had identified. All of that reinforced the idea that what my body looks like is of primary importance and my responsibility to manage. Now when I have those thoughts I try to remind myself that my perception of these things is not reliable, and I can just step away from the mirror.

I give myself permission not to have opinions about as many things as possible

Sometimes, when I am experiencing a challenge, I remind myself that being thinner, which I once believed would fix everything, would make the situation exactly 0% better. The fact that I locked my keys in the car would not be changed by losing weight, the fact that I'm struggling to finish a work project by the deadline would not be changed by losing weight, the fact that I don't know how to respond to my child's meltdown would not be changed by losing weight.

I give myself permission to come back to certain questions or concerns later. I used to feel compelled to anxiously turn over a problem again and again, believing I had to have a solution. Program has taught me to tolerate not knowing.

I remind myself that sometimes things are just hard and it doesn't mean anyone has done anything wrong. This helps me handle challenges without rushing into resentment of others or blaming myself.

Gratitude, gratitude, gratitude. It is the very best way to feed joy, contentment and serenity.

-Anonymous

# OA Region 3 Assembly Report, Spring April 4, 2024 - Highlights

- Region 3 now consists of 11 states; all were represented at the Assembly: Arizona (2 reps), Colorado (3), Iowa (1), Kansas (1), Nebraska (1), Nevada (1), New Mexico (2), Oklahoma (3), South Dakota (meetings unaffiliated with an Intergroup), Texas (8), Utah (1)
- Region 3 offers a Traditions and Service workshop to Intergroups/groups
- Oklahoma City Convention/Assembly, October 16-19, 2025; Dallas will host Spring 2026, Phoenix Fall 2026
- QR code to donate to Region 3 will be put on the website soon. Current Region 3 assets: \$12,224.60, \$2,614 ahead of budget; \$727.46 behind in expenses. Group donations: \$10, 510.82 ahead of fiscal year target
- Digital Content Coordinator - position up for election, Fall 2025
- Region 3 will continue to meet twice a year, but one of those meetings could be virtual. Mainly because of rising travel and accommodation costs
- Any requests for funds need to go through the Region 3 treasurer, Beth M. Her contact information, as well as that for all other steering committee members, can be found on the OA Region 3 website: [oaregion3.org](http://oaregion3.org).
- Region 3 participated in the Obesity Week 2024 Conference held in San Antonio, November 2024. Volunteers came from the San Antonio area. Very successful. OA Trustees will share with their respective Regions as the conference is held in a different U.S. city each year.
- Our own Vonnie N. is chair of the Twelfth Step Within Committee. Contact this committee with potential speakers and any unaffiliated groups. Monthly e-Blast published the 12th of each month. Quarterly Relapse workshops held once per quarter; over 100 at last one; next one is July. Contact information for this committee, as well as the others: (By-Laws, Public Information/Professional Outreach or PIPO, and Ways/ Means/Finance) can be found at the OA Region 3 website: [oaregion3.org](http://oaregion3.org)
- At oa.org, clicking on the OA Logo in top left corner brings you back to home page.
- Zoom security/host interactive training is offered by Jenean B, OK City Intergroup, 405-863-1617, [jenean.oa2023@icloud.com](mailto:jenean.oa2023@icloud.com). She is willing to answer questions as well. A quick tip: If someone enters your virtual meeting who you don't know, click "pin" on her blue square at the top right of their personal square. It will prevent that square from jumping around the screen which some bombers use to avoid removal.

|                      | Jan '23 | June '23 | Jan '24 | July '24 | Jan '25 |
|----------------------|---------|----------|---------|----------|---------|
| Affiliated groups:   | 338     | 346      | 364     | 346      | 366     |
| Unaffiliated groups: | 28      | 17       | 18      | 20       | 18      |
| Virtual meetings:    | 87      | 106      | 116     | 126      | 133     |
| Intergroups          | 20      | 20       | 20      | 23       | 22      |
| Total # groups:      | 382     | 363      | 364     | 384      | 384     |



**A Big Thank You**  
to all the Heart of Texas Intergroup  
Volunteers and Attendees for  
hosting the amazing  
3rd Annual Texas State Convention  
in Austin!



*Mark your calendars for the next TX State Convention in Dallas  
Spring 2026*

# 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!





## 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](http://oadallas.org) or contact Bob ([bobjosch@msn.com](mailto:bobjosch@msn.com)) or Cindy ([bethechange@cheerful.com](mailto:bethechange@cheerful.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](http://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

# Fall 2025 OA Region 3 Assembly & Convention

## October 16-19, 2025

Hosted by

### Greater Oklahoma City Intergroup of OA

Oklahoma City, OK



Scan QR Code to  
Stay up-to-date



**INTERGROUP REP DINNER:** Oct 16  
**ASSEMBLY:** Oct 17, 8:00am–5:00pm  
**CONVENTION:** Begins Oct 17 at 7:00pm

### REGISTRATION INFORMATION:

*Click here to Register:*

[Convention Registration](#)

Early Bird Registration (by Aug 16) - \$135  
Includes Saturday Lunch & Banquet Dinner  
Full Convention Registration (after Aug 16) - \$150  
Includes Saturday Lunch & Banquet Dinner  
Saturday In-person Only \$50  
Includes Lunch Buffet  
Saturday In-Person Only - \$75  
Includes Lunch Buffet & Banquet Dinner  
Virtual Registration - \$30  
(includes 3 Keynote Speakers)  
Scholarships for registration are available.  
Email: [intergroup@oaokc.org](mailto:intergroup@oaokc.org)

**Convention or Registration Questions:**  
**(504) 914-3635 (text first)**  
[intergroup@oaokc.org](mailto:intergroup@oaokc.org)

### SERVICE OPPORTUNITIES:

|                  |                   |
|------------------|-------------------|
| Registration     | Hospitality       |
| Session Monitor  | Decorations       |
| Greeter/Hugger   | Setup/Clean-Up    |
| Literature Table | Merchandise Table |



### HOTEL INFORMATION:

**Hilton Garden Inn Oklahoma City Airport**  
801 S. Meridian Ave.  
Oklahoma City, OK 73108



[Click Here to Book Hotel Room](#)

Hotel Direct Booking (405) 942-1400  
(option 1) & Use Convention Code **90K**

Reservations made by Oct 1, 2025:  
\$119 night up to occupancy of 4 and  
Breakfast Included  
Reservations after Oct 1, 2025:  
Subject to availability and rate increase.

Rooms include:

- Free Parking
- Airport Shuttle from Will Rogers Airport
- On-Site Dining & Room Service
- Refrigerator & Microwave in Rooms
- Free WiFi & Streaming Entertainment
- Fitness Center & Outdoor Pool
- Keurig Coffee Maker in Rooms



# Oklahoma City





Next Intergroup meeting is  
Saturday, 10:30 am CST

**May 3 & June 7**  
**Come join us all are welcome!**



Illustration from vecteezy.com

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=UzNuV20zSVZlWC9uK3RoCldpVVNmQT09>

**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@OALAG.ORG](mailto:OUTREACH@OALAG.ORG)

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



Illustrations from vecteezy.com

# 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 2025 are highlighted in RED

### OFFICERS

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

Chair— **Rhonda J.**

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

Vice Chair— **Melissa R.**

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

Treasurer— **Betty T.**

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

Secretary — **Clyde H**

R3 Reps/WSBC Delegates –

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

Rep #1 — **OPEN POSITION**  
**MAY 2025**

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

Rep #2 — **Vonnie N.**

### 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 — **Melissa R.**

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

Webmaster—**Clyde H.**

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

## 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](mailto:info@heartoftexasoa.org)**



[Illustrations from vecteezy.com](https://www.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](mailto:CONVENTIONINFO@OA.ORG)

## Integrity

# STEP FIVE

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

Tradition Five Spiritual Principle

## Purpose

### Tradition Five

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

### 5th STEP PROMISE

**We will see  
how our  
experiences  
would  
benefit  
others.**

### Step 5 Prayer Big Book pg. 75

God I thank you from the bottom of my heart that I know you better. Help me become aware of anything I have omitted discussing with another person. Help me to do what is necessary to walk a free man at last.  
AMEN.



### Concept Five

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

# Willingness

## STEP SIX

**We became willing to ask God to help us remove our defects of character.**

**Step 6 Prayer  
Big Book pg. 76**

**God help me become willing to let go of all the things to which I still cling. Help me to be ready to let You remove all of these defects, that Your will and purpose may take their place. AMEN**



# Solidarity

## Tradition Six

**An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.**

## 6th STEP PROMISE

**That feeling of uselessness and self-pity will disappear.**

## Concept Six

**The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.**

# 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.



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.

## 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](http://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-](#)  
[\(oa.org\)](#)

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

NASSAU COUNTY INTERGROUP OF OVEREATERS ANONYMOUS  
[www.oa.org](http://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](mailto:newsletter@heartoftexasoa.org)



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

**HIGHLIGHTED IN YELLOW - MEETING CHANGES**

|                             |   |                          |
|-----------------------------|---|--------------------------|
| Website: heartoftexasoa.org | <b>Austin Area Overeaters Anonymous<br/>IG #09229</b> | Hotline # (512) 677-5590 |
|-----------------------------|---|--------------------------|

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 **May, 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#****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: Pam, 512 656-6634

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: 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****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-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

**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: Kathy B., 512-751-7150

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: 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**

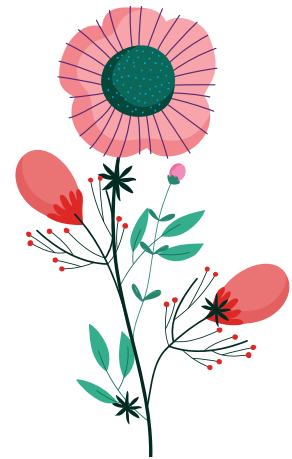
**18-Thurs. 8:00PM-**  
Group: #89261  
**Virtual Mtg Only**  
Contact: BJ, 512-787-8390  
Topic: Literature Study  
For vegans but everyone welcome  
**Zoom: 833 9893 4121**  
**Passcode: 4863446**

**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](http://www.heartoftexasoa.org)

**“This is a program of action. It doesn’t matter what you think, it doesn’t matter what you believe, what matters is what you do.”**