

MAY 2026 • ISSUE NO. 5

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

By mail:
PO Box 4116,
Austin, TX
78765

Our website:
heartoftexasoa.org

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NEWSLETTER - click
here**

Step FIVE Integrity



The principle of step five is integrity, which is the quality of being honest. This is an opportunity to acknowledge a character trait that is positive. When identifying wrongs, it is easy to forget all that is right and good within us. Do not lose sight of this important truth before beginning your confession of all that is holding you back in life. We want help and therefore part of this step is to identify things in which intervention is desired. Everything in you is not broken. If your car is running, but you have a flat tire, you do not go to the mechanic asking to repair the engine as well. In fact, we are relieved that we only have

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continued from page 1

to pay for the patch that will put us back on the road so we can once again travel safely.

Trying to help myself understand step five more clearly, I turned to definitions and synonyms for the words used in this step and found myself intrigued by what I found. One definition of the word admit states: it is to confess with reluctance. This word reluctance explains the fear that is innate in taking this step. As the literature states, the steps are simple, but not easy. Everything that I am reluctant to do in life has been difficult. As a child I remember the reluctance of jumping off the high dive into the pool below. I had already climbed the steps and was standing on the board looking down and yet the actual prospect of making the final leap held mixed emotions. I had only climbed the board because the majority of those that jumped before me seemed so excited by the experience and raced to get into the line again, yet there was always that one kid that cried afterwards. Maybe plummeting to the bottom of the pool put painful pressure on his ears. Maybe the fear that started while up on the board prevented him from enjoying the experience. All I knew at the point at which it was my turn to jump was that the majority were happy, so I took the plunge. I loved it and ran to go again. This explains to me step five clearly. It works for the majority. The program does see many people leave at this point in the process of recovery. They cannot make the leap and that is okay. Their journey is their own, but I pray they will return and simply try this step. For me it has changed my life that was constantly filled with guilt and shame as I hid behind all I had done, all that I am, and all I found unlovable. Now to continue my research, I found an interesting discovery about the word "exact" which is also part of this step: admit the exact nature of our wrongs. The word exact is derived from the Latin verb *exiere* meaning to drive out, to demand, or to measure. Drive out is a powerful visual when looking at who I define myself to be. Acknowledging my wrongs with God and another drives them from existing in me alone. I am not meant to do life alone. These things that are inherent characteristics have been ingrained so long, and step five allows for me to share and yet still be loved. Most parents, myself included, do not start from the place of acceptance when a child is acting out one of their defects such as lying or stealing. Personally, I often resort back to my own defects as I work to determine the consequence my child will have to experience as a result of her action. Initially I can find myself yelling at her, maybe shaming, and often quite angry. If I allow time to clear my head and most importantly if I bring God back into the situation, I can return to her and let her know she is not inherently bad by her decision. Often, I will confess that I myself did the exact thing or worse as a child. This is the point of connection that is almost always experienced by all of us in the 12-step community willing to take this step. We come together to share our powerlessness. This can remind us of what Our Invitation states, you are not alone anymore. Welcome to Overeaters Anonymous. Welcome home.

- Jill S.

Why I Relapsed?

I relapsed because-I was overwhelmed with life events.

My emotions were big and messy.

My hurt and sadness were deep.

I stopped talking to people. I kept things to myself. I hid and isolated.

I had lots of reasons why I couldn't go to a meeting.

I thought I knew it all (or at least enough).

I tried to do it myself.

I let the voice of my disease of compulsive eating be louder than the voice of my Higher Power.

I was not available to others.

I would think-Who cares? Why bother?

I made my program so complicated and impossible that I couldn't follow it.

I assumed everyone was judging me.

I lived in a hopeless state of mind and body.

I resigned that I was not capable of living free from the bondage of food. Ever. No matter what I did.

Today, with five years of food sobriety, I am grateful for my standard

OA meetings that I attend weekly where I turn my camera on, know people and have lots of friends.

I regularly do service.

I try new meetings and workshops often as boredom is not good for this food addict.

Writing is a huge tool.

I am a member of other 12 Step fellowships and I have a longtime outside counselor.

By grace, I keep growing my God life.

I belong because I believe

I belong. I don't wait for external validation or permission. There's always a physical chair or zoom box with my name on it!



[Photo by beyza yurtkuran on Unsplash](#)

-Anonymous

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.

The Power Of We

An OA Fellowship Workshop



Three Speakers. Three Truths.

ONE FELLOWSHIP

- *"We stood at the turning point."* - Fellowship helps us choose recovery
- *"We feel a new power flow in."* - Fellowship awakens spiritual strength
- *"We are sure God wants us to be happy, joyous, and free."* - Fellowship restores hope, joy, and freedom

Saturday, May 9th, 2026

1:00–2:30 PM Central Time

Zoom ID: 856 8482 3345

PW: together

Hosted by the Region 3 Twelfth Step Within Committee

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

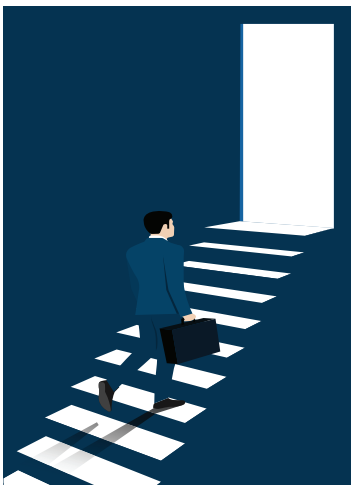
By phone: 512.677.5590

Email: info@heartoftexasoa.org



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

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



Photo by beyza yurtkuran on Unsplash

Overeaters Anonymous First Ten Days (F10) meetings

WHO?

Beginners, abstinence strugglers, returnees, program boosters, everyone

WHAT?

Tools, food plans, action plans, cross talk/discussions, questions answered, and a new lease on life

WHEN?

10 consecutive days starting on first day of each month; each session is about 60 minutes. In all odd months it is held at 6 pm Central time; in all even months it is held at 8 am Central time.

WHERE?

On Zoom with your camera on (Zoom details will be provided after registration).

TO DO?

Get a notebook for the Workshop. Obtain the "Where Do I Start" pamphlet at oa.org (<https://oa.org/what-to-expect/where-do-i-start/>)

HOW?

Please register by sending an email to Shelly F at shellyjo1262@gmail.com with your first & last name, cell phone number, email address, and time zone.

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.

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.

Next Intergroup meeting is
Saturday, 10:30 am CST

May 2

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

*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

Chair— **OPEN 2026**

vicechair@heartoftexasoa.org

Vice Chair— **Rhonda J.**

treasurer@heartoftexasoa.org

Treasurer— **Melissa R.**

secretary@heartoftexasoa.org

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

R3 Reps/WSBC Delegates –

r3rep-1@heartoftexasoa.org

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

r3rep-2@heartoftexasoa.org

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

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 — **Betty T.**

webmaster@heartoftexasoa.org

Webmaster—**Clyde H.**

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.*

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 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/>

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/



[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: 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

Please email meetings@heartoftexasoa.org to let them know.

May, - 2026

1-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.

5-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

9-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

2-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

6-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

10-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

3-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

7-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: Melissa R. 361-652-5140

Topic: Big Book/Speaker Meeting

Austin, 78758.

Meeting ID: 858 2920 5015

Passcode: 45279

11-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

12-Wed. 7:00PM

Group #88804

Virtual Mtg Only

Contact: Lisa M., 951-847-6108

Topic Meditation

Online Only

Zoom: 856 5467 1525

Passcode: 688644

4-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

13-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

14-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.

15-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.

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 P., 432-349-1512

Topic: Literature Study, Writing

Focus: Read, Write, Recharge!

Meeting ID: 827 4266 9025

Passcode: 088491

19-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

20-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.

21-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

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.



For more
information on
OA events and
meetings please
check out

www.heartoftexasoa.org

“Be careful how
you are talking
to yourself be-
cause you are
listening.”

Lisa M. Hayes