

LETTERS OF HOPE

A publication of the Dallas Metroplex Intergroup
May 2012
331 Melrose, Suite 116 * Richardson, Texas 75080 * 972-238-0333
www.oadallas.org

"The opinions expressed herein are those of the individual OA member and do not necessarily represent those of the Director, DMI, or OA as a whole."

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New Grand Prairie Meeting

A new meeting in Grand Prairie is now available on Thursday nights at 7:00 p.m. The meeting is located in the First Christian Church at 202 W. Tarrant Road, 75050.

DMI Workshop

The Sunday 10am DMI meeting is sponsoring a "Living in the Present" workshop on Sunday, May 20th from 1:00 to 4:00 pm. The suggested donation is \$5. The workshop will be held at the DMI Service Center located at 331 Melrose in Richardson.

Plano Traditions Workshop

The Saturday 9:00 am Plano meeting will be hosting a new workshop covering the Twelve Traditions of OA. The date is Saturday, September 15th and will be held from 1:00 pm to 4:00 pm. You may contact JoAnn with questions regarding the workshop at 972-439-4484 or via email: Walters.JoAnn@hotmail.com.

2013 Convention Meeting Scheduled

The first convention planning meeting for 2013 will be held Sunday, June 24th at the DMI Service Center at 331 Melrose in Richardson, starting at 4:30 pm. The dates for the upcoming 2013 convention will be February 22-24. The agenda will include voting for a new chairman. Please note this date on your calendar and join us in planning a great recovery event

DMI Service Positions

The following service positions are open for volunteer service:
Speaker Bureau Director Convention Chairman
Public Information Retreat Chairman
Tri-County Liaison

OA Resources

Hotline	972-238-0333	DMI	www.oadallas.org
TriCounty	www.aa-tricounty.org	Region 3	www.oaregion3.org

May Focus Step Five

*“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs”
- OA 12 & 12*

When the Big Book of AA lists the Promises that we know and love, it introduces them by saying, “Before you are halfway through...” the successful completion of Step Five is where the Promises start appearing in our lives.

Taking stock of how far we have come helps us take this life changing step. In Step One we faced our disease squarely. In Step Two we learned of the spiritual power available to help us. In Step Three we surrendered to that power so that our recovery could manifest. In Step Four we gathered data about the ways we were living our lives that no longer served us. We had indeed come a long way.

We may reason, “I told God all about my life. I am willing to face the wreckage of my past. Why is it necessary to be humiliated in front of another?” We mustn’t confuse humiliation with humility. Perhaps you have heard, “Sometimes God has to grow skin.” A compassionate witness to this step takes our lives to a whole new dimension. Step Five requires courage and it teaches trust. We have to learn to trust God, another person and ultimately, ourselves. This step teaches us trust at a level we may have never before known.

The compassionate witness is our lifeline, someone who welcomes us to the Human Race. We are no better and no worse anymore. We take our rightful place as equals.

Do you have a Step Five story to share? Email it to the Newsletter Director at j.s.delee@gmail.com.

Region III Ways and Means Finance Committee

2012 Fundraiser

Region III is offering a refrigerator magnet with the following inspirational slogan:

***Don't let the Light of your life be
the light in your refrigerator!***

Price: \$1.50 each or 4 for \$5.00

Contact: Walters.JoAnn@hotmail.com

Get yours today!

When You Think You Don't Need a Meeting..... You Need a Meeting!

I am not sure what my favorite tool is but I always need a meeting because I can hear God talking through those who share. At meetings I can see I am not alone. At meetings I hear my story being told. At meetings I keep my disease on hold, one hour at a time.

My very first OA meeting was January 24, 1978. There must have been 100 or more people at Rockaway Middle School in Miami, Florida. I sat very close to the door. All these people were so **happy!** How could anyone be so happy giving up their favorite binge foods? Really???

What did I hear at my very first meeting? I am not alone. And some of those people did a lot worse things with food than I did! Well, I was only 27 years old and I had to learn the despair compulsive overeating can do in a life. I heard, “Get yourself a sponsor before you leave. Find a food plan and start Step 1. Someone else said, “We will love you until you learn to love yourself.”

All these happy smiling people said, “Keep coming back!” So meetings have always been one of my favorite tools of OA.

Thank you,

JoAnn W. – Plano Saturday Meeting

Region III Fall Assembly/Convention September 28 -30, 2012

Sunset Station Casino/Hotel
Henderson, Nevada
Reservations: 1-888-786-7389 option 9

\$99	Early registration rate before 08/03/12
\$139	Registration rate after 08/03/12
\$79	Hotel per night – double occupancy
\$49	If hotel booked 3 days before/after convention
	Ask for Overeaters Anon. rate when booking room

Online registration available at: www.lvoa.org

For more information Contact:
Randy W. register@lvoa.org
Gene D. 702-677-1502

Retreats



Colorado Western Slope Retreat

Balance in Recovery

May 18-20, 2012

Glenwood Springs, Co.

Contact Patti D. 970-640-3713



Arizona Summer Retreat

Big Book Boot Camp

June 1-3, 2012

Living Water Retreat Center

595 N. Aspaas Road

Cornville, AZ. 86325

Contact Rosie Oldham
rosie.oldham64@gmail.com
602-369-8444

\$135 - Early Bird Registration before May 15th

\$145 - After May 15th

Price includes two nights + four meals

Check in is Friday, June 1st from 3:00 -7:00 pm

Linens provided.
Climate controlled air conditioning.
Handicap accessible - No bunk beds
Warm jackets needed for evenings.

Activities include speakers, guided meditation,
bonfire, hiking, fishing, raffles, and free time.

New Events for 2012?

If your meeting will be hosting workshops, retreats or fellowship events this year, please contact the DMI Newsletter Director with details at: jdelee@gmail.com to include your event in the newsletter. It's a great way to boost attendance!

Retreats



Northern New Mexico

Silent Retreat

Making Space for Recovery

October 12 - 14, 2012

Pecos, New Mexico

Contact Information:

Mimi 505-699-9307

Jamie 505-473-0538

2012pecos@comcast.net

www.northernnewmexicoOA.org

Early Registration (before August 15th):

\$150 - Double room

\$190 - Single room

Late Registration (on or after August 15th):

\$180 - Double room

\$220 - Single room

Two rooms are wheelchair accessible. Single and double rooms are available with attached bathrooms. A \$50 deposit will hold your space.

Check in is Friday, October 12th, starting at 1:00pm. Dinner is served at 5:45pm. The Retreat program begins at 7:00pm. Simple meals are provided by the monastery. They are not vegetarian or gluten-free. Refrigerator and microwave ovens will be available.

Making Space for Recovery:

- Being present
- Slowing down
- Integrating spirit, mind, and heart

The Pecos Monastery is a beautiful environment for introspection and serenity. Located in a valley at 7,000 feet in the Sangre de Cristo Mountains, the monastery has easy walks through spacious lawns and gardens with a winding river and ponds.

Optional activities will be offered, including:

- Small clay project
- Guided hike
- Contemplative "Treasure hunt"
- Journaling and more

MEETING LIST

Sunday		
10:00 AM North	Richardson DMI Svc Center MAP 331 Melrose, Suite 116 (entrance # 2 - entry code is 0333*)	For Today
6:00 PM North	Richardson DMI Ofc (only: 3rd Sunday of month) 331 Melrose, Suite 116 (entrance # 2 - entry code is 0333*)	Intergroup Meeting
7:00 PM North	N. Dallas Congregation Ohr Hatorah 6324 Churchill Way, Dallas 75230 (intersection Churchill & Hughes) between Preston & Hillcrest, south of LBJ Teleconference also 712-775-7100 access#897214	90 Day/Phone
Monday		
12:00 noon North	Plano Prairie Creek Baptist Church 3201 W. 15th Street, Room 103	Leader's choice
12:10 pm East	Dallas St. Matthews Episcopal Cathedral 5100 Ross Ave., Garrett Hall, The Garrett Room Park off Garrett Ave. in circle drive - go to the side entrance where the wheelchair ramp is and ring doorbell.	Literature For Today
7:00PM North	Richardson Arapaho Methodist Church Arapaho at Coit	
7:00 PM Southwest	Duncanville Charlton Methodist Hospital 3rd floor outpatient building--near Hwy 67 & Wheatland, in Conference Room 5	214-815-8494.
7:30 PM	Lewisville Esperanza , First United Methodist Church, Main Street.	Closed Mtg
Northwest	907 W. Main, Room 123. (near the church offices). Off I-35 on Main Street near Sam's Wholesale Club. Call for directions.	
Tuesday		
10:00 AM East	Mesquite Eastridge Park Christian Church 2701 N. Town East Road, Parlor	
12:00 noon Plano	Plano Prairie Creek Baptist Church 3201 W.15th St. Plano, Room 103	Abstinence
7:10 P.M. Far North	Denton - First Baptist Church, room S-110 1100 Malone St. - Denton, TX 76201	
7:30 PM West	Farmers Branch Faith United Presbyterian Church 12717 Marsh Lane, 1 block N of LBJ-on the left	Literature OA 12 and 12
Wednesday		
12:00 noon North	Plano Prairie Creek Baptist Church - 3201 W. 15th Street, Room 103	Lifeline
12:10 PM	Dallas Holy Trinity Catholic Church , 3826 Gilbert Ave, Community Life Ctr. Boardroom, 2 nd floor	Big Book Study
7:00 PM	First United Methodist Church of Lewisville- Family Life Center - 2 nd floor - Room 306	Step Study
6:30 PM North	Medical City Hospital, Bldg E - Room 3 - 7777 Forest Lane,,Dallas ALSO A PHONE MEETING: phone 712-775-7100 access#897214	90 Day Phone
7:30 PM	McKinney Care and Share- Medical Center of McKinney 130 N. Central Expressway, McKinney	Leader's Choice
Thursday		
12:10 noon	Dallas Holy Trinity Catholic Church , 3826 Gilbert Ave, Community Life Ctr. Boardroom, 2 nd floor	Step Study
12:00 noon	Prairie Creek Baptist Church 3201 W. 15th st. Plano, Room 103	writing
12:00 Noon Far North	Sherman Wood Street Church of Christ 2100 N. Wood St., Sherman, TX -- lunchtime meeting please feel free to bring your sack lunch!	Open
7:00 PM	Richardson "Happy, Joyous, & Free" DMI Svc Center , 331 Melrose, Suite 116 (Entrance #2)	Literature & Discussion
7:00 P.M. Far North	Frisco - First Methodist Church, 7659 Preston Road Frisco, TX 75034	Closed, Leader's hoice
7:00 P.M East	Mesquite Eastridge Park Christian Church 2701 North Town East Blvd. Parlor Rm Mesquite, TX USA 75149	Step Study
Friday		
10:00 A.M.	300 North Galloway, Mesquite	Big Book
12:00 noon North	Plano Prairie Creek Baptist Church 3201 W. 15th Street, Room 103	Big Book
Saturday		
7:00 AM	Plano - Please Call for Location - 972-517-8506 (Dick)	Men's Meeting
9:00 AM	Plano Highland Oaks Church of Christ - Room E112 1815 W.15 th At Rio Grande (park by flagpole)	Literature/Discussion
9:00 AM Far North	First United Methodist Church, Frisco - 7659 Preston Road, Frisco, Texas Room #1 in the Ministries Building (brick building on the south side)	Closed, Leader's Choice
11:00 AM West	Faith United Presbyterian Church Farmers Branch 12717 Marsh Lane 1 block N of LBJ-on left	Steps and Traditions