### **LETTERS OF HOPE**

A publication of the Dallas Metroplex Intergroup

May 2012

OSA, Suita 116 \* Richardson, Tayas 75080 \* 972-23

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 20<sup>th</sup> 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 15<sup>th</sup> 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.oa-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 <a href="https://happyl.new.co.in/happyl">happyl</a> How could anyone be so happy giving up their favorite binge foods? Really???

What did I hear at my very first meeting? <u>I am not alone.</u> 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  $1^{\text{st}}$  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 12<sup>th</sup>, 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**

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