

LETTERS OF HOPE

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"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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An Excerpt from a 1985 Letters of Hope.....

In the six years I have been a member of the beloved fellowship of Overeaters Anonymous, I have seen bad groups get good, good groups get bad, and a lot of groups go away. I really want to know why since I am going to need groups and other people who are working the Twelve Step recovery program for the rest of my life.

I believe God revealed something to me as I meditated on this lately. Remember, when we were practicing our disease of compulsive overeating, we also suffered from the disease of isolation? Groups that are having trouble may also suffer from the disease of isolation.

The groups that are growing stronger have members that visit other meetings, attend workshops, conventions, retreats and inter-group. They read newsletters, Lifeline, the Big Book, WSO notebook, Horizons, and OA literature. They try to apply the Twelve Traditions in working their meetings. They give service willingly. Those groups have members that are committed to abstinence and the Twelve Steps. The members are learning from other groups and are bringing home new ideas and insights. They are seeing speakers to share strength, hope and experience.

Members are leaving the meetings charged up and feeling better. They feel love, caring and acceptance. They receive encouragement from other members who are making it. They begin to believe that they can make it because others believe that they can. They marvel at the changes in other people's lives. They learn to have faith that there is a solution to even the most difficult problem. They know their personal recovery depends on unity.

Dear God, please teach me the way You want me to try to improve my group. Use me as Your instrument. Thy will be done.

Your Daughter

- Submitted by Darlene

Focus on Step 7

*"Humbly asked Him to remove our shortcomings."
OA 12 & 12*

In practicing Step 7, we:

1. Have completed Steps 1 – 5 to the best of our ability,
2. In Step 6 have spent an appropriate amount of time examining our faults to recognize where they are doing us and those we love more harm than good, and have prayed for the willingness to surrender to our Higher Power the payoff we get from practicing our character defects,
3. And have met our Higher Power in prayer and surrendered our desire to cling to our shortcomings.

At first, Step 7 may sound frightening. Who will we be without our defects? Many of us realized in working the previous three steps that our flaws have been part of our identity for a long time. Often, they have been a defense mechanism – an unhealthy response to painful events. In many situations, our faults gave us an illusion of control, a way of dealing with the world and our own set of problems. In other instances, our defects have defined our manner of interacting with others. We need not be overwhelmed by the number or depth of our flaws, for they will be removed from us in our Higher Power's own good time. All we need do is supply the willingness.

In surrendering these faults, we trust that our Higher Power will teach us healthy responses to difficulty; better ways of interacting with others. We will still be ourselves, just a more serene version that is closer to the recovery goal of living "a life of sane and happy usefulness" to our fellow man. Step 7 is a way to invite our Higher Power into our lives on an even deeper level, and to continue to experience the miracles of recovery.

OA 12 & 12: pages 76 - 93
The Big Book of AA: page 76
Voices of Recovery: pages 59, 175, 183, 192, 281
For Today : pages 18, 224, 308

Upcoming Retreat

The McKinney Care and Share group is hosting the 11th annual silent OA retreat, September 5-7 at Montserrat Retreat house on Lake Dallas. The cost this year is \$230, and the flyer with registration forms and details can be found at

www.OADallas.org

Please feel free to contact Rosemary at 757-389-2996 with any questions.

Heard at a Meeting

- He who knows that enough is enough will always have enough
- I don't know where I'd be without my sponsor
- Failure is not fatal...only failure to get back up is
- You can no longer deceive yourself as sincerely as you did before
- We come to the program thinking we are at the end of the line, whereas we are just at the start of a journey

Collected and Shared by Kay, Jan, and Mary

Things Learned One Day While Giving Service

Today I have had the experience of working with others toward a goal, bouncing ideas off each other, so that still more new ideas spring forth, out of our collective imaginations.

I've also had the experience of a group coming together to express concern for a member in physical distress. Those who had expertise came forward to intervene actively, while others prayed and thought positive thoughts.

- Anonymous

Songs of Happiness

I have some good songs or pieces of songs playing in my head. Sometimes that can be annoying, but these are happy ones that I'm keeping. "What a beautiful morning. Oh, what a beautiful day. I have a feeling, everything's going my way." (Gershwin, George) And from Sunday school and vacation Bible school when I was a kid: "Rejoice and be glad in it." "I've got that JOY, JOY, JOY, down in my heart." "I'm so happy and here's the reason why..."

Then I think, "Yes. I am happy!" Why is that? What is the reason why? I am happy because I am living in GRATITUDE. I am grateful for my loving and powerful God who is so very much more than I learned in my childhood. I am grateful for God's love being in me and in everyone else. Growing spiritually is "joy, joy, joy down in my heart."

I am grateful for my abstinence. I am grateful for healthy nutritious food, nourishing me, making me vibrant and alive. I am grateful and happy that some huge giant miracle happened and I no longer like ice cream, which used to have such bondage over me...FREEDOM! Thank you, God. Thank you, thank you, thank you. I am grateful to be maintaining a normal healthy weight. I am grateful my brain is healing. I am grateful that I can cross my legs, that I can sit in any chair, I do not take up extra space on an airplane seat, it is easy and a pleasure to buy clothes, no one is judging me because of my size or thinking less of me; my grandchildren can set next to me in the rocker. I do not take any of that for granted. I am forever grateful. I feel free, free to be the real me, the new and improved me without all that baggage I was carrying: the resentments, old negative, gnawing, repetitive tapes. I am grateful for my OA program, God, my sponsor, my sponsees, and all those who came before me. I am grateful for my very good friends, my special guy-friend, and especially for my wonderful children and grandchildren, and for my friend that walks with me twelve miles a week. I am loved. I am love. You are love. "Rejoice and be glad in it."

I'm grateful that four decades ago I moved away from my codependent family of origin. I am grateful for the love of my family and the good that I was taught. However, the distance allowed me to open my mind to new ways of thinking, and to find this 12 Step Program of recovery. I am leaving behind codependent to be God-dependent. I am thankful that two decades ago an OA friend introduced me to a New Thought Church. I have grown spiritually in ways that I never would have or could have imagined. I am empowered with God's love. There are so many things I cannot do on my own, but GOD can. Thank you, God. Thank you for loving me.

I am grateful to have a purpose, which gives life meaning. My purpose is to be a blessing. Being a blessing is a blessing! Happiness is living in an ATTITUDE OF GRATITUDE! Do you need to wait to have an attitude of gratitude until you've lost weight or until you've done all the steps? I think not. You can choose to replace the annoying negative thoughts with positive ones, perhaps grateful ones; being grateful for hope, for a new beginning, for a past that led you here to recovery.

And one more song the Carpenters sang that I love having in my head... "Sing. Sing a song. Sing out loud, sing out strong. Sing of good things, not bad. Sing of happy, not sad. Sing. Sing a song. Make it simple to last your whole life long. Don't worry that it's not good enough for anyone else to hear. Just sing. Sing a song." (Francis Healy)

Keep coming back. It works.

- By Tyna

If you have a recovery story of your own to tell, please submit it to rosej2911@yahoo.com

OA Meetings in the Dallas Metroplex:

Sun	10:00 am	Richardson - DMI Svc Center, 331 Melrose, Suite 116 (ent #2 - entry code 0333*)	Literature - For Today
Sun	4:00 pm	Tyler – Christ Church Episcopal, 118 S. Bois D’Arc. Brandi, 903-316-8002	Open
Sun	6:00 pm	Richardson - DMI Svc Center, 331 Melrose, Suite 116 (entrance # 2 - entry code 0333*)(3rd Sunday of month only)	Intergroup Business Meeting
Sun	7:00 pm	Dallas - Congregation Ohr Hatorah - 6324 Churchill Way, btwn Preston & Hillcrest Phone Mtg also: 712-775-7100, access# 897214	90 Day and Phone
Mon	Noon	Plano - Prairie Creek Baptist Church, 3201 W. 15th Street, Room 103	Leader's choice
Mon	12:10 pm	Dallas - St. Matthews Episcopal Cathedral 5100 Ross Ave., Garrett Hall, The Garrett Room. Park off Garrett Ave in circle drive - use side ent. w/ chair ramp, ring bell	Literature - For Today
Mon	7:00 pm	Richardson - Arapaho Methodist Church, Arapaho at Coit. Anna, 214-663-5895	Literature/Discussion
Mon	7:00 pm	Duncanville - Charlton Methodist Hospital, 3500 Wheatland, 3rd floor, Conf Room 5	OA12&12/Big Book
Mon	7:30 pm	Lewisville- First United Methodist Church, 907 W. Main Street, Room 123 (near the church offices). Off I-35 on Main Street. Michele T., 972-539-4248	Leader's Choice Closed Meeting
Tues	10:00 am	Mesquite - Ridge Park Christian Church - 2701 N. Town East Road, Parlor	Literature
Tues	Noon	Plano - Prairie Creek Baptist Church, 3201 W.15th St. Plano, Room 103	Abstinence Lit.
Tues	5:30 pm	Mineola-St. Dunston’s Episcopal Church, 800 N. Johnson St.	
Tues	6:00 pm	Palestine - Palestine Regional Rehab Hospital (Dogwood Room), 4000 S. Loop 256	Leader’s Choice
Tues	6:00 pm	Plano – New Location—2109 W. Parker Rd., Ste 728, Plano. Call Carol B. for directions, 214-228-2830.	
Tues	7:15 pm	Denton – First Baptist Church, 1100 Malone St, Room S-110	
Tues	7:30 pm	Farmers Branch – Faith Un. Presbyter. Church, 12717 Marsh Lane, 1 block N of LBJ	Lit—OA 12&12
Wed	noon	Plano – Prairie Creek Baptist Church, 3201 W. 15 th Street, Room 103	Literature – Lifeline
Wed	12:10 pm	Dallas – Holy Trinity Cath. Church, 3826 Gilbert Ave., Commun. Life Ctr. Media Room	Lit–Abstinence
Wed	7:00 pm	Lewisville – First United Methodist Church, 907 W. Main Street, Family Life Center (behind church) – 2 nd floor – Room 303	Step Study / Writing
Wed	6:30 pm	Phone Meeting: 712-775-7100 access# 897214	90 Day Phone
Wed	7:30 pm	McKinney Care and Share – Medical Ctr of McKinney, 130 N. Central Expressway	Leader’s Choice
Thur	12:10	Dallas – Holy Trinity Catholic Church, 3826 Gilbert Ave, Community Life Ctr. Media Room	Lit—OA 12 & 12
Thur	noon	Tyler – First Christian Church, 4202 S. Broadway, Tyler,	Open
Thur	noon	Plano – Prairie Creek Baptist Church, 3201 W. 15 th St. Plano, Room 103	Writing
Thur	noon	Sherman – Wood Street Church of Christ, 2100 N. Wood St <i>Lunchtime meeting please feel free to bring your sack lunch!</i>	Open
Thur	7:00 pm	Richardson – DMI Svc Center, 331 Melrose, Suite 116 (entrance # 2 – entry code is 0333*)	Discuss Lit
Thur	7:00 pm	Mesquite – Eastridge Park Christian Church, 2701 North Town East Blvd. Parlor Room	Step Study
Fri	10:00 am	Mesquite – First United Methodist Church – 300 North Galloway	Literature
Fri	noon	Plano – Prairie Creek Baptist Church, 3201 W. 15 th Street, Room 103	Literature – Big Book
Sat	7:00 am	Plano – ODAAT 2109 W. Parker Road, Suite 728, Plano	Men’s Meeting
Sat	9:00 am	Plano – New Location—2109 W. Parker Rd., Ste 728, Plano. Call Carol B. for directions, 214-228-2830.	Discuss Lit
Sat	9:00 am	Frisco – First United Methodist Church, 7659 Preston Road, Room #1 in the Ministries Building (brick building on the south side)	Leader’s Choice Closed Meeting
Sat	9:00 am	Whitehouse– Gateway Baptist Church, 101 Leisure Lane. Lee, 903-571-8938	Newcomer Meeting
Sat	10 am	Palestine - Palestine Regional Rehab Hospital (Dogwood Room) - 4000 S. Loop 256- Contact for both Tues and Sat meetings is Cheryl, 903-948-2956	Steps/Traditions/Topics
Sat	11:00 am	Farmers Branch - Faith United Presby. Church, 12717 Marsh Lane, 1 block N of LBJ	Lit-Steps & Trads
Sat	noon	Dallas - Our Redeemer Lutheran Church - 7611 Park Lane at Boedecker. Behind sanctuary from Boedecker, <i>Call Ryan R for info, 469-233-0945</i>	Men’s Meeting

Last updated 5/8/14