

LETTERS OF HOPE

A publication of the Dallas Metroplex Intergroup
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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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Reflecting on the Miracles

I am currently approaching an abstinent birthday, although not yet a full year. In this brief period of time, I feel as though I have learned a life time of lessons. Once I became so broken by my disease that I was willing to talk to my Higher Power and try something different, the transformative effect it has had on my life still amazes me. When I supply the willingness, God supplies the miracles!

I used to think that miracles were for a different age; events from a past history that we no longer encounter today. Since working the program, I see that the miracles of today are different, but no less great.

Some things have happened that I never thought possible. To the outside world, they do not involve anyone being raised from the dead, healed of an incurable disease, or saved from disaster. But to me and to those I know in the rooms of recovery, that is exactly what has happened in my life!

☞ My relationship with my family of origin, damaged through years of misunderstanding, conflicting values, and my own self-centered living, has been restored to trust, peace, and love.

☞ I have been able to let go and heal from a relationship that was obsessive and not meant to be, although at one point it had consumed every fiber of my being.

☞ Even though one year ago I was seriously considering suicide, my feelings of purpose and worth in life have been restored, along with hope for the future and an ever growing knowledge of the care and love of a Power Greater than myself.

☞ And I must not forget....I have been abstinent for almost 9 months! A day I *never* thought I would see.

I came to the rooms of OA to prove I was not a compulsive overeater. Then I came to see if I could really stop eating or if I even wanted to! Then I came because it was all I *could* do. What I got was a miraculous transformation of myself and my life, of greater meaning and significance to me than thousands of miracles from recorded history. As our literature suggests, the results of practicing the OA program are truly beyond my wildest dreams.

- Anonymous

Focus on Step 8

*"Made a list of all persons we had harmed, and became willing to make amends to them all."
OA 12 & 12*

In practicing Step 8, we:

1. Have completed Steps 1 – 7 to the best of our ability,
2. have spent an appropriate amount of time with ourselves (perhaps consulting our Fourth Step inventory), our Higher Power, and our sponsor to determine who our failings have harmed and in what way they have been injured,
3. have prayed for the willingness to do whatever is appropriate and necessary to make restitution for our actions, submitted our fear or pride about the amends process to our Higher Power, and fully intend to proceed with Step 9.

An important preliminary aspect to practicing Step 8 is forgiveness. Until we have truly forgiven and let go of the harm that was done to us, we cannot completely focus upon who we ourselves have injured, or be in the spiritual place we need to be to proceed with the amends process.

The action part of this step requires creating an inventory of those we have harmed. Our sponsor is an invaluable aid in determining who needs to be on our list or not! Often it is not as many as we had initially thought.

This brings us to the key ingredient of Step 8: willingness. We had to have the willingness to face and admit our wrongs once again, as we had done, albeit differently, in Steps 4 and 5. Very importantly, we had to be willing to face the people or institutions that we had wronged, no matter how uncomfortable or fearful that might be, and make amends in an appropriate way (to be determined through prayerful consideration and consulting with a sponsor). Finally, courage is essential in practicing Step 8 – courage meaning the willingness to do something despite being afraid.

Ultimately, Step 8 is important and necessary preparation for the undertaking of Step 9. One need not be worried by the practice of Step 8. Recovery is about our Higher Power doing what we cannot do for ourselves, if only we are willing.

OA 12 & 12: pages 94 - 111
The Big Book of AA: page 76
Voices of Recovery: pages 202, 214
For Today : pages 18, 50, 290

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

Registration deadline is August 20th. Please feel free to contact Rosemary at rosej2911@yahoo.com with any questions.

Heard at a Meeting

- It's not my circus: they're not my monkeys!
- I have an incurable disease that will kill me if I don't stay in recovery
- When the student is ready, the teacher will appear

Collected and Shared by Darlene and Rosemary

A Tool That Saved Me

I do believe that God sent me the right sponsor at the right time. All I knew then was that I was doing the next right thing. I was in a desperate state and would have taken any action necessary to get out of the deep pit I had dug for myself. My Higher Power saw my willingness, and in His infinite wisdom, presented me with the sponsor that was best for me. I could not have chosen a better one myself! Throughout the recovery process, my sponsor has been an invaluable source of wisdom, encouragement, and an important way for me to remain accountable. Sponsorship is a tool without which I cannot imagine working this program!

- Anonymous

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	7:00 pm	Denton – Beginning August 5 th , First United Methodist Church, 201 South Locust, Room 200. Enter through the North entrance facing Mulberry St. Contact Kay with questions, 940-594-1650	
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

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