

LETTERS OF HOPE

A publication of the Dallas Metroplex Intergroup
November 2014

331 Melrose, Suite 120 * 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."

DMI Trusted Servants

Chair

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Position Open for Service

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Twelfth Step Within Director

Position open for service

Board Advisor

Position open for service

Delegate and Convention Chair

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Position open for service

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Position open for service in January 2015
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Your DMI needs YOU!

(By the Editor)

I have recently heard some pose the question, "What is DMI?" My friends in recovery, I have an answer! DMI stands for Dallas Metroplex Intergroup. It is the business group, which operates in accord with the 12 traditions of OA, where representatives from each OA group in the Metroplex can meet, discuss, and vote upon matters of importance to the entire OA community in the Metroplex. DMI meets once a month, and is run much like any other business meeting: it has a Chair, a Secretary, a Treasurer, and so forth. It is the committee and board positions of the DMI that maintain the www.OADallas.org website, update the meeting list, maintain the hotline, help organize the conventions, select persons to represent the Metroplex OA groups at the World Service Business meeting, and discuss how OA in the Metroplex as a whole can carry the message to the still suffering compulsive overeater.

Just as your local group would not run except through the service of its members, so too does the DMI require service in order to operate. Giving service to DMI is an opportunity of performing valuable Step 12 work, and you can strengthen your recovery through this gift of service. When a still suffering compulsive overeater is ready for help, they often find out about OA and their local meeting through the website or the hotline – services that are provided at the DMI level. The DMI is responsible for the dissemination of information to the various groups that make up the DMI: without the DMI we would not hear about the workshops, retreats, and recovery events that can enhance our program and help us reclaim some much needed serenity. The DMI meetings themselves cannot function without a secretary, and an advisor provides perspective and advice when the board members contemplate important decisions.

I hope I have been able to shed some light on the important role of the Dallas Metroplex Intergroup. The DMI is currently in great and urgent need of filling several service positions. We ask you to confer with your sponsor and your Higher Power, prayerfully considering if this a season where your recovery would be enhanced by giving service at the DMI level. **Please turn the page to see what service opportunities are available!** We look forward to meeting you and carrying the message together, as we all "trudge the road of happy destiny!" (The Big Book of AA, page 164)

DMI is in urgent need of service in the following positions:

Web Director (Requires 90 days of abstinence)
Board Advisor (Requires 1 year of abstinence)
Newsletter Editor (Requires 90 days of abstinence)
DMI Secretary (Requires 1 year of abstinence)

***Other currently vacant service positions at the DMI level,
all requiring 90 days of abstinence:***

Speaker's Bureau
Outreach Director
Institutions Director
Lifeline Director
Twelfth Step Within Director
Tri-County Liaison

Please contact the Chair if you feel that HP is calling you to any of these service positions!

Our Chair is Kay S.

(940-594-1650 or seitzkay@yahoo.com)

***Voting to fill the above service positions takes place at the DMI Meeting the 3rd Sunday of
every month at 6pm at 331 Melrose Dr. Suite 120, Richardson, TX 75080***

We look forward to seeing you there!

Any and all groups that belong to the Dallas Metroplex Intergroup may send a representative to this monthly meeting to vote on matters that affect DMI as a whole, and to carry information back to their groups. Don't miss out on participating in an event or getting a hard copy of "Letters of Hope" just because your group does not have a rep! Please note that while anyone can be a representative, voting requires 30 days of abstinence.

Focus on Step 11

*"Sought through prayer and meditation to improve our conscious contact with God as we understood Him,
praying only for knowledge of His will for us and the power to carry that out"*

OA 12 & 12

Before practicing Step 11, we have met our own powerlessness in Step 1, have developed a relationship with a Higher Power in Steps 2 & 3, have cleared away the wreckage of our past in steps 4 – 9, and have maintained our progress through the practice of Step 10. Step 11 invites us to become closer to our Higher Power and grow in the realm of surrender. When practicing this step, one seeks emotional detachment from one's own desires and honestly seeks the will of one's Higher Power. When agitated, doubtful, fearful, or unsure, we ask HP for direction, and in all things cultivate the desire that His will be done. This step invites one to trust HP on a deeper level and the fruit of this step is well worth the surrender: greater peace and serenity, and a deeper understanding of HP's love for us.

OA 12 & 12: pages 134 - 146, **The Big Book of AA:** page 85 - 88

Voices of Recovery: pages 21, 23, 136, 198, 273, 306, 309; 339 **For Today:** page 224

Emotions On One Year of Abstinence

As I approach one year of abstinence, my feelings are many and varied. Disbelief would be the chief feeling. Gratitude that HP rescued me from the illness and showed me a way out. Gratitude to sponsors and recovery friends that helped pull me back from the precipice when a relapse seemed imminent. Pride that I was willing to do the work and made the decision to stay in recovery during some difficult times.

Finally, frustration at the imperfections still present in my eating. In fact, just two weeks ago I was considering not claiming a one year chip because my attitude and actions associated with food are not what I think they should be – for example, I still do not like to hear the words “light” and “dinner” in the same sentence. Just as my emotions on a year of abstinence are varied, so too have been the emotions I have experienced in this first year of my recovery: it has been a roller coaster ride, from feelings of heavenly elation to unprecedented anger at HP for “cursing” me with this disease. Where I am today, though, is one week away from my one year anniversary – and my dominant feeling is patience with myself. I do not have the power to destroy God’s plan for me, I do not have to be perfect, I do not have to know everything today. With the unconditional love HP has for me, I can be patient with myself today. I don’t need to soldier up and pronounce that I will stay in recover for another year, or for five years, or for the rest of my life, because all I have is today. But for today, I choose recovery.

(Submitted Anonymously)

News and Upcoming Events:

Big Book Comes Alive in OA

October 31st – November 2nd

Glen Lake Camp Retreat at Glen Rose
Sponsored by Tri-County OA Intergroup
Registration Deadline October 10
\$110 Weekend; \$55 Saturday only
Call Kathy C. 817-307-2331 or
Mary Lou at 817-287-9440 for info

Honesty & Humor Through the Holidays

Workshop November 29, 11 am - 12 pm. Hosted by Farmers Branch OA Group at Faith United Presbyterian Church, 12717 Marsh Lane, 1 block north of LBJ
Group to decide on a lunch location; all invited to fellowship after the workshop.

“The Solution is Spiritual. It’s a God Deal!” Workshop Presented by Plano Groups of OA at the Dallas Metroplex Intergroup Office, 331 Melrose, Suite 116, Richardson, TX
Sunday November 2, from 1 – 3 pm
Focus on Steps 2, 3, and 11

Phone Marathon on all Major Holidays

5:45 a.m. CST – 12:00 a.m. CST. A phone meeting every hour. 712-432-5200. Pin: 4285115#

Overeaters Anonymous Third Edition is now Published!

Featuring an all new appendix and Rozanne’s story

And Next Year and Beyond....

- ❖ OA World Service Business Conference, April 27 – May 2 2015, Albuquerque, NM
 - ❖ OA Cruise, March 2015
- ❖ 12 Annual Silent Retreat at Montserrat on Lake Dallas, October 30 – November 1, 2015
 - ❖ OA World Service Convention, September 1 -4 2016, Boston, MA

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. Contact Kathy with questions at 469-951-3170 or 214-348-3068	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 Orlando for info, 214-887-0712</i>	Men’s Meeting

Last updated 10/12/14

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