

LETTERS OF HOPE

A publication of the Dallas Metroplex Intergroup
January 2015

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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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Choices and the Courage to Change

One thing that frequently baffled me when I first came into program was the concept of "choices." For most of my life I had felt pushed into courses of action or situations that were not good for me – in relationships, in work life, in interactions with family, etc. I was powerless to come up with a compromise, an alternative option, or just plain say "no." I saw things in a very black and white way, felt stuck with options that weren't good for me, and thought myself to be trapped in unhealthy situations with no way out. Through the practice of this program, I now understand the concept of choices. My Higher Power has shown me that rather than feeling stuck in a certain job, living situation, or relationship, I have the ability to make positive changes in my life. Abstinence and a relationship with a loving Higher Power have opened my eyes to a world of possibilities: I do not have to approach life just one way; I do not have to see only one option or no option at all. I now have the trust in a Higher Power to ask for help and enlightenment, the vision to see multiple options and courses of action in situations where, before program, I only saw one option; and I now have the courage to make those positive changes. Since beginning step work and getting abstinent, I have made a career change, a living situation change, and have changed the way I approach both romantic and family relationships. The wonderful thing about the program is that I came for help with my weight, and the longer I stay, the more it helps me with *every* aspect of my life.

Thank you God, and thank you OA!

(Submitted anonymously)

Focus on the Tools

(Thoughts of a fellow OA)

Telephone

I faced one of my worst fears a few days ago – running into my ex and his new girlfriend. How did I stay abstinent? The telephone! I made about 8 calls, and even just leaving voicemails helped ease the pain.

Writing

Journaling every morning or night about my physical, emotional, and spiritual status helps keeps me grounded and in the present – feeling the feelings without the food!

Plan of Eating

Picking a food plan helped keep me on track and helped me build my regular grocery list – through healthy cook books I’ve even tried (and liked!) new vegetables I never would have considered during my compulsive overeating days!

Sponsorship

I’m convinced God had set aside the right sponsor for me years in advance. I could not work this program without her loving acceptance and the accountability she provides!

Meetings

This tool frees me from those feelings that I am the only one.

Literature

A fellow OA calls literature a “portable meeting!” With this tool, the wisdom of the program is at my fingertips wherever I go.

Anonymity

What a blessing to know that my attendance at OA is confidential, and my secrets are safe with the fellowship.

Service

What better way to get out of myself and my problems and cultivate what the Big Book calls “a life of sane and happy usefulness!”

Action Plan

Who can I call at 2 AM if I am in danger of loosing my abstinence? What easy-to-make abstinent dish can I bring to the potluck so I can have fun but still work my program? What kind but firm words will I use to decline that non-abstinent edible? How can I bring the wisdom of the program to bear when I must set boundaries with loved ones?

Announcement Corner:

DMI urgently needs the following:

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 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
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. Please note that while anyone can be a representative, voting requires 30 days of abstinence.)

Slogan of the Month:

How important is it?

New Beginnings

(By Anonymous)

For many, January is a time of “resolutions” and a “fresh start.” My life has gone a little differently. Every January I would eagerly write out my New Year’s resolutions: a new diet, a new exercise program, weight loss, more time with family, and so on! Year in and year out, I would stick with the resolution for a week, a day, or even less than when it came to my eating plan. My genuine “fresh start” actually came one October, when I was hurting badly enough to be willing to put down the food and submit my life to a Power Greater than myself. With life in program, I don’t have to dream about resolutions and positive change – I am living them! Once I set down the food and took up the program, HP supplies the power I was so lacking to make those changes. Now I can enjoy friends and family time without the constant mental obsession with the food, I have the energy to undertake a good workout routine, and the weight just takes care of itself. So while many look to January for their new life, I want to encourage my friends in recovery that positive change can take place anytime! All we need supply is a bit of willingness.

Big Book Quote of the Month:

*“Nothing, absolutely nothing, happens in God’s World by mistake!”
(fourth edition, page 417)*

Upcoming Events:

- ❖ Meditation Workshop hosted by the DMI at the DMI office in Richardson Jan 3, 1 – 3 pm
- ❖ The 55th Annual OA Birthday Party, Jan. 22 – 25, 2015, Los Angeles www.oalaig.org
- ❖ “Step It Up” DMI Convention, Westin Dallas Fort Worth Airport, Feb 27 – March 1, 2015 Call 972-929-4500 to register with the hotel: be sure to reference Overeaters Anonymous
 - ❖ OA Cruise, March 2015
 - ❖ OA World Service Business Conference, April 27 – May 2, 2015, Albuquerque, NM
 - ❖ 12 Annual Silent Retreat at Montserrat on Lake Dallas, October 30 – November 1, 2015

And Next Year!

- ❖ OA World Service Convention, September 1 - 4 2016, Boston, MA

OA Meetings in the Dallas Metroplex:

Sun	10:00 am	Richardson - DMI Office, 331 Melrose, Suite 120 (entry #2 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 303. Off I-35 on Main Street. Michelle T., 972-539-4248	Leader's Choice Closed Meeting
Mon	8:00 pm	Richardson – DMI Office, 331 Melrose, Suite 12 (entry #2 code: 0333*) Contact Frances at 972-841-0638 with any questions.	Big Book Focus
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 – Wysong Medical Ctr of McKinney, 130 N. Cent. Epxwy	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	7:00 pm	Richardson – DMI Office, 331 Melrose, Suite 120 (entrance # 2 – entry code is 0333*)	Discuss Lit
Thur	7:00 pm	Grand Prairie - Texas General Hospital, 2709 Hospital Blvd. Meeting held in Cafeteria. Contact 214-815-8494 with any questions.	Open
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, Call Orlando for info, 214-887-0712	Men’s Meeting

Last updated 11/20/14