

# 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."

Are you going to the convention on April 8, 2016?

Meet others in recovery, share your recovery, give service, and enjoy fellowship with those like you.

Sign up for the annual Dallas OA convention.

Goto

<http://oadallas.org/convention->

*In this issue....*

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Written by a COE

*Why be of service?*

*"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill."*

Chapter 7 – "Working with Others" Big Book of AA

*Rarely have we seen an individual fail who has thoroughly followed our path....*

For a procedure to attend the convention. There are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest. Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it-then you are ready to take certain steps. At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Chapter 5-"How it Works" Big Book of AA

Region 3  
assembly &  
convention in  
Abilene, TX on  
April 15-17.  
[oaregion3.org](http://oaregion3.org).

Want to share your experience, strength and hope? Send your articles for review for the newsletter to [delia@deliagonzaleslaw.com](mailto:delia@deliagonzaleslaw.com)

[Oadallas.org](http://Oadallas.org) -find out how to be of service and meetings

[avision4you.info](http://avision4you.info) - for meetings and podcasts

[oala.org](http://oala.org) - for podcasts



# My name is Josh from Dallas

6 months ago today, I was sitting at my desk OPENLY WEEPING. Thankfully, all of my co-workers that sit near me were out that day. According to the scale at work, I weighed more than I ever had in my life. The scale at home simply read "E" (Error). On the way back from lunch, the thought crossed my mind of running my car into a light pole. I needed help. And I didn't need it in a few days, or a few weeks, but right then.

Have you ever eaten so much that you woke up in the middle of the night to vomit? I have. MORE THAN ONCE. Have you ever shoed your spouse to bed so that you could be with the one you love (food)? GUILTY. Have you ever eaten a complete SECOND MEAL when you just ate a full meal an hour or two earlier? YEP. Late at night (after dinner), I would eat until I PASSED OUT. The only reason I stopped eating was because I was physically exhausted.

I would pray and ask God to help me live. And I would pray and ask God to help me change.- I'm not sure where, but I had heard or learned about a support group called Overeaters Anonymous (OA). It is patterned after AA, but is for people that eat compulsively. On OA's website (oa.org), I found a group that met on Tuesday nights in Farmers Branch. One of my siblings agreed to attend the meeting with me.

At the meeting, I found EXPERIENCE, STRENGTH, and HOPE. I found people that nodded their heads when I shared my struggles. I found people that said "we're glad you're here" and who encouraged me to "keep coming back.. because it works".

Well, I kept coming back.. And I read the literature they offered.. And I used their Tools of Recovery.. For the last 6 months, I have eaten 3 meals per day and 1 snack.. I have not eaten ANYTHING after dinner.. I have LOST WEIGHT (60 pounds so far) and GAINED HOPE.

I tell people that I am "sober" for the first time in a long time.. and yet I still say the following at each meeting that I attend: MY NAME IS JOSH AND I AM A COMPULSIVE OVEREATER.

I say it because "only hams are cured". I say it because I am only one bite (the "first compulsive bite") from being right back where I was. And I don't want to go there. I wept some TODAY also. This time, the tears were tears of JOY and THANKFULNESS. Thank YOU for your love, prayers, and support in this journey. AND.. if my story sounds like your story.. PLEASE send me a message or check out OA's website. "I put my hand in yours, and together we can do what we could never do alone." - from oa.org

## Need to make a call...

Delia 469-231-4965  
Marguerite 214-448-4590  
Amanda 214- 352-6568.  
Alan 281-224-3419  
Joy C. 940-435-5865  
Heather 682-559-2115

## Need a sponsor?

Delia 469-231-4965(steps only)  
Marguerite 214-448-4590  
Alan 281-224-3419  
Angela 817-823-8865



Want your name and number to accept calls and be a sponsor....email [delia@deliagonzaleslaw.com](mailto:delia@deliagonzaleslaw.com)