

Letters of Hope

Dallas Metroplex Intergroup Newsletter

March 2017

Region 3 Convention is this weekend! March 24-26.

oadallas.org/region-iii-convention/

To a beloved fellow traveler

I went to the memorial service of a long-time member of our fellowship today, and I have to say that it was the best funeral that I have ever attended. I had known and loved this man as a member of OA, and we had been friends, but today, I got to learn about him from other people in different contexts — from his colleagues, fellows in another program, life-long friends and family. They spoke of his kindnesses to them, his sense of humor, his involvement with his family. Their

words made me admire him all the more.

In the few days since his death, several in our meeting have shared how he took the time to say hello to them, to listen intently, and to make them feel welcome and worth knowing. It seems that he treated everyone as if they were special. That was my experience of him as well, and I consider him a pillar of our fellowship who is already sorely missed. Although he never experienced full remission from his bondage to food, he kept coming back, kept

humbly doing the deal, and kept showing up to encourage us all.

I know others in program who, by the grace of their higher power and their working of the steps, have had consistent physical recovery. Their walk is admirable, and their stories valuable. Abstinence is a gift worthy of daily practice and every necessary sacrifice. However, despite his flaws and failings, I witnessed a depth of recovery, selflessness, compassion, and caring in my friend comparable to few others, in or out of program. I want what he had, want to give what he gave. Thankfully, I have been given another day to work with my sponsor and my higher power toward that aim, and I am grateful to have witnessed such an example of real-life recovery.

Mary H.

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OA is on Facebook

OA's Facebook page can be found at:

[facebook.com/OvereatersAnonymousOfficial](https://www.facebook.com/OvereatersAnonymousOfficial).

Overeaters Anonymous Statement on Public Media Policy

While Overeaters Anonymous has no opinion on outside issues, including social media, the delegates of the 2016 World Service Business Conference recommend that any OA member, group, or service body using social media for OA public information and public awareness maintain

the personal anonymity of OA members.

Members of Overeaters Anonymous are anonymous. The Fellowship is not. Members of Overeaters Anonymous using social media are responsible for maintaining their own personal anonymity and respecting the anonymity of other OA members.



Upcoming Events

REGION 3 CONVENTION — The OA Region 3 Convention will be March 24-26 at the Hyatt Regency inside DFW Airport. The theme is "Discipline, Faith & Willingness" (DFW), and there are a number of compelling speakers lined up to share on those topics. The three-day event also includes a banquet dinner, workshops, raffles, door prizes, yoga and much more.

SPRING WORKSHOP — The Tri-County Intergroup is holding a workshop on replacing negative self talk from 1 to 4 p.m. on April 1 at Southhills Christian Church, 3200 Bilglade Rd. in Fort Worth. Contact Sherri R., 817-333-9961 or email sherri.rodriquez@sbcglobal.net or call Carolyn D., 817-924-2328.

2017 WSBC — "Growing OA Unity Worldwide," May 1-6 at the Embassy Suites in Albuquerque, N.M. For information, visit oa.org/members/events/world-service-business-conference/.

CONVENTION — The Houston/Metro/Galveston Bay Area Intergroups Convention is Oct. 27-29 at the South Shore Harbor Resort and Conference Center in League City.

RETREAT — The 2017 Tri-County OA Intergroup Retreat is Nov. 3-5 at Glen Lake Camp in Glen Rose.



The Tools of Recovery

“In working Overeaters Anonymous’ Twelve-Step program of recovery from compulsive overeating, we have found a number of tools are available to assist us. We use these tools – a plan of eating, sponsorship, meetings, the telephone, writing, literature, action plan, anonymity and service on a regular basis, to help us achieve and maintain abstinence and recover from our disease.”

– *The Tools of Recovery p.1*

Writing

Putting our thoughts and feelings down on paper helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them.

You can use the tool of writing by submitting a short piece to *Lifeline Magazine*.

Here are the upcoming deadlines and topics:

APRIL 15 — “Let’s Share a Laugh” What’s your funniest OA story? Was there a time in recovery when you had to laugh at yourself? Was there a time when you chose to laugh instead of cry? What role does laughter play in recovery?

“**Pets and Recovery**” How can a pet be a compulsive eater’s best friend in abstinence and recovery? How does your pet help you work the Steps, Traditions, or Tools or keep you from isolating? Pet photos welcome!

“**Why I Keep Coming Back**” What do you find in OA that you can’t find anywhere else? What thoughts and feelings keep you coming back? Has the decision to come back ever saved you from relapse or a slip or even saved your life? Is coming back habitual or do you have to commit every time? How do you come back when you don’t feel like it?

You can also submit writing to *Letters of Hope*.
Send submissions to: oadallasweb@gmail.com

OA Public Information Poster Contest

for information, visit oa.org/pi-poster-contest

- Designs do not need to be professional-quality. What matters most is the idea and intended message. You may include an explanation, if necessary.
- Your submission can be drawn on anything from a napkin to a computer. Hand-drawn entries must be clearly legible.
- Submissions can be in any language; please include an English translation.
- Posters will be printed in English on US letter-size paper (8.5” x 11” or 215.9 mm x 279.4 mm), however, other dimensions will be accepted.
- One entry per member, please; select your best idea.
- All submitted designs must be original and accompanied by a contest release form (see reverse or find the release form at oa.org/files/pdf/release-form.pdf).
- If duplicate designs are submitted, only the first one received will be accepted.
- Submissions must be received by the WSO by *March 31, 2017 at 11:59 p.m. MDT*.

2017 Holiday Marathon Schedule

Phone: 712-432-5200 Pin: 4285115#

8am ET (GMT-5:00) until midnight

Holiday/Marathon Meeting: We recognize the diversity of our members and although we don’t endorse any particular holiday, we want to support our members who do celebrate those days.

MARCH

March 17 St. Patrick’s Day Celebrating the Little Bit of Irish in Each of Us

APRIL

April 10 Passover Begins Releasing the Chains of Addiction

April 16 Easter Rebirth in Recovery
April 18 Passover Ends Free to Be Me

MAY

May 14 Mother’s Day Thanking God for the Gift of Life

May 26 Ramadan Begins Remaining Steadfast in Our Faith

Need a meeting?

NEW MEETING — Thursdays at noon at the Grapevine library, 1201 Municipal Way in Grapevine. There are nine study rooms. The group will ask for room 1, but since it is first come, first served, the room is not guaranteed. Please ask at the Reference Desk (pass the front desk which is the book check out desk) keep going farther back in the big room to the Reference Desk. Ask for “The Study Group”. For information, contact davis_judith@yahoo.com.

OA Dallas Meeting List as of February 18, 2017

Sun	10:00 am	Richardson - DMI Svc Center, 331 Melrose, Suite 120 (entrance #2 - entry code 03333)	Literature - For Today, Open
Sun	4:00 pm	Tyler - First Christian Church, 4202 S. Broadway, Christian Life Center (behind main church)	Open
Sun	1:00 pm	Richardson - DMI Svc Center, 331 Melrose, Suite 120 (entrance # 2 - entry code 03333)(3rd Sunday of month only)	Intergroup Business Meeting
Sun	7:00 pm	Dallas - Congregation Ohr Hatorah - 6324 Churchill Way, between Preston & Hillcrest Phone Meeting also: 712-775-7100, access# 897214	90 Day and Phone Open
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 entrance with ramp, ring bell	Literature Voices of Recovery
Mon	7:00 pm	Duncanville - Charlton Methodist Hospital, 3500 Wheatland, 3rd floor, Conf Room 5	OA 12&12/Big Book
Mon	7:30 pm	Lewisville - First United Methodist Church, 907 W. Main Street, Room 303. Off I-35 on Main Street.	Leader's Choice Closed Meeting
Mon	7:30 pm	Richardson - DMI Service Center, 331 Melrose, Suite 120 (entrance #2 - entry code 03333)	Primary Purpose
Tue	10:00 am	Mesquite - Eastridge Park Christian Church - 2701 N. Town East Road, Parlor	Literature
Tue	Noon	Plano - Prairie Creek Baptist Church, 3201 W.15th St. Plano, Room 103	Discussion.
Tue	5:30 pm	Mineola-St. Dunston's Episcopal Church, 800 N. Johnson St.	
Tue	6:00 pm	Plano - New Location-2109 W. Parker Rd., Ste 728, Plano	Literature
Tue	7:30 pm	Farmers Branch - Faith Un. Presbyterian Church, 12717 Marsh Lane, 1 block N of LBJ	Lit--OA 12&12
Wed	noon	Plano - Prairie Creek Baptist Church, 3201 W. 15th Street, Room 103	Literature
Wed	12:10 pm	Dallas - Holy Trinity Cath. Church, 3826 Gilbert Ave., Community Life Ctr. Media Room	Lit-Abstinence
Wed	6:30 pm	Phone Meeting: 712-775-7100 access# 897214	90 Day Phone
Wed	7:00 pm	Lewisville - First United Methodist Church, 907 W. Main St, Family Life Center (behind church) - 2nd floor - Room 306	Step Study / Writing
Wed	7:30 pm	McKinney Care & Share - Medical Ctr of McKinney, 130 N Central Expy	Leader's Choice
Thu	12:10	Dallas - Holy Trinity Catholic Church, 3826 Gilbert Ave, Community Life Ctr. Media Room	Lit-OA 12 & 12
Thu	noon	Tyler - First Christian Church, 4202 S. Broadway, Tyler	Open
Thu	noon	Plano - Prairie Creek Baptist Church, 3201 W. 15th St. Plano, Room 103	Writing
Thu	7:00 pm	Richardson - DMI Center, 331 Melrose, Suite 120 (entry # 2 - code is 03333)	Discuss Lit
Thu	7:00 pm	Mesquite - Eastridge Park Christian Church, 2701 North Town East Blvd. Parlor Room	Step Study
Thu	7:30 pm	Irving - First United Methodist Church, 211 W 3rd St., Parlor Room, use south entrance; if locked, ring bell.	
Fri	10:00 am	Mesquite - First United Methodist Church - 300 North Galloway	Literature
Fri	noon	Plano - Prairie Creek Baptist Church, 3201 W. 15th 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 - ODAAT-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, Ministries Building (brick building on the south side)	Leader's Choice Closed Meeting
Sat	9:00 am	Whitehouse- 405 W Main St.	Rotating topic/Step Study
Sat	10 am	Palestine - Palestine Regional Rehab Hospital (Dogwood Room)	Leaders Choice
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	Men's Meeting

Email betty.groover@sbcglobal.net with corrections/additions