

Letters of Hope

March 2016 publication of the Dallas Metroplex Intergroup Newsletter
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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."

In this March issue:

- Articles from members
- Convention information
- Resources
- Being of service
- Big book quotes

Region 3 assembly & convention in Abilene, TX on April 15-17.
oaregion3.org

Unity Day - February 27
11:30 a.m. PST — Unity Day
This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February, at 11:30 a.m. pacific standard time, OA members pause to reaffirm the strength inherent in OA's unity.

"SERVICE & MY RECOVERY" WORKSHOP

Day: 2nd Sunday of the month

Time: 3-4pm ET (-5:00 GMT)
Call: 641-715-3818
Pin Code =925619#

Regarding what Pet Peeves I can turn over to my Higher Power by Marlene R:

Dear God:

Help me remember that I am not in control; that you are. If my husband wants to grab a piece of the "ch word" after I have cooked him a delicious breakfast, it is not my job to scold him or get annoyed at him and it is certainly not time for me to lose my abstinence. Two quotes come to mind:

"Lord, teach me to value my body more than food."

"Lord, order my living so that I may eat to serve you."

Also, when my husband wants to buy a pack that has six in it and we only need two, it is really okay. I obsess over those four extra like they are treasure and I need to let that go. I fear that I put food items on a pedestal. But it is acceptable to feed them to the ducks or (gasp) to even throw them out.

The third pet peeve is (my poor husband, I seem to be picking on him) when he leaves food on his plate, good nutritious food, and grabs some junk to finish his meal. That is his business; not mine! Lord, help me to remember that I am not judge and jury and I just need to worry about my own food plan and my own abstinence. Also, even if the food he left is the healthiest vegetable in the world and has hardly any calories in it - it DOES NOT become my food. I need to eat my portion that I weigh and measure and ignore what he does with his food. So what if I just tried the most exciting new recipe; it is fine to throw some out if he doesn't want to eat it. Lord, help me with my problem of membership in the Clean Plate Club.



Want to share your experience, strength and hope? Send your articles for review for the newsletter to delia@deliagonzaleslaw.com

Oadallas.org - find out how to be of service and meetings

avision4you.info - for meetings and podcasts

oala.org - for podcasts

Phone meetings - A phone meeting every hour. Call 712-432-5200
Pin: 4285115#

"It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities. "How can I best serve Thee - Thy will (not mine) be done." These are thoughts which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will." – Big Book p.85

Are you going to the DMI Convention in April?

Experience the power of Practicing The Principles In All Our Affairs on April 8th-10th, 2016 at the OA Dallas Metroplex Intergroup's spring convention! The convention is being held at Westin DFW Airport Hotel, located at 4545 West John W Carpenter Freeway, Irving, TX 75063, (972) 929-4500.

You will see and hear how lives are changed by the miracles of working each principle of the Twelve Steps. Recovered OA members will share how they incorporate and integrate the OA steps, tools, traditions and principles in all their affairs.

Registration is now open for rooms and convention. Online registration is available at <https://loadallas2016.eventbrite.com> For those on a tight budget, registration may be made in 2 payments by check or cash of \$45.00.

Are you interested in a richer, fuller living experience? Please bring your Big Book and join us to find out how.

Raffle

As in the past, we encourage groups and individuals to contribute to the success of the convention by donating a basket. A variety of themes have been used in the past:

Serenity, Gardening, Literature, Gift Cards, Money Tree, Wellness, Tea/Coffee, Men's Items.

Please, no religious or political articles. Details on where to donate your baskets will be forthcoming.

Door Prizes – New This Year

At each general session, we will be awarding a door prize. The winner will receive "play money" that can be used to buy items at the convention, such as literature, Ways and Means products and CDs. We ask each group to help make this a success by passing an envelope at a designated meeting. Door prize money can be sent to DMI, attention Karen. After the Convention, the "play money" collected by each committee will be substituted for "real money" for the committee funds.

*Today, I saw me
Right there in the ladies room
at the office,
I saw me.
I actually saw me, emerging
from the self made cocoon that I
had been wrapped in for almost
40 years. There I was.
Emerging, dare I say
blossoming. I see a shape, not a
ball of blubber. My tummy is
there but not as much as before.
My hair is gray, but I feel
younger. I look better. I look
lighter. I feel lighter. This is a
beginning....there is more to
comemore to loose as I gain a
life, I gain serenity. Some have
said you have seen me, but I
dared not look. What if it wasn't
true? But today, I saw me, and
it's true. This butterfly is
emerging. I will dance again.
Thank you God!
--Francis P.*

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



Want your name and number to accept calls and be a sponsor....email delia@deliagonzaleslaw.com

Need a sponsor?

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Alan 281-224-3419
Angela 817-823-8865