

# Letters of Hope

A 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."

## REFLECTIONS.....

Voices of Recovery, April 14<sup>th</sup>:

Tri-County Workshop  
"Importance of  
Working the Steps."  
June 4, 2016

1:00pm until 4:00pm  
South Hills Christian  
Church 3200 Bilglade  
Road Fort Worth.  
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Tri-County Retreat  
"Lifeboat to Recovery"  
November 4-6, 2016  
Glen Rose, Texas  
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[McKinney Silent  
Retreat](#)  
[October 14-16, 2016](#)

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Big Book Workshop  
February 25, 2017

Please goto  
[oadallas.org](http://oadallas.org) for  
more information

Save the Date

Resources

What footprints have I followed and do I follow them still? What footprints am I leaving?

I've followed the footprints of my past sponsors and others in OA and other 12-step fellowships whose recovery I respected. I listened at meetings and tried to do what others said worked for them. I will say it's been successful... not because of me but because God gives me energy to work the program. God inspires me when I'm down...hard times are times when I don't really want to work the program but I know I need to work the program.

The interesting thing about hard times is that they pass. They don't stay forever unless I feed them with the dish of expectations, resentments, and fear.

Those are deadly to me and I'm grateful so many have shared their recovery with me on those topics.

Do I follow them still? I hope so. Of course, some days are better than others but on the whole my life is serene, content and sometimes downright joyous. But those gifts don't come till I'm abstinent in all areas...physically, mentally, emotionally, and spiritually.

What footprints am I leaving? I don't really know and that's a good thing. If I start getting all big-headed about the footprints I'll start focusing on my feet and I'll run into the wall of pride and self-righteousness. That's a hard wall to walk into!! I think all I can say about the footprints I leave is that I do the best I can one day at a time. I'm going to give my footprints to God.

---Anonymous

### "SERVICE & MY RECOVERY" WORKSHOP

Day: 2nd Sunday of the month

Time: 3-4pm ET (-5:00 GMT)

Call: 641-715-3818

Pin Code =925619#  
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### A Vision 4 You

Daily phone meetings  
focused working the steps  
as outlined in the Big  
Book

[Avision4you.info](http://Avision4you.info)

2016 Dallas OA Convention 14 CD set - \$75.00  
Individual CDs - \$7.00  
Classic Copies  
5912 S. 14<sup>th</sup> Street  
Omaha, NE 68107  
402-734-4640  
[classiccopies@cox.net](mailto:classiccopies@cox.net)

Most of us have been unwilling to admit we were real alcoholics. No person likes to think he is bodily and mentally different from his fellows. Therefore, it is not surprising that our drinking careers have been characterized by countless vain attempts to prove we could drink like other people. The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death.

We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed.

We alcoholics are men and women who have lost the ability to control our drinking. We know that no real alcoholic *ever* recovers control. All of us felt at times that we were regaining control, but such intervals - usually brief - were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced to a man that alcoholics of our type are in the grip of a progressive illness. Over any considerable period we get worse, never better.

Remember where the answers are found....



## IT IS OKAY...

I am not perfect – it is okay, none of us are, that is why we need a Higher Power.

I feel so unworthy – it is okay, being loved by our Higher Power is about believing and receiving not earning or being worthy.

I feel so broken – it is okay, the love of our Higher Power is the cement that holds us together.

I mess up so much – it is okay, the grace of our Higher Power is new to us each day.

I keep relapsing – it is okay, our Higher Power forgives us over and over and when we are ready, we will receive the gift of abstinence.

I feel stupid at times – it is okay, our Higher Power's ways are high above our ways; if they weren't, our Higher Power won't be worth worshipping.

Anonymous

