

Letters of Hope

A publication of the Dallas Metroplex Intergroup Newsletter

331 Melrose, Suite 120 * Richardson, Texas 75080 * 972-238-0333 * 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."

Texas 12 Step
Big Book Workshop
February 25, 2017
9:00 am until
5:00pm.
There will be an hour
break for lunch.

First United
Methodist Church
503 N. Central
Expressway,
Richardson, Texas

\$10.00 Suggested
Donation

2017 Houston
Metro/Galveston/
Bay Area Intergroups
Convention. Oct. 27-
29. South Shore
Harbour Resort and
Conference Center.
League City, TX

2017 Tri-County OA
Intergroup Retreat
Nov. 3-5. Glen Lake
Camp, Glen Rose, TX.

Please goto
oadallas.org for
more information

Save the Date

Pearls of Wisdom from an OA member

Am I taking the actions of someone serious about recovery?

...The next "indicated" thing vs. the next "right" thing.

The hole in my soul was like having tinnitus.

Once the spiritual malady was overcome, I could begin exercising.

Reliance something or someone other than God: My life depends on _____?

5 minutes of free writing (stream of consciousness).

5 minutes of morning writing:

How do I feel?

↳ What's bothering me?

What am I afraid of?

Pray to leave a "God bite" in restaurants.

Surrender to a food plan not of my creation.

Examine my life energy around food processes, behaviors. Time thinking, planning, etc.

Morning quiet time first.

Gratitude web. How did this come to me?

from the Essentials of Abstinence Workshop,
September 24, 2016, Arlington. Brenda Q, Region 3
Chairperson.

Overheard at World Service Convention, Boston 9/1 - 9/4:

Easy Does It -But Do It!

Surrender is willingness - willingness is surrender.

There's a difference between admitting and accepting.

I do not waste who I am, thinking about who I wish I was.

Acceptance + surrender = humility.

When disturbed, take 12 slow breaths, one for each Step.

I will continue to pray for OA in your region. There was openness and seeds were planted, for sure. I pray that you will have a personal revival in your program and commitment to recovery. Recovery is not something we can dabble in. We have to be all out (like the Olympian) because the disease is so powerful...and cunning and baffling. But, God is bigger and He comes to us in our program and the people in it. Commit to doing every tool, every day, putting down the triggers and practicing the HOW (honesty, open-mindedness, and willingness). It's all here. Don't give the disease another minute of your life!

Marilyn N
San Francisco
Farmers Branch Workshop 9/17/16

A Vision 4 You
Daily phone meetings
focused working the
steps as outlined in
the Big Book
Avision4you.info

OA Dallas Meeting List as of October 15, 2016

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 – Christ Church Episcopal, 118 S. Bois D'Arc, parrish hall	Open
Sun	6:00 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	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.	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. 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
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) – 2 nd 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. 15 th 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 3 rd 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. 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 – 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