

Letters of Hope

Dallas Metroplex Intergroup Newsletter

February 2017

Reflection on Voices of Recovery

January 12:

“Let me live in today.”

BY ANONYMOUS

I’m hearing this in several places this week so I suspect I’m not living in today.

Living in today is always a challenge to me. I want to spend time in the past—reviewing what I did, how I could have done better, feeling bad because I didn’t do it perfectly.

Step 10 tells me to take personal inventory and that does require me to look at the past, but as someone once said, “I can glance at the past but I don’t have to stare.” Yesterday is gone and the only good I can get by looking at it is to try to learn from it.

My learning needs to come from spending a little time looking at the past but not spending so much time there that I don’t live in today.

The same holds true about living in the future. That’s the one I have the most problem with. I sit and plan, look at my calendar, try to structure my days to be efficient and productive. I think I should change that to taking a small amount of time listing what I need to do and when but then put it away and return to today.

It’s today—the present—where God lives. And if I’m saying I want to walk with God, I see it would be helpful to be where God is—especially in terms of time.

Saying “the present”

makes me think of another word for “present”—“gift.” Sure an entirely different meaning but is it really? When I truly stay in the NOW, I’m gifted with so many good things—freedom from fear, freedom from control, freedom from regretting, freedom from expectations and resentments. Yes, those freedoms are truly gifts from Higher Power. They can’t be wrapped up with paper and bows, but they are every bit as enjoyable and lovely as the special gifts wrapped in ribbon and bows.

Where are my priorities? Do I want the peace and serenity that staying in the day promises or do I still head for the regret and fear of not living in today? Sadly I must admit there are times when I do that time-traveling. And I usually become discontented and irritated. So today I’m grateful to recovery and this reading which regularly reminds me to live in the day!

It’s today—the present—where God lives. And if I’m saying I want to walk with God, I see it would be helpful to be where God is—especially in terms of time.

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

WORKSHOP—Texas 12 Step Big Book Workshop is from 9 a.m. to 5 p.m. Saturday, Feb. 25 at the First United Methodist Church, 503 N. Central Expressway, Richardson. There will be a break for lunch. \$10 suggested donation.

FELLOWSHIP—1:30 p.m. CST, Saturday, Feb. 25 is Unity Day. At that time, OA members across the world pause to affirm the strength inherent in OA’s unity.

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! Sign up now at: eventbrite.com/e/dfw-region-3-oa-convention-tickets-28349765913

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 for the next few months:

MARCH 15, 2017 – “Generally Speaking”—Write on any topic that is meaningful to you. Email your story to info@oa.org with subject “Lifeline.”

APRIL 27, 2017 – 2018 Call for Topics. What recovery topics do you want to read about in Lifeline in 2018? Send your ideas to info@oa.org with subject “Lifeline Topics.”

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.

FEBRUARY

February 20 President’s Day **Leading by Example**
February 25 OA Unity Day **Fellowship, Service & Anonymity**

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?

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	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. 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, 12701 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; # 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

Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.