

# LETTERS OF HOPE

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Dallas Metroplex Intergroup of Overeaters Anonymous

331 Melrose, Suite 120, Richardson, TX 75080

Hotline: 972-238-0333

Welcome Newcomers! Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome anyone who wants to stop eating compulsively. Please check out the OA website: [www.aa.org](http://www.aa.org) and our local website: [www.oadallas.org](http://www.oadallas.org) for lots of information to help you recover.

## Upcoming Events

- **Dallas Metroplex intergroup monthly meeting** August 19, 2018 at 1:00 pm – 2:00 pm  
Dallas Metroplex Intergroup Office, 331 Melrose, Suite 120 Richardson, TX 75080  
Monthly 1 hour business meeting. Every third Sunday 1pm-2pm.
- **Farmers Branch Workshop** September 15, 2018 at 10:00 am – 4:00 pm  
Faith United Presbyterian Church 12717 Marsh Lane Farmers Branch, TX 75234  
The Saturday 11am Farmer's Branch Meeting invites you to attend our workshop on Saturday, September 15, 2018, 10:00am to 4:00pm. Our speaker from Killeen TX has twelve years of abstinence. Learn how to meditate, relax and journal in order to achieve long term abstinence one day at a time.
- **Sunlight of the Spirit** September 28, 2018 – September 30, 2018  
Nazareth Retreat Center, 1814 Egyptian Way, Grand Prairie, TX 75050, USA  
5th Annual McKinney Care & Share Silent Retreat - Fall 2018

## Thoughts for the month...

Let's share our experience strength and hope with each other. My greatest service is to stay abstinent. By staying abstinent I can continue to recover and do service in meetings and intergroup. No matter what happens today, I chose to stay honest, open minded and willing to follow my program. I will not quit before the miracle happens! Peace and Serenity to you! Please send any submissions to [oadallasweb@gmail.com](mailto:oadallasweb@gmail.com)

Step of the month:	<b>8. Made a list of all persons we had harmed and became willing to make amends to them all.</b>
Prayer of the month:	My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You, and my fellows. Grant me strength as I go out from here, to do Your bidding. Amen
Principle of the month:	<b>Express Brotherly Love</b> Self-Discipline, Fellowship, Delegation and Reflection

**OA Dallas Meeting List as of July 13, 2018 For more information, please call 972-238-0333 and leave a message. Or email: [oadallasweb@gmail.com](mailto:oadallasweb@gmail.com)**

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, room 4 (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: 1-515-604-9742 Pin 152802#	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
<b>Mon</b>	<b>7:00 pm</b>	<b>Dallas, Downtown-Katy Bldg, 701 Commerce, 5<sup>th</sup> Floor, (Orange Door)</b>	<b>Spanish</b>
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 Center, 331 Melrose, Suite 120 (entry #2-codes is 03333)	Big Book
Tue	Noon	Plano - Prairie Creek Baptist Church, 3201 W.15th St. Plano, Room 103	<b>Discussion.</b>
Tue	5:30 pm	Longview – Christus Good Shepherd Institute for Healthy Living, 3133 Good Shepherd Way. In classroom...look for signs	Lit—Voices of Recovery & For Today
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 <sup>th</sup> Street, Room 103	<b>Literature</b>
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 pm	Richardson – DMI Center, 331 Melrose, Suite 120 (entry code is 03333)	Big Book
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	Grapevine – First United Methodist Church, 21 Church St, brick bldg. across street from church, park on south side, enter through double glass doors, conference room C on right	
Thu	noon	Plano – Prairie Creek Baptist Church, 3201 W. 15 <sup>th</sup> St. Plano, Room 103	Writing
Thu	5:30 pm	Tyler – First Christian Church, 4202 S. Broadway, Christian Life Center, Room 4	
Thu	6:00 pm	Denton-First Christian Church, 1203 Fulton Street, back of church	Varied topics
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 <sup>rd</sup> 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 <sup>th</sup> Street, Room 103	Literature – Big Book
Sat	7:00 am	Plano – ODAAT 2109 W. Parker Road, Suite 728, Plano	Men's Meeting
Sat	8:00 am	Frisco – First United Methodist Church, 7659 Preston Road, Room #1 Ministries Building (brick building on the south side)	FIRST SATURDAY ONLY Step 11-Meditation
Sat	9:00 am	Plano – Hope Community Church, 3405 Custer Road, #200, Plano. In the Senior Room. Effective 11/4/17	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–United Methodist Church, 405 W Main St., Discovery Classroom	Rotating topic/Step Study
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