

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 and our local website: www.oadallas.org for lots of information to help you recover.

Upcoming Events

- **Dallas Metroplex intergroup monthly meeting** September 16, 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. September's focus for me is to live the program with Love. By doing the next right thing and having the self discipline helps me recover. I need to live a life that is not self destructive, to have the discipline to keep doing the next right thing for my life and those around me. Today my life is full of living amends and spiritual experiences. Thy will not mine be done. Please send any submissions to oadallasweb@gmail.com

Step of the month:	9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
Prayer of the month:	Reminding ourselves that we have decided to go to any lengths to find a spiritual experience, we ask that we be given the strength and direction to do the right thing, no matter what the personal consequences may be.
Principle of the month:	Have Discipline, Seek Justice Love of Others, Structure, Ability, Amendment, Self-Discipline and Good Judgment

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

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
Mon	7:00 pm	Dallas, Downtown-Katy Bldg, 701 Commerce, 5th Floor, (Orange Door)	Spanish
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	Discussion.
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 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 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 th 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 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	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