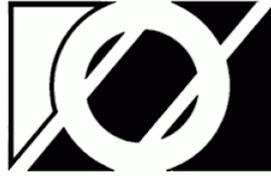


What is DMI?



Dallas Metroplex Intergroup

How does it help recovery?



OVEREATERS ANONYMOUS RESPONSIBILITY PLEDGE

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

What does DMI Do?

DMI is guided by the Twelve Traditions of Overeaters Anonymous and therefore directly responsible to those it serves. It provides caring support and timely information for individuals within Dallas and the surrounding communities in need of recovery from compulsive eating and compulsive food behaviors.

DMI...

- Organizes OA workshops and events to help keep OA members in Recovery
- Hosts the Convention and retreats
- Introduces OA to the broader community through health fairs and other professional organizations in the city
- Helps new OA groups get established and guides meetings when questions arise about the traditions
- Shares information from World Service Office and Region 3 with all meetings
- Maintains the local meetings lists
- Maintains the DMI website (oadallas.org) and the DMI phone line
- Funds representatives to attend the Region 3 Assembly and the World Service Business Conference to advocate for the interests and needs of DMI affiliated groups

Other Ways To Get Involved?

DMI Committees that might be of interest to you:

Convention Planning

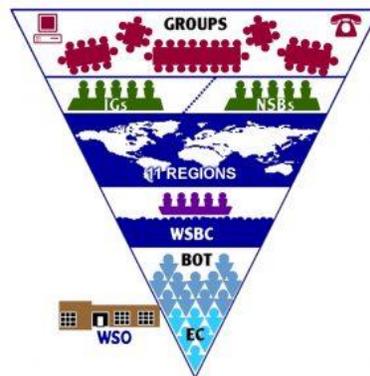
- Newsletter-share a story
- Public Information/Professional Outreach
- Twelve Steps Within
- Events /Workshop Planning
- Many More...

**Everyone has a role to play in OA,
Get involved wherever you can!**

What is an Intergroup?

Intergroups were created to link OA groups and provide services which are not practical for individual OA groups to provide. Intergroups provide a forum for the exchange of information and ideas designed to enhance the recovery of OA members and to carry the message to the compulsive overeater who still suffers.

The Dallas Metroplex Intergroup of Overeaters Anonymous (DMI) is a cooperative venture among various OA groups In Dallas and surrounding communities. Recognizing that each OA group is autonomous, DMI is not a governing body, but a service body, whose purpose is to support the OA groups and members that it serves.



OA's Service Structure adopted the "Inverted Pyramid". OA's leaders are but trusted servants and directions come from the members. From the top down, the group conscience at each level makes the decisions.

Who Makes Up DMI?

Everyone is welcome to attend Intergroup meetings and events. Each OA meeting elects their own Intergroup Representative and those Reps make up the Voting Members for our Intergroup.

The responsibility of an DMI Rep is to serve as a contact between DMI and their group. They will bring their groups needs to the monthly DMI meeting, in person or via telephone. DMI Reps will discuss and vote on issues and events

that will help serve the members groups. After each meeting, each DMI Rep is encouraged to give a brief report to their respective groups, so that all members can be informed and involved.

How Do I Become an DMI Rep?

Call or attend your next group conscience meeting and ask about becoming the DMI Representative for the group. Each group decides on its own qualifications and selection process for its DMI Rep.

Together We Get Better!



Why Should I Get Involved? How will it help my Recovery?

Step 12 tells us to “Carry the message to those who still suffer.” DMI is a powerful tool to help members work step 12.

Giving back what we have so generously been given is insurance for a life of sane and happy usefulness. This is what we are promised as a result of working the 12 Steps.

Intergroup service offers you the opportunity to:

- Make a difference in your own meeting
- Obtain support from others
- Support and ensure the continuance of OA meetings
- Exchange ideas and suggestion for recovery
- Voice concerns
- Strengthen OA as a whole
- Learn and practice the traditions and concepts of recovery
- Meet and get to know more people in OA

DMI meetings are held on the 3rd Sunday of each month at:

Dallas Metroplex Intergroup Office, 331 Melrose, Suite 120 Richardson, TX 75080

From 1pm – 2pm. Anyone in OA can attend these meetings. Phone 972-238-0333