

LETTERS OF HOPE

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A publication of the Dallas Metroplex Intergroup
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www.oadallas.org

Celebrating Our 50th Conference: A Tribute to Service WSBC 2011 April 25 – April 30, 2011

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The World Service Business Conference was held in Albuquerque, New Mexico from April 25 through April 30, 2011. It was a week full of workshops and business. I did not get to conference until Tuesday, April 26. I was able to attend the Workshop on Tuesday night entitled *Virtual Recovery in OA: Upholding & Honoring Our Traditions*. It was about the Virtual and Phone meetings and how these meetings uphold the Traditions and contribute their Seventh Tradition. Wednesday morning began with a forum sponsored by the Region Chairs called *Celebrating Recovery*. We were divided into 20 tables and we each had a question for our table to answer regarding recovery. The answers will be posted on the OA website in a few weeks.

- I was assigned to the Bylaws committee and the Reference Subcommittee. On Wednesday night we had our Region dinner and then I attended the Literature Q&A. Since I was on the Reference Subcommittee my next day began at 7:00 am. The Reference Subcommittee met over lunch on Thursday and after dinner.
- Thursday was the beginning of the Conference. We had 16 Trustees and 171 Delegates and 2 Alternates for a total of 187 voting representatives. This year the order of business was to vote on the business proposals before the literature proposals as some of the decisions made during the business proposals would affect the literature proposals. On Friday we began the morning with Trustee elections. Then we began with the rest of the business proposals and we got through two of the four literature proposals. Also an hour before lunch on Friday we divided into groups and worked on the Strategic Plan. Friday evening the Reference Subcommittee became the Emergency New Business Committee. On Saturday we finished the remaining two literature proposals and then began the bylaw proposals. We then had the Green Dot ceremony recognizing first time attendees and ended the Conference.
- On Saturday afternoon I attended the Board of Trustee meeting. We had most of Saturday afternoon off and then we had committee meetings late Saturday afternoon and then the banquet and dance on Saturday night. It was a fun week getting to meet people from all over the world. We had people from Switzerland, Austria, Israel, United Kingdom and Netherlands to name a few countries represented. I anxiously await next year's conference.

Phyllis

8th Annual McKinney Silent Retreat

October 14-16, 2011

Montserrat Jesuit Retreat House, Lake Dallas
FREEDOM FROM THE BONDAGE OF SELF

\$170.00 per person Double Occupancy, \$210.00 Single Occupancy

For more info, go to <www.oadallas.org> or call Nancy L., 214-734-6822.

The following are some of the major changes voted in at WSBC 2011:

Statement on Abstinence and Recovery

Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

Action Plan

An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. While the plan is ours, tailored to our own recovery process, most of us find it important to work with a sponsor, fellow OA member and/or appropriate professional to help us create it. This tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

For example, a newcomer’s action plan might focus on planning, shopping for and preparing food. Some members may need a regular fitness routine to improve strength and health, while others may need to set exercise limits in order to attain more balance. Some of us may need an action plan that includes time for meditation and relaxation or provides strategies for balancing work, personal interactions with family and friends, and our program. Others may need help to organize their homes; deal with their finances; and address medical, dental or mental health issues.

Along with working the Steps on a daily basis, an action plan may incorporate use of the other OA tools to bring structure, balance and manageability into our lives. As we use this tool, we find that we develop a feeling of serenity and continue to grow emotionally and spiritually while we make measurable progress one day at a time.

Literature

The Conference Seal of Approval was granted to the new pamphlet *A Common Solution: Diversity and Recovery*. The Conference Seal of Approval was also granted to the following revised pamphlets: *Recovery Checklist* and *The Tools of Recovery* (including the above definition of the 9th tool, Action Plan). A motion to remove all Alcoholics Anonymous literature except for the Big Book and AA 12 & 12 from the list of approved literature was defeated.

The Conference also voted to bestow the title of Founder on Rozanne S.



Game Night

Saturday, July 2

Meeting at 7:00, Games afterward

DMI Office, 331 Melrose, Suite 116, Richardson

No food, diet drinks o.k.

Bring your own game if you like.