

LETTERS OF HOPE

July 2011

A publication of the Dallas Metroplex Intergroup
331 Melrose Suite 116, Richardson, TX 75080 972-238-0333

www.oadallas.org

DMI Trusted Servants

Chair

Rocky 214-900-5877
rockysabato@hotmail.com

Vice Chair

JoAnn 972-439-4484
JoAnn@hotmail.com

Secretary

Kay 940-594-1650
seitzkay@yahoo.com

Treasurer

Marcia 817-360-4016
Marcia_clark@msn.com

Board Advisor—Vacant

Literature

Helen Marie 972-578-9768
Hyoung1219@aol.com

Newsletter Director

Dorothy B. 972-237-2703
d_buice@yahoo.com

Convention Chair

Delia 469-231-4965
delia@deliagonzaleslaw.com

Convention Co-Chair

Frances 972-841-0638
frances.poteet@gmail.com

Lead Delegate

Phyllis 214-803-6117
Pwingate08@verizon.net

Phone Hotline Director

Kimberly 940-453-3529

Website Director

Jennifer 972-408-6214
jenstrikesagain@yahoo.com

Workshop Director

Frances 972-841-0638
frances.poteet@gmail.com

Tri-County Liaison

Cassandra 972-836-3772
sfmills2004@yahoo.com

WHAT DOES OA MEAN TO ME?

I did not come to OA to find a better way of living, to find a Higher Power outside of myself or because I thought my life was out of control. I came to my first meeting 33 years ago because I could not get through the day without eating 2 entire boxes of Little Debbie cookies while driving my UPS truck. I chose OA because of the title. I knew these rooms must be full of closet overeaters like myself who would understand me. I didn't wanna live a secret lie any more and I needed to know there were people out there like me. I found those friends in the doors of OA.

Denise R., McKinney group

How OA has helped me today— Today I treated myself as valuable. I did not bow down to someone as a piece of dirt to be walked upon. Today I valued myself enough to answer this person and not apologize for something that was not my fault. Today I did not let someone else's hurtful words tear me to shreds and ruin my day. Today I did a much better job of not dwelling on the words. Today I let myself be imperfect without letting myself go. Today I did the best I could— however imperfectly— and for me that is progress.

Kelly H.

Here I am at my first meeting and the thought really occurred to me that I am a compulsive overeater. I guess I wouldn't be this weight if there wasn't something going on. There is a part of me that wants to deny it and say there is no way. I suppose it is a good time to embrace the honesty that OA demands. A little scary but with God I can handle it. I am here to support M____ and will get a bunch of my own healing. Ready or not, here I come.

Anonymous

8th Annual McKinney Silent Retreat

October 14-16, 2011

Montserrat Jesuit Retreat House, Lake Dallas

FREEDOM FROM THE BONDAGE OF SELF

After suffering 13 years of relapse, our speaker came back.

*\$170.00 per person Double Occupancy, \$210.00 Single Occupancy -
includes 2 nights lodging and meals*

Registration must be paid in full by September 26.

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

GOOD NEWS!

At the June Intergroup meeting, several new officers and committee chairs were elected: Our new DMI Chair is **Rocky**, Vice Chair is **JoAnn**, and the new Secretary is **Kay**. **Delia** is the new Convention Chair, and **Frances** will be the Co-Chair. Other new committee chairs are **Kimberly**, Phone Hotline Director; **Frances**, Workshop Director; and **Cassandra**, Tri-County Liaison. **Thanks to all who volunteered to serve.**

UPCOMING WORKSHOPS

GIFT OF FREEDOM WORKSHOP

Saturday, September 17, 2011
1:00-4:00 pm
DMI Office, Richardson

Sponsored by the Sunday 10:00 am DMI Group

SURVIVING THE HOLIDAYS

Saturday, October 29, 2011
1:00-4:00 pm
DMI Office, Richardson

Sponsored by the Saturday 9:00 am Plano Group



EVENTS AROUND THE REGION

Principles, Prayers, Promises: A Big Book Weekend
July 29 - July 30, 2011
Workshop in Tuscon, Arizona

We are the Message
October 7 - October 9, 2011
Region III convention Denver, CO

Lose the Mask, Find Yourself
October 28 - October 30, 2011
Convention Galveston, TX

For more information about these events, go to the Region III website

www.oaregion3.org

STRENGTH IN RECOVERY FALL RETREAT

Sponsored by Tri-County Intergroup

November 4-6, 2011
Glen Lake Camp, Glen Rose, Texas

Registration \$95

Includes 2 nights in a rustic air-conditioned dormitory with bunk beds and 4 meals

*For more information call
Billie at (817) 460-3083 or Margaret at (817) 277-8706*