

LETTERS OF HOPE

August 2011

A publication of the Dallas Metroplex Intergroup

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WHAT DOES OA MEAN TO ME?

Part 2

Why I am here? Hopeless. I am angry I have been here before. 20 years ago I lost 180 pounds and was totally free of compulsion... went to meetings, phone calls.... [Then] it all came back. It was scary how fast it came back on. The emotional hell I went through so I quit OA. I have done everything including lap band surgery—lost hope.

I know it worked before. It will work again. Food is running my life and sucking the life out of me! I am powerless and that makes me feel angry and relieved.

I WANT TO LIVE!

Anonymous

How OA has helped me is I am learning that it is o.k. to love myself. It is o.k. not to be invisible, it is o.k. to have a voice, it is o.k. not to punish myself with food. I deserve to be loved. I deserve to be happy and healthy and I gain hope and strength here and I found myself here.

And I'm not the monster I thought I was.

Stephanie C.

What OA has done for me—saved my life — literally. I no longer have to eat over my emotions. I no longer have to anesthetize myself with food. I no longer need to isolate from my family and friends. I no longer have to eat till my stomach hurts and still want more. I no longer feel alone.

OA has helped me to be restored to sanity, and as long as I continue to work this program to the best of my ability, I know I will continue to have a life that is happy, joyous and free. I am more thrilled with the emotional and spiritual recovery OA has given me than the physical.

G.A.

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.

UPCOMING WORKSHOPS

Gift of Freedom Workshop

Saturday, September 17, 2011

1:00-4:00 pm

DMI Office, Richardson

Sponsored by Sunday 10:00 am

SURVIVING THE HOLIDAYS

Saturday, October 29, 2011

1:00-4:00 pm

DMI Office, Richardson

Sponsored by Saturday 9:00 am Plano Group

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*

EVENTS AROUND THE REGION

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