

LETTERS OF HOPE

September 2011

A publication of the Dallas Metroplex Intergroup

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WHAT OA MEANS TO ME Part 3

What does OA mean to me? OA means the rebirth inside of me, a drastic change from the way I was, to what I am now. It means friendship & the true meaning of what a friend is. It's an opportunity to face challenges that present themselves to me and NOT have to do it alone. It means feelings are O.K., neither right nor wrong. I am not a failure unless I stop trying.

It means intimacy of shared information that never would I have believed I could open up about & been honest. One of the most important things for me is that OA has always been there for me. I meeting I can go to & be among strangers yet feel right at home with them. I love OA as I have learned to love myself. It has given me a new life.

Anonymous

How has OA helped me? Personally, I grew up in these rooms. I am loved like God loves, unconditionally. I am so much smaller in body than all my family & I am alive! OA told me I have a spiritual illness and I can only be healed by the Love of God & this fellowship. I have learned to make Peace with myself and start to love me no matter what. Since I suffered from self-hate for all those years. I have received peace and serenity when anger & resentment lived.

I know God really is in charge I do so much better when I let Him direct me. I am living the miracle of recovery by going to any length. I know I am loved & I have peace. Just for today! The promises of the AA Big Book are coming true in my life.

JoAnn W.

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.

**SAVE THE DATE!
DMI CONVENTION
FEBRUARY 26-28, 2012**

SURVIVING THE HOLIDAYS

**Saturday, October 29, 2011 - Sponsored by Plano Sunday a.m. group.
1:00-4:00 pm
DMI Office, Richardson**



**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*

NEW MEETING

BIG BOOK STUDY

**Fridays 10:00—Noon
First Methodist Church
300 N. Galloway, Mesquite**

For info call Suzi 469-726-0070

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