

Letters of HOPE

A publication of the Dallas Metroplex Intergroup * April 2008
331 Melrose, Suite 116 * Richardson, Texas 75080 * 972-238-0333
www.oadallas.org * THE NEWSLETTER IS NOW ONLINE !!!

"The opinions expressed herein are those of the individual OA member and do not necessarily represent those of the Director, DMI, or OA as a whole."

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"Learning Acceptance"

"Learning Acceptance" for



anyone or anything has been the best relief for me because when I first walked into these

rooms I was so narrow-minded, trapped in self, critical of and judgmental of others. So confused about life and unable to make any sound decisions for myself. I was a complete mess. How pathetic can one be?

After being in the program of Overeaters Anonymous for almost a year, I have been able to turn my life around and move into a positive direction. This program has opened my eyes to a new world full of life...a life I didn't even know existed. I knew there had to be a better way. I have learned this by working the program to the best of my ability with the guidance

of my Higher Power and my sponsor leading me along each and every step.

Letting go and letting God in my life allows me to be a compassionate and accepting person. Learning the three A's in the program—awareness, acceptance and action has been a real lifesaver. This is the base of my program and I apply it to all areas of my life. Accepting people as they are gives me great joy.

The program of Overeaters Anonymous gives me such freedom—a new way of thinking and acting...a new approach to life. Accepting the truth gives me the freedom to learn and the courage to change the things I can, one day at a time.

I truly love the program of Overeaters Anonymous and the many miracles it has brought to my life. I am eternally grateful.

Karla K.

"OA Preamble"

Overeaters Anonymous (OA) is a fellowship of individuals who through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

Delegate Report for Region III Assembly and Convention

Austin, April 04-06, 2008

The Region III Assembly and Convention was held in Austin on April 04-06, 2008. I represented the DMI – net DMI expense – \$216.93. I applied for Region III delegate funding and support and \$150 maximum funding support was received. On Friday I attended and participated in a workshop on “The Balanced Use of Tradition Four”. I am a new delegate, aka a Green Dot. On Friday evening the Vice Chair met with the Green Dots, welcomed us and briefed us on our duties. We asked questions and got answers, we got a general idea of what to expect during the Assembly weekend. At the Assembly on Saturday we were matched up with mentors for the upcoming WSBC in May. This is a **Summary of the Assembly Activities:** Wanda S. was re-affirmed the Region III Trustee candidate and will be considered for that position at the WSBC in May 2008. Officers on the **OA Region III Steering Committee:** Chair, Francene A., Vice Chair, Andrea M., Recording Secretary, Nola W., Communications Secretary, Mary H., Treasurer, Juda S., Trustee, Wanda S. They moved forward with a goal to conduct service and traditions workshops for each Intergroup. In

the past the Trustee was called. Last year at WSBC there was a discussion on...*How to provide the workshops but not involve the trustee*, now the entire board is trained, and all are available for the service and traditions workshop. They have funds to help, but ask that the Intergroup help as much as possible so the money can be used for the small Intergroups who have never had a service and traditions workshop. There were no significant changes in Region III Bylaws. There was a Policy Manual change regarding Professional Exhibit Fund. There was a Motion to move the duties of Webmaster to the Region III communications secretary, if she is willing. She accepted. The motion passed. Elections will be held at the next Region III Assembly in Tucson, Arizona on Sept. 19-21, 2008. **Region III Committees:** Public Information / Professional Outreach, which I am a member of, will be helping by sending a volunteer, Andrea, to the National Black Nurses Association meeting in Las Vegas Aug. 04 - 08, 2008 as World Service asked. Their goal for over a year has been to have two-way communication with the Intergroups and the Regions, talking about using the web utility

to facilitate public information. **Twelfth Step Within** short range is to: Promote Region III Relapse and Recovery workshops on the Website. To develop a list of 12 step within committee chairs within the Intergroups. To check with WSO to determine if their Relapse Recovery Workshop is the same format as ours. Create a process to update Region III speakers list. Long Range is to: Communicate via 12 step within committee chairs at the intergroup level. **Ways and Means / Finance** object is to keep track of the finances and make money. God bells were previously sold as a fundraiser - all have been sold. The money made will go toward prepaying for another order. **By-Laws** will continue to review and to revise the Region III Bylaws and Policy Manual as needed. **Communications** maintains the RIII Website. They are focusing on getting a different web server. The subcommittee will research an email provider. Put the newsletter online in html code as well as PDF to facilitate compliance with ADA. I was impressed by the order of the assembly and how the *Twelve Concepts* were upheld. Thanks DMI for the opportunity to be of service as your RIII representative.

Dolores



Twelve Steppin' to Austin

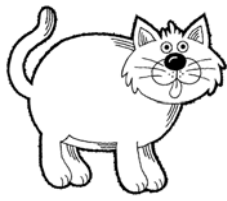


I attended the Region III Assembly and Convention in Austin, Texas. There was a lot of experience, strength and hope that was shared. The fellowship with the other OA members from all over Region III was unbelievable. It was a very powerful weekend for me. I shall treasure this experience the rest of my life. The weekend started on Thursday when I was able to fly to Austin with my sponsor. On Friday we were joined by another OA member from the DMI. After finishing our late lunch, we went to register. Even though we were

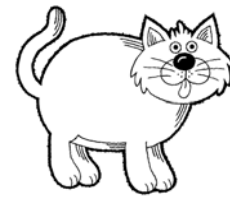
early they welcomed us with open arms. Afterwards we went to the hospitality room to see if we could be of service. We helped them set up the hospitality room and I had the pleasure of meeting some of the Austin Intergroup members. We were the first visitors to the clothing exchange and we struck gold. We picked up a lot of nice clothes for \$1 an article. They had a room devoted to “OA meetings” which were going on every hour except during the open sessions. I attended a few of these on Friday afternoon and one after the open session. On Saturday,

they had a room devoted to the Steps and one with specific topics. I attended a workshop every hour from 9:00 am to 5:30 pm. At the banquet I had the pleasure of meeting and having dinner with OA members from San Antonio and Denver. I was glad to see Members there from meetings in the DMI. On Sunday I attended workshops and the closing. I had a great time and a weekend full of recovery. If you ever have the opportunity to go to an OA convention or to be of service on a convention committee I would highly recommend it. I had a blast.

Phyllis



“Fat Cat”



I believe our animals are seasoned teachers who come to us for our better understanding of ourselves and others. I have a mamma cat that I rescued last summer when she was abandoned by her owners as she was about to give birth to kittens. Even as a very pregnant kitty, she weighed no more than six pounds. She had five kittens, which we eventually placed in loving homes. I have not found a new home for the mamma cat yet. She has not been one to fit in with my indoor cats, so she has become the “outdoor” cat with some great privileges such as a deck of her own, covered shelter, toys, water and lots of food. It was not until a few weeks ago that I weighed this sweet

lady and found out that she now weighs a whopping 14 pounds! This made me take a hard look at my own participation in this dear animal’s risk to her health and welfare. Yes, she seems to have a desperate desire for food as if she is afraid she will lose her source of supply. I looked at what I could do to remedy this situation. I discovered that when I spent more time playing, petting and talking to her, she did not seem to mind that I was cutting her amounts of food to facilitate some weight loss. Isn’t this a truth that I’ve found in my own recovery? When I am kinder, gentler and more gracious to myself, I do not hunger for the food in the same way I do when I am constantly

berating or shaming myself. The other part of my insight into this situation is that my guilt was a huge part of my feeding her much more than she needed. I saw her as a neglected step-child and I tried to cover my guilt by feeding her. How often have I done that to myself, my children, and my family? This program has taught me that I can’t change anything until I acknowledge it. I’m in the process of changing how I relate to this beautiful animal along with my own perception of how I treat myself and those in my life. The wondrous part of this program is that it changes every part of our lives if we are awake and aware as encouraged by the Steps and fellowship.

—B.R.

The Pilot, April, 2008
Mid-Continent Intergroup

“A BLAST FROM THE PAST”

From the January, 1995 edition

“Journey on the Road of Happy Destiny”

On December 29, 1994, I celebrated 10 years in O.A. These years are at the top of the very best years of my life! I wish I could say that I had 10 years of continuous abstinence, but I can honestly say that with the help of H.P. and my sponsors, I have been abstinent a majority of the time. That is a miracle. I lost over 60 lbs. my first year in Overeaters Anonymous, that year was truly a “pink cloud” experience. Afterwards “real life” set in. I discovered a number of character defects through my 4th step inventory that I needed to face. Over the next 8 years (including a move to Texas), I slowly regained half of my weight and then had small gains and losses. This was a miracle also, as I didn’t gain back all my weight plus more, as had been my weight loss rollercoaster history. During these

years I grew more emotionally and more slowly spiritually. This past year I feel I have made more spiritual progress. As a result, I am again experiencing physical recovery as well as a lot of serenity. The more I surrender the more physical, emotional and spiritual recovery I gain. I could never have achieved this without the help of wonderful Overeaters Anonymous sponsors over the past 10 years. My progress has depended on how much I have used my O.A. sponsors and been willing to change. Often, I have been a slow learner and it has been one or two steps forward, and then one-step backwards. O.A. is where I belong. I have never doubted that. My first meeting, I didn’t understand all that I heard and was anxious about the “God stuff”, but I knew I was home and people at that O.A. meeting had what I wanted. I had reached bottom. Since my first meeting, I have had

other bottoms but I have not had to fall quite so far as at the beginning. I have choices and don’t have to stay on my “pity pot” or be depressed as long. An O.A. speaker once said, “Don’t leave before the miracle happens!” I cling to that thought and plan on being a member of O.A. for the rest of my life. I have experienced many of the Big Book Promises and look forward to experiencing more of them. The Promises are related to my willingness to change, and my willingness to surrender my defects to H.P. Thanks to working the 12 steps, I have much more loving relationships with my family, especially after working steps 8 and 9. It never ceases to amaze me that when I change, people change positively towards me. I am not perfect. I have a long way to go and grow. Thanks to O.A. I look forward to the future and my own individual **“Journey on the Road of Happy Destiny”**.

OA Kinder Reminders

Overeaters
Anonymous



Location: Ohr HaTorah
6324 Churchill Way
Dallas, Texas 75230
Contact: Kathi at
Kathi-OA@tx.rr.com

LOCATION INFORMATION:

Ohr HaTorah

6324 Churchill Way
Dallas, Texas 75230

Ohr HaTorah is located just south of 635 between Preston Road and Hillcrest Road. This is west of I-75. From 635, take either the Preston or the Hillcrest Road exit. Go south (about 2 blocks for Hillcrest and 4 or 5 blocks for Preston).

...If you have taken **Preston Road**, turn east (left) on Churchill Way. The Ohr HaTorah will be on the south side of the street (right-hand turn). The street right before it is Hughes Lane.

...If you have taken **Hillcrest Road**, turn west (right) on Churchill Way. The Ohr HaTorah will be on the south side of the street (left-hand turn). The street just before it is Gramercy Lane.

Follow the signs in the Shul to the second floor.

**Sunday, May 4, 2008:
1:00–4:30 pm**

WOMEN'S BODY IMAGE WORKSHOP

REGISTRATION INFORMATION:

All females who have a desire to stop eating compulsively are invited to register for the Body Image Workshop. This workshop is *limited to 50 women*.

Registration is based on a first-come, first-serve basis. Registration begins as soon as this flyer is distributed. To reserve your spot, please email Kathi-OA@tx.rr.com.

SUGGESTED DONATION:

Postmark by April 4: **\$7.50**

Postmark April 5-April 20: **\$10**

Register after April 20/at the Door: **\$15**

All proceeds will be donated to the DMI (after workshop rental & cost of materials are covered). Make checks to DMI.

NOTE:

- For counts over 50, a waiting list will be established.
- Walk-ins the afternoon of the workshop will be welcomed if participant count allows for such
- Registration for walk-ins is **\$15.00**. Walk-ins are not assured receipt of a workshop packet.

DMI Phone Hotline

- **Wed Plano Prairie Creek Baptist Church**, manned the Hot Line during March. **Thanks, Super Job!** To volunteer, contact Kathi: 972-977-1350 E-MAIL: kathi-oa@tx.rr.com

Special Events

- **SAVE THE DATE! 2009 DMI Convention February 27 – March 1.** A Celebration of Recovery Through Unity. Many thanks to everyone who attended and participated in the 2008 DMI Convention! Questions? Comments? Would you like to be of service? Please call Julie Anne Y. at 214-448-8801, or Michelle S. at 469-831-9961.
- **5th Annual McKinney Care and Share Silent Retreat Nov, 2008** More information to be announced.

The Dallas Metroplex Intergroup

- **Meets on the third Sunday of the month.** Time: 6:00 PM at the DMI office, 331 Melrose, Suite 116 in Richardson. Location is on the W. side of Central Exp (between Arapaho & Campbell) Suite 116 is in the center of the bldg. Enter through entrance 2.
- **Current Open Service Positions:** Secretary, Twelfth Step Within Cte. Chair, Speaker's Bureau Director, Outreach Director
- **Meetings**
- **Showing Our Support.....**The Thursday Frisco 12:00 PM Writing Meeting located at Stonebriar Community Church 4801 Legendary Drive, Portable E-2 needs everyone's support in order for it to continue. Contact: Dolores Email: acdc1322@aol.com