

Letters of **HOPE**

A publication of the Dallas Metroplex Intergroup * August 2008
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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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"My walk with OA"



"Today, I live as nature intended me to live: I eat the food I need, with all the pleasure, enjoyment and freedom God wants me to have." - For Today, Page 199

Today's reading made me think of something that I either read or someone said to me early on in *my walk with OA*... "Eat to live, don't live to eat". This was a totally new concept for me considering I ate whatever I wanted, whenever I wanted...whether I was hungry, tired, in pain, celebrating a "special" occasion or simply, just because I could? Or maybe I just had a craving? Any excuse I could come up with, really. I became *powerless* over food. Food controlled me; it was my obsession.

Praise God I hit my bottom and was able to recognize things were not right with me. I hated myself and what I had become...a very sick person ("trapped in self") emotionally, physically and spiritually. I knew I had to do something different with myself. God then

led me to the rooms of OA and for this I am forever grateful.

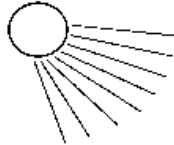
The program has taught me first, I had to admit my powerlessness over food. Secondly, that a Power greater than me could restore me to sanity and third, I had to make the decision to turn it all over to God. What a simple concept I thought? It can be when I accept "*what is*". Turning it over to God's care is a relief, but a struggle for me at times, because I want to control everything and forget I am human.

Together with God, the program of OA and the promises I am more aware and present than I have ever been. Today, I see things more clearly and am capable of change! I am also willing to make changes everyday because I want to continue on with the freedom from the bondage of food and most importantly my life of serenity. Knowing that God is there every step of the way gives me hope to continue on in my newfound journey.

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.



“The Sunlight and the Spirit”

I have come to realize I am completely powerless over people, places, and things in my life. No matter how much I struggle to control things in my life and failed I would always turn to food. It seemed to be the only thing in my life that I could control. It would take away the pain temporarily and then add another problem. I have had to change and it has been hard at times of extreme stress trying to fight my old ways and habits, but once I get thru the difficult times I am ever so thankful I did not indulge and fall back into my old habits. Abstinence feels great!!

One thing I have learned about Overeaters Anonymous is that I cannot do this on my own. I could never have made it this far without my sponsor helping me, guiding me, listening to me and truly caring about me and my well being. She always seems to have a solution. I am a talker and want to talk about problems until I am blue in the face.

Over analyze them but I know now it is about taking the action, finding a solution, getting the job done. Simple changes in my life so far have already made my life much easier. I sometimes think to myself what have I been doing for the last 6^{1/2} years since I have had children. “I think, my gosh if I could have only implemented these simple positive changes years ago. My life would have been so much easier.” No need to look back. Look ahead and follow ***“The Sunlight and the Spirit”*** as my sponsor always says.

Reading out of For Today and being a current active thankful recovering compulsive overeater I look in the mirror in the morning and think so much more of myself. I have to love myself, which is something I have never done. I now realize that I must love myself and take care of myself, because that makes me a better mother, wife, daughter, granddaughter, daughter-n-law. I feel

happier now and have more positive self-esteem. I have a plan today. I know what I am going to eat and I am not going to obsess and think about food all day. I am going to follow my meal plan and not think about it again.

My sponsor suggested that I make a gratitude list e-mailing five different things I am grateful for and keeping a running list for myself to refer back to. I do this every night before I go to bed and it has helped me so very much. I am now ending everyday on a positive note. No longer ending the day with what I don't have or wish I had, but for the things I am grateful for. I know that life throws curve balls, takes you on twists and turns, ups and downs, sadness and happiness. I now feel more equipped to handle pitfalls and stumbles. Today I am abstinent and I am taking one day at a time putting one foot in front of the other. Thank you God it is another good day!!!!

AM

“A BLAST FROM THE PAST”

From the April, 1996 edition



From the Desk of Joy O., a grateful recovering Compulsive Overeater. I'm sitting down to write this little piece because I'd like to share an experience I had recently in hopes that it may give hope and encouragement to someone like me who may need it right now.

I have been in Overeaters Anonymous for 11 months. I look back to when I first got into the program and remember the way I felt before I got here, full of hopelessness and despair. Once I started OA, I had hope and feelings of belonging that I never had before. I knew I had found home. I started changing my way of dealing with things and changing my way of living. Without the food to prevent me from trying anything new, I found myself available to realize dreams and go after them.

I went to school and learned a little about computers, and thought “Oh, boy! Now I can go work in an office”. I tried a temporary service,

Where I found out my skills were very limited. I was sent only to jobs as a receptionist, which is great for those trained for it and those who enjoy that kind of work, but it wasn't for me. I found that I needed much more training. So I made the decision that it was word processing that I truly wanted to be in, and that I needed to study a lot more.

I am lucky to have a computer, so I got the software I needed and the manuals and commenced home study. It was very tedious and I found myself getting discouraged a lot because there was so much to learn. And I felt pressured to get it done and get to work. I thank GOD for my sponsor and the meetings I went to. I was able to get through the “home study isolation blues” and found myself ready to try that word processing test again.

All my life I have been prone to fear of change and had the tapes in my head to talk me out of the deed

that would make the change. And I could always eat my way back to a comfort zone and rationalize that everything was for the best if I stayed in my little shell. Now I didn't have that to stop me and I had to go through with it, and deal with it. Overeaters Anonymous stayed by me and I shared my fears and talked through them. And when the day came to take the test, I was there and GOD was with me. I did it!! I passed with flying colors and was put on word processing status.

This reminds me of a story I heard at a meeting. ***Life is like a trapeze.*** We're swinging comfortably on our own little swing and life sends another one ahead of us. We know we have to jump onto it if we want to get where we are going, so we pray to GOD to be with us. Then with a leap of faith and courage, we jump and land safely on that next swing. It's in the middle that we realize we're free and we can fly...” Thanks OA...

Joy O., Lifetime Member

“Why I Am Thankful for OA”

A List of Gratitude



- § For hope when I was feeling I was hopeless and felt I would never stop binging.
- § For teaching me a better way to see life -- learning to accept the things I cannot change.
- § For the 4th step inventory which got me to clear out of my heart toxic feelings.
- § For returning me to my husband and children instead of isolating myself and binging.
- § For not being the culprit in finishing off junk food in the house.
- § For faces that smile at me when I enter the room.
- § For people who truly understand the pain and shame of Compulsive Overeating.
- § For facing my problems instead of hiding behind food.
- § For meetings where people share Experience Strength and Hope.
- § For readings which inspire me.
- § For teaching me to hear the right thing when I need it.
- § For gratitude lists.
- § For losing 50 lbs.
- § For being able to wear favorite dresses I could no longer fit into.
- § For the serenity prayer.
- § For having a sponsor.
- § For realizing I was full of fear.
- § For being able to admit my shortcomings and not feel worthless because of them.
- § For being on alert for perfectionism.
- § For learning to say "no" to volunteer work instead of being afraid that people would be mad at me if I don't say "yes."
- § For self-respect.
- § For all of you.
- § It was a place I needed to be able to come out of hiding and learn to be honest with myself in a loving and accepting way rather than a demanding way.
- § Others who share my desire and willingness to face fears and foibles and to grow spiritually surround me. We can accompany one another on our journeys.
- § It provided me with a structure for my quiet time that has led me to find fulfillment in my relationship with God.
- § OA'ers listen without giving advice and continue to offer acceptance as you work through your issues.
- § OA has a "hands off" feel to me as far as food goes and personal decision making goes, and this causes me to have to step up to the plate myself and take risks and try new things and learn from my mistakes and successes.
- § OA encourages serenity. OA encourages respect of yourself and respect of others. It teaches that you have your own God and I'm not it and I have my own God and you're not it.
- § The 12 steps are phenomenal and their practice results in life transformation. I am very different today than I was the first day I walked in.
- § Nowhere else can I share openly about my feelings regarding food, weight change, and body image.
- § The program has brought a sponsor to me with whom I can share my history and daily challenges.
- § Studying the daily reading books is a simple way to reinforce OA principles and direct my thoughts to a more positive outlook.
- § Meetings help me build relationships with others and remind me that I am not alone.
- § Overeaters Anonymous has given me hope for change.
- § I find acceptance and encouragement from other OA members.
- § OA suggestions of prayer as a tool has brought me to a spiritual awakening.

Anonymous

Anonymous

Anonymous



“A Climate for Change”

Hear Lots of Great Out-of-state OA Speakers in Tucson September 19-21! "A Climate for Change" (no, not global warming) is the theme of the Overeaters Anonymous Region III Fall Assembly and Convention to be held September 19-21, 2008 in Tucson, Arizona at the Sheraton Tucson Hotel, 5151 E. Grant Rd. This will be a very special convention full of fellowship, workshops, hot topics and cool entertainment! It is a huge honor for us to be having the Region III

Assembly and Convention in Tucson, Arizona.

All convention attendees will have the opportunity to hear wonderful speakers that will share their experience, strength and hope. There will also be speakers from Utah, Nevada, Colorado, Texas, Oklahoma, and Arizona who will be speaking at the convention sessions. Take advantage of this unique opportunity to hear so many speakers from out of state at a single event!

Registration forms may be avail-

able at your local meetings and are available for download at SEAZ Website, www.oasouthernaz.org. NOTE: Early bird registration closes August 31!

There will also be many opportunities to practice the tool of "service." We need Volunteers! Come join us and volunteer! You can volunteer for one hour or four! Contact Karen S., (520) 298-1975 or email: karenoaaz@comcast.net. We are actively planning NOW! Experience **“A Climate for Change.”** See you there!

Andrea M. and Marilyn B., SEAZ IG

Expense Report

	Austin		Albuquerque		Tucson	
	Estimated Region III Apr. 04	Actual Region III Apr. 04	Estimated WSO May 5	Actual WSO May 5	Estimated Region III Sept.19	Actual Region III Sept.19
# Days	3	3	7	7	3	
Registration	80	80.00	95	95.00	75	
*Air Fare	128	127.50	216	216.00	392	
Room Cost	69	68.23	403	403.02	112	
Meal Days	90	56.33	210	229.13	90	
*Other	10	12.37	60	63.00	10	
Total Conference Expense	377	344.43	984	1006.15	679	
*Air Fare 7th Tradition		(127.50)		(216.00)		
*Region Three Support	(150)	(150.00)			(150)	
Net DMI Expense	227	66.93	984	790.15	529	0

Total DMI Expenses paid as of June 22, 2008 **857.08**

*Other	Parking	Shuttle and Parking
*Region Three Support	150	

Dolores
DMI Delegate

Special Events

§ **SAVE THE DATE!** O.A. Convention February 27 – March 01, 2009. A Celebration of recovery through Unity. Questions? Comments? Call Julie Anne Y. at 214-448-8801 or call Michelle S. at 469-831-9961. **Hope to see you all there!!!**

§ **The 5th Annual McKinney Care and Share Silent Retreat** *Soaring to New Heights* November 14 – 16, 2008. Registration flyer at www.oadallas.org. For more information call Sandra at 903-883-2397 or email: sandra92j@aol.com

Get Involved

§ **The Convention Committee Needs You.** The committee meets on the same Sunday as the DMI meeting (3rd Sunday of every month) at 4:30 pm. For more information call Julie Anne Y. at 214-448-8801 or email: jedismama@justasiam.us

Workshop

§ **The Essentials of the Program on Sunday August 31, 2008** from 1:30 – 4:30 pm at the DMI, 331 Melrose, Suite 116. Brought to you by the HPUMC Monday 7:30 pm meeting. Contact 214-934-5777 for more information.

Phone Hotline

§ **Farmers Branch Tue 7:30 pm Meeting** manned the Hot Line during July. Thanks for your service! To volunteer, call Jonathan at 214-952-9431 or email: dmsun10am@oadallas.org

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 West side of Central Expressway (between Arapaho & Campbell) Suite 116 is in the center of the bldg. Please enter through entrance 2.

§ **Current Open Service Positions:** 12th Step Within Cte. Chair, Speaker's Bureau Director, Outreach Director, Lifeline Director, Workshop Director, Literature Director.

§ **Dallas Metroplex Intergroup (DMI)** is a service body of Overeaters Anonymous. DMI carries the message of OA to the greater Dallas area by maintaining and distributing meeting lists, serving as community outreach, acting as liaison with other Overeaters Anonymous service bodies, and providing guidance to local groups when requested.

Meetings

§ **According to our third tradition,** we welcome anyone who thinks they may have a problem with compulsive eating and wants to stop. Everyone is welcome at an open meeting. However, a "closed meeting" is open only to those who think they may have a problem with compulsive eating and have a desire to stop. All meetings are open unless stated otherwise. → http://www.oadallas.org/meeting_list.htm