

Letters of HOPE

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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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"Recovery Is A Journey"



"Recovery is a journey, and the Twelve-Step program is the road we travel together in OA." – *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 130

Today, my life is overwhelmingly wonderful. Of course, there are days, which are more challenging than others for me. These are the days I am really aware of my recovery and how I process information. Dealing with people and situations and how I think and process the information is a blessing. My mind is clearer...I am not spinning and spiraling as I once did! I stop and think first about what the situation is and call my sponsor, if needed, and she guides me every step of the way. I can lean on her and I value her opinion and suggestions. She has taught me to go straight to my HP, ask for acceptance, seek the solution, and to feel my feelings, but not to drown in them, extend a hand, and get out of the "me state"! What a relief that is! I keep telling myself..."together we can"...this gives me so much strength.

Today, I know I have a choice. I

can choose to be happy or to be sad I can choose to serve others or stay stuck in "self". I also have the choice to be stubborn and "self-absorbed" or I can be a "team player". I also have a choice to remain abstinent or not...I have a choice of what goes into my mouth to nourish my body. Today, I am not consumed or "caught-up" in the emotions of everything or anyone. Today, I can feel my feelings and process each situation as it comes my way in a calmer manner.

Today, my journey is a spiritual one of choice. My journey is one of recovery. My road is OA with all the tools of the program guiding and helping me all the way. This road has been an incredible experience for me and is embedded in my heart and soul. I am so thankful and grateful to OA.

This journey of recovery is truly a blessing and an experience "beyond my wildest dreams". A program of healing and hope that gets me through the rough spots that I cross in this journey of life.

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.

“A BLAST FROM THE PAST”

*From the June, 1996 edition
“Dragging My Fourth Step”*

A couple of weeks ago spring sprung in earnest here in my neighborhood. It's the kind of weather that lures you outside on a drive – to – nowhere with the windows down and radio on. The air is tangy with “new green.” It oozes out of every blade of grass, every tree, every bush. It quite literally enchants you as it caresses your skin and coils deliciously down into your lungs. And you feel a bit light-headed, young, sensual, even elemental.

Finally, you force yourself back into the house and from somewhere, who knows where, comes this strange desire to CLEAN EVERYTHING! Even more odd, along with the desire to clean everything comes the energy to actually do it.

And so you begin. You clean not just until it looks clean (which is my usual modus operandi), but until it actually is clean. And what the heck you think while you're at it you might as well rearrange the furniture, hang some pictures and get rid of some of

this junk you don't really need.

Finally it's clean!! You're finished...with the first room. You gather your rags, buckets, vacuum, etc...and after a last satisfied glance turn and proceed with determination toward the living room, where you promptly collapse on the couch exhausted.

Days pass. You find you keep wandering back into that same clean room. Admiring it. Enjoying its atmosphere. Perhaps it wasn't before, but now it's your favorite room in the house. The rest of the house you continue to clean until it looks clean. That's where I'm at with my fourth step.

After working the first three steps every day for several weeks, as suggested by my sponsor, I next began my fourth step by writing every detail I could recall of two of my most troubling childhood memories with a professional counselor of my same faith and traditions. Next I read the questions that begin on page 34 of

The 12 Steps and 12 Traditions of OA until one struck me as highly applicable to me. I asked Him for the courage to see the truth about myself. Then I wrote on that question.

These two small beginnings of a fourth step had immediate impact on my life and on my behavior with food. Until I sat down and “cleaned a room” on paper, my runs of abstinence had never surpassed a handful of days. I don't believe it's a coincidence that the day I began to write on my fourth step was the same day I began my current 11 month run of abstinence.

The work I started that day on my fourth step allowed me to get clear-headed enough to begin to enjoy life again; feel it, taste it, smell it, live it. And it was as new and exhilarating to me as that spring day that came to my neighborhood recently.

But oh, the rooms that are left to clean!! God grant me the courage to stop dragging my fourth step and the spring fever to tackle more of the job.

Regina R. – Lewisville

“It Works If You Work It”



Hi, my name is J.F. and I am a compulsive overeater and today I am in recovery and so very thankful and grateful. I am on my third day of living the program. I go to a meeting a day, make three out-reach calls a day, do a food plan and I do not eat after dinner. Plus, my reading assignment is to read out of my Big Book.

Before Tuesday, I have always done a step here and a step there. I am learning half measures avail me nothing! I have been in the program eleven months and basically I have not given it my all. Since committing to my sponsor to work the steps daily, it is working. The biggest miracle is

that I have not eaten throughout the night the last two nights. Therefore, I can rejoice and live the program in strength throughout the day. I am practicing it so it becomes part of my routine. I will daily wake up and thank my Higher Power, do a gratitude list, eat healthy nutritious food and work my program so that daily I will remain in fit spiritual condition. I am eager to become a message of recovery! Today, I have peace of mind. Today, I am abstaining from compulsive overeating. What a blessing! For today, I am not afraid of the night. I thank God for all those in this room who have been a living message of recovery to me. I

have kept coming back because I get that *It works if you work it*.

I am hanging onto the good feeling. Working the tools is what I am using to hang on with. I will fall if I use my hands and my own strength. My Higher Power is my strength.

Yes, as I am living out the program, I am rooting out gloom producing defects and discovering a new capacity for pleasure, a new way of living.

I have been in this place before. I have had three, four maybe five days before in this OA bliss. My goal is to make it a life long journey – a commitment to take care of myself one day at a time.

J.F.

manned the Phone Hot Line during the month of November. Way to Go! Job well done! To volunteer, please call Jonathan at 214-952-9431 or email: dmisun10am@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.
- **DMI Elections will be held in January.** The following positions are open: Chair, Vice Chair, Convention Chair and Co-Chair, Newsletter Dir., Public Information Dir., Retreat, Tri County Liaison, Website Director, Workshop Dir.
- **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