

LETTERS OF HOPE

A publication of the Dallas Metroplex Intergroup
October 2009

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"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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Love Is

Love Is....calling a newcomer when it was "thelastthingIwanted to do" and wind up talking for over an hour.

Love Is....walking into a meeting and one of the "Big Kids" says, "Hi, thanks for calling me last week. Boy, did I need it!"

Love Is....coming to OA and finding new friends that WALK, TALK, & LISTEN.... Gee, that's something a dozen donuts could never do!!!!

Love Is....hearing, "Sure, I'd love to be your sponsor!"

Love Is....finding out the only way to work the steps is to walk them and that there is no right or wrong way, only ONE way....UP!!!

Love Is....dialing just ten simple digits and hearing that life is possible without extra food,

Love Is....feeling alone and desperate at an OA meeting, when a friend hands you a note that says, "*I love you!*"

Love Is....a patient OA friend who listens to all those incredible "petty" thoughts and things that I seem to continually boggle my mind with.

Love Is....wearing the same size jeans day after day after day after....

Love Is....handling an emotion, i.e., anger, jealousy, loneliness, hurt, fear....and suddenly realizing that last week you could have "NEVER DONE THAT!" but TODAY you did it, alone without the food, with the help of God....as you understand him, TODAY!

Love Is....the same yellow plastic measuring cup, every day for "two years now?" (Boy, I'd think I'd be better by now, well, like they say, if it works, don't change it!

Edited and reprinted from Letters of Hope, March 1984

ARTICLES WANTED

The editor encourages the submission of original material. Please send articles describing your experience with recovery in OA to d_buice@yahoo.com.

DMI CONVENTION

February 26-28, 2010

Radisson Dallas East
11350 LBJ Freeway@Jupiter Rd., Dallas,
Texas 75238

Theme: **The Texas Twelve Step**

Price: Full Registration on or before Feb 1,
2010:

\$75.00 (includes lunch and banquet)

Friday Only: \$15.00

Saturday Only \$45.00 (includes
lunch but not the banquet)

Sunday Only: \$15.00

Hotel Price: \$102.35 per night (includes tax)

Registration brochures will be available at
meetings or on the Website at
www.oaddallas.org.

For additional information please call:
Delia (469) 231-4965 or Phyllis (214) 803-
6117

or e-mail: delia@deliagonzaleslaw.com

Payment by Credit Card is available. Contact
Delia at delia@deliagonzaleslaw.com for more
information. Payment plans are available. First
payment of \$40.00 due at time of
registration. Remaining balance must be post
marked by February 1, 2010 or late
registration fees will apply. Payment plan is
not available for payment by Credit Card.

Growing Pains

We ask God to remove the obsession with food
over which are powerless, and then we consider
abstinence to be a gift from our Higher Power.
For some of us, abstinence may come with
relative ease once we completely surrender to
the fact that when we take the first compulsive
bite we are truly powerless over food. We come
to accept that in order to grow up, we have to
stop using excess food as a crutch. For others
of us, abstinence may hurt for a while as our
self-will and habits still struggle to retain
control. (Self-will can masquerade as hunger,
fatigue, fear, or any other rationale we use to
prove that we are not compulsive overeaters).

If we have to be uncomfortable for a period of
time in order to learn how to face life without
overeating, then so be it. The long-term

freedom is well worth some temporary pain.
Remember, none of us would choose to stay
with an overeaters program if the pain of
overeating were not far worse than whatever
initial discomfort abstinence involved.

When we let go of our obsession with food, we
begin to experience the peace and joy of being
free from that compulsion. Humility is the key.
As we become increasingly aware of our other
liabilities besides compulsive overeating, we
use the same Seventh Step key to open
ourselves to the Power that frees us from these
shortcomings, as well. But here, too, the
process of growth may involve some short-term
discomfort.

Our growing pains may be experienced as a
series of waves, like ocean waves which can
overwhelm us with their immensity and power.
By maintaining contact with our Higher Power,
we learn to ride most of the waves. Every so
often, one of the big ones might temporarily
submerge us, but we know that it, too, will pass.
The wave may knock us down, but through the
program we are developing an inner core of
peace that keeps us from being destroyed by
fear or confusion.

When we tried to anesthetize ourselves with
food to keep from feeling pain, our emotional
and spiritual growth was arrested. God does
not insulate us from hurt. Sometimes we have
to feel pain in order to get better. What our
Higher Power does is provide us with enough
strength, faith, and inner peace to be able to
roll with the punches and to learn the lessons
contained in the unpleasant experiences. Pain
is a teacher. It is a warning signal that we are
off the track.

Like a splinter which needs to be removed or a
tooth which needs to be pulled, our defects
need to go. If we put our Higher Power in
charge of recovery, we can recognize the pain
of growth and know that it will not destroy us.
In fact, growing pains are part of getting better.

Reprinted from Letters of Hope, July 1984

DMI INTERGROUP

Meets on the third Sunday of the month at
6:00 p.m. at the DMI office, 331 Melrose,
Suite 116 in Richardson. This is located West
of Central Exp. between Arapaho and
Campbell. Suite 116 is in the center of the
building. Enter through the entrance 2 (ring
bell). Open positions include Vice Chair, Board
Advisor, Workshop, Outreach, Speakers
Bureau, and 12th Step Within.

Service helps keep you abstinent.