

LETTERS OF HOPE

A publication of the Dallas Metroplex Intergroup

September 2009

331 Melrose Suite 116 * Richardson, Texas 75080 * 972-238-0333

www.oaddallas.org

"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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UPCOMING EVENTS

FREE AT LAST!

6TH Annual McKinney Care

& Share Silent Retreat

October 23-25, 2009

Location: *Montserrat Jesuit
Retreat House*

Lake Dallas, Texas

For information call Brian V.
at 972-658-5413

Or email

bcvoight@tx.rr.com.

Cost: \$210.00 per person
– Includes 2 nights lodging
and 6 meals

\$310.00 per person –
Includes 3 nights lodging
and meals starting on
Thursday, October 22.

Registration must be paid in
full by October 1
Registration is NOT
refundable but IS
transferable.

For installment options,
please contact Cathy at
972-548-8092
or email
cwoodyard@sbcglobal.net.

Tri-County Intergroup Fall Workshop

OA: It Works If You Work It
Date: Saturday, October 3rd

Registration: 9:00 a.m.

Workshop: 9:30 a.m. to
4:00 p.m.

Location: South Hills
Church, 3200 Bilglade Rd.,
Fort Worth, TX 76133

Suggested Donation: \$5.00

Speaker: Gerri H., Florida

Bring your lunch; Gerri will
take us through an
enlightening eating
exercise.

Bring your unneeded
clothing for a clothing swap!
All proceeds from the
Workshop will go to the Tri-
County Delegate Fund.

Questions? Contact Rachel
at
817-272-7509 or 817-595-
3044

r Robbins@uta.edu

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.

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.

PERSEVERANCE

One of the most important principles of the
program is perseverance. It is considered the
principle behind Step 10, but it is essential for
practicing Steps 11 and 12 also.

God showed me the power of perseverance
three years ago. I had had hip surgery which
resulted in damage to a main nerve in my leg.
The result of this was that I could barely walk;
and sometimes the muscles in my thigh would
give out, resulting in a fall. When lying down I
could not lift my leg off the bed, not even an
inch. The physical therapists said to contract
the muscles in my thigh many times a day, as
well as to do other exercises to strengthen
other muscles. Several times every day I
would contract those muscles as hard as I
could. Nothing happened. It wouldn't budge.
I began to think it would never get any better,
but the therapists just said to keep doing it.

Day after day and week after week I
contracted my thigh, and nothing happened.
Then one day, maybe three months after the
surgery, it happened. The leg lifted straight up
in the air! I could hardly believe it happened.
It worked! I didn't give up, and the miracle
happened. And, three years later, I still do leg
exercises nearly every morning, because I
don't want to lose the ground I've gained

Dorothy

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, Phone Hotline, and 12th Step Within.
Service helps you more than it does the
program.