

Letters of HOPE

A publication of the Dallas Metroplex Intergroup * November 2007
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."

DMI Trusted Servants

Chair

Delia 469-231-4965

delia@deliagonzaleslaw.com

Vice Chair

Maureen 214-826-5335

kchcsn@sbcglobal.net

Secretary

Treasurer

Tonna 469-222-8818

tonnabelle@aol.com

Board Advisor

Neva 214-520-9424

Literature

Adrienne 972-245-7731

amarks2808@cs.com

Lifeline Director

Michelle S. 469-831-9961

Newsletter Director

Dolores 972-822-1764

Acdc1322@aol.com

Convention Chair

Julie Anne 214-448-8801

Jedismama@justasiam.us

Public Information Director

Donna S. 972-423-4447

Sherdmony@msn.com

Web Site Director

Amy R. 214-929-6853

Amyrhodes33@gmail.com

Phone Hotline Info Coordinator

Kathi 972-977-1350

mkmccchristian@tx.rr.com

Delegates

Richard 972-883-2298

Richard@fsaservices.com

Alt Delegate

Maureen 214-826-5335

kchcsn@sbcglobal.net

"Fear"

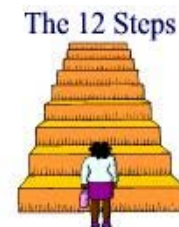
Facing my **fears** has always been difficult for me. I would rather ignore my fears by sweeping them up under the rug and quickly moving on down the road and not looking back. In the past, feeling my feelings hurt too much and I was scared, so I thought I could ignore them once again and take the easy way out.

Taking my first fourth step, the dreadful fearless *moral inventory*, has forced me for the first time to take a hard, honest look at myself. I have gotten a lot of guidance from my Higher Power, my sponsor, the Big Book and Twelve and Twelve of Overeater's Anonymous and you know it hasn't been too painful, just time consuming. I just made a commitment to myself and my sponsor to get it done. She has made me a more accountable responsible person by guiding me through the program and the twelve steps, and for this I am very grateful. For I have needed an internal house cleaning for a long time. My biggest challenges in beginning my fourth step inventory was making the time in my schedule and sitting still long enough to get started. Working the fourth step

has freed me from so much pain and hurt...it's great!

Today the reading in *For Today* could not have said it better, the more honest I am, the more freely I breathe. *This* is what I feared? I want to shout to the world: "Don't be afraid!"

Today, I'm not afraid and know when I turn it all over to my Higher Power and work the Program, it's going to be ok! I am so grateful for my Higher Power, the many miracles of Overeater's Anonymous and the twelve steps that have been brought into my life. This is why I *keep coming back*, for the incredible experiences in these rooms, a place where I feel safe and serene.

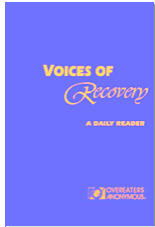


Karla K.

"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.

“Voices of Recovery”



Before program, I certainly did not want others to see what I ate. I ate both before and after meals in order to appear normal to others who ate around me. I stuffed and ate quickly, never tasting, needing so badly to feel full-full so I could feel content for a moment full so I could feel a full stomach - and I thought a full heart. I thought I was loving myself the best I could. I have always felt invisible. I have always pretended because no one noticed the real me, or would like the real me if they knew that part of me. So I always hid and felt invisible. I isolated not wanting to be with others. I could be at a big family gathering and still feel invisible; and I was glad when it was all over so I could run to my bathroom and eat and

be content for a while. I could calm the demon – the horrible desire for more-more food more love. Today I do desire change. Today I don't have to be alone with my disease. Today we can be crazy together and recover together. Today God can blanket me each day with His Love and hold my hand if fear creeps in. Today in this program I learn to love myself deeply without having to feel a full stomach. Today I notice things I never stopped to feel before – the warmth of the sunlight, the sound of water, the feeling of the wind against my face. Today I can look in your eyes and see you for the first time and I can listen. Before I never stopped to feel or hear or see – my mind and my disease raced through life and I had to keep going faster and faster just in order to keep up. For Today I can stop and I go within and I can listen to God's message of love. For Today love has

nothing to do with food and has everything to do with willingness, openness, and listening. I am learning to be honest. Today I am learning to accept what is. Today I embrace change slowly, letting it touch me gently as a part of life. Today I'm learning to give, instead of needing so much from others! Today I AM!! Today on a good day I Can BE STILL and know that you and I are individual units of God. Today I seek this moment. Today I slow my mind to drift and flow with others...and we will surely find...*the voices of recovery*...the meaning of this day. As we drift and flow together we begin to learn how to pray. For all the love that is out there and all His love that is within calls me now to silence and to deeply go within. I seek a higher wisdom where others join with me as we walk a Twelve Step Program, and learn to simply be!

Pat C.

“For Today”



"When we talk about using the telephone as a tool, we observe that **isolation** is common among us." Lately I do not want others to notice what I eat, especially myself. It's *As if*...I look away and the disease goes away as well. I know that "as if" isn't the "as if" the OA program talks about. The programs reference, says to act "as if" which means that I act "as if" from the experience, strength, and hope that I want to have. Perhaps I do not want God to notice what I eat. I have a disease of compulsive overeating and diseases require medical treatment. I don't beat myself up because I am depressive. I take my meds look in

my light, and do what I need to do to relieve it. But the way I eat is a big part of my depression. By ignoring it I realize I self-abuse myself and hide in shame. That is how I know I'm **isolating**. For Today alone, and not for yesterday or tomorrow I will act "as if" my Higher Power loves me no matter what, yet He will still be willing me to do certain things. I will pray for the willingness to listen and stay still in my Higher Power's love. For today, I will know peace because of God's love for me His will for me. Today, I will let myself feel without self-medicating with food and tell myself that I am worthy of God's love and I will also love myself. Actually, it is not a matter of worth, but of my Higher Power's grace. God's grace is infinite and I want to nestle inside it. How far will

I be able to go? Beyond My Wildest Dreams. "The quality of my life has no limit." (For Today, 276) With God anything is possible. I can't take care of myself very well so I will let God do the rest and show me the next step. God gave me my senses to listen to His will for me. For today, I will be still and comforted by my senses and their perception of God's will for me. For today, I will be abstinent and I will go to any lengths to do so! I will do all the things it will take, even if it makes me feel uncomfortable. I constantly need to remind myself that the feelings pass. I pray that when I feel trapped in a feeling I will remind myself it's only in the confines of my mind. It is only my immediate reaction I need to be concerned with. Today, I will remember "I'm only living *For Today!*"

Rose

Here are some of the Steps I took to get to Step One



- I made a careful list of everything I ate for a week - and I mean everything that went into my mouth.
- I did some research on the Internet as to what nutritional daily guidelines were for someone of my age and gender.
- I saw that the two were nowhere near correlation! (massive understatement!)
- I made a list of everything I had done over the previous 40 years to try and control my weight and noted any successes or failures. (guess which list was the longer?)
- I wrote down all my thoughts around food and eating as honestly as I could in my journal. Reading back there was lot of anger there.
- I went onto the OA Website and looked at the 15 questions, which asked if I was a compulsive overeater.
- Having answered, "yes" to ALL 15 - I allowed myself to feel some relief that I had found the reason for all the nonsense around food.
- I **JOINED** (important word for me) OA. I didn't just come to OA or go to OA – I joined and became a part of.
- I read the Big Book... someone told me the answers were there.
- I got myself a sponsor online who very gently but firmly guided me through a lot of work leading up to steps one, two and three.
- I understood any resistance of annoyance with this work as part of my illness. I knew by then that if I was diagnosed say with diabetes, I wouldn't question feeling rubbish with low blood sugars - I would simply accept it as part of my disease. Same with coe.
- I was happy to accept the toolbox given to me of the eight tools to help me on the road to recovery.
- I joined the Recovery Group on line and participated in the Newcomers programme.
- I went to meetings, both online and f2f to listen to others who were working the programme and to learn from them. I listened for the similarities not the differences. I could relate to so much.
- I reviewed my relationship with God (my HP) and quickly came to realize that I had handed him control of everything in my life already, except food and eating.

I may have missed out a couple of things but for me it was simple. I had had enough of living life as an active coe. I had simply had enough of the misery that went with that - the self-hatred, the self-loathing, the disgust with myself and the isolating. I knew in my heart of hearts that something was wrong with me and inside of me. I guess in a nutshell for me step one was just accepting that I

couldn't do anything about my weigh or miserable life on my own. I had enough evidence in front of me to prove to me that whatever the disease of coe was all about - it was far bigger than anything I could handle alone. I knew I had to surrender any notion of controlling it myself. And the moment that happened I began to recover from that day forward—and boy is it wonderful!

Love in the Fellowship of Overeaters Anonymous,

Kathy

“The Step to Freedom”



Taking a Fourth Step inventory is a very hard and difficult step to take, but once you begin to write down your personal inventory, thoughts and feelings begin to pour out of you. This is a step for you to clean your side of the street and to get your resentments, fears, flaws and harms done to others down on paper so that you can begin to feel better about yourself. You do not have

to beat yourself up on this step. With this step you get to see where you have been selfish, dishonest, self seeking and frightened of the things in your life that have brought on the feelings of resentment, the feeling of fear, the character flaws and where you have harmed someone in your life. It is an eye-opener to me, as I did not realize how I had such a big part in the resentments that I have been holding onto. I am in the middle of Step Four now

and it is a soul-searching step. I am ready to get Step Four done so that I can move on to Step Five and be able to admit to God, to myself and another human being the exact nature of my wrongs. I am ready to be released of all of these resentments so that I will be able to lead a happy, joyous and free life. For me today, I will be working everyday on the Fourth Step. I plan to do a through house cleaning until I get it completed. For today I will stop procrastinating.

Phyllis

OA Kinder Reminders

DMI Hot Line

Monthly Ads & Gratitude

DMI Phone Hotline		
If your group would like to volunteer service, please contact Kathi : Cell: 972.977.1350 or email: MKMcChristian@tx.rr.com		
Year	Month	Group
2007	September	Farmers Branch Group
2007	October	Lewisville
2007	November	The Colony
2007	December	Frisco Writing Group
2008	January	
2008	February	
2008	March	
2008	April	
2008	May	
2008	June	
2008	July	



Monday night **Lewisville Esperanza** (7:30 PM) at the First United Methodist Church gets special recognition for doing the foot-work needed to man the Hot Line during the month of **October**. You are the best!

New Meetings

- **Stonebriar Community Church**, 4801 Legendary Drive Frisco, TX 75034. TIME: 12 PM to 1 PM. DATE: THU 10/25/07 TOPIC: Writing CONTACT: Dolores Ph. 972-822-1764 E-MAIL: acdc1322@aol.com

Special Events

- **I Put My Hand in Yours...** O.A. Convention Hosted by Dallas Metroplex Intergroup February 22-24, 2008. Please join us for a weekend of UNITY and RECOVERY Registration info: Michelle S. 469-831-9961

Open Service Positions for DMI

- **Positions:** Secretary, 12th Step Within Chair, Speaker's Bureau, Outreach Dir., Workshop Dir., Speaker Group (Winner's Circle) Chair

Get Involved

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

The Dallas Metroplex Intergroup

- **Meets the third Sunday of the month.** Time: 6:00 PM at the DMI office, 331 Melrose, Richardson, Suite 116. Suite 116 is in the center of the building so you may enter through entrance 2.

To Be Announced

- **Winner's Circle**
- **Monthly Workshop**