

# Letters of HOPE

A publication of the Dallas Metroplex Intergroup \* November 2008  
331 Melrose, Suite 116 \* Richardson, Texas 75080 \* 972-238-0333  
[www.oadallas.org](http://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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Miracles! One day at a time. My life has become so rich and I thank my Higher Power and the program of Overeaters Anonymous for this. I am so very blessed each and every day. The miracles keep coming and it is truly an amazing experience. I will be forever grateful!!!

About four months ago I was laid off from my job and I was at a crossroad in my professional world. I knew there was something bigger and better out there for me, but I just didn't know what? There had been so many times in my life where I knew God was trying to speak to me, but I wouldn't listen. I was too caught up in crisis mode and the food, needless to say.

Today, because I do listen to my Higher Power and my direct line to Him is open, wonderful opportunities present themselves. Doors close regularly in our lives, and some of those closings cause genuine pain and heartache. But I *do* believe that where one such door closes, another opens (and perhaps more than one), with hope and blessings in other areas of

our lives that we might not have discovered otherwise.

For many years I have had love for people and capturing those unforgettable moments through pictures and sharing them. Over the past few years I have also invested in photography equipment and all of a sudden my passion has become my reality. I am picking up photography jobs and working the forum. Work is falling in my lap and the vision is becoming so real. It's amazing and I am so blessed once again. I am not in the "me stage" and this is a miracle in and of itself.

Working the Twelve Step program of Overeaters Anonymous and with my Higher Power guiding me each and every step awakens my dreams. My sponsor is so supportive and encourages me too. I am following my heart for once in my life and listening to my inner self. I am being totally honest and true to myself and it is so rewarding. Thank you OA. Thank you God!

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.*

# “WHAT OA HAS DONE FOR ME!”



I walked into the rooms of Overeaters Anonymous in July 2007 and did not consider myself an overeater. I thought that I just did not have the willpower to loose weight. I lost my father in September 2004 and my mother in November 2006 and the stress of losing my parents just put on the pounds. All that I thought about was food. Before the death of my parents, they were very worried about my weight, but even though I loved them with all my heart and soul I still could not do anything about my weight. What would they think if they saw me the day that I walked into the rooms of OA?

I was nearing 300 pounds and was very embarrassed about my weight, but did not seem to be able to do anything about it. I had two different doctors tell me that I should go to OA, that they thought that it would help me. I was at a point in my life that I was having a lot of medical problems and thought that if these two doctors were recommending Overeaters Anonymous that I should at least give it a try. It was on a Friday, it was raining, and I had an

infected tooth, but I had made up my mind that I needed to give Overeaters Anonymous a try, so I went to a meeting. I was very nervous and did not know what to expect, as I had no experience with a twelve – step program. I don’t know how it happened, but I felt so comfortable and people were talking about the same obsessions with food that I had. I continued attending meetings and reading the literature.

I found a wonderful sponsor who has walked me through the twelve steps and has been there for me when I need support. I became abstinent at my first meeting and have had back-to-back abstinence since then. She said that service would help me to maintain my abstinence so I began doing service and continue to do service.

This program of Overeaters Anonymous has changed my life dramatically. I am losing weight. I have found a Higher Power (whom I choose to call God) that I can trust and I talk with Him daily. I have been able to give up my anti – depression medicine and I am feeling

my feelings rather than stuffing them down with food. The obsession with food has diminished and I no longer feel that I have to have something to eat every minute of the day or night. I have my three meals a day and know that I cannot have anything in between. I feel that this program has given me a life. I have more energy and I am able to concentrate on things that I enjoy in life rather than concentrating on food all the time. My abstinence is the most important thing in my life today. I feel very fortunate to have abstinence and will go to any lengths to keep it. I use the eight tools of recovery that Overeaters Anonymous gives us to help me get through the day without obsessing about food. This program works if you work it and it is worth every ounce of energy that I put into the program. About five weeks ago I began walking, something that I could not have done one and a half years ago. I am living life on life’s terms and loving every moment of it.

Thank you God and thank you Overeaters Anonymous for giving me my life back.

Phyllis W.

## “Honesty”

**This was written after reading the quotation and reflection out of the book, *Voices of Recovery*. “Honesty is a key factor in our recovery from compulsive eating, and so we will want to develop this trait.” —*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 51**

My Father who died fourteen years ago grew up very poor in a shack with a dirt floor by the cotton fields. He had no real education, but managed to work his way up in his job, which became his career. He raised his family during the Great Depression. I come from a big family and we were considered a hard working, but poor family. My father is the most *honest* man I have ever met, to this very day, and I am soon to be 62 years old. He taught us kids early on that sometimes when you had nothing – material wise

or otherwise you always had your word and when others knew your character that might be all you would need to get through that day. I have passed that on to my children. I have no problem with honesty, most of the problems I had when I came into Overeaters Anonymous dealt more with anger, resentment, fear, etc.

Things that I was not wanting to face, I ate over, and then after eating I would be mad at myself for eating and be in my me stage instead of dealing with what life was handing me. Once I started following the program all those feelings started coming up. Since I wasn’t using my drug of choice, food, what my Dad instilled in me as a child helped me daily to keep my abstinence and to stay in recovery. I could *honestly* talk to God and ask for his mercy and

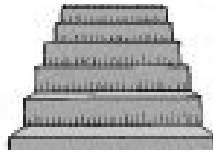
in turn do the footwork. Without the food masking my feelings, I had a lot of junk in my life to clean up. As I have worked, completed and continue to work my steps on a daily basis things get simple and downright easy. Life’s daily troubles, woes and pains still come and visit me everyday, but today I let them go and turn them over to a power greater than myself.

I will forever be thankful and grateful to the program of Overeaters Anonymous for the miracle it has given me, “A New Way of Life”. At the age of 61 I can say, “I Love Life” with all of its ups and downs. That person that walked in Overeaters Anonymous wasn’t me, I have been re-born. I will *honestly* work this program daily. For me it’s a simpler softer way than going back to the insanity of overeating.

Dolores C.

# **“A BLAST FROM THE PAST”**

*From the June, 1996 edition*



The following is an excerpt from the answer I sent to WSO in response to their longtimers survey. It talks about how I first took step one.

**Taking Step One, The Hard Way!** I actually took Step One a long time before I got to Overeaters Anonymous. One day I was sitting in my usual chair too tired to actually do anything and thinking that I really needed to go on a diet and get the weight off. I sort of decided to start “in the morning” and I started plotting how it would work. But then a little voice unkindly shouted “bullshit” in the back of my brain and I knew I was licked. I had tried that so many times and it never worked before, what made me think it would this time. I had to admit that I knew it wouldn’t. At that moment I knew that my eating problem was more powerful than I was and that I couldn’t fight it. That was one of the blackest moments of

my life, and all I could do was decide to enjoy whatever life I had left and give up on a future. After all, how much future could I have when I was well over 400 pounds and going up? My whole body was complaining. But at that time I had no idea that I had just worked Step One of the Overeaters Anonymous program. Instead I felt like I had just signed my own death warrant. So when I got to OA a few years later (now approaching 500 pounds) and found out that what I had concluded that day was indeed Step One, I still didn’t feel much better. At least not until they explained to me that even though I admitted that I was powerless in Step One, there were Eleven more steps that could accomplish for me what I couldn’t do on my own. It was a breath of fresh air – an air called HOPE. Maybe I didn’t have to die just yet.

And with the wonderful help I found in this fellowship I found out how to use the other Steps to combat the death sentence that Step One sounds like.

Fifteen years later, I’m still around. There’s still one thing I still wonder about in Step One though, one little thing I’m not too sure is worded just right for my situation. It says – “We admitted we were powerless over food – that Our lives had BECOME unmanageable! You see, the way I read that it implies that at one time my life was manageable. What I want to know is – just when the heck was that? I don’t remember it! Must have been when I wasn’t looking! Or maybe I was sleeping!

My life manageable! I don’t believe it!

Nahhhhhhh.....,couldn’t be....., **NO WAY!**

Manageable, Nahhhhhhh.....

Love and Hugs, Dick

## **“Let Yesterday Go”**



Present in each moment – let yesterday go – it will not change no matter how hard I think about it or how much guilt or stress I feel about it. Tomorrow is always in the future – why wait to be happy or to make my commitment to God? Do it now. Live right now, this moment is the only one available to me – embrace the experience of the present and wake up to it. Seek God in every moment – He is there for me if I ask and accept Him into my heart.

Do not be afraid to feel – all emotions and feelings are valid. But, I can define myself by my actions. Do

not fear – Please God take my fear, my anxiety, my GUILT – help me to live my life so I no longer have to confront guilt. Help me to let go of trying to control everything – help me find peace and SERENITY and to see myself as worthy of your love. I do not deserve Your love, but You give it freely – help me open my heart to accept Your love. Fill me with Your PEACE. Help me turn to You INSTEAD of food. Help me make wise choices and give me the strength to deal with my negative emotions, tragedy, and loss. I need You in all aspects of my life. Please fill me up

so I do not feel like I have to seek comfort in food. Help me see food as a fuel, not a feel good drug! Help me realize I am helpless and surrender to You and Your guidance and strength. I know and believe you answer ALL prayers – please help me hear You. Heal me – You know what I need – even though I don’t know myself. Through the Twelve Step Program of Overeaters Anonymous give me the Experience, Strength and Hope that I need to become abstinent. I can not do this alone. I admit that I am powerless over food – that my life is unmanageable.

Michelle

# new meeting

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Saturdays at 10:30am

Beginning November 1

DMI Service Center

331 Melrose #116, Richardson

For more information contact Delia at 469-231-4965.

## *Special Events*

- **SAVE THE DATE!** Overeaters Anonymous Stepping Together 2009 Convention Feb. 27 – Mar. 01, 2009. A Celebration of recovery through Unity. Registration forms can be found at <http://www.oadallas.org> Questions? Call Julie Anne Y. 214-448-8801. **Hope to see you there!!**

## *Get Involved*

- **The Convention Committee Needs You.** The Convention Committee meets on the same Sunday as the DMI meeting at 4:30 pm. For more information call Julie Anne Y. at 214-448-8801 or email: [jedismama@justasiam.us](mailto:jedismama@justasiam.us)

## *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](http://www.oadallas.org/meeting_list.htm)
- **New Meeting in Denton,** Wednesday at 12 noon at the UNT campus. Call Tine at 512-445-5802 for more details.

## *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:** 12<sup>th</sup> 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.

## *Phone Hotline*

- **The Richardson Dallas Metroplex Intergroup 12:00 Noon meeting** manned the Phone Hot Line during the month of October. Thanks for your service! A job well done! To volunteer, please call Jonathan at 214-952-9431 or email: [dmisun10am@oadallas.org](mailto:dmisun10am@oadallas.org)