

Letters of HOPE[®]

A publication of the Dallas Metroplex Intergroup * October 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."

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"Courage"

For today: The direction God gives me is forward; I am not afraid to take it.

Tomorrow marks my first 90 days of back – to – back abstinence in OA. Oh what an adventure it has been! I am learning how to live my life all over again. In the beginning of my OA journey, I didn't know what to expect or if I even expected anything? I just knew I was desperate and scared. I didn't know which way to turn.

While at my first meeting, a member told me "welcome home" and I thought that was a strange thing to say...but she knew; she felt my pain...

The group also told me to "keep coming back", so I did! As the days went by, I attended more meetings, got a Sponsor, and read the literature and started working the steps. I came to realize the Program was my road map for my new life. The Program has taught me to trust and to feel my feelings and you know, I'm not afraid anymore.

How exciting this new venture has been. Today, I can honestly say I have been given a true gift from God and I am so thankful.

Thank You OA.

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 the message of recovery to those who still suffer.

“Expect Miracles”

In *Voices of Recovery*, page 264, there is the following statement: “There is no magic ... but there are miracles.” I was at an OA meeting the other day where the leader asked all sponsors to identify themselves by qualifying. Sponsors began by giving their name, their abstinence start date, and the amount of weight they had lost. It was a powerful identification process. There remained little doubt about physical recovery. I qualify to be presented as a sponsor. I will soon have 6 months of abstinence (no magic, but, clearly, it is miraculous to be able to write these words). In addition, during the course of the past months, I have experienced numerous miracles as I worked the steps of this program and clung to the tools. Today, the steps continue guiding me through an emotional healing all the

while teaching me how to live a deeper spiritual existence where acceptance plays a bigger and bigger role. But, during that meeting, I did not have the courage to say that I was a sponsor, for I have only lost 10 pounds. In truth, my weight has only fluctuated 20 pounds throughout my entire adult life (that I know of). And, with such, I did not feel that declaring my 10 pounds would qualify me in the eyes of others. Oddly, I guess I thought that I would be rejected or dismissed by those having lost 10 times that amount. So, I said nothing. Writing about this is an attempt to come to terms with these inner thoughts and fears. What might they mean? After all, I have to laugh when I think that I could imagine OAers tossing me out. OA is a safe haven for bulimics, anorexics, gluttons, food addicts, dieters, measurers,

“weighers,” people who focus only on emotional recovery, people who focus only on spiritual recovery, people who focus only on physical recovery, and people who focus on all three. Is there anyone not welcomed here if they have the desire to stop eating compulsively? The simple truth is that I was a glutton who stuffed herself with food to the point of determining that death seemed the only escape. Nonetheless, my weight only fluctuated within a 20-pound range despite my bingeing. In the end, I just may be an anomaly in this program, and, the truth is: I have nowhere else to go. In being willing to use the tools and just do “something different,” I am coming back to life. It is not magic. I am a miracle. Thank you Overeaters Anonymous. *I am home and ready to qualify myself publicly as a sponsor.*

Kathi

“WE ARE THE MESSAGE”



“Those of us who live this program don’t simply carry the message: we are the message.” — The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p.106 When I introduce myself in a meeting, I state that I am in **recovery**. The OA preamble states...*our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.* I was hopeless when I attended my first OA meeting. During that meeting a member stated that she was in recovery and shared her stats. By **sharing** her recovery and stating her **stats** she gave me hope. It inspired me. I thought that if she could do it, I could do it. As a newcomer I wanted to sponge off of the people

in the meetings that talked about getting and staying in the **solution**...I wanted what they had. Today I abstain from compulsive overeating. By the grace of God and the Program of Overeaters Anonymous I am a very thankful and grateful recovering compulsive overeater. I verbally give my stats in the meetings that I attend with hope that I might inspire someone that is hopeless like I was. I want to live and be an **example** of hope to the newcomer and to those who still suffer. For today one day at a time as I work and live this program this program works for me. I keep coming back because it works and I work it. Today, I don’t just simply carry the message...TODAY I AM THE MESSAGE!

Dolores

Here's the things we would put in "Our God Box"

1. Relationships
2. Patience
3. Wisdom
4. Everyone but myself
5. Live in the moment
6. Be willing to grow Spiritually and let go.
7. Accepting
8. Taking risks
9. Listen to HP
10. For answered prayers
11. Thanking god
12. To enjoy what I have got while I have it
13. Meetings
14. Courage in certain areas of my life
15. Fear of rejection



16. Consistency
17. Asking for help when I need to ask for help
18. Realizing when I need help
19. Myself, just to be OK with me
20. Disappointment
21. Depression
22. Hope
23. Direction
24. Live in joyous expectations
25. Let Go and let God
26. Keep moving forward
27. Don't get stuck in a rut
28. Kids, be a good model
29. Work recovery program
30. Wisdom and love

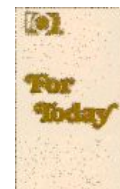
Debbie T.

"MY PERSONAL REALITY"

"ForToday: The more I accept the reality of what is, the more comfortable and serene my life becomes". I began over eating as an adult and most of my adult life I have been overweight. At one point in my twenties, I did loose about 60 pounds but it did not take very long for the pounds to start piling back on. I consumed food for comfort and I had no will power and did not want to give up my only source of comfort. I remember when someone would bring food to work and leave it in the kitchen I would make special trips to the kitchen and make sure no one was there and I would get some of the food and wrap it in a paper towel and sneak it back to my desk because I did not want people to know how much I was eating. As I continued to gain weight, my health began to deteriorate. During this time I lost my Father in 2004 and my Mother in 2006. This did not help me to stop eating it only gave me motivation to eat more to cover up my feelings. I started gaining weight faster and finally earlier this year my doctor said that I needed to do something

about my weight. She recommended that I give OA a call and give them a try as a way for me to loose some of the weight. I, of course, delayed because I enjoyed the food. I began seeing a therapist for grief counseling and she also recommended that I try OA. I again delayed until one day she asked me the question that was the turning around point for me. Her question was "Do you not want to change your life?" After leaving her office, I really began to think about that question. I decided that yes I wanted to change my life and not live in the hurt and sad world that I was now living in. That evening I found an OA meeting to attend the next day and even in the rain with an infected tooth I attended that meeting. At that meeting, I decided that this is what I want for my life and I became abstinent that day. I have been in OA for a few months now and for the first time I feel that I am living my life for me instead of trying to please someone else and disappointing them with my weight gain. I have lost sixteen pounds and am now wearing

clothes that are two sizes smaller than when I came into OA. For today, I can live in reality and when the feelings are coming to the surface, I will go to any lengths to not break my abstinence. I use the tools that OA gives us to use, and if that does not get the craving out of my head I can always talk with my sponsor and the many friends that I have made through OA. I have begun to do service at the meetings that I attend and the service that I am giving is helping me to remain abstinent. My abstinence is very important to me as I do not want to go back to overeating and feeling all alone. For today, I am living my life the way that my Higher Power wants me to live. I am finally able to realize that I am not alone anymore. I am home.

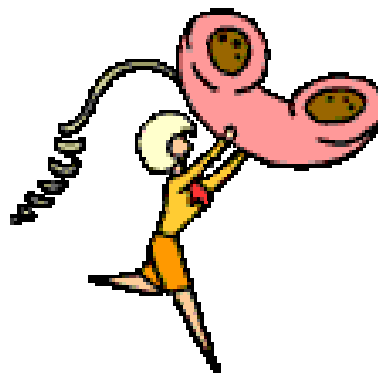


Thank you OA,
Phyllis

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	
2008	January	
2008	February	
2008	March	
2008	April	
2008	May	
2008	June	
2008	July	

Tuesday night's **Farmers Branch** (7:30 PM) at Ridgeview Presbyterian Church is recognized for its superb job in manning the Hot Line during the month of **September**. Your words of encouragement and your ability to listen to those who still suffer have made an important difference. You are the best!

New Meetings

- Our Redeemer Lutheran Church, 4729 South Carrier Pkwy, Grand Prairie, TX 75052. TIME: Thursdays starting October 18th from 7-8pm. TOPIC: Friendship and the OA 12 and 12. CONTACT: JENNIFER P 972-266-2201 E-MAIL: FLORACITA10@YAHOO.COM

Special Events

- 4th Annual McKinney Care & Share Silent Retreat - Fall 2007 "There is A Solution" Leader with over 32 years of Abstinence Sponsored by the McKinney Care & Share group of Overeaters Anonymous (OA) November 9 - 11, 2007 Montserrat Jesuit Retreat House Lake Dallas, Texas.
- **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

- Secretary, 12th Step Within Chair, Speaker's Bureau, Outreach Director, Workshop Director, 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 at 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

Please Submit your newsletter articles and information to be used in the Letters of Hope to **DMIOANEWS@aol.com**