

Letters of **HOPE**

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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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Alt Delegate

As I trudge the road of happy destiny



My life has completely changed since I joined OA and for this I am so grateful. I learned in OA to be thankful and grateful for the things that I do have. Having gratitude and being thankful has helped me tremendously *As I trudge the Road of Happy Destiny*. I became a part of the OA fellowship, and by working the Twelve Steps and by using the tools I have recovered one day at a time.

Letting go of my compulsions has given me a new life...a freedom I once didn't know existed. Dealing with life's ups and downs instead of going to the food is the biggest change in my life. As I reflect on the past year and a half of my new life, I have noticed how my behavior has taken on a new direction...the way I handle the expected or unexpected occurrences that happen in my life. Before I was just so caught up in my disease—whether I dealt with life, with food or the craziness going on in my head—the spinning and spiraling—the insanity.

Today when something comes up in my life I process it so differently—it is such an amazing transformation. At times it's so hard to believe I am where I am today. I apply the tools of the program in everything I do. I have also learned to live life on life's terms and to take things in stride. The three A's keep popping up in my head and play a huge role in my thinking process...awareness, acceptance and taking the right action. I also remember to worry about my side of the street and let others "be".

I am so thankful to OA and my HP for giving me a "taste" of sanity and serenity—I am finally learning how to live. My life today is so rich and exciting. The rewards have been worth the wait. People keep telling me, just sit back because there is more to come and more that will be revealed to me...I will be forever thankful to Overeaters Anonymous for my abstinence. Today, I am a very grateful recovering Compulsive Overeater.

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.

Delegate Report for Region III Assembly and Convention

Tucson, September 19-21, 2008

Region III Assembly and Convention was held in Tucson, Arizona on September 19-21, 2008. I represented the DMI – net DMI expense – \$253.69. I applied for Region III delegate funding and support and \$150 maximum funding support was received. On Friday I attended and participated in a workshop on “Strong Meetings.” We were asked to get into groups and answer questions on a Strong Meeting Checklist. I was the spokesperson for our group. It was a very informative workshop.

Elections were held for Chair, Recording Secretary and Trustee Affirmation. The results of the elections: Francene A. – Chair, Marcia F. – Recording Secretary, and Wanda S. – affirmed as the Region III Trustee candidate. Officers on the **OA Region III Steering Committee:** Chair, Francene A., Vice Chair, Andrea M., Recording Secretary, Nola W., Communications Secretary, Mary H., Treasurer, Juda S., Trustee, Wanda S. The Steering Committee members are finishing “Best Practices” an explanation and description for each service position to be shared with those applying for positions in the future. They completed Service and Traditions Workshops for five Intergroups and have a request from four other Inter-

groups. Their current focus is Promoting Strong Meetings.

Region III Committees:

Public Information / Professional Outreach, which I am a member of. Short-term goals are to distribute committee contact information and to create a PI/PO event report form that includes outcomes and expenses. Long-range goals are to add the new event report form to the Region III Website and to participate in a Colorado Springs event. **Twelfth Step Within** is developing a format for a booklet that WS has on workshops. Short-range goal: get local meetings involved to run the workshops and get as much participation as possible. They will add slipping and sliding Website to the materials. Their long-range goal is to get the Relapse and Recovery Workshop manual accepted by World Service as a piece of Conference Approved Literature. There is a speaker’s list and they will be keeping it updated annually. **Communications and Technology** short-range goal is to set up new role specific email addresses, downloadable and searchable archives, Intergroup email addresses and to continue to post the newsletters. Long-range goals are to create an interactive calendar and to have registration forms posted on the Website. They drafted two motions

to take to the World Service Business Conference in May and decided on the new ISP. **Ways and Means / Finance** short-range goals: audit books. Select fundraising project for spring. One idea is to ask members of Assembly to submit ideas for a Reg. III lapel pin. Long-range goals: to consider bringing back quilt idea. **By-Laws** their short-range goals were to prepare a bylaws and policy manual change for the next Assembly. Long-range goals are to continue to review and revise the Region III Bylaws and Policy Manual as needed. A Policy Manual change was adopted making electronic transmission of all Region III documents and communications acceptable. Also, a bylaws change creating a Unity With Diversity Committee was adopted. They wrote a motion amending the Policy Manual by adding XVIII regarding the temporary suspension of standing rules and general policies. After discussion, the motion passed and the Policy Manual was amended.

I look forward to attending and representing the DMI in the upcoming Assemblies, which will be held in Oklahoma City, OK Apr 3-5, 2009, and Albuquerque, NM, Sept 18-20, 2009. Thanks for the opportunity to be of service as your Region III representative.

Dolores



“A Climate for Change”



I attended the Region III Assembly and Convention in Tucson, AZ September 19-21. There was a lot of experience, strength and hope that was shared. The fellowship with the other OA members from all over Region III was unbelievable. It was a very powerful weekend for me. I shall treasure this experience the rest of my life.

The weekend started on Thursday when I was able to fly to Austin with my sponsor and another Overeaters Anonymous member from the DMI. After arriving in Tucson, we went for a late lunch and then we had time to rest, relax and then get ready for the weekend full of recovery.

On Friday morning, I had the opportunity to do a little site seeing with my sponsor and we went to the University of Arizona and visited one of their museums. It was a special treat for me to be able to spend this valuable time with my sponsor.

After lunch we went to get our registration package and then to the hospitality room to check out the clothing exchange and baskets for the raffle. The three of us went to dinner and then back to the hotel for the opening ceremony. They had the Region Chairs as their special guests and they each got up and told a little of their stories. I enjoyed being able to hear their stories and was inspired

by each one.

On Saturday, they had meetings going on in two different rooms. I attended a workshop every hour from 9:00 am to 5:00 pm.

At the banquet I had the pleasure of meeting and having dinner with Overeaters Anonymous members from the Tucson area.

On Sunday we had to leave early so that we could get back to Dallas for our Intergroup meeting so we did not get to attend any of the functions, but if you ever have the opportunity to go to an Overeaters Anonymous convention or to be of service on a convention committee I would highly recommend it. I had a blast.

Phyllis W.

Anonymity



Did you know that your employer has the right (and the technological means) to view all emails you send out over their server? That's right, in the U.S., all emails are subject to their review and scrutiny, even if you access your own private email account on their server. Those very personal 12-step email conversations you may have had with another OA-er? They are open for viewing. Those grumbings you may have had about your job? Also open for viewing. I bring this up because cyberspace has changed how many people work their OA programs and I urge caution in this area.

To preserve the Tradition of Anonymity (Tradition 12), as well as a few other traditions, I have developed some hints and tips for myself. If you find these helpful, feel free to incorporate and utilize them for yourself.

Suggestions:

- 1) Unless you own the company, do not include your work email address on the OA contact list and avoid using the work server for OA purposes.
- 2) Use OA email lists only for OA purposes, unless the other person asks for information on a non-OA topic. (Also see Tradition 10, re: outside issues.)
- 3) Use "bcc" when sending e-blasts. If I send "blanket emails," I address the email to me and send "blind carbon copies" to everyone else.
- 4) And, of course, if you encounter me outside of a meeting and your friend or spouse asks how you know me, just say, "Oh, I met her through a friend."

-- Neva L., Dallas

"A Blast FROM THE PAST"

From the June, 1996 edition

"MY THREE A'S OF THE TWELVE STEPS"

AWARENESS

GIVE UP

Step One: I become aware of the need to give up my feeling of power.

CLEAN UP

Step Four: By taking a fearless and searching moral inventory. I become aware of what has to be cleaned up from my past. I also become aware of what is good with myself.

MAKE UP

Step Eight: Part 1: I become aware of the people I have harmed by making a list.

KEEP UP

Step Ten: Daily I ask myself how I am doing – what do I need to be aware of in order to stay serene.

ACCEPTANCE

Step Two: I accept that I am not God, but that there is someone (HP) who is more powerful than my addiction.

Step Five: As I give my inventory to myself, to another and to my God, I come to accept who I am as I am. Step 6: I work the tools and they lead me to the realization I need in order to go forward.

Step Eight: Part 2: I become entirely ready to make amends: I accept that the amends must be made for my serenity and that HP will be at my side through it all.

Step Eleven: By striving for conscious contact with God, I come to accept that I am not God and that God has a plan for me, which will give me the peace, joy and love I had tried to find by overeating.

ACTION

Step Three: I turn my life and my will over to the HP I accepted in Step Two.

Step Seven: I get on my knees—actually or figuratively – to my HP and ask him to remove my defects.

Step Nine: I make those amends (which I have been afraid of since I got into program) but now action is easier than staying in the fear.

Step 12: I work God's plan. I try to do His will in every part of my life.

Anonymous, Plano, TX

