

Letters of HOPE

A publication of the Dallas Metroplex Intergroup * September 2008
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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"Today I Am Enough"



Realizing I am not "perfect" has relieved me of such undo stress. "I am just a frustrated perfectionist" were the words I used to describe myself ever so proudly. I finally had to stop saying this about myself and had to start accepting the fact that I am not perfect! Today I try to go toward progress not perfection and it's working.

Letting go and letting God take charge also brings me such freedom...A freedom that I never experienced until I joined the program of Overeaters Anonymous. I finally have let go of the pressure of being perfect that I once put on myself! This way of thinking was making me frustrated and crazy.

For me, working my program is my salvation. I get so much more back than I give. I can never repay this program for what it has done for me. To be exact...it has given me back my life. Today I am living and practicing the twelve steps, twelve traditions, and working my program

to the best of my ability in all of my affairs. I accept that I can't do it perfectly each and every time. I know in my heart I am making progress and it helps me put my life in order—of course with the help of my Higher Power. Today I work my program and I can truly say knowing that I am making progress is an incredible feeling!

Today, I am happy, joyous and free because of this incredible program. What more can I ask for? I just wish more people could find these rooms!!

Just accepting what is, staying in the moment, being myself and loving me for who I am is the greatest gift this program has given me. I must add being honest with myself is an awesome gift too. I also know and accept today that I will not have a "super models" body, but I can still love me for me. Today I am enough! Today I can experience the feelings of being Happy, Joyous and Free!

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.

“A BLAST FROM THE PAST”

From the June, 1996 edition

“Recently Heard At The McKinney OA Meeting”



The Most Important Gifts I've Gotten From OA Are –

- Removal of compulsive eating
- Self – love
- Trust
- Discipline
- Friends all over the world
- Forgiveness
- Ability to express my feelings
- Spirituality
- Support
- Healing my old wounds
- Restored relationships
- Knowledge from OA and AA literature
- Knowledge that I'm not alone
- Ability to understand how driven I was to eat and react to life
- Knowledge that I'm no better or worse than others
- Feeling I belong to the world
- Difference between spirituality and religion
- Acceptance and acknowledgement of the past and looking forward to the future
- Relationship with my Higher Power
- Family with real family relationships
- How changeable the world is
- Serenity prayer – acceptance, serenity, wisdom
- Connection with God
- Friends who know all of me and still love me
- Ability to be a new person I never dreamed I could be
- Ability to get rid of secrets that made me sick
- My whole life
- Honesty to be myself
- Unconditional love
- Ability to trust my own desires
- Inner peace
- My life – I would have been dead
- Learning experience that affects all areas of life
- Personal God when I was agnostic before
- Serenity I never had
- A program I have worked, can work, and will continue to work in the future
- God and the people in OA
- Honesty in all ways
- Ability to quit people – pleasing
- Food is not my best friend
- Return to God
- Peace in my heart and soul
- Idea I have a self
- A reason for feelings I've had
- A power greater than me who is interested in me
- A feeling there are redeeming qualities in me
- A return to the gentleness in my life
- Self – worth
- Abstinence
- A guide for my life
- Peace from the program
- Feeling I'm in life again

“Why I Am Thankful to OA”

Thankful

I am thankful for a safe haven and the love OA has shown to me. It has enabled me to let love in my heart and show love to others. I am thankful for seeing how others treat each other here so I could learn how to treat myself and others. Before OA, I was a very angry young woman. I treated others like dirt, and was filled with self-loathing. I'm eternally grateful for the 12 steps and 12 traditions and

for all the effort OA'ers have put into interpreting the meaning of the steps and traditions and in creating our literature. Because of these things I am learning how to interact with groups, myself, and individuals in a respectful, loving way. My whole life has transformed as a result of the steps and traditions and I am ever so grateful to the people who utilize them and show me how to become

a better person.

I'm grateful for the tolls and for the OA program and its members introducing me to a Higher Power. I'm grateful for learning how to trust and take risks and for my ????? not betraying me. I'm grateful for all of those who have served as my sponsors and friends over the years. I needed their support to be who I am today.

Sandra M.

“The Freedom from Self”

Through the Twelve Steps



I have never been there for any of my loved ones during their times of suffering and death. I said to myself “I can’t stand it, I can feel their pain, I am empathetic.” Whine, whine, it came down to selfishness, self-centeredness.

I always felt guilty about it because I wished that I could not have been there for them. I have prayed to become willing to be of service and through the Twelve Steps that is happening.

Once a week I visit my mother-in-law for the day. I take her out, try to show her some fun, and take care of her needs. Last week after spending the day with her, my friend said, “We need to go see Reba,” and I whined, “Not today, I’m too tired.” My Twelve Step program kicked in and I thought, this is not about me; it’s about Reba dying from cancer, as soon as I made that decision my fatigue left me.

What a blessing it is to be able and

willing to give service and it makes it possible to make my abstinence from food stronger and more consistent every day. Since Dec. 07 I have lost 50 lb. Daily I am fine-tuning my program by being aware of what my body’s metabolism can handle. I can eat less food but I can’t eat too late in the evening. The miracle is...it’s all working, the willingness to commit, to accept responsibility to others and myself. **The Freedom from Self** through the Twelve Steps.

Sue B.



“The Gift of OA”



When I was first told that I should visit an OA meeting I thought I am not an overeater – I just don’t have the willpower to lose weight. A few weeks later someone else told me that I should visit an OA meeting. I once again thought to myself that I am not an overeater. OA was mentioned a couple of more times and at one point my therapist asked me if I did not want to change my life. After leaving the therapist I began thinking about that question and I decided to visit the OA Website. I looked at the 15 questions that can identify if you are a compulsive overeater. I answered yes to some of the questions so I looked for a meeting that I could attend the next day. At that meeting I felt at home.

For the first time I was hearing that I was not alone in my eating habits. I began that day to abstain from compulsive overeating and I have maintained back-to-back abstinence since that day. I went home from the meeting and ordered literature. After the literature arrived I began reading the literature and started attending three meetings a week. After a couple of weeks I found a wonderful sponsor who has guided me through the twelve steps. I began attending as many meetings as I could and began doing service.

I did not believe that I was a compulsive overeater until I walked into the rooms of OA and even a few weeks after I would try and convince myself that I was not an overeater.

Today I believe that I am a compulsive overeater and that I will always be a compulsive overeater, but I am recovering one day at a time.

What OA has done for me is to give me a way of living life without stuffing the feelings down with food. OA gives me the tools to use on a daily basis, a sponsor who I can call with any problem be it food or another problem and she will help me feel my feelings and not get into the food. Today I am following the twelve steps and twelve traditions to the best of my ability and I plan on following them each and every day for the rest of my life, one day at a time. Thank you God and thank you OA for giving me such a wonderful life of recovery, I am forever grateful.

Phyllis W.

“I’m Like the Kung Fu Panda”



- Mind before, after/during**
- My expectations need to change**

I have the mind of a food addict. I am motivated far too often by food. *I’m like the Kung Fu Panda.* I can do miraculous things for the right rewards. Lord, let my life with you be all the motivation I need to use the

tools – make the phone calls, write, talk to and meet with my sponsor, **FOLLOW MY FOOD PLAN**, etc., I know you are the only thing that will truly satisfy the ache so deep in my heart that I far too often mistake for hunger. Give me the mind of recovery, your mind, help me want

You more than anything else. You are my Light and my Life. Relieve me of the obsession with food if only for this day – I accept, gratefully, your reprieves.

Help me value every person I meet and see how they are blessings in my life.

Julie Anne

Soaring to New Heights

5TH ANNUAL MCKINNEY CARE & SHARE SILENT RETREAT FALL 2008



DATE

November 14–16, 2008

LOCATION

Montserrat Jesuit Retreat House
Lake Dallas, TX

There are 63 rooms available (33 with two beds / 30 with one bed / 1 hcp. accessible with two beds / 1 hcp. accessible with one bed). No elevators. First come, first serve on room selection.

COST

\$210.00 per person - Includes 2 nights lodging and 6 meals

\$300.00 per person - Includes 3 nights lodging and meals starting on Thursday, November 13.

Check-in after 11:00 am for day of silence.

Registration must be paid in full by October 5th, 2008.

Registration is NOT refundable, but IS transferable.

For info and/or cancellation call Sandra at 903-883-2397 or email sandra92j@aol.com or Amy Jo at 972-824-8844 or email Jeansa@friscoisd.org

"One can never

consent to creep

when one feels

an impulse to soar."

-Helen Keller

Montserrat Emergency
Contact Phone Number
during the retreat:

(940) 321-6010

Special Events

- **SAVE THE DATE!** O.A. Convention Feb. 27 – Mar. 01, 2009. A Celebration of recovery through Unity. Questions? Call Julie Anne Y. at 214-448-8801. **Hope to see you there!!!**
- **Celebration, Celebration...**Tri-County OA's 30th Birthday Celebration Coming Soon! '30 and Thriving: Maintaining our Recovery Together..... Forever' When: Saturday, October 4, 2008 12:30 PM "Suggested" Donation: \$5 per person or "Save a Buck, Bring a Buddy" 2 for \$9 Where: South Hills Christian Church 3200 Bilglade at Odessa, Fort Worth, TX 76102. For Directions please call: Jamie — 817-917-7180

Get Involved

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

Phone Hotline

- **McKinney Care and Share Wed 7:30 PM Meeting** manned the Hot Line during Aug. Thanks for your Service! To volunteer, please call Jonathan at 214-952-943 or email: dmisun10am@oadallas.org

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:** 12th 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.

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