

# Letters of HOPE

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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."

## DMI Trusted Servants

### Chair

Delia 469-231-4965  
[delia@deliagonzaleslaw.com](mailto:delia@deliagonzaleslaw.com)

### Vice Chair

Maureen, 214-826-5335  
[rceason@earthlink.net](mailto:rceason@earthlink.net)

### Board Advisor

Neva 214-520-9424

### Treasurer

Tonna, 469-222-8818  
[tonnabelle@aol.com](mailto:tonnabelle@aol.com)

### Secretary

Jerry

### Convention Director

Julie Anne, 214-448-8801  
[Jedismama@justasiam.us](mailto:Jedismama@justasiam.us)

### Public Information Director

Donna S.  
[Sherdmony@msn.com](mailto:Sherdmony@msn.com)

### Web Site Director

Amy R 214-929-6853  
[Amyrhodes33@gmail.com](mailto:Amyrhodes33@gmail.com)

### Phone Hotline Info

Coordinator  
Delores 972-822-1764  
[Acdc1322@aol.com](mailto:Acdc1322@aol.com)

### Lifeline Director

Michelle S. 469-831-9961

### Newsletter Director

Elaine H. 469-644-7583  
[Oanews@sbcglobal.net](mailto:Oanews@sbcglobal.net)

### Delegates

Richard 972-883-2298  
[Richard@fsaservices.com](mailto:Richard@fsaservices.com)

### Alt Delegate

Maureen, 214-826-5335  
[Kchcsn@sbcglobal.net](mailto:Kchcsn@sbcglobal.net)

# Recovery

Tomorrow will mark my first thirty days in the program and I feel great! I am already noticing huge differences in many aspects of my life...things are changing. I am, for once opening my heart to God and so many wonderful things are happening to me... mentally, emotionally and physically. In this short period of time I have learned I haven't been taking very good care of myself. In the past, pre-program I have always been in survival mode and tired, never at peace or having any direction. I was a little lost soul not knowing which way to turn. I never had a plan for anything! I know now that God has big plans for me. He led me to the rooms of OA and to its wonderful members. I have so much to be grateful for. Today, I feel totally joyous, happy and free!

Also, a huge milestone happened to me at lunch today. I stopped halfway through my lunch today, set down my fork, and drank some water to wash down the food. I then took a deep breath, sat still and prayed thanking God for the program and the wonderful lunch I was able to enjoy. A couple of minutes passed and I immediately got up to get a "to go" box for the remainder of my meal and out the door I went! This was definitely a God thing! I wasn't in to "the food"...I will relish this amazing moment forever!

Thank you Lord for answering my prayers and bringing OA and all the wonderful tools into my life, just when I needed them! I am so grateful. You're awesome!

Karla K.

# IS GREAT!!!

Happenings in  
other Areas:

• **13<sup>th</sup> Annual  
TriCounty Retreat:**  
Glen Rose, Texas Oct  
12-14<sup>th</sup>, 2007 see  
registration flyer at  
[www.oatricounty.org](http://www.oatricounty.org)

• **2007 HMI-GBAI  
Annual Convention:**  
September 14-16  
Galveston. See  
[http://www.oahouston.o  
rg/](http://www.oahouston.org/) for more  
information.

**September's  
Workshop**

September 15, 2007

@ the DMI Office

More to be Revealed!!

Be a part of

Not a part from

**GET INVOLVED!!**

**The Convention Committee**

**Needs You!!!**

The committee meets on the same Sunday as the DMI Meeting (3<sup>rd</sup> Sunday of every month) @ 4:30pm. For more information contact Julie Anne Y @ 214-448-8801 or email at [jedismama@justasiam.us](mailto:jedismama@justasiam.us).

*Keep Coming Back!*

**Please submit your newsletter articles and  
information to be used in the Letters of  
Hope to [oanews@sbcglobal.net](mailto:oanews@sbcglobal.net).**

	We are a nation that is obsessed with possessions...I bought into this. I had to have a	
	house, then a bigger house, and a bigger house. We are judged by our degrees,	
	where we got our degrees, what we majored in, and what we look like...we not only	
	have to be clothed, we are judged by the clothes we wear. We are judged by what	
	type of job our husband has.	
	When we have children, we are judged by how they are clothed, what grades they	
	make, where they go to college...and on and on. The judgment never stops. We can	
	never be good enough, do good enough---enough of all this!	
	I am sorry that I bought into this, when I knew there was a better way. God was there	
	all along, loving me as I ran the rat race, waiting until I had my fill and realized there	
	was no satisfaction on the road to perfection and possessions. I'm giving the rat race	
	to those who choose to pursue it...who want to die with the most toys, the most work	
	accolades, the most of everything---except God and peace. I want to take the slow,	
	meditative life, the path to God, joy, and love. I want to judge each moment by...am I	
	closer to God, am I in the flow, have I loved to the depth of my being.	
	I am so thankful that God allowed me to have an eating disorder, to bring me to my	
	knees...gave me children that didn't act as I wanted, to bring me humility...allowed me	
	to make serious mistakes in life, to teach me that it is by the grace of God that we	
	make each day and none of us are better than the other...allowed me to see my	
	mother's slow death, to dig my well deep for love. Everything is a pathway to God if	
	we are searching. I'm saying yes to God and His peace, yes to all the pathways that	
	lead me to Him, and no to the striving for perfection and possessions. Thanks for	
	walking with me on this journey. I cherish your friendship.	
	Anne	

## 4th Annual McKinney Care & Share Silent Retreat

### “There Is A Solution”

**The registration deadline is *fast* approaching....**

**Pay what you can now to reserve your place!!! Just  
pay the balance by October 1<sup>st</sup>.**

**Leader with over 32 years of Abstinence**

For a registration flyer go to [www.oadallas.org](http://www.oadallas.org)

## **Annual Report to the Dallas Metroplex Intergroup**

**July 15, 2007**

To Fellow Members of Overeaters Anonymous:

My name is Delia and I am a compulsive overeater and food addict and your Intergroup Chair. I appreciate the opportunity to serve and find the trust you have in me to be an honor. My goal this year was to promote unity, service, and fellowship at Intergroup. Intergroup is now a place where we have fun, and conduct business as well. There is more participation in Intergroup now than there has been in years and as a result we have been able to further carry the message.

As you know our primary purpose, is to carry the message to compulsive overeater who still suffers. To promote that purpose Intergroup and its members have:

- ❖ produced monthly newsletters with articles from the local members
- ❖ have had announcements of workshops in local papers
- ❖ have announcements of meetings in local papers
- ❖ attended health fairs
- ❖ maintained daily phone hotlines where our members can call newcomers
- ❖ sent support and literature to those at area prisons
- ❖ sent support and literature to those at eating disorder units
- ❖ supported new meetings within the Intergroup
- ❖ provided monthly workshops addressing different program concepts and topics
- ❖ provided weekly speakers at the weekend winner's circle

These are just some of the many wonderful things that have been happening at Intergroup. I encourage you to attend or ensure that your meeting has a representative. Intergroup meetings are the 3<sup>rd</sup> Sunday of the month at 6:00pm at 331 Melrose, #116, Richardson.

In Loving Service,

Delia G.