

LETTERS OF HOPE

A publication of the Dallas Metroplex Intergroup
June 2012
331 Melrose, Suite 116 * Richardson, Texas 75080 * 972-238-0333
www.oadallas.org

"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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Plano Traditions Workshop

The Saturday 9:00 am Plano meeting will be hosting a workshop covering the Twelve Traditions of OA. The date is Saturday, September 15th** and will be held from 1:00 pm to 4:00 pm. You may contact JoAnn with questions regarding the workshop at 972-439-4484 or via email: Walters.JoAnn@hotmail.com.

** Date corrected from May newsletter

Literature Available at the DMI Office

The DMI has the following literature available for purchase:

| | |
|--------------------------|-------------------------|
| 16 Big Book - hardcover | 13 OA 12 & 12 paperback |
| 6 Big Book - large print | 18 Newcomer Packets |
| 4 Big Book - paperback | 15 Voices of Recover |
| 5 Big Book - pocket size | 1 As Bill Sees It |
| 5 AA 12& 12 paperback | 6 For Today |

For further information you may contact Helen Marie at 972-578-9768

DMI Service Positions

The following service positions are open for volunteer service:

| | |
|-------------------------|---------------------|
| Speaker Bureau Director | Convention Chairman |
| Public Information | Retreat Chairman |
| Tri-County Liaison | Treasurer |
| Website Director | Workshop Chairman |

Region III Ways and Means Finance Committee

2012 Fundraiser

Region III is offering a refrigerator magnet with the following inspirational slogan:

Don't let the Light of your life be the light in your refrigerator!

Price: \$1.50 each or 4 for \$5.00 Contact: Walters.JoAnn@hotmail.com

June Focus

Step Six

“Were entirely ready to have God remove all these defects of character.”

- OA 12 & 12

Change, change and more change! Once again, we are asked to use willingness as a springboard for further growth. We look at our inventory of character defects and ask God to help us, knowing that **we cannot do this alone**. The program reminds us that self-knowledge is not enough and besides, some of those character defects still have payoffs – don’t they? The thrill of a juicy bit of gossip, the easy dodge of the little white lie, harmless fun, we may tell ourselves. And even if we are willing to change, some defects may be so ingrained we may get frustrated with ourselves for our kneejerk responses.

We keep focused on doing our best to learn new ways of handling situations that no longer serve us. When we struggle to change and our old ways still happen, it is time to extend the same good will and understanding to ourselves that we would offer to others in our fellowship, trusting that with God’s help we can and will change eventually. The day will come when we suddenly realize God is doing for us what we could not do for ourselves.

Suggested reading for Step Six:

OA 12 & 12: pages 53-58
AA 12 & 12: pages 63-69
Big Book: page 76 (1st paragraph)

Do you have a Step Six story to share? Email it to the Newsletter Director at j.s.delee@gmail.com.

Region III Fall Assembly/Convention September 28 -30, 2012

Sunset Station Casino/Hotel
Henderson, Nevada
Reservations: 1-888-786-7389 option 9

\$99 Early registration rate before 08/03/12
\$139 Registration rate after 08/03/12
\$79 Hotel per night – double occupancy
\$49 If hotel booked 3 days before/after convention
Ask for Overeaters Anon. rate when booking room

Online registration available at: www.lvoa.org

For more information Contact:
Randy W. register@lvoa.org
Gene D. 702-677-1502

WSBC Report

Phyllis and I attended the 2012 World Service Business Conference in Albuquerque, NM, May 1-6. The theme of the conference was “Visions for the Fellowship: Strong Meetings, Financial Help, Committed Service Bodies, and Public/Professional Awareness.”

We arrived on Tuesday afternoon for a workshop on Strong Meetings. One suggestion I heard was to use CDs from OA conventions or podcasts from the OA website when live speakers are not available. Similarly, a group could have someone speak by speaker phone.

Wednesday featured a forum identifying and using the principles behind the Twelve Concepts of Service. This was followed by committee meetings. I am on the Twelfth Step Within Committee. We are promoting the use of ideas for activities related to relapse prevention and member retention. Many of these can be found on the OA website, www.oa.org.

Thursday began the actual business meetings. The first session featured a roll call of states and countries, including delegates from as far away as New Zealand.

Business Meetings, all conducted according to *Roberts Rules of Order, 11th Edition*, exhibited less controversy than in previous years that Phyllis and I had attended. They still produced some significant results. Four pieces of literature were given the Conference Seal of Approval: a revision of “Before You Take That First Compulsive Bite;” a revision of “Sponsoring Through the Twelve Steps” which reinstated references to the AA Big Book and 12 & 12; a revision of “To the Newcomer” which includes a total rewrite of the “Fifteen Questions;” and a new publication, an electronic workbook based on *Voices of Recovery*. Members will be able to purchase it, download it to their computer or other device, and type in their answers to the questions. They will not be allowed to print out the workbook.

Another proposal which was approved was a motion to give the Conference Seal of Approval only to Alcoholics Anonymous books with an original copyright date of 2010 or earlier. Newer AA publications would not be approved to be sold or read at meetings.

A new Trustee position was created: a Virtual Services Trustee to represent online and phone meetings. Six current Trustee Positions were filled: Vicki W. as Region 3 (our region) Trustee; Mary Rose D. as Region 6 Trustee; Esti O. as Region 9 Trustee; and Michael B., Tina C., and Joe L. as General Service Trustees.

One interested thing happened the first evening. I went to an OA meeting. There were 6 of us – 5 men and me. I got a taste of what most men experience when they go to a typical OA meeting.

Respectfully submitted,
Dorothy B., Delegate

Retreats



McKinney Care & Share Silent Retreat Reviving Our Spiritual Journey October 12 – 14, 2012

Montserrat Jesuit Retreat House
Lake Dallas, TX 75065
Contact Information:
Melissa 206-850-1422
8321 Rayburn Ln
McKinney, TX 75070

\$170.00 PER PERSON (Double Occupancy)
\$210.00 PER PERSON (Single Occupancy)

Registration must be paid in full by Sept. 28th, 2012

The five included meals are dinner on Friday, breakfast, lunch, and dinner on Saturday; breakfast and lunch on Sunday morning. Nutritious food will be served. If you have special food needs, you may bring an ice chest. Coffee, tea, orange juice, milk, water, and bottled water are available all day. Please bring your own drinks if it is not listed above.

Sample menu:

- Breakfast – whole fresh fruit, scrambled eggs, bacon, whole wheat toast
- Lunch – 2 c. salad, 1 c. cooked vegetable, 4 oz. baked turkey breast, whole wheat bread
- Dinner – 2 c salad, 1 c. cooked vegetable, baked or grilled chicken breast, brown rice

Registration starts Friday, Oct. 12th at 5:00pm
Dinner will be served at 6:00pm
Silence begins Saturday at 9:15am and ends
Sunday at 9:15am.

Linens, towels, blankets and pillows are provided
Enjoy nature walks, lake views, guided meditations

New Events for 2012?

If your meeting will be hosting workshops, retreats or fellowship events this year, please contact the DMI Newsletter Director with details at: jdelee@gmail.com

Retreats



Northern New Mexico Silent Retreat Making Space for Recovery October 12 – 14, 2012

Pecos, New Mexico
Contact Information:
Mimi 505-699-9307
Jamie 505-473-0538
2012pecos@comcast.net
www.northernnewmexicoOA.org

Early Registration (before August 15th):

\$150 – Double room
\$190 – Single room

Late Registration (on or after August 15th):

\$180 – Double room
\$220 – Single room

Two rooms are wheelchair accessible. Single and double rooms are available with attached bathrooms. A \$50 deposit will hold your space.

Check in is Friday, October 12th, starting at 1:00pm. Dinner is served at 5:45pm. The Retreat program begins at 7:00pm. Simple meals are provided by the monastery. They are not vegetarian or gluten-free. Refrigerator and microwave ovens will be available.

Making Space for Recovery:

- Being present
- Slowing down
- Integrating spirit, mind, and heart

The Pecos Monastery is a beautiful environment for introspection and serenity. Located in a valley at 7,000 feet in the Sangre de Cristo Mountains, the monastery has easy walks through spacious lawns and gardens with a winding river and ponds.

Optional activities will be offered, including:

- Small clay project
- Guided hike
- Contemplative “Treasure hunt”
- Journaling and more

MEETING LIST

| Sunday | | |
|-------------------------|---|----------------------------|
| 10:00 AM North | Richardson DMI Svc Center 331 Melrose, Suite 116 (entrance # 2 - entry code is 0333*) | For Today |
| 6:00 PM North | Richardson DMI Ofc (only: 3rd Sunday of month) 331 Melrose, Suite 116 (entrance # 2 - entry code is 0333*) | Intergroup Meeting |
| 7:00 PM North | N. Dallas Congregation Ohr Hatorah 6324 Churchill Way, Dallas 75230 (intersection Churchill & Hughes) between Preston & Hillcrest, south of LBJ Teleconference also 712-775-7100 access#897214 | 90 Day/Phone |
| Monday | | |
| 12:00 noon North | Plano Prairie Creek Baptist Church 3201 W. 15th Street, Room 103 | Leader's choice |
| 12:10 pm East | Dallas St. Matthews Episcopal Cathedral 5100 Ross Ave., Garrett Hall, The Garrett Room - Park off Garrett Ave. in circle drive - go to the side entrance where the wheelchair ramp is and ring doorbell. | Literature For Today |
| 7:00PM North | Richardson Arapaho Methodist Church Arapaho at Coit | |
| 7:00 PM Southwest | Duncanville Charlton Methodist Hospital 3500 Wheatland, 3rd floor, in Conference Room 5 214-815-8494, lpage2001@aol.com | OA 12 & 12 Big Book |
| 7:30 PM | Lewisville Esperanza , First United Methodist Church, Main Street. Closed Meeting | Topic |
| Northwest | 907 W. Main, Room 123. (near the church offices). Off I-35 on Main Street near Sam's Wholesale Club. Call for directions. | |
| Tuesday | | |
| 10:00 AM East | Mesquite Ridge Park Christian Church - 2701 N. Town East Road, Parlor | Literature |
| 12:00 noon Plano | Plano Prairie Creek Baptist Church 3201 W.15th St. Plano, Room 103 | Abstinence |
| 7:10 P.M. Far North | Denton - First Baptist Church, room S-110 1100 Malone St. - Denton, TX 76201 | |
| 7:30 PM West | Farmers Branch Faith United Presbyterian Church 12717 Marsh Lane, 1 block N of LBJ-on the left | Literature OA 12 and 12 |
| Wednesday | | |
| 12:00 noon North | Plano Prairie Creek Baptist Church - 3201 W. 15th Street, Room 103 | Lifeline |
| 12:10 PM | Dallas Holy Trinity Catholic Church , 3826 Gilbert Ave, Community Life Ctr. Boardroom, 2 nd floor | Abstinence Study |
| 7:00 PM | First United Methodist Church of Lewisville- Family Life Center - 2nd floor - Room 306 | Step Study / Writing |
| 6:30 PM North | PHONE MEETING: phone 712-775-7100 access#897214 | 90 Day Phone |
| 7:30 PM | McKinney Care and Share- Medical Center of McKinney - 130 N. Central Expressway, McKinney | Leader's Choice |
| Thursday | | |
| 12:10 noon | Dallas Holy Trinity Catholic Church , 3826 Gilbert Ave, Community Life Ctr. Boardroom, 2 nd floor | OA 12 & 12 |
| 12:00 noon | Prairie Creek Baptist Church 3201 W. 15th st. Plano, Room 103 | Writing |
| 12:00 Noon Far North | Sherman Wood Street Church of Christ 2100 N. Wood St., Sherman, TX -- Luncheon meeting please feel free to bring your sack lunch! | Open |
| 7:00 PM | Richardson "Happy, Joyous, & Free" DMI Svc Center, 331 Melrose, Suite 116 (Entrance #2) | Literature & Discussion |
| 7:00 P.M. Far North | Frisco - First Methodist Church, 7659 Preston Road Frisco, TX 75034 | Closed, Leader's Choice |
| 7:00 P.M East | Mesquite Eastridge Park Christian Church 2701 North Town East Blvd. Parlor Rm Mesquite, TX USA 75149 | Step Study |
| 7:00 P.M. | Grand Prairie - First Christian Church - 202 W. Tarrant Road Parlor Grand Prairie, TX 75050 | New Meeting |
| Friday | | |
| 10:00 A.M. | First United Methodist Church - 300 North Galloway, Mesquite | Literature |
| 12:00 noon North | Plano Prairie Creek Baptist Church 3201 W. 15th Street, Room 103 | Big Book |
| Saturday | | |
| 7:00 AM | Plano -ODAAT 2109 W. Parker Road, Suite 728, Plano | Men's Meeting |
| 9:00 AM | Plano Highland Oaks Church of Christ - Room E112 1815 W.15 th At Rio Grande (park by flagpole) | Literature/Discussion |
| 9:00 AM Far North | First United Methodist Church, Frisco - 7659 Preston Road, Frisco, Texas Room #1 in the Ministries Building (brick building on the south side) | Closed, Leader's Choice |
| 11:00 AM West | Faith United Presbyterian Church Farmers Branch 12717 Marsh Lane 1 block N of LBJ-on left | Steps and Traditions |
| 12:00 noon | Our Redeemer Lutheran Church - 7611 Park Lane at Boedecker. Behind sanctuary from Boedecker Call Luis for code 972-951-3611 | Men's Meeting |