

# Letters of Hope

April 2016 publication of the Dallas Metroplex Intergroup Newsletter

331 Melrose, Suite 120 \* Richardson, Texas 75080 \* 972-238-0333 \* [www.oadallas.org](http://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."



**Region 3 assembly &  
convention in Abilene, TX  
on April 15-17.  
[oaregion3.org](http://oaregion3.org)**

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## **"SERVICE & MY RECOVERY" WORKSHOP**

**Day:** 2nd Sunday of the  
month

**Time:** 3-4pm ET (-5:00 GMT)

**Call:** 641-715-3818

**Pin Code** =925619#

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## **A Vision 4 You**

Daily phone meetings focused  
working the steps as outlined  
in the Big Book

**[Avision4you.info](http://Avision4you.info)**

Want to share your experience,  
strength and hope? Send your  
articles for review for the  
newsletter to  
[delia@deliagonzaleslaw.com](mailto:delia@deliagonzaleslaw.com)

## Working the program.....

Harlan G. of Arizona said at a  
retreat I went to a couple years  
ago:

Reasons we can't stay abstinent:  
impediments (slippery slope) that  
keep us from God.

- 1) resentment we won't let go of
- 2) secret you need to tell someone
- 3) vicarious thrill you won't let go
- 4) restitution you have not made.

I am a compulsive overeater and  
food addict. I have a powerful  
disease that wants me dead as  
surely as cancer or heart disease.  
It dwells in my mind. It is  
"powerful, cunning and baffling"  
just like the Big Book says. I can  
not outwit it. I had to look at my  
recovery and see what was  
causing me to relapse, which of  
these was I allowing to keep me  
from God. All I can do is stay in  
the moment and be aware of my  
thoughts.

Another speaker once said that  
we allow it to steal our  
abstinence by not keeping up the  
routine that works, praying,  
reading, meditating, going to  
meetings and working the steps  
every single day.

That is our part then God is able to  
do for us what we can't do alone.  
For years I picked and chose which  
things I wanted to do which was  
"half measures". The BB says, "half  
measures avail us nothing", it gave  
me exactly what I put into it. By  
the grace of my Higher Power it  
was not good enough but my HP  
did not give up on me. People kept  
coming into my life because I kept  
going to meetings until I was able  
to do what I needed to do. My  
biggest turn around was giving up  
the negative thoughts and talk  
about myself. I have seen much  
improvement in my recovery since.  
Getting honest completely with  
myself and my sponsor. Saying out  
loud the thinking I considered so  
crazy, to my sponsor and having  
her say that it is human, has made  
it easier to be honest with her and  
myself. Thank you OA and Higher  
Power for not giving up on me.  
Keep coming back had been a  
action of loving myself.

-Anonymous Member  
of Dallas OA





## OA Dallas Meeting List as of February 9, 2016

Sun	10:00 am	Richardson - DMI Svc Center, 331 Melrose, Suite 120 (entrance #2 - entry code 03333)	Literature - For Today, Open
Sun	4:00 pm	Tyler – Christ Church Episcopal, 118 S. Bois D'Arc, parish hall	Open
Sun	6:00 pm	Richardson - DMI Svc Center, 331 Melrose, Suite 120 (entrance # 2 - entry code 03333)(3rd Sunday of month only)	Intergroup Business Meeting
Sun	7:00 pm	Dallas - Congregation Ohr Hatorah - 6324 Churchill Way, between Preston & Hillcrest Phone Meeting also: 712-775-7100, access# 897214	90 Day and Phone Open
Mon	Noon	Plano - Prairie Creek Baptist Church, 3201 W. 15th Street, Room 103	Leader's choice
Mon	12:10 pm	Dallas - St. Matthews Episcopal Cathedral 5100 Ross Ave., Garrett Hall, The Garrett Room. Park off Garrett Ave in circle drive- use side entrance with ramp, ring bell	Literature <b>Voices of Recovery</b>
Mon	7:00 pm	Duncanville - Charlton Methodist Hospital, 3500 Wheatland, 3rd floor, Conf Room 5	OA12&12/Big Book
Mon	7:30 pm	Lewisville- First United Methodist Church, 907 W. Main Street, Room 303. Off I-35 on Main Street.	Leader's Choice Closed Meeting
Mon	8:00 pm	Richardson – DMI Service Center, 331 Melrose, Suite 120 (entrance #2 – entry code 03333)	Primary Purpose
Tue	10:00 am	Mesquite - Ridge Park Christian Church - 2701 N. Town East Road, Parlor	Literature
Tue	Noon	Plano - Prairie Creek Baptist Church, 3201 W.15th St. Plano, Room 103	<b>Discussion.</b>
Tue	5:30 pm	Mineola-St. Dunston's Episcopal Church, 800 N. Johnson St.	
Tue	6:00 pm	Plano – New Location—2109 W. Parker Rd., Ste 728, Plano	<b>Literature</b>
Tues	7:00 pm	Denton – First United Methodist Church, 201 South Locust, Room 200. Enter through North entrance facing Mulberry St.	
Tue	7:30 pm	Farmers Branch – Faith Un. Presbyter. Church, 12717 Marsh Lane, 1 block N of LBJ	Lit—OA 12&12
Wed	noon	Plano – Prairie Creek Baptist Church, 3201 W. 15 <sup>th</sup> Street, Room 103	<b>Literature</b>
Wed	12:10 pm	Dallas – Holy Trinity Cath. Church, 3826 Gilbert Ave., Community Life Ctr. Media Room	Lit—Abstinence
Wed	6:00 pm	Palestine - Palestine Regional Rehab Hospital (Dogwood Room), 4000 S. Loop 256	Steps/Traditions/Topic
Wed	6:30 pm	Phone Meeting: 712-775-7100 access# 897214	90 Day Phone
Wed	7:00 pm	Lewisville – First United Methodist Church, 907 W. Main St, Family Life Center (behind church) – 2 <sup>nd</sup> floor – Room 306	Step Study / Writing
Wed	7:30 pm	McKinney Care & Share – Medical Ctr of McKinney, 130 N Central Expy	Leader's Choice
Thu	12:10	Dallas – Holy Trinity Catholic Church, 3826 Gilbert Ave, Community Life Ctr. Media Room	Lit—OA 12 & 12
Thu	noon	Tyler – First Christian Church, 4202 S. Broadway, Tyler,	Open
Thu	noon	Plano – Prairie Creek Baptist Church, 3201 W. 15 <sup>th</sup> St. Plano, Room 103	Writing
Thu	7:00 pm	Grand Prairie - Texas General Hospital, 2709 Hospital Blvd. Conference Room A131, enter through front door	
Thu	7:00 pm	Richardson – DMI Center, 331 Melrose, Suite 120 (entry # 2 – code is 03333)	Discuss Lit
Thu	7:00 pm	Mesquite – Eastridge Park Christian Church, 2701 North Town East Blvd. Parlor Room	Step Study
Thu	7:30 pm	Irving – First United Methodist Church, 211 W 3 <sup>rd</sup> St., Parlor Room, use south entrance; if locked, ring bell.	
Fri	10:00 am	Mesquite – First United Methodist Church – 300 North Galloway	Literature
Fri	noon	Plano – Prairie Creek Baptist Church, 3201 W. 15 <sup>th</sup> Street, Room 103	Literature – Big Book
Sat	7:00 am	Plano – ODAAT 2109 W. Parker Road, Suite 728, Plano	Men's Meeting
Sat	9:00 am	Plano – ODAAT—2109 W. Parker Rd., Ste 728, Plano. Call Carol B. for directions, 214-228-2830.	Discuss Lit
Sat	9:00 am	Frisco – First United Methodist Church, 7659 Preston Road, Room #1, Ministries Building (brick building on the south side)	Leader's Choice Closed Meeting
Sat	9:00 am	Whitehouse– 405 W Main St.	Rotating topic/Step Study
Sat	10 am	Palestine - Palestine Regional Rehab Hospital (Dogwood Room)	Leaders Choice
Sat	11:00 am	Farmers Branch - Faith United Presby. Church, 12717 Marsh Lane, 1 block N of LBJ	Lit-Steps & Trads
Sat	noon	Dallas - Our Redeemer Lutheran Church - 7611 Park Lane at Boedecker. Behind sanctuary from Boedecker	Men's Meeting

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