

Type of Project:
Newspaper Article

Project Name:
Dear Abby letter

Project Goal: To inform the
public about OA

Organizing Service Body: Dallas
Metroplex OA Intergroup 331
Melrose Drive, Suite 116
Richardson TX
<http://www.oadallas.org/>

Contact Information:
Dolores
ACDC1322@aol.com

Resources Needed (budget, volunteers, materials, etc.):
OA person willing to share his or her story

Implementation Process (including length of time for planning and implementation): The Intergroup's Public Information Director sent a letter to "Dear Abby" saying that she was alive because in one of the "Dear Abby" columns in which the contact information for Overeaters Anonymous had been provided. That information, given in the column, planted a seed in her and when she did attend her first meeting about two years later, it changed her life. When she wrote this letter, she had been in recovery from compulsive overeating for 32 years. "Dear Abby" used her letter by sharing it with a lady who was also struggling with food and hoping to get help. There was no cost but thanks and gratitude from OA member.

Results: "Dear Abby" is one of the most popular and widely syndicated columns in the world, so the seed was planted for countless people who read the letter and are suffering from the disease of Compulsive Overeating.