

Greater Detroit Loveline

NEW YEAR, NEW START !!!!

"God doesn't give up on my recovery.
There's always more lessons to learn.
And these lessons lead us back to God."
Anonymous



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The **Speaker/Sponsor List** for the Greater Detroit Intergroup is a helpful tool. It consists of members who volunteer to speak and share their story of recovery with others at Overeaters Anonymous meetings.

Sponsors are members who work the 12 step program and are willing to help guide newcomers and/or other members through the steps and literature. The list is updated quarterly. Please contact those listed if you are in need of a speaker or sponsor in the Greater Detroit Intergroup area.



OA Members Contributions

"Half measures avail us nothing. We stood at the turning point. We ask his protection and care with complete abandon."

I guess this is like a marriage commitment, for better or worse, I am making a commitment to be in it with God. Am I in or am I out? I am in. I know that even though I may falter, I am in. When I asked for help I was totally despairing and convinced of my powerlessness. I abandoned myself to God and I am all in.

I know from experience that I have to keep doing the work. If I slip into half measures it doesn't work. My brother told me once, marriage isn't a 50/50 commitment, it's a 100/100 commitment. It is the same with program . God is always there with his 100%. Am I willing to do my 100% on a daily basis? (BB, pg. 59)

Mary B.

OA Members Contributions

A member relates thoughts regarding the VOICES OF RECOVERY reading from NOVEMBER 21ST.

"What we needed now was a way of being abstinent over the long-haul and living sanely through good times and bad." The Twelve Steps and Twelve Traditions of Overeaters Anonymous(1st edition) page 21.

When I arrived at the doors of OA, food was my master. In order to be released from its grip, I committed my food to a sponsor daily and abstained from specific foods, eating behaviors, situations, and people who are known triggers. I also attended numerous meetings. These actions put me at the opposite end of the food obsession.

If abstinence is to bring about a sane and useful way of life, I must have a plan that I can live with forever. The plan must be flexible when the situation warrants, allowing me to commit my food or not, to go places I had avoided, and to eat some foods I had relinquished. Once abstinence has become a habit, these things are all possible. If I find myself on unsteady ground, I must once again take the actions that worked in the beginning. Today, by God's grace, I have balance in my life and live in peaceful coexistence with food.

God, today is a new day for me and with You it can be a day of abstinence; with you I can handle anything. I ask for your protection in case some time during the day my desire to eat compulsively becomes stronger than my desire to abstain. I asked for your protection today from anyone or anything and myself that would interfere with my abstinence. I know that I am powerless over food and that my life can become unmanageable, again. I do believe that you relieve my obsession and compulsion and restore me to sanity. Please help me to know your will for me today and give me the willingness to carry it out. I turn my will and my life over to your care. Please guide me to another day of abstinence, physically, emotionally, and spiritually.

OA Members Contributions

Step 6 - Were entirely ready to have God remove all these defects of character.

To be honest I was one of the ones that thought this step was a relief, no hard work here and I didn't put sufficient time and thought and prayer into Step 6 at first. I have prayed over and over again "I am willing, God help my unwillingness" because my character defects/ self-destructive thinking and behaviors pop right up again despite my 4th and 5th Step.

I am required to be persistent in my willingness to have my old way of handling life removed and changed by God in God's way and in God's time. God's Will not mine be done. I have to be willing to let go of the comfort of habitually doing things my way, not be on automatic and be willing to pause and put God first; not self-will first. Awareness of my character defects on a daily basis and a willingness on a daily basis opens me to accept whatever transformation of character God has in store for me.

Change is not optional, it is necessary..(Page 567 in BB)

When I'm off kilter the only question for me to ask myself is: What do I need to change and then take action changing it?

I'm the problem when I'm complaining about G-d's work/plans/happenings and

other's decisions and actions! When I line myself up with HP's directions, I'm on the right track. My integrity is extended to all other's. If I want to live the way I want to live, then I extend that right, privilege and responsibility to others, as well.

OA Members Contributions

Step 7 - Humbly asked him to remove our shortcomings.

Step 7 Prayer - "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen." (BB pg 76)

This is where I willingly give everything to God (my higher power), good and bad. It certainly is important to let my higher power clean out the bad (character defects) and I'm also gratefully reminded that I have good attributes to give back to God in service to him and those around me.

I think of it as getting the "bad" out of the way of the "good". The good is there; it's just hiding sometimes behind my character defects. I ask for strength from God because I know I can't do this on my own, and I want to do God's bidding. A life of doing only my bidding is destructive to myself and those around me. I trust my Guide in this process to take me on to better things. I come back to this step/prayer often, giving what I have to God for his use. The prayer is ended with "Amen". A dictionary definition of amen is "used to express solemn gratification or hearty approval". Yes, I heartily approve and am grateful for this step and prayer.

Step 5 - "Admitted to God, to ourselves and another human being the exact nature of our wrongs."

This step of integrity is a huge step forward in coming out of my isolation and into the freedom of acceptance of the worst of me, so I can start to right my wrongs, forgive myself and others. Here I know for sure I am not alone in my journey of recovery from compulsive overeating or restrictive eating.

Owning up to what I've done to mess things up instead of pointing the finger at others with blame and resentment is huge. The harm I've done by trying to fix things and people by trying to control is another big one. And so much more. For me having fear rule my life is the biggest of all. Dropping the pretense I have it all together, and am "superwoman" by sharing with another human being brings a healthy humility.

Talking about the "exact nature" of my wrongs brings me so much clarity into the why of it. This is where the deeper recovery can be accessed to deal honestly with my character defects. It does take turning the process over to God and trusting God and the person who is taking my 5th step. I experienced a wonderful relief that frankly I can't describe in words. Mary

OA Members Contributions—CHANGE

I have been in recovery in OA for about 2 and 1/2 years. Holidays, growing up in my family of origin, were difficult for me. I remember feeling sad and alone for many years. Things have changed from living in the OA program. As they say, don't leave before the miracles happen.

Thanksgiving 2018 went well. I have learned thru my HP to turn off the

overwhelming messages of how happy everyone else is. Thanksgiving is only one day. I spent a quiet day in prayer and contemplation taking care of myself and resting. I called family members and friends. Later in the day, I felt my mood slip, but not to the degree that I had previously felt for so many years.

I acknowledged my feeling with my HP, turned it over to HP, accepted it and was gentle with myself, as I would do for anyone else. Following Thanksgiving, I have made modest plans to celebrate Christmas, and have donated to a few of my favorite charities.

A miracle: I have consented to participate not only with my family holiday breakfast, but 2 additional holiday meals. One is at my workplace and one with a group to which I belong. For someone who was a workaholic and holed up alone at home, this is something indeed.

It's as though HP lifted a burden from me, and it seemed like no big deal. Every day I am grateful for my health and my spiritual program in recovery with OA. I wish all of our fellow travelers health and happiness in 2019.

Ann E.

January, 2019: I am looking forward to new opportunities for growth and service in OA. I must, also, look back at what it has taken for me to reach this point in my recovery. Without remembering my past challenges and milestones in this program, I lack the humility God needs from me to make the present and future a miracle-filled adventure. Mary C.

Living in the steps... is Recovery

April 12-14, 2019

RETREAT SPONSORED BY THE O.A.
SATURDAY MORNING "I AM A
MIRACLE" MEETING OF WARREN

A Practical Approach to Using Each Step in Everyday Life

LOCATION

Colomblere Conference Center
9075 Blg Lake Road
Clarkston, MI 48346
General 248.625.5611
Conference Center 248.620.2443
Email colomblere@colomblere.com

For scholarship info, contact
Lisa L.H. at 248.953.6023 or
oaspringretreat@gmail.com

COST PER PERSON

\$149 Double occupancy rooms
with community bath
\$169 Single occupancy rooms
with community bath
Cost includes 5 meals
Friday dinner (buffet at 6 p.m.)
through Sunday breakfast. Coffee,
tea, and water provided during
Friday and Saturday sessions.

REGISTRATION/INFO

Deadline to register March 8th
No refunds after registration closes.
Any changes to a reservation must
be approved through registration.
Program timeline
**Onsite check-in and
meet & greet** 4-7 p.m. Friday
Dinner buffet 6 p.m. Friday
Program starts 7 p.m. Friday
Weekend schedule (an agenda
will be provided at the retreat)
Program ends 12 p.m. Sunday

THIS IS A WORKSHOP STYLE RETREAT.
To get the maximum out of the retreat experience, please plan to attend "all" sessions. It is a process that builds one step at a time. Bring your Blg Book, OA & AA 12/12, Voices of Recovery & For Today (if you have them). If not, we'll have some for you to use during the retreat.



NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE _____ EMAIL _____

IF YOU'D LIKE TO ROOM WITH A FRIEND, PLEASE SUPPLY THEIR NAME HERE

PAYMENT

Make checks payable to Overeaters Anonymous
If you'd like a reservation confirmation, please send a self-addressed, stamped envelope with your registration form, or email oaspringretreat@gmail.com.
Mail your check and registration form to: Lisa L.H.
23061 Republic Ave
Oak Park, MI 48237

FOR MORE INFORMATION ABOUT THE RETREAT OR TO ASK A QUESTION

Contact Julie G.
248.770.0454 or bgbndy@hotmail.com

AUCTION! Please bring in your wrapped gifts!



We are on the web!
OAGREATERDETROIT.ORG

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GDI Region Rep/Delegates to WSBC/Region 5 Reps List
Open

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