

Greater Detroit
Intergroup

LOVELINE

Look For OA Events
Marking These Occasions!

JANUARY

Happy Birthday

What and when is the OA BIRTHDAY?

The third full weekend (Friday included) of January has been set aside as the annual celebration of the January 19, 1960, founding of Overeaters Anonymous.

Unity Day

FEBRUARY

What and when is UNITY DAY?

Unity Day is a day to celebrate the connection of all members and groups of OA to one another.

It occurs the last Saturday in February in even years and the last Sunday in February in odd years at 11:30 a.m. local time. It is encouraged that all members of OA take a moment of silence to express their gratitude for the OA Program.



Happiness to me is contentment and gratitude, not fighting life. Accepting myself as the imperfect human I am, while at the same time striving to be the best person I can be under God's guidance. This is when I am happiest. It is not constantly seeking instant pleasure. It is certainly not trying to escape from life's troubles in food or anything else. My best course is to strive for a life of sane and happy usefulness.

~Anonymous

The deadline to submit articles for the **NEXT LOVELINE** is

FEBRUARY 10!

The topic is: "Gratitude in Action"

Please send stories, poems, drawings and letters based on your Experience, Strength and Hope to lnewsletter.editor@gmail.com. Submissions related to the theme or to any aspect of your recovery journey are welcome.

AND → if you haven't already done so, please send your email address to info@oagreaterdetroit.org and each new issue will be emailed directly to you!

For more information, contact Irene R. at 248.574.2536



Don't miss the Deadline

STRUGGLING WITH THE HOLIDAYS? NEED A QUICK DOSE OF RECOVERY AT A MEETING?

**NEW YEARS DAY – SUNDAY
JANUARY 1, 2023 @ 8:15 AM [PST]**


**HYBRID: IN-PERSON & ONLINE
GLENORA, CA
ZOOM ID# 825 944 5125
ACCESS CODE # 2020**



When I am “willing to let God take over instead of me” (**Alcoholics Anonymous**, p. 187), I find a peace and a deep sense of spiritual joy. I’ve tried to control myself, other people and circumstances most of my life out of fear. Letting go and letting God take over my life brings me solace. This comfort and consolation build a satisfaction that brings happiness. Then I can do what the Big Books says on p. 132, “We absolutely insist on enjoying life.” I am so very grateful.

In actively, persistently using the 12 steps of OA, along with being sponsored/sponsoring, daily meditation/prayer and reaching out to my fellow OA members, I am saved from suffering unnecessary pain. Despite the difficulties life throws at me, I am, with God’s help and guidance, able now to go through the necessary pain of life. I can still laugh and feel a happiness and peace I’d never known before OA.

~ Mary S.



Chapter
BILL'S STORY

...ed, I want
by a doggerel on a
"Here lies a Hampshire
Who caught his death
Drinking cold small beer
A good soldier is ne'er
Whether he dieth by r
Or by pot"

...alled to
an of foreign
elf a leader, for l
e a special token
rship, I imagin
terprises...

AD4L Speaker Series

"Bill's Story"

...

New York Time	7th January 3:30pm - 5:00pm
London Time	7th January 8:30pm - 10:00pm
Melbourne Time	8th January 7:30am - 9:00am

ZOOM ID: 200 540 624
(no password)

A Design for Living (Big Book OA)
www.ad4l.info / admin@ad4l.info

OPEN SPEAKER MEETINGS

5TH SATURDAYS @ 10 AM

Did you know? Every 5th Saturday of the month, the **Celtic Cross I Am a Miracle meeting** hosts an open meeting with a speaker who shares her/his experience, strength, and hope at **10 am**. This meeting is an excellent venue for bringing family, friends, and other interested parties together to find out more about the disease of compulsive eating and the solution offered by OA.

The dates in 2023 are:

April 29	July 29
September 30	December 30

Please invite others; we only succeed when we support one another and share the message.

To join the Open Speaker Meeting virtually, please use the access information below:

Phone Number: (425) 436-6398

Access code: 556803#

<https://join.freeconferencecall.com/satoacelticcross>

Online meeting ID: satoacelticcross



HAPPY NEW YEAR

OA Foot Steps Presents...

New Year

Fresh Start

2 Speakers with Q&A

Sunday, January 8, 2023

3PM - 4:30PM EST

Meeting ID: 914 9995 6265

Password: 1212

STEPS...

WORKSHOP



A Day of Abstinence Hybrid Workshop

Saturday, January 7, 2023

1:30 pm to 4:30 pm (EST)

Sponsored by CHI-WIF Intergroup

Contact Dawn R. to register:

Text: [224] 325-1901

Email: newdawn090220@gmail.com

<https://oa.org/events/abstinence-hybrid-workshop/>

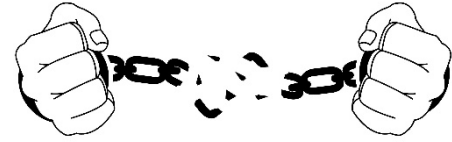
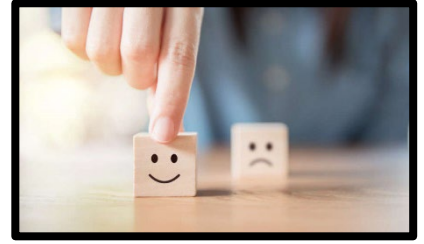


THERE IS NO ENLIGHTENMENT FROM THE REFRIGERATOR LIGHT!

BREAKING 365 CHAINS

I was looking for a diet. But what I've gotten is so much more.

What's different about my life today? The more appropriate question is, what's the same? At this moment in time one year ago, I found program—or rather, program found me. Since then, I've lost about 40 pounds (18 kg), quit one job and started another, and I'm going back to school to pursue a lifelong dream. I haven't binged; I haven't compulsively overeaten. I haven't had to ask myself "Why did you do that, again?" or had to beg, pray, and plead, "Please let this just stop! Let me just stop!" I made it through vacations, a cruise, Thanksgiving, Christmas, my birthday, and every other holiday this year without overeating, without feeling sick to my stomach, and without regret. I haven't gone to bed with guilt or shame. In the past year, I haven't had to regret what I've eaten.



Over the past 365 days, I've broken 365 chains: there's nothing I haven't handled in the past year, nothing I've eaten over, which proves to me there's no real reason to overeat. I've experienced heartbreak, humiliation, uncertainty, fear, anger, anxiety, sadness, celebration, happiness, and success, and I haven't had to eat over any of it.

Today, I meet the world and the problems it tosses me without hiding behind the food; I cry, not because I've overeaten but because I'm allowing myself to feel my feelings. I have begun a long-overdue healing process, and I am changing. And not just in physical ways; now I can apologize, I can admit when I'm wrong, I can be of service and want to be of service without having to be asked. I can hold my tongue. I can feel a feeling and not have to bring everyone around me into my feelings. I have a desire to do the right thing. I have a conscience.

Today, I have a Higher Power and a spiritual connection I never knew I needed; I can't imagine how I ever could've lived life without it. I don't need to be perfect. I don't need to do it all, be it all, or have it all. I have a program. I have a safe space and a safe place where there are no expectations of me. I have a community of people who love and accept me as I am, who help me and want to help me. I have confidence, and I have Tools to help me when I'm not feeling confident. Today, I have faith (and not in superficial things). I am becoming the kind of woman and person I've always wanted to be. I have a little more patience and a little less self-criticism. I have the serenity and peace of mind I'd been chasing for twenty-nine years. I have honesty and willingness. I have better relationships. I try harder and put in more effort. I am kinder, not just to others but to myself. I am becoming a person I am proud of.

So, to my 28-year-old self who was hiding her food in the closet and to all the versions of me who came before her, I want to say this: it's okay. You are okay. It's not your fault. Stay hopeful, stay positive, stay strong. There is always rain before the rainbow. You are not a number on the scale, the size of your jeans, or what anyone else tells you. You are worthy. You are deserving and good. You are healing. You are free. And remember always that you are not alone. At the end of the day, what will make you happy is not your body—your perfectly imperfect, healthy, strong, able body—but the life you're living in it. Did you help someone today? Did you do something good for someone else today? That's what will heal and fulfill you: living a life you're proud of, not the clothing you're doing it in.

— *Emily E., Long Island, New York*

Join Us

for GDI Intergroup Meetings!!

4th Saturday of the month
January 28 & February 25 @ 11:15 am
 following the 10 am "I am a Miracle" Saturday morning Celtic Cross Presbyterian Church Meeting

THERE ARE 2 WAYS TO JOIN:



OVEREATERS ANONYMOUS®
GREATER DETROIT INTERGROUP




Phone number: [425] 436-6398
 Access code: 566803#
<https://join.freeconferencecall.com/satoacelticcross>
 Online meeting ID: satoacelticcross

GREATER DETROIT AREA INTERGROUP POSITIONS ARE OPEN!

OFFICER POSITIONS (2-YEAR TERMS) TO BE FILLED:

Vice Chairperson:

1. Shall attend monthly intergroup meetings
2. Shall serve in the absence of the chair
3. Shall serve as an ex-officio member of all committees
4. Shall sign on all accounts and be authorized to co-sign checks

Corresponding Secretary:

1. Shall attend monthly intergroup meetings
2. Shall read WSO correspondence at intergroup meetings
3. Shall have responsibility for annual "individual group registration with GDI," to send out form requesting current information and compile information when received.
4. Shall write any letters required or requested by the intergroup and/or chair
5. Shall maintain current list of officers, committee chairs, group representatives/alternates (IR), and secretaries of OA groups registered with GDI
6. Shall keep WSO informed of all changes of group information
7. Shall maintain WSO information forms as requested or necessary
8. Shall be responsible for distribution of updated meeting lists to group secretaries, intergroup officers, info/helpline chair, region V, and toll-free helpline
9. Shall serve as an active member of the office committee
10. Shall sign on all accounts and be authorized to co-sign checks

Please consider these openings as opportunities both to be of service to the wider membership and to enhance your recovery. Take it to your Higher Power! Talk to your sponsor!

OFFICER POSITIONS, *continued...*



QUALIFICATIONS FOR THESE POSITIONS:

- A. A nominee for GDI officer must have been a member of OA for at least two years
- B. Be working the 12 steps of OA
- C. Have at least one year of current abstinence.
- D. Be willing to give service
- E. Have given service to Intergroup sometime during the previous twelve-month period.

COMMITTEE CHAIR POSITIONS (one year of current abstinence is required) :

Twelve-Step-Within:

1. Shall be responsible for developing activities focusing on recovery for OA members
2. Shall lend assistance to groups for developing activities
3. When asked, shall lend assistance to any meeting needing to increase attendance.

Finance:

1. Shall serve in an advisory capacity to the Intergroup on all financial matters
2. Shall review all income and expenditures at least quarterly and make recommendations to Intergroup when necessary
3. Shall, with the Treasurer, submit a written budget to the Intergroup
 - a. Proposed budget shall be submitted to Intergroup and mailed to all groups for review two months prior to new fiscal year
 - b. The Intergroup shall vote on budget one month prior to new fiscal year
4. Shall with the treasurer, submit a written annual report to the Intergroup
5. To avoid the appearance of impropriety, the Finance Committee Chair shall not chair any other committee nor hold the office of treasurer

Public Information:

1. Shall act in a public relations capacity, bringing Overeaters Anonymous to the attention of the compulsive overeater
2. Shall be consistent with Tradition Eleven which states our PR policy is based on attraction rather than promotion
3. Shall handle inquiries and distribute information about OA for the general public and for special groups including HIPM (Hospitals, Institutions, Professionals, and Military) and Young People

Office:

1. Shall consist of the chair, hereinafter referred to as Office Manager, and the office volunteers
2. The Office Manager has the responsibility of training and coordinating volunteers for optimum office coverage
3. Shall determine the procedures of the Intergroup office and maintain an Office Procedures Manual
4. Shall keep accurate records of all group donations, literature sales, and manage safe handling of monies collected, and coordinate this with the treasurer
5. Shall direct a physical inventory of the office prior to new fiscal year

COMMITTEE CHAIR POSITIONS, *continued...*

QUALIFICATIONS FOR THESE POSITIONS:

- A. All committee chairpersons shall attend all regular Intergroup meetings
- B. All committee chairpersons shall hold committee meetings as needed
- C. Term of service shall be two years beginning and ending with election meeting of the Chair
- D. An abstinence requirement of one year, to be the Chair of a Standing Committee, will be effective July 15, 2014.

Region Representative / WSO Delegate:

1. Region Reps/Delegates shall attend monthly Intergroup meetings
2. Region Reps/Delegates shall serve on a standing committee of GDI
3. Region Reps and WSO delegates shall represent the Intergroup at Regional Assemblies and WSB Conferences whenever possible
4. Region Rep/Delegate Committee shall submit a written report of any Region Assemblies or WSB Conference, within 5 weeks, at an Intergroup meeting. This report shall be submitted by the Delegate Chair to the Chair, to the Recording Secretary and to the newsletter editor. An oral report may be delivered at the Intergroup meeting
5. One copy of all printed materials accumulated by Region Reps/Delegates belongs to Intergroup and will be filed at the Intergroup office.

QUALIFICATIONS FOR THIS POSITION:

- A. A nominee for Region Representative / WSO Delegate must have been a member of Overeaters Anonymous for at least two years and have given at least two years of service beyond the group level
- B. The World Service Business Conference Delegate/Alternate shall have at least one year of current abstinence



OUR SOUTHFIELD OFFICE IS **OPEN!**

**25511 Southfield Road, Suite 127
Southfield, Michigan 48075**

Donations to our Detroit Intergroup have allowed us to maintain our Southfield Office, which provides a convenient location for regular face-to-face meetings and special events. Members are encouraged to take advantage of this space, which belongs to all of us.

For many of us, an important aspect of our recovery has been the opportunity to meet other OA-ers in the flesh. Meeting in person strengthens our recovery by giving us a closer bond to each other while allowing each of us to better sense what our HP needs us to communicate to our fellows.

Please consider strengthening your own individual program of recovery with an act of service: planning a special event or starting a meeting at the office. Making good use of our office will help all of us spread the message of recovery to those who still suffer. If you would like to schedule a meeting or special event at the office, please contact Verna at [734] 716-0773.

The first meeting in OA was held on January 19th, 1960
By Founder, Rozanne S.

Help Us Celebrate The 63rd Birthday Of Overeaters Anonymous!!

“Remembering Our Beginning”

Join this event face-to-face or virtually! We encourage coming face-to-face, but if you are not able to there is the option of zoom.

Click the link below to Join Birthday Party via zoom

<https://us02web.zoom.us/j/86194491813?pwd=U0RhNnVlUxVjF003dzVBandTN2tWU>

T09

Meeting ID: 861 9449 1813 Passcode: 422930

January 21, 2023, 10:30 am – 1:00 pm CST.

Central Presbyterian Church

3829 Grand Ave.

Des Moines, IA 50312

Event will be in room 201 on the 2nd floor. Use stairs
(North entrance) or elevator (east entrance).

Handicapped parking available.

Please bring a sack lunch.

7th Tradition: The suggested contribution will be \$5.00 or whatever you may be able to give. No one will be turned away for lack of funds. Please make checks out to OA CII. Write OA Birthday in the memo at the bottom of your check and send to P.O. Box 30068, Des Moines, IA 50310

Remembering Our Beginning • Free Drawing • Group Sharing

Contact Information

Judy T
515-231-6863

Gina M
515-745-2492

Traci V
641-750-7228

Sponsored by Central Iowa Intergroup

Find us on the web! www.oagreaterdetroit.org

Greater Detroit Intergroup Board Members/Officers

Chair	Verna K.	[734] 716-0773
Vice Chair	*OPEN*	
Treasurer	Lynn H.	[313] 613-8754
Recording Secretary	Keri C.	[248] 672-6745
Corresponding Secretary	*OPEN*	

Committee Chairs

Bylaws	Barbara D.	[313] 886-3533
Loveline	Irene R.	[248] 574-2536
Twelfth Step Within	*OPEN*	
Speakers/Sponsors List	Frank A.	[810] 813-1167
Helpline	Verna K.	[734] 716-0773
Webmaster	Pina B.	[248] 416-0726
Literature	Verna K.	[734] 716-0773
Public Information	*OPEN*	
Office	*OPEN*	
Finance	*OPEN*	

GDI Region Rep/Delegates to WSBC/Region 5 Reps
OPEN

7th Tradition:

Every OA group ought to be tully self-supporting, declining outside contributions. Member contributions in the Detroit area have dropped this year. One factor may have to do with most meetings being held virtually. *At www.oagreaterdetroit.org members can make a one-time donation or set up a **RECURRING MONTHLY DONATION** via PayPal to take the place of the weekly contributions they might ordinarily drop in a 7th Tradition basket at an in-person meeting.*

Visit www.oagreaterdetroit.org to donate via PayPal. It's easy to go a step further and set up a recurring monthly donation, which you can cancel at any time.



OR → you can mail a check, made payable to **Overeaters Anonymous**, to:
Lynn H.
14163 Landings Way
Fenton, Michigan 48430



CONTACT US!



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