

# LOVELINE

Volume 2018, Issue 1

January / February 2018

GREATER DETROIT INTERGROUP INFORMATION

**2018 and forward ....**

**OA works....When you  
work it...Live it!**

***IT IS A 12 STEP SYSTEM  
THAT EQUALS LIFE!!***



***It works...It really does!***

***JOIN IN THE RECOVERY—  
ATTEND A MEETING!***

***Together we can!***

***The Fellowship is life changing!!***

## **Inside this issue:**

Be active and ....	1
Step 1 Worksheet, Step 1 & 2, Tradition 1 & 2	2
OA Activities / Inspirations	3
Member Contributions	4-8
Service Opportunities	9
Greater Detroit Intergroup Information	10

## **Special points of interest:**

- Open Talk—January 7th, Crittenton Hospital, 7-8:00 pm

## A STEP 1 Worksheet

**STEP 1: WE ADMITTED WE WERE POWERLESS OVER \_\_\_\_\_ AND OUR LIVES HAVE BECOME UNMANAGABLE.**

**Being powerless doesn't mean the problem is not solvable. It means that I am powerless over getting exactly what I want. Just admitting this is Step 1.**

**List 10 things (people, places or things) that you are powerless over.**

- 01.
- 02.
- 03.
- 04.
- 05.
- 06.
- 07.
- 08.
- 09.
- 10.

**Here are some ways I have tried to solve these.**

- 01.
- 02.
- 03.
- 04.
- 05.
- 05.
- 06.
- 07.
- 08.
- 09.
- 10.

### Step 1

We admitted we were powerless over food — that our lives had become unmanageable.

#### Tradition 1

Our common welfare should come first; personal recovery depends upon OA unity.

### Step 2

Came to believe that a Power greater than ourselves could restore us to sanity.

#### Tradition 2

Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

**OA Activities**

***MONDAY OA MEETING - WEST BLOOMFIELD***

***FOCUS: LITERATURE (VARIOUS BOOKS)***

***TIME: 7:00-8:00 PM***

***WHERE: THE FRIENDSHIP HOUSE ON THE SHUL CAMPUS***

***ADDRESS: 6890 W. Maple Rd.***

***Rear of campus, smaller Building on the left***

***CONTACTS: CAROL U. 248-624-2314 or SUSIE Y, 248-320-3105***

**Open Talk—Sunday, January 7th**

**Ascention / Crittenton Hospital, Rochester, MI**

**7:00—8:00 pm in the Auditorium, 1st Floor, North entrance.**

**Contract: Nicki T. 248 464 5896**

**OA Inspirations**

**STEP 2: CAME TO BELIEVE IN A POWER GREATER THAN OURSELVES  
COULD RESTORE US TO SANITY.**

**Insanity is doing the same thing over and over with no or less than wonder-  
ful results.**

**Power greater than ourselves-there is a G-d. You are NOT it. It is perfectly  
acceptable to create a Higher Power who would be what you need.**

**Big Book Page 12: “Why don’t you choose your own conception of G-d”. I,  
\_\_\_\_\_, am willing, right now, to open my heart to the possibility  
of a power greater than myself.**

**Write the words describing the characteristics of your HP. (if you choose to  
believe in a Higher Power).**

---

---

---

# MEMBER CONTRIBUTIONS

## Enlarge Our Spiritual Life

Those words struck me like a healing thunderbolt when I read the phrase this morning from the Big Book of AA. It actually reads, "For if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead."

It is the message to enlarge our spiritual life which captured my heart and held me. For without doing the footwork of praying, of turning our will and our lives and our shortcomings, and our obsession with food over to God as we understand God and seeking a spiritual path of daily prayer and meditation and then sharing our spiritual awakening with others we fail to enlarge our spirituality. Therefore Step 12 is a lifeline to not only saving our physical and emotional selves; it also is a strong step in the enlargement of our spiritual life. "Faith has to work twenty-four hours a day in and through us, or we perish" (p. 16 BB)

Mary S.

## My Design for Life OA 12 Step Program

I have a choice..and so do you.

The number one option is to live in the painful dysfunctional design for living that I lived in prior to finding the OA system.

The number two choice is to live in the design presented in the Big Book. By living in the 12 Step system I live successfully, peacefully, and spiritually.

What does the Big Book say? It is my guide. Here are a few references to the Design for Living from the Big Book.

Page 15:

Seventeen lines from the bottom: "It is a design for living that works in rough going".

Page 58:

Seventeen lines from the bottom: ".....a manner of living which demand rigorous honesty".

Page 275:

The paragraph that begins "A.A. is not a plan for recovery...to the end of the paragraph ending "countless dividends we receive".

Page 508:

Ten lines from the bottom: "it was a way of life".

Page 541:

Eleven lines from the bottom: "My mentor had to remind me that A.A. is not just a project. A.A. offers me an opportunity to improve the quality of my life.

There are more reference... please find them and send them for the next edition, (March/April 2018) of the Loveline. Susie Y.: [lnewsletter.editor@gmail.com](mailto:lnewsletter.editor@gmail.com) or Nicki T: [lnewsletter.content@gmail.com](mailto:lnewsletter.content@gmail.com)

# MEMBER CONTRIBUTIONS

## CHANGE

I was reading, today, in the OA literature about change. It reminded me that, back in the “bad old days” before abstinence, I was terrified of change. Change meant the unknown and the unknown could only be worse than the known. Because I was so enmeshed – trapped – in the food, I had no idea that change could, also, be for the better! Living in a food fog gave me a distorted view of life.

Then, with the help of OA, abstinence, meetings, literature and other tools of the program, I came to see that change is simply life, nothing more and nothing to fear.

It's impossible to be alive without change. We all start changing the second we're conceived, after all. There's growth, maturity, development. Sometimes we like the change, sometimes – not so much!

One of the biggest changes I've experienced has been moving from being active in my addiction for years to becoming abstinent, one day at a time. Every day I change a little more, because I know more about myself, because I have a different relationship with food and because I have a stronger connection to my Higher Power.

Change is inevitable. It doesn't have to be terrible.

*Alice S.*

### OA Poem

Food, a friend to me, it seemed to  
be accepting and comforting  
Food an enemy I did not foresee  
Controlling and obsessing  
Now my higher power is with me  
Loving and guiding  
I live a life that is free  
Daily giving all over to HP

Marjorie K.



### A MEMBER'S PRAYER

May the Loving presence be with you,  
guide you through your day, walk with  
you through every trial, strengthen your  
good intentions and hold you all day long.

# MEMBER CONTRIBUTIONS

Page 12 - Big Book

This is the basis of my life. I know that sounds dramatic, but it is the truth. This one statement and the action I took from it has formed who I am and how I believe, today.

"Why don't you choose your own conception of God?" This was news to me. I thought G-d was that something that was out to get me and punish me with something bad. I lived in fear.

"That statement hit me hard. It melted the icy intellectual mountain in whose shadow I had lived and shivered many years."

Yes, it melted the huge burden I lived under. The burden of thinking G-d was out to get me. Originally, I could not figure out how I was going to do this 12 Step program if I could not believe in a positive Higher Power. This one statement truly set me free to move on and develop a Higher Power that I choose and chose to call G-d.

This Higher Power is of my "not" understanding. I do not understand how the G-d thing works, but it does not matter. I choose to believe that my HP has attributes that I get to live by and with that makes my life wonder filled.

Please continue reading in the Big Book and maybe the whole world will open up for you, too. Love in Recovery, Susie Y.

## *The Joy of Being Me*

*This is inspired by the little cuddly bear, "BE" and the meditation from Voices of Recovery on page 322*

*I can just "BE". I don't have to do for fear that I'm not good enough. Now, I do out of joy. Yes, the joy of being. The joy of being who I am.*

*Mary S*

## MEMBER CONTRIBUTIONS

Before OA, Fear and Food were the co-rulers of my universe. Fear threatened. Food comforted. With step one I had to acknowledge that these idols I had set up did not bring order to my life, only chaos.

It has only been with the passage of time that I can look back on former behaviors and appreciate the degree to which my food compulsion infected my interactions with other people. I remember the sense of irritation mixed with shame that ached like a bad tooth all day long as I used to wait for my co-workers to leave for the day so I could get in another serving of a treat that someone had brought in or the resentment at the “too small” servings of dessert at a family function.

That irritation has been replaced: sometimes with surrender—those are foods for other people who can handle them, I certainly can't, and sometimes with relief—I do not have ride that rollercoaster of sugar highs and lows ever again.

As for fear, some of my worst fears have been realized since I joined OA. I was at a social event, seated at the end of a long table in a noisy restaurant. I have a hearing deficit and at one point realized I could not follow the conversation

my table mates were having at all. There I was, in the midst of a social setting and feeling excluded. I took my time to look around the restaurant at all the activity around me and I tasted my food. I realized that if I truly felt uncomfortable I could leave or I could wait to see if I could integrate back into the conversation, which is eventually what happened.

Other worst fears realized: I get mad at other people and other people get mad at me. The difference is I don't stay mad—I can't afford to let resentment linger and possibly trigger my disease. When other people get mad at me I do my best to acknowledge my part in the conflict or give others the space to feel their feelings without trying to fix them.

I do not work a perfect program, but now I have ways of addressing problems that I did not before: prayer/meditation, a sponsor, the wisdom of other OA members, and writing being among the most important to me.

Anonymous

# MEMBER CONTRIBUTIONS

## OA HAS TAUGHT ME SO MUCH

I would have never known all the reasons I was overeating, especially when it came to sweet foods. I have discovered things about my childhood that have affected my adult life.

My mother died after a long illness when I was 13. This was my first experience with death. I was the oldest girl in my family so I was told that I would take over the household responsibilities that my mother had performed. I needed to grocery shop, cook dinners, keep track of my younger sisters, pay bills, do laundry and clean house. This was too much for me, but I believed I should be able to do it. This created a core issue for my life : As an adult, I would always take on too much work and expect to be able to get it all done. I kept trying to prove I could do it because I thought I should be able to.

Another major problem that came from my mother's passing was that I was not given any information about grieving. To get through this and keep smiling through the years, I needed lots of sweet food. When I was 16, my 22 year- old brother, Mike, was killed. I was very close to my brother but again I did not grieve this loss.

I did not start gaining any significant weight until I was in my 30's. I started dieting and I dieted my weight up to 210. I tried an expensive for-profit weight loss program, this worked but I gained the lost weight back plus more. I went to OA for the first time after eating a coffee cake, one sliver at a time, absolutely unable to stop myself. I stayed in OA for three years, but I was too shy to get a sponsor and I did not understand what "working the steps" meant. I left feeling like I could manage the program on my own.

Over ten years, I "managed" to gain 100 pounds. I tried dieting again, but I was not able to stick to a diet for even one day. I could not understand why I gained weight and other people did not. I felt like I was not eating more than they were. I tried dieting everyday for six months. Every night I felt hopeless because I had failed again.

Suddenly, what I had learned in OA came back to me. God let me see that I was not able to stick to a diet because I had a disease. This took the guilt and shame away from me. I was sick, this was great news. I have been abstinent since that night nearly seventeen years ago.

I began reading "How it Works" in the Big Book. I dared to hope this could work for me. I found an OA meeting and got a sponsor right away. My sponsor taught me how to work the steps. This began my journey to finding out who I really am. OA let me find a God that I love. God and OA have given me a new life. I can accept myself as I am because I know now where my past actions came from. OA has shown me that I am not alone. There are thousands of other people with this same disease and more importantly, there is a recovery solution that has worked for them and is working for me.



## Service Opportunities at Detroit Intergroup

The Committee Chair position for Speaker/Sponsor List has been filled by Pam H. [248-398-8930](tel:248-398-8930) If you would like to be added to the list, contact Pam H or Frank A. Frank A. is on this committee as the Speaker/Sponsor Tech and he can be reached at [810 813-1167](tel:810-813-1167).

The positions of Finance Chairperson and Literature Chairperson are open at our Detroit Intergroup. Committee Chairs attend and give a report at the regular Intergroup meetings which are held the second Tuesday of the month except for December. Chairs of the committees have at least one year of current abstinence.

The Finance Committee Chair serves in an advisory capacity to the Intergroup on financial matters. The Literature Chair is responsible for keeping the office stocked with certain OA approved books and Newcomer packets.

The terms for each of these positions is two years and the duties are outlined in our Bylaws. Please contact Sue S., Intergroup Chair, [248 683-4354](tel:248-683-4354), if you are interested in either of these service positions.

## LOVELINE

SHARE YOUR RECOVERY  
***WE NEED YOUR STORY -  
TOGETHER WE GET  
BETTER***

SEND TO:

Susie Y. [lnnewsletter.editor@gmail.com](mailto:lnnewsletter.editor@gmail.com) **or** call Susie Y. 248-320-3105

Nicki T. [lnnewsletter.content@gmail.com](mailto:lnnewsletter.content@gmail.com)

You never know whose life you are going to save by sharing your experience, strength and hope.... It's free, receive it automatically by email, sign up, send your name & email address to: [info@oagreaterdetroit.org](mailto:info@oagreaterdetroit.org)

## GREATER DETROIT INTERGROUP

### GREATER DETROIT INTERGROUP INFORMATION

25511 Southfield Road  
Suite 127  
Southfield, MI 48075  
(248) 559-7722  
info@oagreaterdetroit.org



We are on the web!  
**OAGREATERDETROIT.ORG**

### ***GDI Board Members/Officers***

Chair	Sue S.	248-683-4354
Vice Chair	Bobbi S.	313-377-2371
Treasurer	Lynn H.	313-613-8754
Corresponding Sec.	Irene R.	248-615-2141
Recording Sec.	Holly N.	248-219-8756

#### ***Committee Chairs List***

Bylaws	Judy D.	734-782-4212
Loveline	Susie Y.	248-320-3105
12 Steps Within	Daisy P.	313-377-6458
Speaker/Sponsor List	Pam H.	248-398-8930
Helpline	Barbara D.	313-886-3533
Webmaster	Andrea C	586-943-6900
Literature	<b>Open</b>	
Information	Makeda Y.	313-346-7840
Office	Sheila B	503-914-7742
Finance	<b>Open</b>	

#### ***GDI Delegates to WSBC/Region 5 Reps List***

Barbara D.	313-886-3533
Judy D.	734-782-4212
Makeda Y.	313-346-7840