



Tools of Recovery

“In working Overeaters Anonymous’ Twelve-Step program of recovery from compulsive over-eating, we have found that a number of tools are available to assist us. We use these tools ... on a regular basis, to help us achieve and maintain abstinence and recover from our disease.” - *The Tools of Recovery* p.1.

A Plan of Eating—A plan of eating helps us abstain from compulsive eating. (See the pamphlet *Dignity of Choice*.) This tool helps us deal with the physical aspects of our disease and achieve physical recovery.

Sponsorship—We ask a sponsor to help us through our program of recovery on all three levels, physical, emotional, and spiritual.

Meetings—Meetings give us an opportunity to identify our common problems, confirm our common solution through the Twelve Steps, and share the gifts we receive through this program. In addition to face-to-face meetings, OA offers telephone and online meetings.

Telephone—Many members call, text, or email their sponsors and other OA members daily. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience.

Writing—Putting our thoughts and feelings down on paper helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them.

Literature—We read OA approved books, pamphlets, and *Lifeline Magazine*. Reading literature daily reinforces how to live the Twelve Steps and Twelve Traditions.

Action Plan—An action plan is the process of identifying and implementing attainable actions that are necessary

Anonymity—Anonymity guarantees we will place principles before personalities.

Service—Any form of service that helps reach fellow sufferer adds to the quality of our own recovery.

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THIS IS HOW I USE THE OA TOOLS TO ENHANCE MY RECOVERY

Literature: Every morning I read OA literature with an OA friend and we discuss how the reading applies to each of us. It really strengthens our recovery. I, also, read the BB book and email my sponsor what I understood about the reading and how it relates to me.

Meetings: Meetings are vital to my recovery from compulsive eating. Hearing so many different points of view, it widens my scope of what is possible and gives me support, strength and hope to be abstinent one day at a time.

Sponsor: The work with my sponsor is amazing. She gets me places I would not go without her help and guidance. My sponsor is an essential part of my recovery. It gives me an amazing anchor in the 12 steps of recovery and living the principles for a sane life.

Phone Calls: I used to avoid making phone calls like the plague. Now with encouragement/direction from my sponsor, I do this regularly. Calling gives me great benefits. OA people usually thank me and show appreciation for passing on support, hope and strength. I usually text first to see if they are available to talk. It works much better that way, I have found. God/HP works through us and it really shows with the phone calls.

Service: Giving service, like making the phone calls, filling a position that needs filling, printing out something that is needed for the group etc. helps me get out of myself and see a larger view. Yep, getting my nose out of my navel is what I call it. It is amazing how it reduces self-pity and an array of negative emotional states.

Writing

Lately I've added writing to my morning prayer and meditation time. Sometimes I read and write on an OA meditation. Other times I have a "conversation" with my HP - it may sound strange but I write a question or comment to my higher power, then I write my HP's response. Back-n-forth we go. I've gotten some ah-ha moments and direction by doing this, I can't explain how it works; I just know it does. I'm grateful that another OAer shared this method with me.

All the Tools

The Tools of Recovery are the "footwork" that I have been told to do for the 29 years that I have been in Program. Over these 29 years, I have had two major relapses during which, thanks to my Higher Power, I did not regain all of my weight loss. What got me out of these relapses was doing the footwork - using the Tools as they are written and as directed by my sponsor. Not one tool, but all of the Tools. They work; try them!

Fall Into Recovery

Using The Tools is the focus of the Fall Retreat. The Retreat is October 6 & 7, 2018.

(There is a Registration Form in this issue of the Loveline.)

A Retreat gives me the opportunity to experience the recovery of many members, together for a few days. Sometimes I learn something new, sometimes I feel validated, and sometimes I have the opportunity to share my recovery. The time we spend together is valuable and priceless in my recovery. This October we have the opportunity to be together and share and expand our recovery around The Tools.

I make phone calls daily to check in with people.

I, also, let my sponsor know what's going on.

I read literature daily and I listen to tapes when I'm home before going to sleep.

I do a 10th step throughout the day, making amends as they arise, asking for guidance along the way.

I pray in the morning. I read the 3rd, and 7th step prayers and ask for abstinence. At night, I am on my knees again, thanking G-d for my abstinence.

I do not eat anything with 5 or more grams of sugar. No dessert food, except a piece of fruit.

I move my body, but gently; I took a walk today, which I do when the weather is good (clocked over 2 miles)

I sponsor in another program

I know I am not in charge and try to use the slogans to right size things, especially putting first things first, keeping it simple, staying in the present reminding myself of my hula hoop.

I focus, too, on what I can do to improve my life, especially when I get into self-pity, focus on G-d when there's a problem.

I focus off me, on my HP.

Keeping this going ONLY for today because that is all I have is a reminder for all the above.

I am reminded, too, that "most terrible human emotion" (p. 82 BB) is jealousy and all the things that stem from that. Its opposite is goodwill. I have that most when I feel gratitude. That means focusing on what I do have and counting my blessings. Making a gratitude list, even in my head, does wonders!

USING THE TOOLS

Service is my favorite tool.

When I first came to OA over 15 years ago, I sat at the back of the room (it was set up in rows of chairs) and said nothing and dashed out the door as soon as the meeting was over. As I got the hang of the meeting, I started helping out by placing books on chairs for use. After I was able to start sharing and get to know other members, I stayed after to put away materials. Eventually I volunteered to open and lock the doors, set up tables, chairs and materials, collect monies, lead a meeting, act as meeting secretary, treasurer, organize an open talk, inter-group rep, inter-group chair, act as a sponsor, order literature, etc.

None of this cost me anything but time. Time is what I need to invest in myself and program. Actions (service) helps me stay grounded in program and recovery. The more grounded my recovery, the better I feel.

Service leads me to better understand program and the OA way of life.

I show up and give service. If I can get out of my own way, then I can be of service to myself and others. Service is my favorite tool.

My favorite tool is a "plan of eating", which helps me abstain from compulsive eating.

This tool helps me deal with the physical aspects of the disease and achieve physical, mental and emotional recovery. I use this tool to evaluate my eating history, deal with trigger foods and compulsive behavior, and define a new way of eating. By using this tool, I don't leave my eating to guess work. I know what I have in the house to eat and when I am going to eat.

If I don't plan my food, I make mistakes. I make myself weak to temptation. If I have food in the house, I know I can make good choices and will not skip or deviate from my food plan. I don't leave things to chance.

My food plan is not cast in stone. It has areas that are flexible. I make changes as needed. I review this plan annually with my sponsor and doctor.

Jeanne

The fellowship of OA is my community. We speak the same language. We have 9 Tools that hold us together. I'm going to write about two of the tools; meetings and telephone.

In the beginning, I went to OA meetings with a room full of strangers. This was an interesting experience. They spoke of things that I related to, but it seemed like a foreign language. I had a lot to learn. They told me to Keep Coming Back. Today, I love being connected.

I, also, picked up the telephone and started calling those strangers. Soon they were no longer strangers, but OA friends with a common problem and a common solution.

The result is I am connected. Here I am many years later going to 2 or 3 meetings a week and staying connected on the phone in-between meetings. I'm connected to my HP, the Steps, members and I am abstinent from compulsive overeating and living in character defects.

With the grace of God, I am recovering from a long, slow relapse. Many things came into play to get me where I am today, and the Tools played (and continue to play) a major role. With the help of my sponsor, I was able to develop an effective Plan of Action. I started making multiple calls and text messages every day. I now read no less than two pages of OA or AA Literature a day and send my sponsor a few paragraphs about what I read. I have been able to design a Plan of eating that I can easily follow to lose some weight and later maintain forever. I go to more meetings and Sponsor. Tools? How could I recover without them? - Ellie

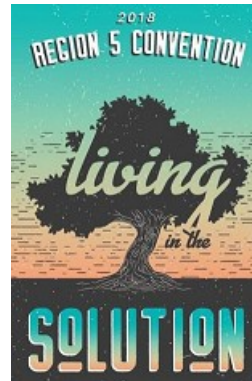
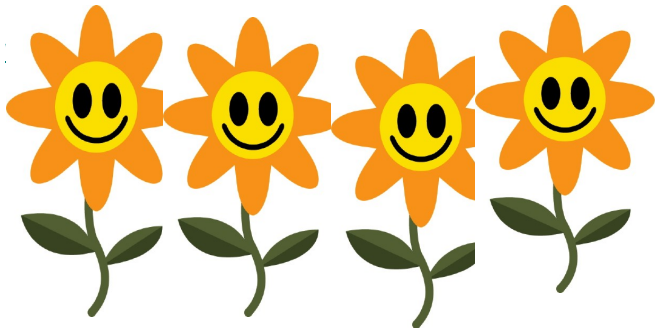
Plan of Action...

Living One Day at a Time I find that having a daily Action Plan is most helpful. During my morning prayer time I include time to develop my action plan for the day, listing things to be accomplished for the day. This helps to provide me much needed focus for the day. I usually put too many things on the list, but HP has told me that I can make the list and then cut it in half! I am still learning about realistic expectations for myself. When using food, I often used sugar and caffeine to power me through the day. Now I am learning to get in touch with my body and mind, via HP, and develop more realistic expectations of myself.

I recently have been phoning newcomers and am amazed how much it has helped me. I found that when they ask me how I have handled living abstainently I really do have some good experiences. Maybe I have been doing a good job with my recovery and I am worthy of referring to myself as recovered. Maybe, I can be useful to others. I believe that these outreach calls to newcomers have helped us both. Please share a story about your physical, spiritual or emotional recovery.



2018 Region 5 Convention – Living in the Solution



Register Now

August 31st – September 2nd, 2018
Hilton Indianapolis Downtown

Highlights:

- Speakers
- Hospitality Suite for fellowship, coffee/tea, microwave, and refrigerator
- OA Meetings
- Banquet with dinner, speaker, DJ and dancing
- Clothing Exchange (bring/find gently used clothing)
- Literature

Marketplace/Boutique (Raffle baskets, *Lifeline* subscription and convention CD raffles, recovery items for sale, and more!)

Lots of recovery, fun, and fellowship!

For more information, contact Laura C. [317.833.7206](tel:317.833.7206) or Denise O. [317.888.3259](tel:317.888.3259).

New Prospect Card



OA. It Works!

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www.oa.org



SHARE YOUR RECOVERY

WE NEED YOUR STORY—TOGETHER WE GET BETTER

LOVELINE—SEND TO:

Susie Y. lnnewsletter.editor@gmail.com **or** call Susie Y. 248-320-3105

Nicki T. lnnewsletter.content@gmail.com

Sign up, send your name & email address to: info@oagreaterdetroit.org

Articles due for September / October Loveline by August 10th!

See flyer on
Our website:

OAGREATERDETR
OIT.ORG

OA Fall Retreat -- October 6-7, 2018

Fall into Recovery, Using the OA Tools

Sponsored by the Rochester OA Meetings

Registration closes: September 6th, 2018

Any changes to a reservation must be approved through registrar. Onsite check-in and meet & greet 8:00-8:45 a.m. Saturday. Program starts 9 a.m. and ends at 3 p.m. Sunday. Weekend agenda/schedule will be provided at the retreat.

Cost per person -

\$125.00 Double occupancy rooms with community bath

\$155.00 Single occupancy rooms with community bath

Cost includes 4 meals -- Saturday breakfast thru Sunday lunch. Coffee, tea, and water provided during Saturday and Sunday sessions. Refrigerator available onsite.

Colombiere Conference Center
9075 Big Lake Road, Clarkston,
MI 48346

General Phone:
248.625.5611
Conference Center:
248.620.2534
Email:
colombiere@colombiere.com

Bring your Big Book (AA) and OA books and Tools to:



Payment: Make checks payable to Overeaters Anonymous

If you'd like a reservation confirmation, send a self-addressed, stamped envelope with your registration form, or email: quick_mi@yahoo.com. Mail your check and registration form to: Nicki T. at 5964 Creekside Drive, Troy MI 48085.

For more information about the retreat or to ask a question contact: Craig B. 248-688-5552 or Nicki T. at 248-464-5896.

Name	Phone	Email (optional)
Address, City, State		If you are rooming with a friend, indicate name here

contact Kendra for scholarship information: 248-320-9073

GREATER DETROIT INTERGROUP

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We are on the web!
OAGREATERDETROIT.ORG

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