

Greater Detroit Intergroup Loveline

Hello Everyone,

I am Carol U. and the new Loveline editor. I look forward to using this tool to share Recovery stories from our Greater Detroit OA members. There's lots of recovery in this Intergroup. Please keep writing your Recovery experiences to share. This is a "We" program. Together we get better.

Thanks to Nicki T. for continuing to do a wonderful job designing and formatting the Loveline.

Thank you Susie Y. for all your service as past Loveline editor. We look forward to workshops and events in your new position as 12 Step Within chair.

Carol U.

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 GENERAL OA NEWS

Warren Celtic Cross
Saturday, August 31, 2019
10:00 am
OPEN TALK—All welcome !!!

World Service has suggested that on the 12th of each month we all make OA phone calls to those we have not seen at meetings. Please look back in your “We Care” books to find the names and numbers. Susie Y.

OA Greater Detroit Inter-
group Meetings are the
 second Tuesday of the
 month at 7:00 pm. All are
 welcome.

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. The list is on the OA GDI website: GREATERDETROIT.ORG

New Meeting

Location: Life Bridge Church,
 24800 Eureka Road, Taylor
When: Every Friday, **Time:** 6pm
Call Tynese: 502 291-4617 with

- **August 17-18** — Sponsorship Day (third weekend in August)
- **November 16-17** — IDEA: International Day Experiencing Abstinence (third weekend in November) Celebrated the third weekend in November, this day encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.
- **December 12** — Twelfth-Step-Within Day (annually on 12/12) A day to focus on carrying the message to OA members who are in relapse or still suffering from compulsive eating.

Step 6

The first time I took Step Six, “Were entirely ready to have God remove all these defects of character”, I felt ambivalent. As selfish, resentful, and self-pitying as I was, I wasn’t quite sure what would happen to me if these and other deeply embedded defects were removed.

When I was a kid I stepped on a nail. It hurt to have the nail in my foot, but it also hurt to pull my foot off the nail. Still, I said I was ready.

More recently, in working the steps with a different sponsor and well aware that certain defects were still keeping me company, I hesitated, again, at this step. Was I really entirely ready at this time? When had I ever entirely given myself over to anything? I always felt I was warily holding back something.

In the AA 12 & 12, we read that only Step One “can be practiced with absolute perfection”. In regards to Step Six, “The only urgent thing is that we make a beginning and keep trying.” I have defects I know I am willing to give up, such as fear, because I suffer from it. It has narrowed and constricted my life. In respect to defects I may be living with more comfortably, I trust that HP is a gardener of sorts, pruning away what is diseased to allow vital new growth in me.



Positive Self Statements

1. When making a decision, think, "I make healthy choices now."
2. When worried about the future or dwelling on the past, tell yourself "Stayin Today."
3. When wondering what a person is thinking or feeling, try "When in doubt, check it out".
4. Do not assume someone is feeling the same as you are feeling. Try, "Never forget, do not project." This works with trying to predict the future as well.
5. When you are overthinking a situation try, "Stop analyzing, it's paralyzing."
6. When you think someone is reacting to you because of what they are thinking, and you think you know what they are thinking, try "Mind reading, so misleading."
7. When over whelmed with a project or tasks, try, "Keep in mind, one step at a time."
8. When missing a deceased loved one, think, "Our loved ones live on in our hearts."
9. When beating yourself up for an error, "Give yourself a break, it's only a mistake."
10. When trying to be perfect, remember "It's OK to be human."
11. When afraid, "Let go of fear, H.P. is near."
12. When impatient tell yourself, "Take a deep breath, relax and stay calm."
13. "Don't be afraid to try new things."
14. When dealing with procrastination, "Don't delay, come what may."
15. "I am thankful and grateful."
16. "Rigid; a definite no." or "Flexible; the way to go."
17. "I don't need anyone's approval to feel good about myself."
18. "It's OK if someone doesn't like me."
19. "Know when to let it go."
20. "Don't be afraid to face your fears."
21. When feeling alone, remember, "God is with you, always."
22. When feeling lonely, remember, "I have caring people in my life."
23. When feeling disheartened, "Have faith, your prayers will be answered."
24. When feeling unloved, remember, "God loves you just as you are."
25. Try to remember, "None of us are perfect beings."
26. "We do not live in a perfect world."
27. "I do what I can and that is good enough."

Angry Feelings

I had a fellow OA member call me very upset over a situation she had recently found out about. I listened and validated her feelings while being careful not to jump in to feed her anger.

She made it clear she needed help to not be so deeply upset. I told her one of the things I have done that helped me was to look for one positive, then keep building on that.

I suggested she use OA's *For Today* book to find a positive. I called her later to check on her. She indicated she was somewhat better. I assured her God gets us through difficult times as we surrender to God's/HP's Will. She found some comfort in that.

The next day she called me to report she found a positive in *For Today*. It is abstinence. But what now?

I told her the good job she did with choosing abstinence.

Now she can use it to affirm:

I am abstinent from anger.

I am abstinent from resentment.

I am abstinent from believing I am not loved.

I went on to say people love us imperfectly. But God loves us perfectly and unconditionally. She reported being very uplifted by this, thanking me whole heartedly. I said it isn't me. It's God working through me.

We have a beautiful recovery program. You can't give without getting back.

Pass it on. M.S.

My Higher Power, My Lifeline & My Loveline!

A year ago, my greatest challenge was having absolutely NO desire to have anything to do with my Higher Power's Will. I wanted to do MY will, period.

Valentine's Day 2018 & another horrendous school shooting. The next few weeks I was exposed to a plethora of emotions. My go to response was tears. Students from that location motivated me to change; modeling strength. Their example, helped me see, tears are limited & inspired me to act!

I attended a rally. This was my HP's Will for me. I KNEW IT! I found HOPE & within a few days, I was changed. That week I was completely willing to approach someone to ask that they sponsor me! I got a sponsor, the Saturday after the rally & became abstinent the next day, April 1, 2018.

My HP offered Willingness to me on a silver platter. HP knew I couldn't say no to His request. For this reason, God is the most important aspect of my recovery. HP blessed me with willingness to do His Will & that willingness led me to my abstinence.

KLT



Tradition One

I hate to admit it, but in the past I did not go out of my way to avoid Tradition Meetings, but I had not been fond of them either. Yes, I understood that they were important for the OA Organization in some way, but I did not embrace how they joined with the Steps to create the wholeness of recovery.

I have over the years come to learn and appreciate that the Traditions, like the Steps, have principles to live in all my affairs. Like the Steps they address problems that manifest themselves in various OA groups, at home, work and in other areas of my life. Tradition One taught me that two opinions can live in the same room at the same time. This is related to Step One, as I admit I am powerless over people, places and things, and accept differences and differences in opinions.

In Tradition One, we have unity. I can state my opinion, but yield to the group conscience, even if it is different from my thoughts. I seek to serve rather than to control. With this I am brought together in OA Fellowship in unity with other compulsive overeaters. I am given the opportunity to voice my opinions and accepting the decision of the group. I stay focused on living in the Principles with the purpose of recovery and living in the Steps as my design for living. If we did not have unity we would have turmoil and my recovery opportunities in OA would not exist.

*Today, I appreciate and embrace the Traditions and happily participate in meetings that focus on the Traditions. **Susie Y.***

12 Step Within Workshop Feedback

I attended the June Workshop at the OA Office and learned:

my character defects get in the way of my connection with God. I can live in the opposite of my defects. Each day 1) I can affirm that God is working in my life removing this defect. 2) lots of good ideas about how to be more accepting of myself. 3) I am grateful that we did Steps 4 thru 7. It helped me to see how possible it is to do the steps and incorporate them in my daily life.

one way of how to do a Step 4 inventory. By identifying a character defects helps me be willing to release them and find a positive opposite as a practical tool to use. 2) Also, writing willingness statements to my Higher Power will be useful.

by identifying my character defect and coming to the realization that it is not about others. It's about me and my love and acceptance of myself. 2) Amends that I make to myself are a living amends by giving self-care. 3) Being able to ask questions and receive feedback was helpful.

what I heard was that living in the steps means that the obsession to overeat is lifted. We did Steps 4-7. We identified a character defect and the opposite. We let go of the defect in Step 7 and began living in the opposite, I'm hopeful my obsession will be lifted. Living in recovery is great.

it was helpful to take the time for myself to define a defect and work through that defect using the Steps. I then released the defect and wrote personal affirmations to continue with a positive practice of Steps 6 & 7. 2) Sharing with the group was important to me.

techniques of how to love and accept my body. 2) Accept whatever my Higher Power has for me today.

that doing Step 4 is not scary. Identifying and working through character defects is a relief. Now I am aware of what they are and when they crop up I can ask my Higher Power for help releasing them. I identified assets that help me live in Recovery.

12 Step Workshop

GREATER DETROIT INTERGROUP OF OVEREATERS ANONYMOUS
12TH STEP WITHIN COMMITTEE
CONTACT: SUSIE Y 248-320-3105


4TH OF JULY - THURSDAY @ 10:30AM

ABSTINENCE & FOOD PLAN WORKSHOP

OA OFFICE: 25511 Southfield Rd., Southfield, MI 48075

The 12 Step Within Committee was established by World Service to provide members within the OA Community recovery opportunities. The committee exists to provide programs to help all members.

All OA Members are welcome and encouraged
to participate.



FOLLOWED BY: (2) OPEN MEETINGS

**DISCUSSIONS AND SHARING OF RECOVERY
OPEN MEETINGS FOR MEMBERS AND THE
COMMUNITY**

TIMES: 12:00-1:00 pm & 1:00-2:00 pm

PUBLIC INFORMATION COMMITTEE

CONTACT: Barb J @ 407-312-5428

New Abstinence & Recovery Definitions

Updated definitions of “abstinence” and “recovery” in Overeaters Anonymous were adopted at the 2019 World Service Business Conference. The revised policy states: The WSBC 2019 accepts the following definitions:

1. Abstinence: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.
2. Recovery: Removal of the need to engage in compulsive eating behaviors.

Region 5 Convention

Region 5 Convention is being hosted by the Milwaukee Area Intergroup on September 27, 2019 4:00 PM – September 29, 2019 10:30 AM. This event is going to be very special with the theme Ride the A Train: Awareness, Acceptance, Action.

<http://region5oa.org/region-5-2019-region-5-convention>

More Information

For more information about anything to do with the Region 5 Convention, please email: convention@oamilwaukee.org --Joel I.--Region 5 Secretary

World Service Business Conference Theme: TBD

Dates: April 20-25, 2020.

World Service Convention

2020 Convention Dates: August 20-22, 2020

Theme: Sunshine of the Spirit: 60 Years Around the Sun!

Renaissance Orlando at Sea World ®, 6677 Sea Harbor Drive
Orlando, FL 32821 Phone: 407-351-5555

<http://oa.org/members/events/world-service-convention>



OA Retreat Step into Fall Recovery October 12-13, 2019

LOCATION
Columbiere Conference Center
9075 Big Lake Road
Clarkston, MI 48346

General: 348-625-5611
Conference Center: 248-620-2443
Email: columbiere@columbiere.com

For scholarships, please contact:
Nicki T. at 248-464-5896 or
quick_mi@yahoo.com

COST PER PERSON

\$125 Double occupancy rooms with
community bath
\$155 Single room with community
bath

Cost includes 4 meals: Saturday
lunch & dinner and Sunday breakfast
& lunch. Coffee, tea, sweeteners,
water provided. Refrigerator
available.

REGISTRATION

Deadline is September 11, 2019. No
refunds after registration closes. Any
change to reservation must be approved
through registrar.

Program timeline
Onsite check-in: 8:30-9:30 am
Program starts: 9:30 am Saturday
Schedule: An agenda will be provided
upon arrival.
Program ends: 3:00 pm Sunday

Name _____ Email _____

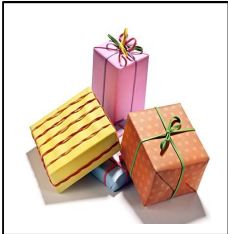
Address _____ City _____ State _____ Zip _____

Phone _____ (Name of Roommate) _____

PAYMENT

Make checks payable to: Overeaters Anonymous. If
you would like a confirmation, please send a self-
addressed envelope with your registration form or
email: quick_mi@yahoo.com

Mail registration and check to: Nicki T, 1113 Fairways
Blvd., Troy, MI 48085



**FOR MORE INFORMATION
ABOUT THE RETREAT OR ASK
A QUESTION**

Contact: Kendra S. 248.320.9073
Email: kksssw@yahoo.com

AUCTION: Please bring a wrapped gift or two!



We are on the web!
OAGREATERDETROIT.ORG

Greater Detroit InterGroup Board Members/Officers

Chair	Sue S.	248-408-2340
Vice Chair	Bobbi S.	313-377-2371
Treasurer	Lynn H.	313-613-8754
Recording Sec.	Andrea C.	586-943-6900
Corresponding Sec.	Barbara D.	313-886-3533

Committee Chairs List

Bylaws	Judy D.	734-782-4212
Loveline	Carol U.	248-624-2314
12 Steps Within	Susie Y.	248-320-3105
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GDI Region Rep/Delegates to WSBC/Region 5 Reps List

Sue S. 248-408-2340

OPEN CHAIR positions with InterGroup: Finance

serves in an advisory capacity to InterGroup on financial matters
reviews income and expenditures and makes recommendations when necessary
works on the budget with the Treasurer
submits a written annual report to InterGroup

Call Sue S., Chair of InterGroup at 248 408-2340.