

LOVELINE

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GREATER DETROIT INTERGROUP OA

Retreat Reviews

I attended the OA spring retreat and it was wonderful! I have been in the program for three years and had been abstinent for two years. I started eating sugar again several months ago and right away began compulsively overeating again. I, also, gained 20 pounds during that time. However, I had hope because I had signed up for the spring retreat and I knew that it would help me greatly with my recovery and it did!

While at the retreat, I heard that I need to work the program and do the steps. I realized that I had not been doing that. Yes, I had been going to a couple of meetings a week and reading some literature, but that wasn't enough. I wasn't looking at my feelings, resentments or conflicts with people. I was just comforting myself with food when things got tough. I believe that I need to start with a thorough step four as soon as possible.

I, also, heard that I can't do this alone. I have not had a sponsor in over a year. I rarely call or text other OA members. No wonder I'm struggling so much! I'm doing it alone and that's not the way it's meant to be. I guess I worried that others wouldn't have time to talk or that my call would be an imposition. I didn't want them to know what a basket case I am some times.

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This is so silly because OA members are such a friendly group of people. I need them and THEY NEED ME TOO! It was such a beautiful moment at the end of the retreat when we stood in a circle. One at a time, we each took the hand of the person next to us and said these words:

"I put my hand in yours. Together we can do what I could never do alone."

---Anonymous OA Member

I attended the OA Spring Retreat and this is what I heard that enhances my recovery: I learned that Love and Forgiveness are vital. I can dispel resentment that keeps me from recovering, but I can't do it alone. It takes a community of my fellow overeaters, my HP, humility, and my desire to STOP turning to food.

Jackie M.

I attended the OA Spring Retreat and this is what I heard that enhances my recovery:

I heard a number of quotes from the speaker that I remember daily like, "when in doubt be kind, be kind, be kind, be kind". I also heard I should "forgive everyone, everything, everywhere". The approach to the 5th step was from an angle I hadn't thought of before. Living with integrity means forgiving others for mistakes (their defects) as I would hope others would forgive me for my mistakes (defects). This made me think of letting go of resentments in a different way and was very helpful for me.

Pina

I was grateful to have such a great speaker from another state, come and share her ESH with us (learned that this meant her experience, strength and hope). Her stories kept us entertained, so we could hear the messages and feel the love behind them. I learned how someone else sponsors people, so, I won't be so nervous when I become a sponsor. This was my fifth OA retreat with our Intergroup. It enhances my recovery to spend time in community getting to know people at a deeper level and emerge more out of my own loneliness. This was facilitated by being close together for a weekend, sharing meals, hugs, and our own ESH, to the group, or quietly to a few.

I was glad to be of service by participating in the auction to provide for retreat expenses and scholarships. We hit a record number, after digging into our pockets during the waning hours. I also learned how to write an amends letter and am also going to make my own GOD box. I learned to be flexible and to have fun. Also, I learned that it's not the food, it's a heart issue. I will be coming back twice a year for our retreats and encouraging others to come, too.

Regards, Ann D.

When doing the 4th step we list who we are resentful at and then the cause. The next part is "Affects my". The speaker referred to this part as "the price I'm paying" for the resentment. It is just a different way of saying it, but it really hit home for me. I can't afford resentments. The price is too high.

Anonymous

I came from a long distance with the willingness to set aside everything I've done with food, previously and accept abstinence.

The speaker, was simply amazing since she talked about how she sponsors those who are "chronic slippers". I am such a member. What I received, by the grace of God and a loving and very patient sponsor, was pure, clean, honest abstinence. I received the readiness (more than willingness) to do exactly what my sponsor asks me to do and to stay clean just for today.

I am traveling as I write this. I had to plan ahead, prepare and pack as much food as I could, and discuss how I was going to keep clean while I am away for 2 weeks.

The retreat with the speaker, allowed me to take my life back and to work toward a healthy body weight with joy rather than trepidation.
Ellie, Florida

A retreat is a great way to improve your recovery. The fellowship and speaker are a wealth of information, ideas and support. I never want to miss them. I always leave a different person.

Anonymous

RETREAT REVIEW

I attended the OA Spring Retreat and this is what I heard that enhances my recovery:

I felt very strongly that I belong and that all of you belong if you, like me have the desire to stop compulsively overeating. This is my/our community. I/we can take a seat in a meeting as a member(s). The only requirement for membership is the desire to stop compulsive overeating. We are all included..yippee.

All the "manmade" rules that serve to exclude me if I don't meet someone's artificial requirement were dis-spelled. Yes, this is a safe place for me/us and there are those that

welcome and lead me/us into recovery thru the Twelve Steps using the fellowship and the tools, as well.

Thanks to the speaker, I was left with the feeling and knowledge that, yes, this is a recovery place for all of us, no matter where we are in our personal recoveries. Each of us lives under the direction and care of our Higher Powers and together we not only can, we are recovering from the diseases of compulsive overeating and associated food disorders. Together we can and are recovering. I love being included and love that you are included, also. Together we are a loving community. Love and Hugs to all, Susie Y.

As a result of attending this year's spring retreat I learned a lot that enhances my recovery. One of the best things is getting a different perspective from someone who's living the program.

I'm one of those "chronic slippers" that the speaker talked about, so the process she uses to help people made me think a lot about the causes and conditions of the disease.

I also really appreciated the 9th step amends letter - the 4 parts. I came to realize that very often my part of so many situations is unforgiveness.

Something I realized is that although I thought I had worked through all my resentments a few more came up. They are Sneaky devils. I am back working on another 4th step and have a 5th scheduled with my sponsor.

As it says in the BBAA more will constantly be revealed and that is certainly true. As long as I remain teachable, I'm learning. Much gratitude for the retreat and all who gave service.

Denyse S.

New Prospect Card



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 July/August Loveline by June 10th!](#)

[Also please send in your answer to this questions: How Do You Use the Tools to enhance your recovery?](#)

Hello my friends,

FREE OFFER

I am pleased to announce that the Spring 2018 edition of our Region 5 Newsletter – Freedom from Bondage has been posted on our website.

You can find the newsletter on the Region 5 Resources page under the 2018 button. Thank You

--Joel I., --Region 5 Secretary

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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