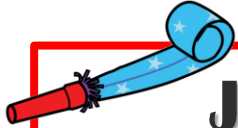


Greater Detroit  
Intergroup

# -LOVELINE



Join us on January 1!

For an **ALL DAY MARATHON**  
sponsored by the Virtual Intergroup  
of Overeaters Anonymous

HAPPY  
New  
Year  
2022

**Step 1: Spiritual Principle, Honesty – Surrender is Winning**

Phone: [712] 432-5200 ♦ Conference ID 4285115#

Meetings every hour from 8:00 AM to 12 Midnight EST with  
regularly scheduled meetings.

Click [HERE](#) for more information!



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

**FEB.  
10th!!**

**THEME:** "The Bondage of Self—What is Freedom for You?"

Please send stories, poems, drawings and letters based on your Experience, Strength and Hope to [lnewsletter.editor@gmail.com](mailto: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](mailto:info@oagreaterdetroit.org) and each new issue will be emailed directly to you!

For more information, contact Carol U. at 248.624.2314.



# Local Contributors

## The Big Book says....

“And acceptance is the answer to all my problems today.” (Big Book, p. 417, 4<sup>th</sup> edition)

It is interesting to me that the word “all” is in italics in this story titled ‘Acceptance was the Answer’.

I have come to love this statement. It has helped me on many occasions throughout my years in Overeaters Anonymous. It wasn’t always that way for me. I questioned so much of that simple statement. The answer to all my problems? I wasn’t so sure of that.

However, my experience is that when I am not in acceptance of a situation, I am in turmoil within myself. Acceptance is not something that I naturally come by. Before finding abstinence, I would use food when things didn’t go my way. I didn’t know how to deal with life’s situations, uncomfortable or comfortable. Food was the answer to all my problems, until it wasn’t. Today, using food is no longer an option to deal with life’s happenings. I needed to find another way. I so much wanted to find peace, freedom, and sanity.

I had to accept that I am a compulsive eater. I had to accept that I have an allergy of the body and an obsession of the mind. I had to take Step 1 with no reservations. Once I accepted my powerlessness over food, I started to see the correlation between food and the way I handle life and all of its ups and downs.

Today, when something bothers me, I have tools. Tools that I knew nothing about prior to program. I now have steps to take, my Higher Power and people to talk to in order to get through my life’s journey. Acceptance is the answer. When I am in acceptance, I no longer have to blame others and place my serenity in their hands.

The paragraph that I am referring to in the Big Book ends with the following sentence. “I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.” This gets me out of the problem and puts me in the solution where freedom can be found. For that I am eternally grateful.

~ Sue S.

## Acceptance is in The “Middle”

What do I mean by that?

So, I’m disturbed. I’m upset. I’m out of sorts. What do I do?

**First**, I need to be *aware*. If I have a problem, the problem is me. What is my part of the situation?

**Second**, I must *acknowledge* my involvement, my part of the issue.

**Third**, (and in the middle) now comes *acceptance* that it is my job to run the situation through the Steps.

*The Design of Living embodied in the Steps is the process and leads me through the process of recovery.*

**Fourth**, I must take *action* running the unpleasant feelings through the Steps. This allows me to live in recovery, and not overeat or cover up feelings.

~ Susie Y.

# Articles from OA Newsletters Around the Web

## My Love/Hate Affair With Step Three

### **Step Three: Made a decision to turn our will and our lives over to the care of God as we understood Him.**

That sounds easy. Who wouldn't want to turn over everything, especially all our troubles, to God? It sounded good to me. I already believed in God when I entered OA so there was no problem there. I thought it would be easy to turn my will and my life over to God. But I have found that it is harder than I thought. I have also learned that I was perfectly happy with whatever God ordained as long as it was what I wanted all along. When it wasn't, I sometimes became angry at God. At other times, I became disappointed that He or She didn't see things as I did. After all, I thought I knew better.

At first, I loved this step because it would relieve me of the need to be responsible for everything in my life, or so I thought. God would decide but, in the meantime, I had to figure out what that was and that wasn't so easy. However, if I listened hard enough, I could intuit what I thought God wanted. But then, I hated this step because I found relinquishing control to be very difficult. I learned that I was a control freak, only happy when I was running everything. And when things were going my way. When for whatever reason, that was taken out of my hands, I became angry, disappointed and ready to give up.

"Let go and let God" was very hard for me to do. Yet, I would ask for the willingness to turn things over to God and live with it. Sometimes it worked and sometimes it didn't.

Over time, I got better at using this step. Letting go was never my strong suit and yet I tried to learn when it was time to just let things be. I had to learn to accept things and not always be trying to change them to be what I thought they should be.

In OA, I learned to identify the behaviors that led to my nighttime binges as well as the foods. With the latter, I also learned that when I eliminate one food, I could always substitute another. However, one of my character defects is a need to be perfect so I keep returning to foods that have always been problems to see if I can control those foods, even though I know I can't. This is an area that I am still working on. I have tried to stop certain behaviors that inevitably lead to binges such as searching the kitchen cabinets or the refrigerator for I don't know what. But I still sometimes take the box or the container out to the living room instead of putting a certain amount in a dish and eating only that. I sometimes think that I am my worst enemy. I call it sabotage.

But during my 10 years in OA, I have become a less willful person. I have become more accepting of life's inevitable ups and downs. Often the Serenity Prayer has been my best friend. Except for a bad binge last November, I have been abstinent for several years. It is an imperfect abstinence but as we say in OA, it is progress, not perfection that we seek.

*~ Mary Ann F.*

(Published in Metro Memo – March 2015 (Greater New York Metro Intergroup))

## A Recovering Perfectionist

How can I be a perfectionist? I've never done anything perfectly in my life!" That was my first response when someone called me a perfectionist for the first time a few years ago. I looked at my physical body (100 lbs. overweight at the time), along with a messy home, constant financial insecurity, and a career and relationships that never seemed to satisfy me, none of these things looked like they belonged to a "perfectionist."

Most of my life I've fallen short of the high standards I hold for myself and others. No matter how well I had done, I always looked to see where I could have done more, how it could have gone even better. So long as I was looking for these imperfections, I could not be proud of my accomplishments. I could not be content because I was always seeing what I didn't have, what I was missing. When I demand perfection of myself and the world around me, I am saying that I know what's best for me and everyone else. And when I'm running the show in this way, I am not open to seeing God's will for me. In this way, perfectionism stands in the way of me and my Higher Power. In terms of my recovery from compulsive overeating, perfectionism stood in the way for a long time. If I made one food choice that was imperfect, my all-or-nothing mentality would say "the day (or week) is ruined, might as well go on and eat everything now." It wasn't until I gave up the perfectionist mentality surrounding my food that I was able to stick to a food plan and string some days, and eventually weeks, of abstinence together. If I had a slip, I saw it as a slip — not the end of the world. Being able to see my imperfections, and not judge myself by them, but rather to identify them and to ask God for help with them, that has been invaluable to my recovery. I am happy to say that I've been abstinent for 18 months. And for me (a former daily binge-eater) that is an absolute miracle. I am also happy to say that not everything about my recovery program is perfect, but the progress I have made is remarkable. Today I'm proud of my recovery, of the work I do in program and in how I live my everyday life. Most importantly I accept that I am exactly where I need to be today, doing exactly what I need to do be doing. Knowing that if I keep making progress, baby-step by baby-step, that God will get me where I need to go. I am reminded by this when I read one of my favorite stories, Acceptance Was the Answer, from the "Big Book" (Alcoholics Anonymous, 4th edition, pages 407–420). In this story a recovering alcoholic describes how acceptance was the key to his recovery. Here are a few quotes that have helped me:

- "And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation—some fact of my life —unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake.
- "Acceptance has taught me that there is a bit of good in the worst of us and a bit of bad in the best of us; that we are all children of God and we each have a right to be here. When I complain about me or about you, I am complaining about God's handiwork. I am saying that I know better than God.
- "Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to me changed in me and in my attitudes."

Before I can be free from perfectionism I have to ask for God's help. I need help to love and accept myself the way I am today; I need help to love and accept others the way they are. With God's help I can be relieved of my perfectionism, and find happiness, love, and joy in life, from a new perspective.

~ Kim

(Overeaters Anonymous Newsletter, December 2014, Heart of Texas Intergroup)



## Loving Acceptance

My journey in physical recovery has been full of ups and downs, much like the number on my scale before I came into program.

I once believed that if I could wear a size 16 in jeans (stretchy jeans, that is), then I could live a fulfilled life; I truly believed I would die happy in a size 16. My Higher Power did more for me than I would have done for myself, however, because I now fit into size 12 slacks (the ones with the ridiculous button and the little clips that you have to suck in your belly to latch, no matter what size you are wearing).

Unfortunately, I found myself just as concerned after fitting into a size 12. In some ways I had everything I wanted, but physical recovery is not all there is to body image. Sometimes the voices, the old “tapes” that declared me fat and ugly in my pre-OA days, were just as loud as ever, especially about my self-worth, until OA started the slow and arduous task of retraining my mind. Part of me was sure I would be worth more love and kindness because I was at a healthy body weight, but the other part of me understood that my mental self was still battered and believed herself to be worthless.

This is why our program of recovery exists on multiple levels. It is not enough for me to be the right size. I had to find understanding, love, and acceptance for myself when I weighed more than 300 pounds (136 kg), and then I had to accept that the number on the scale was never the answer. The answer is loving myself inside and out. With the help of program, the Tools, my sponsor, and my Higher Power, I am learning every day what I am worth.

— *Anonymous, Anchorage, Alaska USA*



## Responsible Acceptance

At first, the Traditions had little meaning to me. At the place and time I attended meetings, the Traditions were not emphasized, so I pretty much ignored them. Oh, sure, I finally saw that the Traditions kept groups functioning, but they still didn't mean much to me personally. My responsibility seemed to be the Steps.

When I started to wake up to the Seventh Tradition's spiritual Principle, “responsibility,” it meant putting money in the basket. As a light gradually dawned, I slowly realized that the group needed more than money. So now it also meant giving service.

Surprise, surprise! Eventually the responsibility became personal, something to be practiced in my outside life as well as in my relationship with the group. I have to take responsibility for what I eat, what I say, my actions, my errors, and more. I have a disease, which is no one's fault, but it is my responsibility to accept what helps me live in recovery. I take responsibility for my attitudes and my reactions to people and events: people and events don't hurt my feelings, but my own agenda might cause me to think they have. The world isn't unfair because I drop an egg, it's simply gravity and I dropped it. I can accept my mistakes with serenity because I know I'm human, and I accept I will never be perfect. Taking responsibility means I can quit blaming God, bad luck, or other people. Taking responsibility and admitting I made a mistake does not mean I have to feel ashamed or guilty. I'm just human, living life on life's terms.

— *Betty*  
5

# Spiritual Feast

I confess that service was never the first option for me. I went to meetings to vent my sorrows and problems, to be heard in silence, to receive hugs, and to put the minimum in the bag—to stay lean, leave OA, and never ask for help again.

When the leader asked if somebody could do a certain service, I didn't want to waste my free time. Also, I was told that people who served were rigid, neurotic, obsessive, and controlling; business meetings were very boring; and it was safe to serve only within the group because those who served beyond the group ended up in relapse.

When business meetings started, I quickly got up and left. I did not understand I was part of it all—like it or not, participating or not—and that if I did not participate, I lost the opportunity to feel part of OA and keep the spiritual link.

Thank God you had other plans for me. Thank God you ignored my fear, laziness, and apologies and pushed me to do something. And thank God I accepted.

I was afraid of making mistakes, being criticized, and others realizing I'm not perfect. Still, I ventured, timidly at first, and then bolder. I began to understand service is a privilege, not a duty, obligation, or punishment. A new world opened up to me.

By participating in discussions, voting, giving my opinion, and offering to help, I began to feel like a member of OA with rights and responsibilities. I began to feel joy in the service—something I could not understand at first. I began to understand this spiritual feast.

Service brings out our best qualities and worst faults, and we cannot hide when we serve others. I believe anyone with the courage to expose themselves through service grows as a human being. I learned the Traditions are vital to anyone who serves. Traditions are specially made so that we can relate harmoniously and deal with conflicts when they arise.

When I serve OA, I'm the big winner—I gain recovery time! During service, I accumulate hours of abstinence, which turn into blessings here and now.

My challenge now is not to resent those who do not serve or who abandon service without explanation. I can't complain; I have to learn to do my part only and trust in a Higher Power. As with abstinence, the call to service comes at different times and in different ways. Some may never hear that call, but they have the same right to recover because, as our blessed Third Tradition says, the only requirement is a desire to stop.

Moreover, I need to remember there is no perfect person and no perfect service. I'm learning to thank and acknowledge the work of others rather than judge. I am grateful to all those who trusted in me when even I did not trust.

Service taught me a lot about responsibility, perseverance, acceptance, patience, tolerance, strength, confidence, and courage. Providing service gets me out of my comfort zone and into new lands, and then I realize God's hand was guiding me the entire time.



— *Anonymous*

# Recovery is Living the Steps



Greater Detroit Intergroup of Overeaters Anonymous  
12 Step Within Committee

## Join in a Study of the 12 Steps using the AA Twelve Steps & Twelve Traditions

2nd Thursday of the Month \* 7 pm to 8 pm  
Everyone is welcome.

Having the book is not necessary but certainly helpful.

Phone number: [978] 990-5000 \* Access code: 213422#

Join the online meeting:

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

Contacts: Sue S. 248-408-2340 & Susie Y. 248-320-3105

Step 1	13-January 2022
Step 2	10-February
Step 3	10-March
Step 4	14-April
Step 5	12-May
Step 6	9-June
Step 7	14-July
Step 8	11-August
Step 9	8-September
Step 10	13-October
Step 11	10-November
Step 12	8-December



As heard in an OA meeting:

When I have a slip, I take five steps:

- Remember that God has already forgiven me.
- Forgive myself.
- Ask myself, "What did I learn?"
- Help someone else.
- START OVER IMMEDIATELY!



"... (R)emember one simple thing: To keep my hand in the hand of God." ... BB, p. 199

~ Mary S.



## OPEN SPEAKER MEETINGS

5<sup>TH</sup> 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 5th Saturdays in 2022 are as follows:

January 29	July 30
April 30	October 29
December 31	

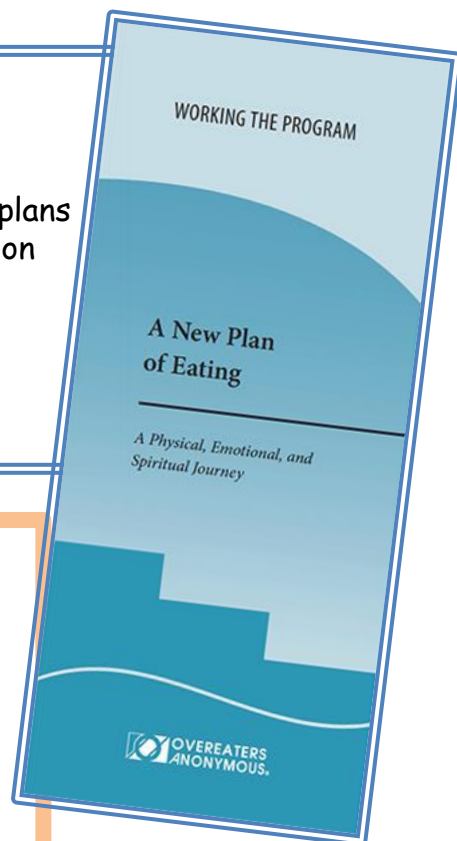
Please invite others; we only succeed when we support one another and share the message.

## NEW PAMPHLET AVAILABLE NOW! "A NEW PLAN OF EATING"

As the OA website states, it "combines the structured food plans of Dignity of Choice (#140) with the inspiration and compassion found in A Plan of Eating (#145) and replaces both of these pamphlets as Conference-approved literature."

The cost is \$2.00 and e-book formats are available.

Click [here](#) for more info!



**Are you new to OA or just need help getting through the Steps?**

**Completing this two-part OA Quick Steps Workshop may be just the answer.**

**Dates: Saturday, January 15, 2022  
and Saturday, January 29, 2022  
Time: 9:00 am to 12:30 pm (CDT)**

### Location

**These sessions will be on Zoom.**

To register, contact [unityquicksteps@gmail.com](mailto:unityquicksteps@gmail.com).

Registration is required as **class size is limited**. The zoom link will be sent to registrants

You will need to have a sponsor or someone who can listen to your 5th Step.

There are no fees for this workshop, but we encourage a 7th Tradition donation to Unity Intergroup.

Time commitment is two Saturday sessions, plus homework. We expect participants to attend both sessions. **Expect to be very busy** working on recovery for these weeks!

**The purpose of this workshop is to get people through the 12 Steps quickly, to help people obtain a successful, life-long recovery, and aid in retention and growth of recovered compulsive eaters in OA.**

**One of the promises in the AA Big Book is that before you're done with Step Nine, the obsession is lifted. Increase your chance of success—join the OA Quick Steps series, get abstinent**

I put my hand  
in yours . . .

. . . and together we can do what we could never do alone! No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.





# GET! INVOLVED!

## GET INVOLVED WITH OA-GDI INTERGROUP!

We have **5 Open Member Positions** at our own Greater Detroit Intergroup:

### CHAIR

(Board Position)

### FINANCE

(Committee Chair)

### BY-LAWS

(Committee Chair)

### OFFICE

(Committee Chair)

### LITERATURE

(Committee Chair)

For more information or to apply,  
please contact Pamalar B.  
@ (313) 522-6122

DID YOU  
KNOW?

 **OVEREATERS  
ANONYMOUS  
VIRTUAL REGION**

[www.oavirtualregion.org](http://www.oavirtualregion.org)

The Virtual Region (VR) of Overeaters Anonymous is a service body that supports Overeaters Anonymous (OA) virtual meetings (telephone, online, and non-real-time meetings) and OA Virtual Intergroups (VIG). This website is FULL of meetings, information and podcasts ...



## OA Birthday!

January 21 - 23

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.



SAVE THE DATE:

JANUARY 14<sup>TH</sup> - 16<sup>TH</sup> 2022

**2022 OA  
BIRTHDAY PARTY**

*Hosted by the Los Angeles Intergroup*

Meet fellows from all over the globe via Zoom  
Panels • Big Book Workshop • Fellowship

Registration will open  
October 15<sup>th</sup> 2021 at [OABDP.org](http://OABDP.org)

CLICK [HERE](#) TO LEARN MORE!

Join Us

# for GDI Intergroup Meetings!!

4<sup>TH</sup> Saturday of the month  
**JAN. 22 & FEB. 26 @ 11:15 AM**

following the 10 am "I am a Miracle" Saturday morning Celtic Cross Presbyterian Church Meeting

**THERE ARE 2 WAYS TO JOIN:**



Phone number: [425] 436-6398  
Access code: 566803#

<https://join.freeconferencecall.com/satoacelticcross>  
Online meeting ID: satoacelticcross

**COMING SOON**

**2022**

## WSBC Deadlines

**January 10**

Second Conference e-Documents  
(available on OA website only)

**January 25**

Trustee Applications (Due at WSO)

**February 14**

Delegate Registration  
(Due at WSO)

Check the internet for local and national events organized around these themes!

## Unity Day

- **February 26, 2022**
- **OA 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 numbered years] and the last Sunday in February [in odd numbered 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.

Find us on the web! [www.oagreaterdetroit.org](http://www.oagreaterdetroit.org)

## BOARD MEMBERS/OFFICERS

<b>Chair</b>	<b>*OPEN*</b>	
<b>Vice Chair</b>	Pamalar B.	[313] 522-6122
<b>Treasurer</b>	Lynn H.	[313] 613-8754
<b>Recording Secretary</b>	Keri C.	[248] 672-6745
<b>Corresponding Secretary</b>	Barbara D.	[313] 886-3533

### Committee Chairs

<b>Bylaws</b>	<b>*OPEN*</b>	
<b>LoveLine</b>	Carol U.	[248] 624-2314
<b>Twelfth Step Within</b>	Sue S.	[248] 408-2340
<b>Speakers/Sponsors List</b>	Frank A.	[810] 813-1167
<b>Helpline</b>	Verna K.	[734] 716-0773
<b>Webmaster</b>	Pina B.	[248] 416-0726
<b>Literature</b>	<b>*OPEN*</b>	
<b>Public Information</b>	Bobbi S.	[313] 377-2371
<b>Office</b>	<b>*OPEN*</b>	
<b>Finance</b>	<b>*OPEN*</b>	

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

**\*OPEN\***

## 7th Tradition:

We are fully self-supporting through our own contributions, neither soliciting nor accepting outside donations. In these difficult times of virtual meetings, please remember to honor our **7th Tradition**.

For your convenience, you can donate one of two ways:

You can go to the OA Greater Detroit Intergroup Website and pay by PayPal:

**PayPal™**

**Donate**

**OR →** you can mail a check, made payable to **Overeaters Anonymous**, to:

Lynn H.  
14163 Landings Way  
Fenton, Michigan 48430



Monies collected are usually split: **60%** to Greater Detroit Intergroup, **30%** to World Service Organization, and **10%** to the Region.

*Please* add a note if you want your donation to be split this way, or if you want 100% of your donation to go to OA-GDI.

**PLEASE  
NOTE:**

## CONTACT US!



25511 Southfield Road ♦ Suite 127  
Southfield, Michigan 48075

**[248] 559-7722**

Email: [info@oagreaterdetroit.org](mailto:info@oagreaterdetroit.org)