

Greater  
Detroit  
Intergroup

# LOVELINE



## *Cool Shade on a Sunny Day*

This is what my program is to me. Prior to coming to the program, I was lost, lonely, unhealthy, and unhappy. I had heard that in order to be happy, you had to be whole. But I didn't know what that looked like. I didn't think it was even possible. I had no concept of self-love or self-care, for that matter.

This program has given me a glimpse into what is possible. It has given me a taste of the nectar that makes me wanting more. It is what fills my void today. No food, not alcohol, or any unfulfilling and meaningless relationships could fill the void. Now it is me and my higher power. I want to cherish this one day at a time.

I am so grateful for this fellowship and all the tools for recovery. I am thankful for each person who takes my phone call or doesn't. I know you are at the other end, praying for yourself and for those who suffer.

Sending love and light to all ... HS



### OA Fall Retreat

Save the Date → **October 24-25, 2020**



**The vision for your future awaits...!**

Contact Nicki T. for information: [248] 464-5896

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# Surprising Relief from Blaming

I find it amazing to hear other OA members talk over and over again in meetings about how relieved they are sharing their inventory with another, usually their sponsor. They were relieved of the burden of holding on with heavy guilt to deep secrets they never had shared before with anyone. This process opens the door to a freedom that continues to grow as we go through the rest of the steps.

I have done this process many times in a variety of ways. All of which have strengthened my recovery from overeating and undereating. It has brought me spiritual growth and increasing emotional sobriety. One of the delightful and surprising things that has happened to me in doing Steps 5 through 9 is that I realized I had a beautiful choice: To be free of blaming others for my emotional pain. This was a choice I couldn't pass up. It was so cleansing. Now I have the choice to be free, not only of resentment and fear but of the unhealthy state of blaming others.

**Stress, stress go away  
I'm in program  
So, you cannot stay!**



**When you  
feel anxious  
or uneasy...**

**Remember  
Step 11:**

**Breathe deep  
& connect  
with your HP!**



## **Boundaries & Limits**

Priorities have shifted  
A weight has been lifted  
Courage she did find  
To stand up and speak her mind

Difficult to make the change  
Asserting herself felt so strange  
More determined than ever  
She did conquer this endeavor

Her faith in God brought her to this day  
Supportive others helped pave the way  
Forever grateful & thankful is she  
Looking forward to all she can be

No longer does she agree to tasks  
For anyone with a need who asks  
She has learned how to say "No"  
In her life she now runs the show!

~Mary Ann B.



# WHAT IF?

It's been said that the disease lies to us in our own voice. Sometimes, that comes in recovery-blocking what ifs.

- **WHAT IF** the cravings don't go away?
- **WHAT IF** that lady over there who is in a normal-sized body with an abstinent glow says everything works out. Yeah, for *her*.
- **WHAT IF** I put down the food and find out I can, but it's awful – then I technically know I can and therefore can't eat in peace anymore?
- **WHAT IF** abstinent food prep makes my life *more* unmanageable? Or – oh please, no – what if weighing and measuring my food is the only thing that works and I'm chained to that misery forever, with no time for fun?
- **WHAT IF** I put down the food and find out that I'm *worse*? That I'm meaner, more unhappy, more needy, more controlling, more fearful, and can't handle relationships or my job or my circumstances without the food?
- **WHAT IF** I put down the food and my head explodes? What if I can't handle the feelings that come up and end up a menace (or – perhaps, for my pride, worse: a pitiful, sniveling wreck) to myself and others?

But then, there is another voice to consider.

Sometimes it comes from those who also couldn't stand life without eating yet somehow say they've found another way, one that works better. They speak of the “good” what ifs to come.

- **WHAT IF** the cravings do go away or at least become rare, or within reason?
- **WHAT IF** I find out I can stand life without eating compulsively – and it's terribly uncomfortable, at least at first – and that discomfort has purpose? What if it goes somewhere good, and healing, and transformative, and freeing – eventually?
- **WHAT IF** there's a Higher Power who really does care and will provide help, who has enough power to prioritize helping me without robbing anyone or anything else?
- **WHAT IF** that Higher Power – perhaps after I go through a period of withdrawal and struggle with change, perhaps sooner than I think – could change my relationship with food to where I prefer safe, sane, healthy eating that frees me from excess weight of body, mind, and spirit?
- **WHAT IF** abstinent food prep, whatever its form, becomes a calming, meditative thing in my life? Or I even come to enjoy weird things like weighing and measuring food?
- **WHAT IF** I don't – but the drudgery frees me to relax into enjoying other things more?
- **WHAT IF** my Higher Power works out how there's enough time for food prep and a full life that's better for me than what I've got now?
- **WHAT IF**, by surrendering the food, I'm given the ability to live free and choose perspective?
- **WHAT IF** it's worth it?

## What if...THE TIME IS NOW?

~ Anonymous



# Who am I?



- ❖ I will push you onward or drag you down to failure
- ❖ I am completely at your command.
- ❖ Half the things you do might just as well be turned over to me and I will be able to do them quickly and correctly.
- ❖ I am easily managed -- you must merely be firm with me and show me exactly how you want something done after a few lessons and I will do it automatically.
- ❖ I am the servant of all great people and alas, of all failures as well.
- ❖ Those who are great I have made great.
- ❖ Those who are failures I have made failures.
- ❖ I am not a machine, though I work with all the precision of a machine plus the intelligence of a person. You may run me for profit or run me for ruin - it makes no difference to me.
- ❖ Take me, train me, be firm with me and I will place the world at your feet.
- ❖ Be easy with me and I will destroy you.

WHO AM I? I am your **HABIT** !!

STEP

6

**Step 6 Principle: WILLINGNESS.**

Am I *willing* to *change* my negative habits / character defects?

STEP

7

**STEP 7 PRAYER:**

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength as I go out from here, to do your bidding. *Amen.*



# Important Dates



## The World Service Convention **HAS BEEN CANCELLED FOR 2020**

A new date will be scheduled for 2021; please check for more information at <https://oa.org/world-service-convention/>

### Region 5 Convention

October 9-11 in Cleveland, Ohio ...

Click [HERE](#) for more information!

### OA Fall Retreat

Save the Date → **October 24-25** @ Colombiere Retreat & Conference Center in Clarkston

Contact Nicki T. for information: [248] 464-5896



Have you heard this acronym before?  
Just **PAUSE**...

*P*

*ostpone*

*A*

*ction*

*U*

*ntil*

*S*

*erenity*

*E*

*merges*

## 7th Tradition



In these times of virtual meetings, please remember to honor our

**7th Tradition...** for your convenience, please send your contributions to:

**Overeaters Anonymous  
c/o Lynn H.  
14163 Landings Way  
Fenton, Michigan 48430**





**The deadline to submit articles for the NEXT LoveLine is AUGUST 10!!**

Please send your stories, poems, drawings and letters of your EXPERIENCE, STRENGTH and HOPE to [lnewsletter.editor@gmail.com](mailto:lnewsletter.editor@gmail.com) and we will be sure to include it in the September/October 2020 issue!

**AND →** if you haven't already done so, send your email address to [info@oagreaterdetroit.org](mailto:info@oagreaterdetroit.org) and each new issue of the LoveLine will be emailed directly to you!

**For more information, contact Carol U. at 248.624.2314**

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.



**TWELFTH STEP WITHIN CALL-A-THONS!**

On the 12th day of every month, WSO suggests that each member of a group commits to making an outreach call to someone who has not been to their meeting in a while, or to a newcomer. Their job is to then pass on that call to someone from their own list of contacts. What a wonderful way to keep us all connected!

Please look back in your "We Care" books to find the names and numbers of friends you'd like to reconnect with.

**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 can be found on the OA-GDI website: [www.oagreaterdetroit.org](http://www.oagreaterdetroit.org)



**SPEAKERS & SPONSORS LIST**

## Greater Detroit Intergroup Board Members/Officers

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

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