

Greater
Detroit
Intergroup

LOVELINE



~ Cindy

My sponsor is patient and caring in ways I couldn't imagine. I didn't lose my abstinence in the traditional sense, but I did veer off course. How? My meetings lapsed, I forgot to stay in the present; and I forgot that food's primary purpose is to nourish me. What that meant is that I gained a little weight (even though I didn't eat sugar) and I started to slip... slowly. Then, I literally had a nightmare that I got into sugar! I woke to relief. That shows how crazy my thinking is; tell a normal person you had a nightmare about eating cake! Thanks, OA friends, for getting that weird dream in a way no one else possibly could. ☺

Because this is a progressive disease, I need to lean back into recovery, to embrace the slogans, the steps, the tools, and, most importantly, the willingness. Now, I could tell you this is all about the food, but that's a big lie. Instead, it's about putting my HP first. My sponsor tells me that a lot, too. So, I'm on my knees every morning and every night. I ask for the willingness to do the next right thing. And, I try to stay in today; it's so easy to live in the past or get into the future! Staying present is the challenge.

I am also reading various meditations and writing on them daily, being accountable by sending my sponsor the responses. This keeps me moving forward. It also keeps me more fully in gratitude than anything else. I'm grateful to all the people who show up regularly at meetings, who call out of the blue, and who model recovery in action. After all, this is a program of action, which is precisely why I'm writing this.

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OA Fall Retreat

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



The vision for your future awaits...!

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



20 vision for you

march 27-29, 2020

RETREAT SPONSORED BY THE O.A.
SATURDAY MORNING "I AM A
MIRACLE" MEETING OF WARREN



LOCATION

Colmbiere Conference Center

9075 Big Lake Road
Clarkston, MI 48346

General 248.625.5611

Conference center 248.620.2534

Email colombiere@colombiere.com

COST PER PERSON

\$150 Double occupancy rooms
with community bath

\$175 Single occupancy rooms
with community bath

Cost includes 5 meals

Friday dinner (5:30-7:00 p.m.)
through Sunday breakfast (free),
tea, and water provided during
day of Saturday

REGISTRATION

Deadline to register

Thursday, February 27, 2020

No refunds for registration fees

onsite registration

7 p.m. on Friday

changes to registration must
be made through registration

CANCELED

Due to COVID-19, Colmbiere has canceled all events until further notice. You will be contacted about reimbursement.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

**THIS IS A WORKSHOP
STYLE RETREAT.**
Don't forget your Big Book
and both 12 & 12s!

AUCTION ON SATURDAY!
Please bring in your
wrapped gifts!

IF YOU'D LIKE TO ROOM WITH A FRIEND, PLEASE SUPPLY THEIR NAME HERE

OA RETREAT FIRST TIMERS

IS THIS YOUR FIRST RETREAT? YES NO

Retreat first timers introductory meeting will take place on
Friday, March 27 from 5 - 5:45 p.m.



PAYMENT

Make checks payable to *Overeaters Anonymous*

Mall your check and registration form to:
Ann D.
27720 Stephenson Hwy, Apt #111
Madison Heights, MI 48071

Registration questions - Lori S. at 248.318.5930

FOR MORE INFORMATION

Contact Susie Y.

248.320.3105 or email susan0752@att.net

If you'd like a reservation confirmation, please send a self-addressed, stamped envelope with your registration form, or e-mail walshgrad01@hotmail.com



Greater Detroit Intergroup Announces...

OPEN COMMITTEE CHAIRPERSON POSITION

Read below for more information!

The position of **Finance Chairperson** is open at our Greater Detroit Intergroup. Committee Chairs attend and give a report at the regular Intergroup meetings which are held the second Tuesday of every month, except for December.

Chairs of the committees must have at least one year of current abstinence.

The Finance Committee Chair serves in an advisory capacity to the Intergroup on financial matters. The Finance Chair will at times be working with the Treasurer to determine such things as the budget.

The term for this position is two years and the duties are outlined in our Bylaws. Please contact Sue S., Greater Detroit Intergroup Chair at [248] 408-2340 if you are interested and would like a copy of the requirements and duties for this open position.

Intergroup

Representatives

Needed !!

... what a great way to give service!

- Each represented group shall be entitled to one vote through its elected Intergroup Representative. (Only Representatives who have at least ONE YEAR of current abstinence shall have voting privileges.)
- Each registered group shall elect, by any method it chooses, one representative and up to three alternates. Each group shall be free to designate alternates when the necessity arises.
- The names of these representatives shall be designated on the group registration form, which is filed each year on May 31st.

The Intergroup Rep's primary responsibilities are:

1. To represent their group at all Intergroup meetings.
2. To act as liaison making their group's conscience known.
3. To see that all communications pertaining to Greater Detroit Intergroup are made available to their group.

Please have your group consider sending an Intergroup Representative to the Intergroup Meetings which are held at the Southfield Office the second Tuesday of each month, except for December. Every group's input is important and beneficial to the health of the Intergroup.

THE BEST WAY TO FIND YOURSELF
IS TO LOSE YOURSELF
IN THE SERVICE OF OTHERS.
GANDHI



Living Every Day in the Principles

HONESTY: I admit I am powerless over compulsive eating; both overeating and undereating. I recognize I am not alone. I have my Higher Power and my fellows in OA. In my daily life it is absolutely necessary for me to admit I have this disease. I get a reprieve from acting on it only one day at a time. I am honest first with myself, so as not to be in denial, and with another person - importantly with my sponsor when a problem pops up that I need help handling so I do not engage in compulsive eating. Shoving problems and negative feelings down or aside puts me right back into being compulsive with food. Honesty is my front line defense.

HOPE: Hope is an essential ingredient in my day to day life. Without hope I fail before I begin. So many times, when in difficulty, I pause and say, "I choose to believe a Power greater than myself is restoring me to sanity." This wording helps me be in the present moment with an openness to regaining sanity, and not acting out in my disease. This defies logic, but always works. As I stay in hope by repeating the second step for as long as I need to, I regain my equilibrium and feel my connection to HP.

FAITH: I embrace daily the reality that I belong to God. For me there is no other way for me to live a happy, healthy life and get my daily reprieve from compulsive eating. Therefore I make the decision to turn my will and my life to the care of God as I understand God. This means to me I trust HP is caring for me, protecting me, giving me guidance in everything I do. I trust that what I call "niggles" are promptings from God to think and act as God wills. When things go sideways, which they do, I turn over my will and life again in faith that my loving, wise, protector and Friend, whom I call God, is with me and part of me. I have faith God can and does keep me from self-destructive compulsive eating.

COURAGE: Being fearless is a tall order for someone like me who had spent so much of my life in fear of being harmed, far past the time frame I was badly physically and emotionally abused. It helps me to know courage is going forward to do the right thing despite being afraid. I daily choose to have faith that my Higher Power will lift me up and out of avoiding what needs to be done out of fear. Courage is pressing on by turning my fear as well as my will and life over to God. This applies much more than completing a moral inventory. I have learned I can release that which has kept me in chains of shame, other negative thinking and moods. I have learned the joy of using courage in my daily life. No more panic attacks, no more periods of being catatonic, no more fear of heights, and flashbacks have reduced significantly. The amazing fact is that fear pops up on a regular basis for me, but it doesn't stay long anymore. My Higher Power relieves me of living in fear and gives me the courage to overcome whatever needs to be dealt with today.

INTEGRITY: By admitting to God, to myself and another person the exact nature of my wrongs I am exercising the spiritual principle of integrity. I am committed on a daily basis to use integrity in all areas of my life. This is not only a strong commitment to working the OA program, it means I live on a higher level; an honesty which pervades the quality of my daily life. Shame over past mistakes dissipates. Day by day being authentic, not pretending I am happy when I am not, or okay when I don't feel okay. This isn't always easy, so I have to be mindful that being genuine is part of integrity.

WILLINGNESS: In step six I became ready to have God remove all my defects of character. Living in willingness on a daily basis requires first commitment, then the action of living in the solution instead of living in the problem. I must be willing to change. For example, when a resentment pops up I own it, turn it over to God/HP and ask for help to live in acceptance, nonjudgement, and forgiveness (letting go). Willingness helps me grow so I may be strengthened each day to I live a life of healing, one day at a time.

Living Every Day in the Principles, cont.

HUMILITY: I am amazed that working on living in humility daily is increasing my spirituality. I am neither above or below others. I Humbly ask God to remove my shortcomings, not with a sense of shame or humiliation, but coming from a place of being spiritual humble. There is a big difference. This increases my self-esteem not lowers it. As one step builds on the previous step so do the principles, because I have to be willing to let go of old ways of thinking and acting which halt my spiritual growth (e.g. feeling less then, being fearful of change, getting angry or upset if things don't go the way I think they "should.") Living in humility on a daily basis requires praying and being open to following God's guidance.

SELF-DISCIPLINE: It takes self-discipline to follow through with step eight: Made a list of all person we had harmed and became willing to make amends to them all. To live in this spiritual principle of self-discipline on a daily basis, I have to ask God to give me the clarity to see who and how I have hurt others with my character defects and be totally, not partially willing to right the wrongs through amends. On a daily basis I live in self-discipline by looking at what I have done wrong and clean up what is mine while not judging others. Judging others is not my business. Practicing attitudes of acceptance of myself and others, practicing kindness, love and forgiveness (releasing any hurt) is a self-discipline which brightens my living every day.

LOVE ❤️ : Living in the spiritual principle of love each and every day is a gift beyond measure. For me, taking the action of making direct amends to people whenever possible, except when to do so would injure them or others actually gives me the gift of love. It was so surprising to me when I made amends to someone who had harmed me deeply for a prolonged period of time. I used the self-discipline (again using the last spiritual principle) to only look at what wrongs and character defects I used to inflict harm or pain on that person. Then I changed how I thought about and how I reacted to that person. Instead of feeling the wronged victim, I was a whole person living well using love. I came to know this whole process was a way of helping me to grow into the fullness of using love in my daily life. I don't know if the person I made an amends to changed, but for sure I know I changed for the better.

PERSEVERANCE: Living in this spiritual principle on a daily basis, means for me that I am honest about my mistakes and defects instead of pretending its okay or of little significance (minimizing). Practicing daily to promptly admit what I did or said was wrong and make amends for it frees me. I get a clean slate for another day. The more I practice, the more I am the person I want to be. And I believe I am becoming the person God wants me to be. Perseverance gives me the gift of changing from acting out defects to practicing assets. Priceless.

SPIRITUAL AWARENESS: Spiritual awareness is living my day seeking and being connected to a power greater than myself. I choose to call this power God or HP. I live in spiritual awareness by continuing to pray and meditate each day and asking for guidance and strength to do God's will for me (praying for knowledge of His will and the power to carry it out). My relationship with God is interactive. I belong to God and nothing is withheld. HP has all of me. God's will be done; I can't do better than that. I know because so many times in my unawareness I tried and failed. The awareness of God keeps me feeling safe and sane.

SERVICE: Living in the spiritual principle of service in my experience, gives me back much more than I give. I can't catch up with it!! It is such a gift to get a nudge from HP, act on it and wind up helping someone else through a tough time, just when they needed it. Then I find out this helped me tremendously. By sharing my experience, strength and hope I reinforce it; I actively practice it.



Here Is Another Puzzle To Test Your Skills!

TIULIHMY							
TEIRYESN							
NYTOAMYNI		○					
PIARULSIT							
MIWSDO							
PERGOSRS					○		
HIHREG ROWPE		○					
DIEGTTURA							
CEAMILSR				○			
SICGARVN					○		
RACGUOE							
REURNSDRE	○						
NYNSITIA						○	
TAOSENPIEXTC						○	
SETTSMENNER			○				

	B						
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Directions: Unscramble each of the clue words.

Then, take the letters that appear in the

○

 boxes and unscramble them to reveal the final message.

GOOD LUCK!



MISCELLANEOUS INFO...



You can find the registration flyer on **page 2!**



GREATER DETROIT INTERGROUP SPRING RETREAT →

March 27-29 @ Colombiere Retreat
& Conference Center in
Clarkston, Michigan

59th Annual World Service Business Conference

April 20-25 in
Albuquerque, New Mexico
Theme: OA Celebrates 60 Years!
Looking to the Future!

<https://oa.org/members/events/world-service-business-conference>

World Service Convention

★ **REGISTRATION IS NOW OPEN!!** ★
August 20-22 in Orlando, Florida

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

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

Region 5 Convention

October 9-11 in Cleveland, Ohio
More information to follow soon!



These meetings are **AWESOME** —
✓ come & check them out!

* **Wednesdays, 5 pm** at the
Detroit Public Library, Redford Branch
21200 Grand River (Basement)
Contact: either Daisy P-S: [313] 377-0548
or Tina P.: [313] 407-6979

***Saturdays, 10:30 am** at Sinai Grace Hospital
(Please call for directions)
6071 W. Outer Drive, Rm M202,
Code #413 / E Tower Elevators
Contact: Rosa: [313] 772-0875



The OA Greater Detroit Intergroup
Meetings are held the **2nd Tuesday of
every month*** from 7:00 pm to 8:30
pm at the OA Office in Southfield

EVERYONE IS WELCOME!

**no meeting in December*

THE DEADLINE APPROACHES...



The deadline to submit articles for the next LoveLine is

APRIL 10!

Please send your stories, poems, drawings and letters of your EXPERIENCE STRENGTH and HOPE to

llnewsletter.editor@gmail.com

and we will be sure to include it in the May/June 2020 issue!

AND →to get your LoveLine emailed directly to you, just send an email to [info@oagreaterdetroit.org!](mailto:info@oagreaterdetroit.org)

For more information, contact Carol U. at 248.624.2314



** SPEAKERS & SPONSORS **

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

OUR NEWEST MEETINGS:

7:30 PM WEDNESDAYS

*at St. John Lutheran Church
in the Conference Room*

23225 Gill Road; Farmington Hills, 48335

*For more information call/text **Kacie F.** at
[810] 923-8388 email: oafarmingtonhills@gmail.com*

7:00 PM THURSDAYS *at Affirmations
290 West Nine Mile Road; Ferndale, 48220*

*For more information, contact **Irene R.** at
[248] 574-2536*

Here are a few more OA sayings to add to your list for when you need them most!

When I'm Connected, I'm Protected

Tell your problem how BIG your God is, rather than telling God how big your problem is.



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.

Greater Detroit Intergroup Board Members/Officers

Chair	Sue S.	[248] 408-2340
Vice Chair	Pamalar B.	[313] 522-6122
Treasurer	Lynn H.	[313] 613-8754
Recording Secretary	Julie G.	[248] 770-0454
Corresponding Secretary	Barbara D.	[313] 886-3533

Committee Chairs

Bylaws	Bobbi S.	[313] 377-2371	*NEW*
LoveLine	Carol U.	[248] 624-2314	
Twelfth Step Within	Susie Y.	[248] 320-3105	
Speakers/Sponsors List	Frank A.	[810] 813-1167	
Helpline	Pamalar B.	[313] 522-6122	
Webmaster	Susie Y.	[248] 320-3105	
Literature	Cyndi K.	[248] 770-7615	
Public Information	Barbara J.	[407] 312-5428	
Office	Cyndi K.	[248] 770-7615	
Finance	*OPEN*		

GDI Region Rep/Delegates to WSBC/Region 5 Reps

Sue S. [248] 408-2340

CONTACT US!



25511 Southfield Road ♦ Suite 127
Southfield, Michigan 48075

[248] 559-7722

Email: info@oagreaterdetroit.org