

Greater Detroit
Intergroup

LOVELINE

 **SPRING**

2022

WORKSHOP

Saturday, April 9 * 9:00 AM to 11:00 AM EDT

[Hosted by the Greater Ann Arbor Area OA Intergroup]

Join the Greater Ann Arbor Area OA Intergroup for our Spring 2022 Workshop which is based on OA's newest pamphlet: **A New Plan of Eating A Physical, Emotional, and Spiritual Journey**. This **VIRTUAL** workshop will be presented through Zoom and will make great use of many of the features of this platform.

The Workshop will include:

- Uplifting speakers
- Panel Discussion
- Breakout session via Zoom
- OA Fellowship and Fun
- **ALL** attendees will receive a free copy of the new OA pamphlet: **A New Plan of Eating A Physical, Emotional, and Spiritual Journey**



Questions?

Contact

Steve S. @

[419] 254-0041

There is no fee to join us.

- For those who can, we suggest making a \$5.00 Seventh Tradition donation.
- Donate by check, or with Venmo @Greater Ann Arbor Area – Intergroup [Verification code (may be required for first-time donations): 8337]



FOR MORE INFO:

<http://events.r20.constantcontact.com/register/event?oeidk=a07ej19irxqd936b22e&llr=ekoiju7ab>

Follow us on Facebook for more details: @GAAAOAIG

Visit our website at: **Greater Ann Arbor Area Intergroup of Overeaters Anonymous**

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

**APRIL
10th!!**

The theme is: "An Attitude of Gratitude"

Please send stories, poems, drawings and letters based on your Experience, Strength and Hope to 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 and each new issue will be emailed directly to you!

For more information, contact Carol U. at 248.624.2314.



Local Contributors

From Bondage to Freedom

Before coming to OA, food had me living in bondage and hell. I was depressed, fat, self-centered, fearful, controlling and resentful. I hated shopping in the “plus” size stores, my thighs rubbed together, and I had no energy. There were very few times I experienced happy emotions. They were either sad or none at all. There was only a punishing religious God. I didn’t know what Spirituality meant. I could not stop eating and it was affecting my health.

After admitting my life was unmanageable when walking into OA, I began to glimpse sparks of Freedom. Getting to know and connect with other OA members was a game changer. There were other people that understood my problems with food. I worked on getting a loving, caring Higher Power. I became aware of how resentment and other character defects kept me living in misery. Food is no longer my god, and I can eat abstinently one day at a time. God has released a large amount of weight. I started to enjoy life, including hobbies. I began to like exercise. I practice (still a challenge) accepting life on life’s terms. These are just a few of the things that have given me freedom.

However, I am grateful for the program but don’t take it for granted. The disease is always there. Freedom means renewing my commitment every day. I need to take action: connect with my Higher Power, be abstinent, live the Steps, talk with fellow members and use the tools.

To sum it up... *“You won’t know that you have lived until you have lived this way.”*

~Beyond our Wildest Dreams pg. 28

~ Anonymous

F.E.A.R.: FACE EVERYTHING AND RECOVER

I had a Design For Living that did not work. I kept myself in a box that became smaller and smaller. My life was curtailed with anxiety/panic attacks in many ways as fear gripped me. Because of the crossed wiring in my brain, I reacted by using food to cover up first the obsession of the mind that drove me to food and then, after putting the first bite in my mouth, the absurd compulsion and allergy of my body that kept me eating compulsively (or not eating).

“The achievement of freedom from fear is a lifetime undertaking, one that can never be wholly completed. When under heavy attack, acute illness, or in other conditions of serious insecurity, we shall all react to this emotion—well or badly, as the case may be. Only the self-deceived will claim perfect freedom from fear.” (As Bill Sees It, p. 263)

Today, I have a healthy respect for fear. Fear has a place in my life, but it is NOT in charge. I live fully, calmly, serenely without over- or undereating. The 12 Steps are MY Design for Living under all circumstances and in accordance with my Higher Power’s will for me. Food has its proper place—as nutrition.

Fear is a G-d given instinct and it is my job to use it properly, as outlined in the AA Twelve Steps and Twelve Traditions, pp. 42-43.

Happy to be Living in Recovery, *~Susie Y.*





Around the Web...



Our group has been studying the Body Image, Relationships, and Sexuality book. In the story on page 100 titled “The Gift of Being Good Enough,” the acronym BINGE appeared. The story author shared they had never felt good enough. The Acronym **BINGE: Because I’m Not Good Enough** became their realization of the root of the disease.

I immediately identified with this thought. It fit in with all my life experiences and was the filter I used to measure myself, my body, my thoughts, my environments, and my program. I was constantly seeking ways to change my body, my looks, my house, my job, my relationships, and my program. I measured my very existence on the thought I am not good enough no matter what I do. When those thoughts came, I binged on food, alcohol, sex, money, jobs, relationships, and clothes to cope so I could feel worthy and good enough. This did not work and left me hopeless. My binges only created ongoing cycles of powerlessness around the negativity and its hold on my life to control and be perfect. I sought to hold others to that standard.

After contemplation in steps 4-10, working with my sponsor, my group, and my higher Power, I can now choose a different acronym: **BINGO**. It applies to my food choices, my body image, my opinions of others, my relationships, and all my thought processes. I use the acronym **BINGO: Because I Need God’s Opinion**. God’s opinion of me is just as it needs to be, and in God’s eyes, I am ok as I am. My body is just as God wants it to be today. All events, things and experiences are as they need to be as I practice acceptance and seek God’s opinion. When I use the God filter in my thoughts and actions, I feel a closer connection and conscious contact with a Higher Power that restores me to sanity and increases my conscious contact with God. I seek God’s opinion, for it is the Power that provides peace and serenity in all areas of my life. BINGO!

—Caroline, Danville, VA (November 2021, Triangle OA Recovery News)

Comparisons Be Gone

Before Overeaters Anonymous, I would compare myself to other people. I would think they were either above or below me. I thought I could control how they felt or how they behaved. I blamed them for holding me back, but in reality, my own choices did that. With OA, I learned if you hate a person, you hate something in him or her that is part of yourself. When I started going to meetings, reading literature and talking to others in the program, I found it was I who had the problem. I had character defects I was not willing to accept, so I criticized those around me. When my self-image is low and I am feeling depressed or less than, it means I have separated myself from God. In the same way, when my selfimage is grandiose, prideful or better than, I place distance between God and me. Pride puffs out her chest, shame hangs her head and hides. Pride seeks to be seen; shame seeks to be avoided. Pride says you are too good for God, shame says you are too bad for God. Today, I strive daily to let go of comparisons. The only person I should compare myself to is the person I was yesterday.

~Connie W (Fourth quarter 2019, Out Of The Cocoon)

SELF-BONDAGE AND RELIEF



I have discovered (in a year's worth of Step work) that self-pity is my go-to character defect. I get to self-pity promptly when things don't go, and people don't behave as I think they should. When I try to read minds, when I believe—without actual confirmation—that people don't like what I'm doing or don't support what I think needs to be done, I go straight to self-pity. I get there by being dishonest about where I fit into the scheme of life: In those moments, I believe my self-centeredness is the truth and that other people are either being intentionally cruel or amazingly insensitive when they don't recognize and attend to my needs.

Self-pity is self-deception—this idea never occurred to me before program. Instead, I thought it was the truth or a motivating principle that could make me stronger and more effective at getting what I wanted. I used to nurse resentments based on self-pity, using them as fuel to work harder to achieve specific goals in school, work, and relationships. If I believed someone was unjust to me, I would obsess about a situation that would prove him or her wrong and do whatever it took to make that situation happen. Most of the time, of course, the other person didn't even notice—something I've only recently acknowledged—but the few times I felt rewarded by this process were enough to cement a pattern of self-pity and self-will into my personality.

The Step Three Prayer is extremely useful to me, in part because I identify so strongly with the wording about being relieved “of the bondage of self” (Alcoholics Anonymous, 4th ed., p. 63). Bondage is a perfect description of where I tend to go when left to my own devices: Self-pity is a despairing trap that results in me being useless and unkind to others.

Being free to do God's will instead of my own shifts my focus. I look away from what people aren't doing for me and look toward what I can do for others. It is completely different, and the effect it has had on my life is amazing.

— Sarah K., Bellevue, Washington



Leaps of Faith

Four years ago, I returned to OA after a three-year relapse. At 47, I weighed more than ever, but that wasn't why I returned. I came back because I had finally accepted that my way was never going to give me the life I desperately wanted. I am a compulsive overeater and a restricter and bulimic. I've been all different weights in my lifetime, but none gave me a life "happy, joyous, and free" (Alcoholics Anonymous, 4th ed., p. 133). Today, I weigh 65 pounds (29 kg) less than my top weight, but more importantly, I have an amazing life, free of the regrets and struggles that kept me imprisoned for years. Recently, I had one of those countless spiritual experiences we get in recovery. It reminded me just what it means to keep coming back.

I was running along the beach and listening to an OA podcast. As a recovering bulimic, I no longer exercise to erase the damage I used to incur with food. Now, exercise is a joy and a time to connect with HP. But that day, as sometime happens, I'd become lost, spinning in fear and obsessing on something painful. Even the podcast, which minutes before had felt so powerful and inspiring, seemed flat. No longer in the present, I was in the "bondage of self" (p. 63).

But program teaches actions that release me from the prison of self-will and connect me with God's will. I texted a fellow and described exactly how I felt. She replied, "Give it to God. You are a miracle. We are all miracles." So, right there, in the middle of the dirt road, I got on my knees and talked aloud to God, sharing all the crazy, scary stuff inside my head. I let the tears run and breathed in God's love.

As my eyes and heart opened, I gazed at the ocean and saw countless dolphins arcing among the waves, perfect symbols of God's promise of a life happy, joyous, and free! I felt my obsession lift and fear wash away. I texted my fellow, and she replied: "God gave you a gift, and a smile."

By reaching out to God and a fellow, I received the gifts of peace and serenity that only come from surrender. To that truth I keep coming back. So many times, I tried to control my food to get abstinence. I tried to clutch and claw my way through relationships and life. But effortless abstinence and freedom are not to be wished for, grabbed at, or achieved. They are gifts I receive when I become willing to come into the present with all I feel and humbly ask for help.

Today I keep coming back by taking actions that bring me out of the bondage of self and into reality and recovery. Thank you, OA! Thank you, God!

— Amy L., Central Coast, California



I am grateful for sixteen years and six months of abstinence, by the grace of God and this Fellowship. It is a gift to serve as a sponsor and see sponsees go through the Twelve Steps to find abstinent, sane lives. Sponsoring helps me take the focus off my problems (a divorce, move, and new job), which could lead to self-pity or fear, and instead puts the focus onto the solution: the Twelve Steps and Twelve Traditions of OA.

In a recent email to my sponsor, I said I felt fat and wondered if I should be eating less. She reminded me I'm just getting over being sick, so I couldn't do much exercise. I don't make changes to my food plan without first praying about it and checking in with my sponsor. I also say the Third Step Prayer and my own version of the Seventh Step Prayer. This humbles me and allows me to ask my Higher Power for help. I need HP every day to live one day at a time and be abstinent.

Giving back to this program also helps me keep my program fresh. OA has given me life far beyond what any diet could give. I used to think only about what I wanted. I was full of fear and self-pity, and I was stuck in my character defects. Giving to the program allows me to let my Higher Power transform my defects into assets.

I recently stepped down as chair of our area's public information team. As part of this team, I learned to be a leader by example and to take small actions, such as delivering public service announcements to radio stations and typing up meeting notes. I stepped down after three years of service because I needed to be more humble and rotate leadership. Someone else can do the position just as well or better than I can.

Doing service has helped me let go of some of my character defects, such as trying to control others, being a perfectionist, and feeling self-pity. I've learned to go with the flow a little better and to admit when I've made a mistake. Even though my life is filled with many changes, I am grateful service has given me the ability to get outside the bondage of self. I am grateful to my Higher Power for keeping me abstinent, and I am thankful for my sponsors, sponsees, friends, and a full, rich life. Thanks for letting me share.

— *Anonymous*

ANSWER THE SECOND CALL FOR DIVERSE VOICES

OA is updating the existing publication *A Common Solution* and expanding the representation of OA's diverse membership. All are welcome to submit stories that express your experience, strength, and hope. **We are hoping to specifically hear from those who identify as a member of one or more of these under-represented groups within OA:**

Asian/Pacific Islander • Latinx • Indigenous • Members who have had or considered a surgical solution • Transgender • Non-binary • Muslim • Buddhist

You can help under-represented members identify with other OA members by sharing what brought you to OA, what you found here, and what keeps you coming back. Please include which diverse group(s) you identify with and how our common solution (i.e., the Twelve Steps of OA, the nine Tools of Recovery, and reliance on a Higher Power) has led to your abstinence and recovery.

We need your unique story!

1. *How do you celebrate your diversity as a recovering member of OA? How have you used your diversity to support your physical, emotional, and spiritual recovery?*
2. *Did you ever feel misunderstood or unwelcomed by other OA members because of your diversity? What kept you coming back?*
3. *What would you like other OA members to better understand about your diversity as it relates to your disease and recovery?*
4. *How has racism, prejudice, bigotry, or marginalization affected your disease of compulsive eating?*
5. *As a bulimic, anorexic, or bariatric surgery patient, have you felt welcomed?*
6. *As an atheist or agnostic, how were you able to come to believe that a power greater than yourself could restore you to sanity without becoming religious?*
7. *As a trans person, how has your recovery and membership in OA challenged or supported your transition?*
8. *Do you have a physical or mental disability that requires accommodations in order to participate in OA? Do you have a health condition that you would like other OA members to understand?*
9. *Has living in a country outside of North America challenged or supported your recovery from compulsive eating?*
10. *How have you welcomed, reached out to, or sponsored newcomers who belong to a race, ethnicity, gender, sexual orientation, age group, or nationality different from your own? What have you learned from them?*

Important Rules

1. Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.
2. Submissions are not returned.
3. All submissions must contain the author's full name and address. You may request anonymity with publication. Your state, province, or country may remain anonymous if you so indicate.
4. Submissions must be submitted with a signed release form.
5. Submissions of approximately 500-800 words are preferred.

Due by April 29, 2022



**Email your story to
info@oa.org with subject
line "Common Solution."**



A Common Solution Story RELEASE FORM

(must be included with all submissions)

Stories must be received by the World Service Office by **April 29, 2022**

AUTHORIZATION AND RELEASE FOR SUBMITTED STORY

I warrant that I am the sole owner and original author of the accompanying submitted story ("Story"), and that I have the full right and authorization to submit the Story to Overeaters Anonymous ("OA"). I understand and authorize OA to edit, copy, distribute, publish, reproduce, or copyright the Story for any lawful purpose. By submitting my Story to OA, I agree that it becomes the property of OA, will not be returned, and may be used in any type of distribution media.

I agree that I will make no monetary or other claim against OA for the use of the Story. I waive any right to inspect or approve the finished product wherein my Story appears. I hereby hold harmless and release OA from all claims, demands, and causes of action that I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf (or on behalf of my estate) have or may have by reason of this authorization.

I have read the authorization and release information and give my consent for the use as indicated above.

Printed Name: _____

Signature: _____

Date: _____

Author's Contact Information (required):

Include your full name, address, email, and phone.

Author's Attribution:

For authors desiring anonymity in publication, please indicate specifically whether this applies to your name, city, state, and/or country.

World Service Office
PO Box 44727 Rio Rancho, NM 87174-4727 USA
Tel: 1-505-891-2664 • Fax: 1-505-891-4320 • Email: info@oa.org
Web site: oa.org



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 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



Region 5 2022 Spring Assembly

March 11, 12, & 13

For more information, go to:
<https://region5oa.org/region-5-2022-spring-assembly/>

**Registration is required, but the event is free.
Visitors are welcome!**

Per the website's description:
"We will be discussing all of Region 5's current business, Intergroup Sharing, and will be determining what goals we will be pursuing for the year for the Outreach Committee of the Whole. We will then be conducting business meeting in breakout rooms for both our Business Committees and the Outreach Sub-Committees that we decide on."

OPEN SPEAKER MEETINGS

5TH 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 remaining dates in 2022 are:

April 30	July 30
October 29	December 31

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

Join Us

for GDI Intergroup Meetings!!

4th Saturday of the month
March 26 & April 23 @ 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

GET INVOLVED WITH OA-GDI INTERGROUP!

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

VICE CHAIR

(Board Position)

FINANCE

(Committee Chair)

BY-LAWS

(Committee Chair)

PUBLIC INFORMATION

(Committee Chair)

OFFICE

(Committee Chair)

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

WE NEED YOU!



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 ...



Find us on the web! www.oagreaterdetroit.org

BOARD MEMBERS/OFFICERS

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

Committee Chairs

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

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