

Greater Detroit
Intergroup

LOVELINE



Having left OA before, I returned in 2011 after a 20-year hiatus. During my absence from OA, I made several attempts to lose weight through endless diets and over-exercising. These measures were only temporary, and I remained on the weight loss/gain merry-go round.

During my hiatus, although not ready to engage in The OA Program of Recovery, I needed some type of support, and hung out at other 12 Step Fellowships. However, over the years the disease continued to take a toll on me physically and mentally. I experienced severe knee pain, was depressed and emotionally drained.

Finally, on an extremely hot summer day while sitting in my air-conditioned car eating a melted sugar confection I realized that I was all out of solutions. I felt defeated and in desperate need of help.

The thought occurred to me: **Go back to OA.** I exclaimed to myself, “**Go back to OA--really?!**” I was not ready to face the reality of being a compulsive overeater, put down the food, and embrace the 12-Step Program. Nevertheless, I knew that God was directing me back to OA. I could no longer try to manage life on my own.

I am thankful that I returned. While life in recovery has not been without its struggles, it is certainly better than anything I’ve tried in the past. The physical, emotional, and most importantly spiritual recovery achieved through living the 12-Step way of life is undoubtedly a gift. For this I am grateful.

~ Makeda

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

JUNE 10!

The topic is: “What I Like Best About My Home Meeting”

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.





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 5	12-May
Step 6	2-June
Step 7	21-July
Step 8	11-August
Step 9	8-September
Step 10	13-October
Step 11	10-November
Step 12	8-December

PLEASE
NOTE NEW
DATES!



As I go throughout my day
I notice things along the way.
A flower, a touch, a smile, a word,
I think of all I've seen and heard.
The many ways joys touch my heart.
I take them in and then I start
To smile and whisper gratitude
For all the blessings that ensued.

~ Sharon H.

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:

July 20
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
May 28 & June 25 @ 11:15 am

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

THERE ARE 2 WAYS TO JOIN:



OVEREATERS ANONYMOUS
 GREATER DETROIT INTERGROUP



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



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

Greater Detroit Intergroup OA 12 Step Within Committee

S P R I N G I N T O R E C O V E R Y

(Virtual meeting)

Saturday, May 7, 2022 9 am to 12 pm (Eastern US)
plus 1 hour [12 pm to 1 pm] for sharing



Two Recovered Members will share on three (3) topics for 45 minutes each with Q & A to follow



Please register in advance for this zoom meeting:

<https://us02web.zoom.us/meeting/register/tZEucO6vqDggGtwlanqlaRwo9sbJVyyJRgnM>

After registering, you will receive a confirmation email containing information about joining the meeting.

To donate 7th Tradition please go to www.oagreaterdetroit.org

For more information, please contact: Sue S. [248] 408-2340 OR Susie Y. [248] 320-3105

gratitude



"Gratitude," wrote Cicero (54 BC), "is not only the greatest of virtues, but the parent of all the others" and I have come to believe it fully. I was lucky to learn early in my recovery of the power of gratitude in helping me stay abstinent, be of service to others and God and, most importantly, to enjoy my life!

I wandered into an OA meeting after delivering my second baby in the fall of 1996. I was about 50 pounds overweight and was seeking a diet that would somehow permit me to eat sugar in large quantities and weigh as much as I did at age 16. I did not appreciate the overall good health I enjoyed and wanted to continue to treat my body poorly with desserts, large quantities of junk foods and frequent binges. Rather than feeling grateful for the kindness and patience of the members at those first meetings, I felt annoyed when no one provided me a written diet pamphlet or recipe collection!

The members were consistently kind and I kept attending meetings, even though I just couldn't absorb the concepts and principles I heard. Slowly though, things began to make sense and I was able to abstain from sugar and compulsive overeating for short periods of time, at first. I asked a friendly and generous woman to sponsor me and I worked the steps for the rest of that year. I now realize I had a strong sense of entitlement that made it difficult to experience forgiveness, gratitude and to get closer to my higher power.

My sponsor suggested I write down 10 different things per day for which I was grateful. At first, I had trouble finding things other than health, my children, my husband and home to write on my list. I began to look for things to write on my list throughout my day and while doing housework and caring for my young children. I found that it got easier to find things, that I was happy for odd, seemingly insignificant details. One day I wrote that I was grateful for a small, decorative brick ledge on the wall outside my back door because I could safely place a full coffee cup on it before locking my back door with both hands!

I noticed my mood improved and my food obsession faded. I noticed increased patience with my family members. I began to ask my children what they were grateful for during their nightly tuck in. A daily hunt for things to be grateful for was becoming a natural part of our lives and routine.

A few years after joining OA I had an unwanted and painful divorce. I struggled to find anything to be grateful for during that time, even as I saw my Higher Power continually provide the people and resources I needed to transition to a new life as a single mom. As I stuck with my habit of seeking and writing down at least 10 things for which I was grateful. I can now see how that practice helped me stay abstinent during my divorce and heal.

I ran across research that shows our brains release dopamine and serotonin when we express and receive gratitude. Both chemicals are important in our emotional health and make us feel good. Recovery is about feeling good for me today! By continuing to search for things to feel gratitude for, I'm helping myself stay abstinent and enjoyable to others.

I am so grateful to have OA in my life and for all the wonderful, loving friends I have made since 1996! I can honestly say I am grateful to have the disease of compulsive overeating as finding the solution to it has blessed me in so many ways. I have been blessed with spiritual growth and a relationship with God that would not have been created without the guidance of the 12 steps. I'm so grateful for OA!

~ Mary O.

My Journey at OA- GD Intergroup

I would like to share my experiences at the Intergroup level of service. The Intergroup has enhanced not only my program but also my emotional and spiritual growth. Many areas of my life were stunted. I was able to grow because of doing service at Intergroup. My fears of being accountable for anything has been quieted to a certain degree. I have learned through serving in these different positions that I can make mistakes and that's OK. I can work hand in hand with others and have opposing views and that's OK. I can accept that the vote of the group for the good of OA does not have to necessarily be the way I voted. Higher Power has a hand in this. I can trust that.

I have been in OA since September of 1980, and it wasn't until June of 2010 that I decided to do service at the Intergroup level. Up until that time I had attended a couple of Intergroup meetings but had never had an official role. I hadn't become a part of this wonderful arm of our OA Program.

In 2010 the position of Treasurer opened, and I thought that I could be of help in that role. There was a lot for me to learn. The former Treasurer walked me through my responsibilities and taught me so much. Two obligations of this position are to maintain the checking/savings accounts for the Intergroup and to provide Intergroup with monthly financial reports. I could enter all the pertinent information into the system with no problem. My trouble lay with presenting the reports at the Intergroup meeting as I was always afraid that I would explain them wrong. I learned to grow in this area because of the patience of the members attending the meeting. I became patient with myself and others, and my confidence increased.

After being Treasurer I stepped in as Office Manager in 2015. Again, another learning experience. There was always someone to show me the way of what needed to be done. While I held that office my main responsibilities were to keep accurate records of all group donations and literature sales. I also practiced safe handling of monies collected in coordination with the treasurer. I deepened my understanding of what honesty and integrity entailed.

Then in 2017 I became Chair of Intergroup. This position helped me to be more in tune with what was happening with OA in the Detroit area. As Chair I learned to serve, to listen, and to act as guardian of the 12 Steps, 12 Traditions, and 12 Concepts of OA. In addition, I also was privileged to represent Detroit's Intergroup at the Region 5 Conference. Again, my insecurities came out that I would misinterpret the information I gathered, and then report it to the Intergroup in an unclear or garbled way. I did make some mistakes but after a time I realized that it was OK. I was trying to serve my fellows in the best way that I could, and along with that inevitably came mistakes. I was off the hook. That freed me to continue to serve. I learned humility and acceptance of self and others.

In 2020 I became the Chair of the 12 Step Within Committee. That has brought me so much joy. Working with this committee has helped me in my own growth in learning to play well with others. The 12 Step Within Committee is responsible for developing activities that focus on recovery for OA members. When asked, the Committee will also lend assistance to meetings. I'm learning to listen and hear, setting aside my own ideas and assumptions—in other words, service with no expectations.

I think that sometimes when I am pointed toward serving in ways that I may not feel capable or comfortable, it is for a reason. If, after discussing with another person and sitting with my HP, I still feel the calling to serve then who am I to say I can't do it? My God uses His people in incredible ways. In my case I believe that my service not only helps others but promotes my spiritual growth. If God leads me to it He will walk me through it. Trust in HP. Turn to others for help. This is a "we" program.

For more info on requirements/responsibilities of Intergroup positions refer to our by-laws. If you don't have a copy, please text me at [248] 408-2340 with your email and I will send you a copy.

Yours in OA Service, ~ *Sue S.*

Please consider these openings as opportunities both to be of service to the wider membership and to enhance your recovery. Take it to your Higher Power! Talk to your sponsor!

GREATER DETROIT AREA

INTERGROUP ELECTIONS

ARE COMING IN

SEPTEMBER!



**OFFICER POSITIONS (2-YEAR TERMS)
TO BE FILLED:**

Chairperson:

1. Shall act as guardian of the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service
2. Shall conduct all regular or special meetings of Intergroup, establish meeting agenda, and have copies of agenda available
3. Shall call emergency and special meetings of the Officers and Intergroup as necessary
4. Shall serve as ex-officio member of all standing committees
5. Shall act as Regional Rep and WSO delegate-at-large
6. Shall, at the beginning of the term, appoint chairpersons for all standing committees; these appointments are subject to approval of the Intergroup
7. Shall appoint, upon a vacancy, a replacement committee chairperson, upon approval of the Intergroup
8. Shall sign on all accounts and be authorized to co-sign checks
9. Shall be the contact person for WSO information
10. With the Treasurer, shall negotiate the office lease or appoint a representative
11. Shall serve as active member of Bylaws Committee
12. Shall ensure that the general account of the Intergroup be audited annually (refer to Webster: audit (vt): to examine with intent to verify)

Vice Chairperson:

1. Shall attend monthly intergroup meetings
2. Shall serve in the absence of the chair
3. Shall serve as an ex-officio member of all committees
4. Shall sign on all accounts and be authorized to co-sign checks

Corresponding Secretary:

1. Shall attend monthly intergroup meetings
2. Shall read WSO correspondence at intergroup meetings
3. Shall have responsibility for annual "individual group registration with GDI" , to send out form requesting current information and compile information when received. Bylaws of the greater Detroit intergroup of overeaters anonymous updated 10/23/2021 page 12 of 22
4. Shall write any letters required or requested by the intergroup and/or chair
5. Shall maintain current list of officers, committee chairs, group representatives/alternates (IR), and secretaries of OA groups registered with GDI
6. Shall keep WSO informed of all changes of group information
7. Shall maintain WSO information forms as requested or necessary
8. Shall be responsible for distribution of updated meeting lists to group secretaries, intergroup officers, info/helpline chair, region V, and toll free helpline
9. Shall serve as an active member of the office committee
10. Shall sign on all accounts and be authorized to co-sign checks

Greater Detroit Area Intergroup Elections are coming in SEPTEMBER!

OFFICER POSITIONS, *continued...*

QUALIFICATIONS FOR THESE POSITIONS:

- A. A nominee for GDI officer must have been a member of OA for at least two years
- B. Be working the 12 steps of OA
- C. Have at least one year of current abstinence.
- D. Be willing to give service
- E. Have given service to Intergroup sometime during the previous twelve-month period.

COMMITTEE CHAIR POSITIONS (one year of current abstinence is required) :

Twelve-Step-Within:

1. Shall be responsible for developing activities focusing on recovery for OA members
2. Shall lend assistance to groups for developing activities
3. When asked, shall lend assistance to any meeting needing to increase attendance.

Finance:

1. Shall serve in an advisory capacity to the Intergroup on all financial matters
2. Shall review all income and expenditures at least quarterly and make recommendations to Intergroup when necessary
3. Shall, with the Treasurer, submit a written budget to the Intergroup
 - a. Proposed budget shall be submitted to Intergroup and mailed to all groups for review two months prior to new fiscal year
 - b. The Intergroup shall vote on budget one month prior to new fiscal year
4. Shall with the treasurer, submit a written annual report to the Intergroup
5. To avoid the appearance of impropriety, the Finance Committee Chair shall not chair any other committee nor hold the office of treasurer

By-Laws:

1. Shall review the Bylaws and make recommendations to Intergroup as needed
2. After amendments to the Bylaws are passed by the Intergroup, the committee shall update the written document
3. Shall correct grammar, punctuation, and spelling in written document, as long as it doesn't change the meaning, without requiring Intergroup vote
4. At all regular and special Intergroup meetings the Chair shall have copies of Bylaws available and shall act as Parliamentarian

Public Information:

1. Shall act in a public relations capacity, bringing Overeaters Anonymous to the attention of the compulsive overeater
2. Shall be consistent with Tradition Eleven which states our PR policy is based on attraction rather than promotion
3. Shall handle inquiries and distribute information about OA for the general public and for special groups including HIPM (Hospitals, Institutions, Professionals, and Military) and Young People

COMMITTEE CHAIR POSITIONS, *continued...*

Office:

1. Shall consist of the chair, hereinafter referred to as Office Manager, and the office volunteers
2. The Office Manager has the responsibility of training and coordinating volunteers for optimum office coverage
3. Shall determine the procedures of the Intergroup office and maintain an Office Procedures Manual
4. Shall keep accurate records of all group donations, literature sales, and manage safe handling of monies collected, and coordinate this with the treasurer
5. Shall direct a physical inventory of the office prior to new fiscal year

QUALIFICATIONS FOR THESE POSITIONS:

- A. All committee chairpersons shall attend all regular Intergroup meetings
- B. All committee chairpersons shall hold committee meetings as needed
- C. Term of service shall be two years beginning and ending with election meeting of the Chair
- D. An abstinence requirement of one year, to be the Chair of a Standing Committee, will be effective July 15, 2014.

Region Representative / WSO Delegate:

1. Region Reps/Delegates shall attend monthly Intergroup meetings
2. Region Reps/Delegates shall serve on a standing committee of GDI
3. Region Reps and WSO delegates shall represent the Intergroup at Regional Assemblies and WSB Conferences whenever possible
4. Region Rep/Delegate Committee shall submit a written report of any Region Assemblies or WSB Conference, within 5 weeks, at an Intergroup meeting. This report shall be submitted by the Delegate Chair to the Chair, to the Recording Secretary and to the newsletter editor. An oral report may be delivered at the Intergroup meeting
5. One copy of all printed materials accumulated by Region Reps/Delegates belongs to Intergroup, and will be filed at the Intergroup office.

QUALIFICATIONS FOR THIS POSITION:

- A. A nominee for Region Representative / WSO Delegate must have been a member of Overeaters Anonymous for at least two years and have given at least two years of service beyond the group level
- B. The World Service Business Conference Delegate/Alternate shall have at least one year of current abstinence



Find us on the web! www.oagreaterdetroit.org

Greater Detroit Intergroup 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*	[313] 377-2371
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*	

GD I Region Rep/Delegates to WSBC/Region 5 Reps

OPEN

7th Tradition:

Every OA group ought to be fully self-supporting, declining outside contributions.

Member contributions in the Detroit area have dropped this year. One factor may have to do with most meetings being held virtually. At www.oagreaterdetroit.org members can set up a recurring monthly donation via PayPal to take the place of the weekly contributions they might ordinarily drop in a 7th Tradition basket at an in-person meeting.

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



CONTACT US!



25511 Southfield Road ♦ Suite 127
Southfield, Michigan 48075

[248] 559-7722

Email: info@oagreaterdetroit.org