

Greater  
Detroit  
Intergroup

# LOVELINE

CELEBRATE

## I \* D \* E \* A \* DAY

WITH YOUR OA FRIENDS!

### AN ABSTINENCE CELEBRATION



Saturday

Nov. 16

1:00 PM

Greater Detroit Intergroup of Overeaters Anonymous-OA Office:  
25511 Southfield Road Suite 127, Southfield, MI 48075

### International Day Experiencing Abstinence (IDEA)

is celebrated the third weekend in November to encourage OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.

“KEEP IT SIMPLE” is the theme of the day!

For more information, contact Susie Y.: [248] 320-3105



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# Letter from the Editor



Hello,

I want to thank Nicki T. for working on the graphics and formatting the *LoveLine* for so many years. Your service is much appreciated by the editors and the membership of the Greater Detroit Intergroup.

Mara S. will now be doing service as a committee person formatting the *LoveLine*. Thank you Mara for your service!

The *LoveLine* newsletter is a recovery tool **FOR** members **BY** members. Please send your articles of recovery and share your experience, strength & hope with other members. **Together we get better and grow!**

Please email your articles to: [llnewsletter.editor@gmail.com](mailto:llnewsletter.editor@gmail.com)!

Thank you for your participation!

Warmly, Carol U.  
*LoveLine* Editor

The next **deadline** to submit your articles for the **JANUARY/FEBRUARY 2020** *LoveLine* is December 10!

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## OPEN TALKS:

Saturday, November 30 @ 10 am

• Celtic Cross Presbyterian Church, Warren

Sunday, January 26 @ 7 pm

• Ascension Hospital, Rochester



## TWELFTH STEP WITHIN CALL-A-THONS!

On the 12<sup>th</sup> 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.



# Announcements

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## OPEN COMMITTEE CHAIRPERSON POSITION AT GREATER DETROIT INTERGROUP

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.



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In June we at Intergroup asked the individual meetings to consider not splitting their donations temporarily providing an increased percentage to Detroit. Our fiscal year ended on May 31 and our income for Detroit was far below the amount we had budgeted for. I am happy to tell you that many of our meetings did send extra donations to Detroit. Thank you all so much for supporting our Greater Detroit Intergroup.

At this time, please consider going back to sending your donations according to your usual split between Greater Detroit Intergroup, WSO and Region 5.

*Thank you!*

*~Lynn H., Treasurer*

# \*\*\*Intergroup Representatives\*\*\*

- 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 31<sup>st</sup>.

## 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. **Thank you!!**

## These Events are Rolling in for **2020** !!



**HAPPY 60TH BIRTHDAY to Overeaters Anonymous!** ♦ **January 17-19**  
Los Angeles, California  
<http://www.oalaig.org/oa-birthday-party/>



**Greater Detroit Intergroup Spring Retreat** ♦ **March 27-29**  
Colombiere Retreat & Conference Center in Clarkston, Michigan

**59th Annual World Service Business Conference** ♦ **April 20-25**  
Albuquerque, New Mexico ♦ Theme: OA Celebrates 60 Years! Looking to the Future!  
<https://oa.org/members/events/world-service-business-conference>

**World Service Convention** ♦ **August 20-22**  
Orlando, Florida ♦ Theme: Sunshine of the Spirit: 60 Years Around the Sun!  
<https://oa.org/members/events/world-service-convention>

Reservations  
will open  
January, 2020!

**Region 5 Convention** ♦ **October 9-11**  
Cleveland, Ohio ♦ More information to follow soon!



## The "Step Into Fall Recovery Retreat" was held at the Colombiere Retreat & Conference Center in Clarkston, October 12-13

Seven members wrote about their experience ...

It was an amazing experience! I felt so much love and understanding. I gained a lot of insight.

I attended the fall 2019 OA Retreat. This was my 4<sup>th</sup> year attending. I looked forward to this experience to solidify and energize my recovery. This is a life long journey. The retreat creates a temporary sacred space of safety. We don't have to worry about food, shelter or any of our daily life responsibilities for a while. I love that we have the fellowship of long-timers and bright-eyed newcomers. Each retreat is like a layer of an onion – always more to learn – always deeper to go. We have fun too. The auction helps us to fund scholarships, but in the process we have fun with our bidding wars. We have time and space to have fellowship – eating together, walks communing in nature. I highly recommend coming to a retreat. It helps your recovery and keeps our Detroit Intergroup alive, healthy and growing.

*Coming from two small meetings it is exciting to be in a large group of likeminded persons. There was so much recovery presented during this retreat. Many friendships are being made. I'll be back, see you in the spring.*

Retreats for me are like jumper cables. I feel energized from the comraderies, sense of community and welcoming spirit. The retreat inspired me to redo my action plan. The more I put time into OA the stronger my program. It was great to see so many faces, including some who have not attended a retreat before. Thanks to the Rochester meetings and everyone who participated this weekend.

I am relatively new to OA and welcomed the idea of going on a retreat to focus on me and my program development. I found out my schedule was open for the weekend, signed up late and even got the benefit of receiving a scholarship! I drove in and attended with my sponsor and going through the weekend with her by my side was a firm sense of support. The speakers and how they presented the Steps was very educational. Meeting other newer members and hearing the wisdom of long-time members made me feel part of a wonderful community. The setting for the retreat is beautiful and a source of serenity. I look forward to the next opportunity to retreat.

Great retreat! It was my first and hopefully not my last. I loved the speakers, and break out smaller group sharing. Meditation was awesome!

It was so wonderful to be at the retreat again this year. I was so happy to see people I have known for 10, 15 or 20 years, as well as to meet many new members. No matter how long an individual has been in program their sharing is always beneficial. I am grateful to all those who organized the retreat and for all those who shared their experience, strength, and hope.

# Perfectly Imperfect

Striving always for acceptance and love,  
Not understanding these things come from above.  
Now is the time to let it all go,  
To stop putting on a colossal show.

Let the whole world see,  
Just how imperfect is she.  
Take off the mask,  
Such a difficult task.

Will anyone care,  
When she lets down her hair?  
Why so afraid,  
Of mistakes she has made?

With hard work she will change her ways,  
And look with wonder toward upcoming days.  
Slowly she will heal and grow,  
A new way of life she will know.

Flaws she thought were hidden,  
To speak of them, once forbidden.  
Perfectly imperfect,  
No longer a painful subject.

~ Mary Ann B.

**PLEASE  
JOIN US!!**

**OA Greater  
Detroit**

**Intergroup  
Meetings**

The 2nd Tuesday  
of every month\*

**7 pm to  
8:30 pm**

at the OA Office.

**ALL ARE  
WELCOME!**

*\*no meeting in December*



**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](http://www.oagreaterdetroit.org)



# STEP ELEVEN

*Excerpts from The 12 Steps and 12 Traditions of Overeaters Anonymous, 2nd Edition*

Spiritual Principle:  
**SPIRITUAL  
AWARENESS**

**Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.**

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... we are challenged to seek out more direct conscious contact with the ultimate source of that life-changing love. [page 75](#)

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... the term Higher Power signals a freedom we've come to appreciate and even treasure --freedom to encounter this healing force directly and express our beliefs however we choose. [page 76](#)

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... quiet time for prayer and meditation is essential ... for it gives us the direction and strength we need to live the rest of the day effectively. ...use these practices at all times during the day when we feel the need for guidance, strength, or serenity. [page 76](#)

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... we need the freedom to express our honest feelings in any situation, without fear of saying the wrong thing and damaging or destroying our relationship with God. Such freedom is an essential factor in the healing process. [page 77](#)

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We need the security that comes from knowing that nothing can destroy our relationship with this all-important source of healing and strength while we honestly explore our deepest selves. [page 77](#)

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We pray about these things, not so we can get our way, but so we can bring our will regarding them in alignment with God's will. [page 78](#)

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[we can get angry at God/HP] but we keep on talking to God. The anger passes, answers come, and we find that we have drawn closer to our Higher Power through the experience. [page 78](#)

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Our purpose in meditating is simple: We seek to relax and receive spiritual nourishment by experiencing more fully our connections with our true unfragmented selves and with our Higher Power. [page 79](#)

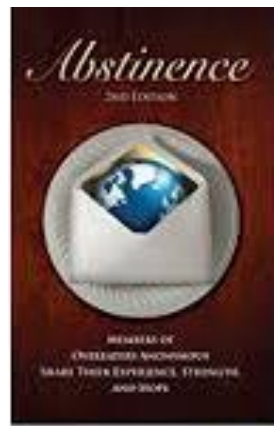
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[When faced with a decision we ask] God to increase our desire to take the action if we are supposed to take it, or decrease our desire if we're not supposed to take it. [page 80](#)

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Through prayer and meditation, we align ourselves with a Higher Power that gives us everything we need to live to our fullest potential. [page 80](#)

# MY RECOVER ROSTER



Taking a cue from *Abstinence* (2nd Edition) p. 118, my sponsor suggested I write my own Recover Roster.

Here it is:

- ❖ I choose to eat healthy foods that don't include foods which cause me to crave more.
- ❖ To avoid thinking I am in deprivation by not eating my trigger foods, I think instead about eating, exercise and healthy behaviors as taking good loving care of me.
- ❖ I stop eating when I am comfortably full. I say to myself and to others who question why I am not finishing a meal: "I am done."
- ❖ I have learned if I weigh myself often, it triggers in me an obsession about weight loss which is a slippery slope to a compulsive diet mentality.
- ❖ I avoid a compulsive diet mentality because it has always led me sooner or later to compulsive overeating.
- ❖ To deal with others eating unhealthy foods in front of me: I make the conscious choice to surrender to HP and remind myself that those foods high in sugar and refined carbs hurt my body, most especially heart and brain (proven by medical research).
- ❖ I make OA member phone calls and go to meetings to boost and maintain my recovery and to give service.
- ❖ I know our OA program is physical, emotional and spiritual. So, my commitment to abstinence includes not only eating healthy foods in moderate portions, but also exercise, using the steps and tools of OA to handle my character defects and negative emotions.
- ❖ I keep my commitment to pray and meditate daily.
- ❖ I practice forgiveness for others and myself.
- ❖ I have come to realize when I am unhappy it is often due to lack of faith and trust in my HP and I have slipped into fear and the need to control again.
- ❖ When presented with a difficulty I often say: God's will be done. I can't do better than that. Proven to me over and over again!!
- ❖ Live in gratitude every day.

~ Mary S.



# Maintaining Abstinence Throughout the Holiday Season

Submitted by Don C.

- ★ Focus on the true meaning of the holiday or event rather than the food. From the perspective of food, treat the holiday like any other day.
- ★ Skip any parties/eating occasions you're nervous about. If there's one you can't skip, text someone before and after the event.
- ★ Don't project about holiday temptations; remember "one day at a time."
- ★ Line up extra OA activities (meetings, phone calls, service)
- ★ Don't set yourself up to feel bad because of unrealistic expectations of what the holiday will bring. Be ready to not be part of family dysfunction. Be ready to be alone if you must. Don't sit around feeling sorry for yourself. Get busy. Read, walk, write.
- ★ Build up your recovery bank account before and during the holidays by attending lots of meetings (especially special holiday meetings) and working hard on your recovery. The disease doesn't take holidays.
- ★ Keep your OA phone numbers with you always. Use them.
- ★ Know your limits. When in doubt, avoid persons, place and things that have in the past triggered overeating.
- ★ Have some nice fruit ready for yourself while others are doing the cakes and pies.
- ★ Choose to focus on the people rather than the food. Have some real conversations.
- ★ Try to really connect with people at the holiday table. Make food a secondary thing.
- ★ Don't give junk out at Halloween that you wouldn't eat yourself.
- ★ Call on your HP for help before and during the meal.
- ★ Call your sponsor before you sit down to commit your food. The answering machine also takes commitments.
- ★ If you're visiting others, it's up to you to know what is being served and whether it is something that you choose to eat. Call the host. Plan accordingly. People understand others' food limitations. Even people without our dis-ease have foods they don't eat for one reason or another. Volunteer to bring something that's good for you. The host thinks you're gracious and you're taking care of yourself!
- ★ If you're visiting with your parents or grandparents, don't slip into old childish roles where you feel you must eat whatever you're given.
- ★ Gratitude list: There is nothing as good for staying abstinent, particularly during the Thanksgiving season than focusing on the many things we have.
- ★ The most dangerous time for most of us is the day AFTER the holiday. Plan to go to a meeting.
- ★ Holidays come every year. They are simply calendar times set aside to honor certain things. We deal with the holidays just like we deal with the rest of the days in the year. You can do it. Relax and work your program the way you know how.
- ★ Even if you cannot give material gifts, you can share the gift of your recovery and enjoy the beauty of the holidays.
- ★ Carry the message. Give joy away, and it will be yours to keep.

## Greater Detroit Intergroup Board Members/Officers

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

## Committee Chairs

<b>Bylaws</b>	Judy D.	[734] 782-4212
<b>LoveLine</b>	Carol U.	[248] 624-2314
<b>Twelfth Step Within</b>	Susie Y.	[248] 320-3105
<b>Speakers/Sponsors List</b>	Frank A.	[810] 813-1167
<b>Helpline</b>	Pamalar B.	[313] 522-6122
<b>Webmaster</b>	Susie Y.	[248] 320-3105
<b>Literature</b>	Cyndi K.	[248] 770-7615
<b>Public Information</b>	Barbara J.	[407] 312-5428
<b>Office</b>	Cyndi K.	[248] 770-7615
<b>Finance</b>	<b>*OPEN*</b>	

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

Sue S. [248] 408-2340

### CONTACT US!



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