

Greater Detroit Intergroup Loveline

BOARD and OPEN CHAIR ELECTION TIME

September 10, 2019 7:00 pm GDI Office

September is election time for the Greater Detroit Intergroup. For all positions, you must have at least one year of current abstinence. Terms run for two (2) years.



OPEN are the:

BOARD: Vice Chair, Recording Secretary and Treasurer

COMMITTEE CHAIRS: Finance, Webmaster

Board and Committee Chairs attend and give a report at the regular Intergroup meetings which are held the second Tuesday of the month except for December.

The terms for each of these positions is two years and the duties are outlined in our Bylaws. Please contact: Sue S, Intergroup Chair, 248 683-4354, if you would like a copy of the requirements and duties for these open positions.



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World Service has suggested that on the 12th of each month we all make OA phone calls to those we have not seen at meetings. Please look back in your “We Care” books to find the names and numbers.

New Meeting

Location: Life Bridge Church, 24800 Eureka Road, Taylor

When: Every Friday,

Time: 6pm

World Service Convention

2020 Convention Dates: August 20-22, 2020

Theme: **Sunshine of the Spirit: 60 Years Around the Sun!** Reservations open January, 2020.

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

OA Greater Detroit Intergroup Meetings are the second Tuesday of the month at 7:00 pm. All are welcome.

World Service Business Conference

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

Dates: April 20-25, 2020.

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 is on the OA GDI website: **OAGREATERDETROIT.ORG**

“Extravagant Promises

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.”

They sound pretty extravagant to me! But the experience of recovery, of change that I could never bring about myself, makes these promises possible. I see them materializing in myself and in others. They don't just happen though. God doesn't wave a magic wand over us. My belief is that God wants a relationship with me and for that there must be interaction between us.

Thus, my work is necessary. I feel that the biggest, most basic, part of my work is staying connected to my much Higher Power. God can do for me what I can't do for myself when I stop fighting and start cooperating. Living in the steps and principles brings relief of the food obsession and so much more.

These steps point me to a God centered life rather than a me centered life; while at the same time giving me the assurance that I am taken care of and have all I need. I'm living the miracle of recovery. Of change.

I guess that is pretty extravagant!



A Grateful Returning OA Member

I came to OA for the first time in 1995. I loved the program and the people. Initially I was all in and committed to my recovery. But, after a while my addict mind gave me ideas about how to do the program better my way. I gradually drifted away from the 12 Steps into my own steps and back into the disease. We moved to another state. I went to one meeting there and decided they weren't doing things the right way and I left OA all together.

Now, 24 years later I am back in OA. I heard someone talk about her AA program and as I listened to her the thought came into my head "I have to get back to OA". I think that was Higher Power doing for me what I couldn't do for myself.

Twenty-four years of compulsive overeating brought me to my knees. Now I am ready, I surrender. My way does not work I have proven that to myself over and over! I am grateful for the gift of abstinence, for meetings, for a wise and loving sponsor, for literature and recorded OA talks. Each day I am reminded to turn my will and my life over to the care of God as I understand Him.

I recently attended a 3-day work meeting in Miami. I thought there would be a lot of food served to us that is not on my meal plan. Boy was I right! All my favorite binge foods! I wondered about whether or not I would overeat and then I got a clear message from my Higher Power reminding me that I can turn over my food and my self-will and trust. I can take action to remain abstinent. I did not have to make a decision about each non-abstinent bite in front of me. I already made the decision to be abstinent and to trust my Higher Power to be there for me always. My compulsive overeater mind gave me the usual messages about food. "That dessert is presented so beautifully I have to taste it." "What will other people think if you don't eat it?" I have been following those cues for the past 24 years and no binge food I have eaten has improved my life or given me anymore then a few moments of pleasure. My 24 years of binging left me numb, isolated, lonely, remorseful and very sad. Today I choose abstinence, it feels much better than compulsive eating.

I had fun at the meeting. I had a lot of energy because I was not numbed out by the food. So instead of sitting alone in my hotel room at night binging on more of the stuff that was served during the day, I got out and explored the city. I was relaxed and happy to be around other people because I was not practicing the self-loathing behavior that always followed my binges. I am grateful to OA and my Higher Power for showing me a way to be happy joyous and free. I recognize the importance of action and I am committed to action for my recovery every day. My sponsor recommended I write this for myself to read over and hear in my own words how the gift of abstinence changed my experience. I am grateful for the way she shares her recovery with me.

Higher Power's Help

I have been in OA for just over two years. The first nine months I remained abstinent with very little struggles. After nine months I relapsed and tumbled down the 12 steps painfully. I am now a relapse survivor and currently abstinent. I have been experiencing a deeper connection with my higher power, due to daily prayers and meditation. I ask for my higher power to lead me to her will today in all I think, do, and say.

One day, my prayer was answered very obviously. I had a food plan, had the food weighed, measured, and in the refrigerator for dinner. But this day, I had a craving for Chinese or Thai food. I could not stop thinking about the food I wanted. I prayed, made a few phone calls, to no avail. I still wanted this food.

So, I decided that I DESERVED it. I had been eating abstinely for months, why not? I called the nearest Chinese restaurant as my mouth watered, ready to order my food. ***What, you say? You are closed for the 4th of July holiday? OH NO!!!*** Still determined to feed my craving, I chose another take out menu (from the many I have in a kitchen drawer) Thai food is just as good. I'll have to drive a little farther, but it'll be worth it. Salivating over what items I was going to order; I dial the Thai restaurant. ***Are you kidding me? You are also closed for the 4th of July holiday? What is this?*** After a quick prayer, I realized that my HP was helping me keep abstinent, and probably having a good laugh about it. I ate my weighed and measured food, really enjoyed it, and did not have the craving again. What I really deserved was a life free of obsession of food and free of overeating. I'm glad my HP is in this with me!

Move through the Feeling Abstinently

This past week I had a frustrating conversation with a relative. I was asked to help the person out by giving her a ride somewhere, taking her grocery shopping and running other errands for her. There is a long history of this person being dependent upon me and others. Plus I had already planned out my day and this certainly put a kink in how I wanted my day to go. I hung-up with her and immediately felt the resentment and fear growing, and anger at myself for not being more compassionate. I didn't like these feelings and I knew the only way to get through it was to move through it – not side-step them or ignore them.

I called a fellow member and told her I needed to do a 10th Step. I followed the 10th step instructions in the AA Big Book and asked for her feedback. She was understanding and non-judgmental. She gave me a different way of looking at the situation, a deeper way in fact. By the time I was done talking to her, and it was only about a 10 minute conversation, I was laughing and relieved. She and my HP helped me to move through the feelings. I felt compassion and was able to surrender the situation to my HP. I am so grateful for program. It really is a design for living that works.

Anonymous

Recovery

When asked to write about my recovery, my immediate thought was "No" I am not a good writer! However I can write when I'm passionate and/or emotional about something.

Today is that day I can write! Having a sponsor, having a meeting to go to, making "that" phone call, placed my feet back on the ground. How is it my higher power channels my sponsor exactly the time to connect with me and what to say about recovery? I have suggested readings tonight and I have the tool of writing to my higher power for an answer to an important decision. I don't have to self soothe with food.

I have friends in OA. I have a sponsor who cares. I feel the love and gratefulness for today's recovery.

Recovery is the subject I will continue to practice One Day at a Time in the OA school of lifetime learning.

Nancy A.



OA Retreat Step into Fall Recovery October 12-13, 2019

LOCATION
Columbiere Conference Center
9075 Big Lake Road
Clarkston, MI 48346

General: 348-625-5611
Conference Center: 248-620-2443
Email: columbiere@columbiere.com

For scholarships, please contact:
Nicki T. at 248-464-5896 or
quick_mi@yahoo.com

COST PER PERSON

\$125 Double occupancy rooms with
community bath

\$155 Single room with community
bath

Cost includes 4 meals: Saturday
lunch & dinner and Sunday breakfast
& lunch. Coffee, tea, sweeteners,
water provided. Refrigerator
available.

REGISTRATION

Deadline is September 11, 2019. No
refunds after registration closes. Any
change to reservation must be approved
through registrar.

Program timeline
Onsite check-in: 8:30-9:30 am
Program starts: 9:30 am Saturday
Schedule: An agenda will be provided
upon arrival.
Program ends: 3:00 pm Sunday

Name _____ Email _____

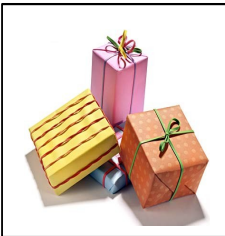
Address _____ City _____ State _____ Zip _____

Phone _____ (Name of Roommate) _____

PAYMENT

Make checks payable to: Overeaters Anonymous. If
you would like a confirmation, please send a self-
addressed envelope with your registration form or
email: quick_mi@yahoo.com

Mail registration and check to: Nicki T, 1113 Fairways
Blvd., Troy, MI 48085



**FOR MORE INFORMATION
ABOUT THE RETREAT OR ASK
A QUESTION**

Contact: Kendra S. 248.320.9073
Email: kksssw@yahoo.com

AUCTION: Please bring a wrapped gift or two!



We are on the web!
OAGREATERDETROIT.ORG

Greater Detroit InterGroup Board Members/Officers

Chair	Sue S.	248-408-2340
Vice Chair	Bobbi S.	313-377-2371
Treasurer	Lynn H.	313-613-8754
Recording Sec.	Open	
Corresponding Sec.	Barbara D.	313-886-3533

Committee Chairs List

Bylaws	Judy D.	734-782-4212
Loveline	Carol U.	248-624-2314
12 Steps Within	Susie Y.	248-320-3105
Speaker/Sponsor List	Frank A.	810-813-1167
Helpline	Pamelar G.	313-522-6122
Webmaster	Open	
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GDI Region Rep/Delegates to WSBC/Region 5 Reps List

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