

Greater  
Detroit  
Intergroup

# LOVELINE

## Step Three

*“Made a decision to turn our will and our lives over to the care of God as we understood Him.”*

God is the Director. I am the agent. God offers me Divine Inspiration so I may give my best possible performance. I am ultimately responsible for my performance. How well I heed direction depends entirely upon me. I make a decision to turn my will and my life over to the care of God with my every thought, word, deed or action. I am free to follow my own path in my journey of recovery. My choice is based on God’s direction for me. He is everything to me and I place my complete trust in Him. He is my Director. (\*based on pages 62-63 of the Big Book\*).

*Mary Ann B.*

## 3rd Step Prayer

God, I offer myself to Thee-  
-to build with me and to do  
with me as Thou wilt.  
Relieve me of the bondage  
of self, that I may better do  
Thy will. Take away my  
difficulties, that victory over  
them may bear witness to  
those I would help of Thy  
power, Thy love, and Thy  
Way of life. May I do Thy  
will always!

*Alcoholics Anonymous  
pg 63*

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# THE BIG BOOK OF ALCOHOLICS ANONYMOUS !

## The Big Book has SO much wisdom to teach us!

What is the one quote or paragraph from the Big Book that really **speaks** to you? Please email your favorites to [lnewsletter.editor@gmail.com](mailto:lnewsletter.editor@gmail.com) **no later than April 10**, and we will post them in the next issue.

**We can all benefit from each other's knowledge.**

### My Favorite Big Book Quote

*"The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves."* [Page 25]

*Lynn #.*

### The Big Book Says... Follow Higher Power

*"Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances!"* [Page 100]

I love this statement. I see it as a promise of working this Program. I have seen it materialize in mine and in other people's lives.

When my husband, Dale, was sick and dying I saw first-hand how we could still live in peace around the situation. It was a hard experience to go through, yet I saw the hand of God throughout our struggles. We were both in program and abstinent and I believe that that truly helped each of us. We prayed in the mornings together and trusted God throughout the day. Did we do this perfectly? Of course not. Yet, we tried to stay in touch with God and we were given a peace beyond our understanding. I am so very grateful for OA and the Fellowship. I owe so much to all who surrounded us with love and prayer. Dale said that he 'felt' the prayers of others. People came to our home and brought us meetings on Friday evenings. We never lost connection with our fellows. I believe that God sent us our OA 'angels' to walk with us through a very hard time. These 'angels' still surround me so many years later. This is a Program that keeps on giving and I'll keep coming back! Thank you, my OA family!

*Sue S.*

### Perfection

*"...the point is - we seek spiritual progress- not perfection..."* [Page 60]

I cannot expect any perfection to come out of my journey in OA. I can expect the following: to be more willing, to be honest, to accept reality better, and to experience a varying set of feelings in my newfound closeness to the rest of humanity. If I'm less than perfect, then I'm still ok.

*Anonymous*

### The Lie

*"A new teacher came to my school, and I invited myself over to her place for a drink. I remember telling her, as I lifted the glass, that this might not be such a great idea, but "I believe it's worth the risk." As casually as that, I began drinking again."* [Page 371]

If I compulsively overeat, there are three lies that I tell myself, that lead to compulsive eating.

- 1. This won't hurt me this time!**
- 2. I can handle this, this time!**
- 3. It doesn't matter, anyhow!**

All these are the lies that I eat on.

*Susie Y.*

## The Big Book Says... Pause

*"As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action."* [Page 87]

I very much like this direction. Pausing was foreign to me until program taught me how important it was. I had always been someone who thought that I had to give an answer to someone immediately. Usually when I would do this it would be without any real knowledge of what I was talking about. I didn't want to appear like I didn't know. Also, I had to rush in and fix something or someone without even being asked. That is not fair to me or the person that I am intruding on. So often I would get myself into a jam by offering to do something that I did not want to do and possibly could not do. Then I would be resentful of the other person who was clearly not at fault. I set the ball rolling.

I'm finding for me that God is in the Pause. I am seeing this play out more and more in my life. When I am unsure and/or it just doesn't feel right I don't have to immediately give an answer. I can pray about it, talk to my sponsor or another recovered friend. Get some perspective. What would God have me do? Things tend to unfold when I let them. I get an intuitive thought or decision. I want to go forward in cooperation with my Higher Power but to do that I must be willing to pause when agitated or doubtful and let Him do His work.

*Sue S.*

## The Promises and Their Meaning to Me

**The Promises** [Pages 83-84] are an affirming, realistic tool that remind us of this: If we keep doing our part, to the best of our ability, then we will see an overall continuous journey of improvement in our lives.

It's affirming because it's positive.

It's honest because it tells us nothing of perfection or of the fact that we won't have to do any work.

### **My summary of the promises:**

- If we continuously do our part, as best we can, then we will be happier overall with our whole life.
- Our new life will be much improved - unlike it used to be.
- We will not be harsh or shameful toward ourselves about our past by delving into morbid reflection, but we will remember how much worse it was for constructive purposes.
- We'll know how much peace we missed - how much more calm things really can be.
- We'll see, at unexpected times, how our sharing and other program experience can help someone else.
- We'll get that help from others in the same fashion too.
- We'll be more open-minded and other-centered than ever before.
- We'll feel like our life, as a whole, means more to us and others than it ever has.
- Our fears will decrease on a much-improved pace and frequency.
- Our connection with God (HP) will be improved, and we'll have better insight into things that used to confuse us into submission all the time.
- We know now that we have our part and God has his. We can only do our part.
- These are not unrealistic ideas. We are not alone in thinking this or in this journey. They do not imply perfection or a trouble-free life. They will always lead to improvement if we make an effort to use them in our life.
- Every day is a new day. If we stumble or struggle, in any form, we are now equipped with better tools and a connection to a power greater than ourselves to help us start over again.

*Anonymous*

## Acceptance

***"And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much as what needs to be changed in the world as on what needs to be changed in me and in my attitudes."*** [Page 449]

One could write a sermon from this paragraph. It is a call to action and a form of prayer. This reinforces my belief that God has a plan for me. Often, I do not know what that plan is. However, I trust that it is in my best interest.

Some of the issues I face are difficult and painful, some point out my character defects; and many are blessings. This reinforces the fact that I am not in charge; I have abdicated that self-appointed responsibility in order to heal and grow up! I have come a long way since I first read this, however, it still resonates as a powerful reminder that I need to look at **what I need to change in me to stay sober and abstinent.**

JCD

## Step 10

This is a wonderful idea and yet difficult. Choosing my favorite passage or paragraph from the Big Book was not easy, when there are so many to choose from. I narrowed it down to pages 84-88. From there, I finally decided on the first paragraph on Page 84 about Step Ten:

***"This thought brings us to Step Ten, which suggests we continue to take personal inventory and to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code."***

Kathy M.

## My Own Conception of God

My favorite passage in the Big Book is in Bill's Story. It reads, ***"...My friend suggested what seemed like a novel idea. He said, "Why don't you choose your own conception of God?"*** [Page 12]

This really was a novel idea to me. My understanding of God was the one I had inherited from my family of origin. I was always in constant conflict with their idea of God. In my endeavor pre-program (OA recovery) in seeking this God I dabbled into other religions. What dismayed me about them was the dogma the homogenous system with which each religious organization required that I subscribe to. Being the free thinker that I am this offended my sense of spirit of who I was. My idea was if God is omnipotent why wouldn't god be with other religious groups/organizations who owned the rights to God? Why was their way the only way to find God?

Thus, began my journey for many years. I've always been a seeker of truth, beauty and knowledge. I came to OA 15 years ago; I began to use those ideas of beauty. I would travel the world and visit museums, go to famous gardens and visit many countries. I would go out on the deck of a ship at night and look out at the vast ocean and wonder how this ship could stay afloat. These things and many others were just unfathomable for me to explain. I then realized that I did believe... It occurred to me to use the statement, "Choose a God of my own conception." It opened my God idea to the following: God is truth and truth never changes. It convicts my soul in a way that allowed me the freedom of accepting many things for which I have no human explanation. It is simple program; all that was required of me was to just be Willing.

Anonymous

# M E E T I N G S



*"I have come to love OA meetings for their unpredictability as well as their structure. Meetings are like jazz improvisation—never the same twice. Meetings have the unpredictability, freshness and originality that almost make them an art form." ~ Voices of Recovery p. 228*

I am amazed, time after time, meeting after meeting, of how I hear a share that was just what I needed to hear that day. The wisdom may come in the form a newcomer reminding me of how the early stronghold of my disease of compulsive eating had such destructive consequences to my emotional, spiritual and physical health. Looking at the courage it takes to come through those doors for the first time after breaking through the denial that I could overcome this disease on my own. Then there is the person struggling to stay abstinent once slammed with emotional turmoil. This reminds me of how much I depend on program to get through the worst of times without using food to deal with my emotions. I am grateful I am no longer left feeling ashamed and left with no real emotional relief at all. Then there is the blessing of the long-timer, who has passed through so many trials and has kept learning at a deeper and deeper level to live life well and free from the bondage of compulsive eating who shares well-earned wisdom. Thank you, thank you, thank you for meetings!

*Mary S.*

Come together for rotating topics, brainstorming, and sharing ideas that WORK!

## VIRTUAL REGION:

### 2nd Sunday of the Month Workshop 3:00 pm - 4:30 pm EST

- March 14 "Courage to Change the Things I Can"
- April 11 A Spiritual Toolkit
- May 9 "Relieve Me of the Bondage of Self"  
Losing Our Ego and Realigning Our Will
- June 13 The Sponsor - Sponsee Connection
- July 11 What Does it Really Mean to Surrender?
- August 8 A Threefold Disease: Physical, Emotional, and Spiritual
- September 12 The Promises of the Program
- October 10 Applying the Traditions in Daily Life
- November 14 "To Carry the Message to Other Compulsive Overeaters"
- December 12 Connection is the Opposite of Addiction

#### Join Zoom Meeting:

<https://us02web.zoom.us/j/89165540024?pwd=eXZWSUNNdVhtZ3hHZHZjY2RRejkdz09>

Meeting ID: 891 6554 0024 Password: 120912

Suggested Workshop Contribution: \$5.00

7<sup>TH</sup> Tradition: <http://oavirtualregion.org/region/seventh-tradition/>

Previous Podcasts: <https://oavirtualregion.org/events/vrworkshops/virtual-region-podcasts/>

For more information, contact: <https://oavirtualregion.org> OR

Lisa: [workshop@oavirtualregion.org](mailto:workshop@oavirtualregion.org) OR Lee: [icechair@oavirtualregion.org](mailto:icechair@oavirtualregion.org)



## OA VIRTUAL DAY IN RECOVERY

**Sunday, March 21, 2021**

**9:00 AM to 4:00 PM**

(1-hour lunch break at noon)

◆ Offerings ◆ Speakers  
◆ Q&A ◆ Sharing

Hosted by the First United Methodist Church Meeting [Ferndale] AND the "I Am A Miracle" Meeting [Warren]

**Phone/Online/Video Meeting**

**Phone number: [978] 990-5336**

**Access code: 405778#**

**Online meeting ID: oafferndale**

**Join the online meeting:**

[www.join.freeconferencecall.com/oafferndale](http://www.join.freeconferencecall.com/oafferndale)

CONTACT → Renée G.

📞 313.354.4982

✉ [rmgriesb@yahoo.com](mailto:rmgriesb@yahoo.com)



Join us for **GDI Intergroup Meetings!!**

Saturdays,  
**MARCH 27 & APRIL 24**  
**@ 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



**Check It Out!**



[www.oavirtualregion.org](http://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 ...



## Speakers & Sponsors List

The **Speaker/Sponsor List** for the Greater Detroit Intergroup is a very 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 under the **Intergroup Tab**:  
[www.oagreaterdetroit.org](http://www.oagreaterdetroit.org)



**Strengthen Your Recovery!**  
**Strengthen Your Meeting!**

## Join the 12<sup>TH</sup> STEP WITHIN CALL-A-THON

- WHO:** all recovering members of OA
- WHAT:** A day dedicated to carrying the message of recovery through the Twelve Steps to other OA members who still suffer
- WHEN:** the 12<sup>th</sup> of each month
- WHY?:** Working with others one-on-one is at the core of the program. In order to keep our recovery, we have to give it away.
- HOW:** on the 12<sup>th</sup> of each month, pledge to make outreach calls to people who have found OA but still suffer from the symptoms of compulsive eating, including those in relapse and those who have disappeared from meetings.

### 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 [lnewsletter.editor@gmail.com](mailto:lnewsletter.editor@gmail.com) and we will be sure to include it in the **MAY/JUNE 2021** issue!

**AND →** if you haven't already done so, send your email address to [info@oagreaterdetroit.org](mailto:info@oagreaterdetroit.org) and each new issue will be emailed directly to you!

For more information, contact Carol U. at 248.624.2314



Find us on the web! [www.oagreaterdetroit.org](http://www.oagreaterdetroit.org)

## BOARD MEMBERS/OFFICERS

Chair	Judy D.	[734] 782-4212
Vice Chair	Pamalar B.	[313] 522-6122
Treasurer	Lynn H.	[313] 613-8754
Recording Secretary	Keri C.	[248] 672-6745
Corresponding Secretary	Barbara D.	[313] 886-3533

### Committee Chairs

Bylaws	<b>*OPEN*</b>	
LoveLine	Carol U.	[248] 624-2314
Twelfth Step Within	Susie Y.	[248] 320-3105
Speakers/Sponsors List	Frank A.	[810] 813-1167
Helpline	<b>*OPEN*</b>	
Webmaster	Pina B.	[248] 416-0726
Literature	Cyndi K.	[248] 770-7615
Public Information	Bobbi S.	[313] 377-2371
Office	Cyndi K.	[248] 770-7615
Finance	<b>*OPEN*</b>	

### 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:

 **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!



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