

Greater Detroit
Intergroup

LOVELINE

RECOVERING INDEPENDENCE

Recovery has helped me rely less on others for my happiness and self-esteem because I have come to like myself more. I felt a lot of guilt and shame as a compulsive eater. But I didn't feel that way just because of the way I ate or the embarrassment over my appearance. I used food to numb guilt over the way I had hurt other people, self-hatred, anger. When I worked the Fifth Step with my first sponsor, I didn't feel much at first, but over subsequent weeks I felt a new lightness in my spirit. I made amends and the lightness increased. I still had a sense of myself as a flawed person, but nobody was asking me to be perfect. I am now able to say, "No" sometimes, in the face of someone's disapproval or, worse, disappointment. I don't have to manage or control anybody else's feelings. They are as free to have their thoughts and feelings as I am. I am "(relieved)...of the bondage of self" (Alcoholics Anonymous, p. 63) when I sponsor, take an outreach call from an OA-er who just needs someone to listen, or lead a meeting. When I am being self-centered, that is when I worry most about what others think of me, because it is another way of keeping the focus on myself. Practicing consideration for others, which does not come naturally to me, paradoxically makes me less concerned about what they may think of me, because I am thinking less about myself.

~ Anonymous

**The Deadline to Submit Articles for
the Next LoveLine is: June 10**



**PUT THIS
On YOUR
CALENDAR**

The topic will be: **THE FELLOWSHIP OF OA**

Please send your stories, poems, drawings and letters based on your Experience, Strength and Hope to llnewsletter.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 Irene R. at 248.574.2536

**KEEP
CALM
but
DON'T MISS
OUR DEADLINE**



Recovery has allowed me to enjoy the pleasures of friendship, really for the first time since childhood. Now I can truly say that I am a friend and I have friends, both in and out of the rooms. When I was in the food, I was so unhappy I couldn't be open to the often-subtle pleasures of friendship, such as sharing a meal and conversation with another or getting to know them and their life a little better. I've learned so much—practical, emotional, and spiritual—from contact with other people. This was a pleasure I'd denied myself. Now I take time for friendship and value it highly.

I am also beginning to learn about boundaries with others. This is very difficult for me because I don't want to hurt anyone's feelings and I want them to like me—sounds like people-pleasing to me! I am at the beginning of this journey and, as with all other recovery lessons, it's a lot of work but so worth it.

I am also just beginning to readdress and reframe my relationships with my family of origin. Through work with another member, and also a lot of pain, I realized I had the same view of those connections as I did when I was 15. Well, I'm 62 now, so it's high time to revamp. Primary to this process is accepting (there's that familiar Twelve Step word again!) my family members exactly as they are: their faults, strengths, failures, and successes. If I accept and esteem my mother's almost limitless generosity, I also need to accept her sometime ferocity. It's all part of the package of who she is—as I too am a collection of varied traits.

I'm using the Eleventh Step Prayer: "Lord, make me a channel of thy peace . . ." (AA's *Twelve Steps and Twelve Traditions*, p. 99) It reminds me of the virtues I would like to bring to the family dynamic: love, pardon, faith, hope, light, and joy. Again, it's a lot of work, but is there anything else more worthwhile?

~ Christina R., Montvale, New Jersey

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 2023 are:

July 29	
September 30	December 30

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

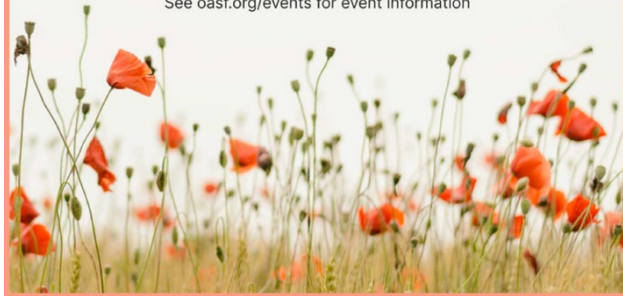
CAME TO BELIEVE & SPIRITUALITY: 3 SPIRITUAL JOURNEYS

Saturday, May 6, 2023 | 10am - 11:30am PST

3 speakers sharing their experience, strength and hope on their spiritual path in OA

There will be a breakout room option for general sharing, and fellowship after the event in the Zoom room.

See oasf.org/events for event information



← To join the Open Speaker Meeting virtually, please use the access information below:

Phone Number: (425) 436-6398

Access code: 556803#

Online meeting ID: satoacelticcross

<https://join.freeconferencecall.com/satoacelticcross>

OH is One Syllable

Driving to my OA meeting this morning, I felt a sense of calm about this past week.

An authority figure had made an inappropriate comment, and I spoke my truth without becoming belligerent, without thinking obsessively about the situation afterward, without gossiping, and without stuffing down my anger with food.

Someone else asked me for a favor that carried the potential for crossing my personal boundaries. I took time to reflect and spoke my truth. I offered what I could without guiltting myself for taking care of my needs, without guiltting the other party for having dared to make the request, and without stuffing down my indecisiveness with food.

Another person asked me to help in their sadness. I was able to be there for her, speaking my truth of shared sorrow in her pain, without offering advice, without comparing her situation to mine (mine being so much worse, of course), without coming away too drained, and without stuffing down my tiredness with food.

I realized that “oh” had become a one syllable phrase. Before OA, you would hear me say:

Oh, wow!
Oh, darn.
Oh, yes!
Oh, please?
Oh, my.
Oh, crap.
Oh, really?
Oh, why?

Now you will hear me say:

Oh?
Oh!
Oh.
Oh...



OA has taught me that I need to feel my emotions with Higher Power in my corner and to let go of the outcomes. It has given me balance in my life, physically, emotionally, spiritually, and mentally. It has taken me out of the isolation of addiction. It has given me a healthy relationship with myself and others. It has given me freedom from the obsession, and an ever-expanding energy for life.

Thanks to all who have come before me and who have dedicated themselves to service and carrying the message!

— K., Canada



OA TWELVE STEP WORKSHOP

*Tuesdays 6:00-8:00 PM Eastern Daylight Time
May 16-August 22*

*Presented by OA Greater Detroit Intergroup
Online Zoom Meetings in English*

This is a 15 week commitment with homework.

**The following OA-approved literature will be used for
weekly readings and assignments:**

- The Twelve Step Workshop and Study Guide workbook
- The Twelve Steps and Twelve Traditions of Overeaters Anonymous,
Second Edition
- Alcoholics Anonymous (Big Book), Fourth Edition
- Voices of Recovery
- For Today
- The Twelve Steps and Twelve Traditions of Alcoholics Anonymous
- Overeaters Anonymous, Third Edition

Books can be purchased at [Overeaters Anonymous, Inc. \(oa.org\)](http://Overeaters Anonymous, Inc. (oa.org))

*For more information, or to register, contact
Sharon at 810-305-8716 or sharonhiller@comcast.net or
Ashley at 586-854-3477 or labuttea@gmail.com.*

*7th Tradition Contributions can be made to OA Greater Detroit Intergroup at
www.oagreaterdetroit.org by clicking the yellow donate button or **make
check payable to:** Overeater's Anonymous and mail to:*

Overeaters Anonymous
c/o Lynn H.
14163 Landings Way
Fenton, MI 48430

HOW HAS MY RECOVERY HELPED ME RELY LESS UPON OTHERS FOR MY HAPPINESS & SELF ESTEEM?



I believe that since I've put down the food and picked up the Big Book, I have grown in the areas that I don't know if I could have without the OA program. Recovery through the 12 steps and the tools has helped me see life in a different way.

Prior to coming to the rooms of OA I tended to live in the bedevilments. These are found mid-page 52 of the AA Big Book. "We were having trouble with personal relationships, we couldn't control our emotional natures, we were a prey to misery and depression, we couldn't make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we couldn't seem to be of real help to other people."

I sought to find relief from these bedevilments by expecting another person to fill me up. Yes, I did use food, I abused food, but I also misused other people in my quest for happiness and a boost to my low self esteem.

The OA program is so much more than a means to lose weight. It teaches me a new way of living by way of the 12 steps, the tools, sponsorship, and my Higher Power. My relationships keep getting better because I no longer have to point the finger at another person and how they aren't fulfilling my life. I am responsible for my life with the help of God. The way I can let go of my expectations of others is to look at myself. I need to continually look at the log in my eye instead of focusing on the splinter in theirs. The inventories help me to move through life in a healthier way. I am grateful that I can look at what needs to be done by way of giving my defects to HP and making amends where needed.

Today I may still at times turn to others with expectations of them to make my life peaceful, but I soon recognize that it is up to me to do what I need to do in order to have true peace of mind. Today I can live in the Promises which are found on pages 83 through 85 of the Big Book. This is the way to freedom!

~ Sue S.

INTERGROUP REPRESENTATIVES

To my OA Fellows:

Please consider doing service as an **Intergroup Representative**. I recently took on the position of Intergroup Rep for one of my meetings and I am grateful that I did. I like being in the loop of what goes on at the business meetings of our Detroit area groups. The following outlines the Intergroup Representatives responsibilities.

INTERGROUP REPRESENTATIVES

- Each represented group shall be entitled to one vote through its elected Intergroup Representative. (Only Reps who have at least 1 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 May 31st.
- 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.

Meetings are held each month, except for December. They are being held virtually on the 4th Saturday of the month from 11:15 am – 12:45 pm. Information on how to access them is posted on our local website, www.oagreaterdetroit.org

Every group's input is important and beneficial to the health of the Intergroup. Please note that 1 year of current abstinence is needed to have a vote for your group, however, if you don't have a year, you are still more than welcome to represent without a vote. Please keep your meetings in the loop!

~ Sue S.

Join Us
for GDI Intergroup Meetings!!

4th Saturday of the month
May 20 & June 24 @ 11:15 am

...to avoid conflict with Memorial Day Weekend...

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 AREA INTERGROUP POSITIONS ARE OPEN!

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

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.
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

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!

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

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

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

COMMITTEE CHAIR POSITIONS, *continued...*

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 Overseers 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



Overeaters Anonymous

FALL RETREAT

Sponsored by OA Greater Detroit

Save the Date!

October 27-29, 2023

Friday evening through
Sunday morning

Location:

Colombiere Retreat Center

9075 Big Lake Road
Clarkston, MI 48346



- Single or Double Rooms
- Meals Included
- Hear an OA Speaker
- Enhance your Recovery
- Make New Friends
- More Details to Come...

Join our Planning Committee

Call Lisa L. (248) 953-6023

Find us on the web! www.oagreaterdetroit.org

Greater Detroit Intergroup Board Members/Officers

Chair	Verna K.	[734] 716-0773
Vice Chair	*OPEN*	
Treasurer	Lynn H.	[313] 613-8754
Recording Secretary	Keri C.	[248] 672-6745
Corresponding Secretary	*OPEN*	

Committee Chairs

Bylaws	*OPEN*	[313] 886-3533
Loveline	Irene R.	[248] 574-2536
Twelfth Step Within	*OPEN*	
Speakers/Sponsors List	*OPEN*	
Helpline	Julie G.	[248] 559-7722
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:

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 make a one-time donation or 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.*



Visit www.oagreaterdetroit.org to donate via PayPal. It's easy to go a step further and set up a recurring monthly donation, which you can cancel at any time.



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