

Greater Detroit  
Intergroup

# LOVELINE

MY

GRATITUDE

IN

ACTION

I wanted to write an article for this issue of Loveline because Gratitude is so important to me. Of course, I'm grateful for many material blessings like my home, car, and internet access to so many recovery meetings. But I really had to think about Gratitude in Action. What does that mean in my life?

It means I work the Steps and experience positive changes in my life as a result. My Higher Power is helping me release character defects. For example, I engage less in useless worry, controlling behavior and negative thinking. Consequently, my relationships with others, and with myself, have improved. Also, I am willing to help others (service), short of enabling. I am also practicing kindness and patience with everyone I meet.

By having a continuous relationship with my Higher Power, including daily prayer and meditation, I notice more balance and serenity in my life. A daily Step 10 with a fellow member keeps me accountable for my defects and I also include a gratitude list. This helps me live in the present moment more often and realize all the big and little things my Higher Power has given me. The longer I am in OA, the more grateful I am for all the blessings I receive, which expand beyond to "all (my) affairs".

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

The topic will be: *"How has my recovery helped me rely less upon others for my happiness and self-esteem?"*

Please send your stories, poems, drawings and letters based on your Experience, Strength and Hope to [lnewsletter.editor@gmail.com](mailto: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](mailto:info@oagreaterdetroit.org) and each new issue will be emailed directly to you!

For more information, contact Irene R. at 248.574.2536



~ Anonymous

**WARNING**  
DUE DATES  
ARE  
CLOSER  
THAN THEY  
APPEAR!

**DON'T  
MISS THE  
DEADLINE!**

**APRIL 10**

THE WILLOUGHBY 7PM WEDNESDAY INVITES YOU TO A SPEAKER MEETING:

# BODY IMAGE & THE GIFT OF SELF ACCEPTANCE



*"Over the years, I've found that its not only my physical body that's reflected back at me in a mirror - its also my spiritual condition"*

From Body Image, Relationships, and Sexuality page 39

Please join us as we share our experience, strength and hope in adopting a whole new attitude about weight control, body image and eating

**\*7 PM AEDT WEDNESDAY, MARCH 8, 2023**

<https://zoom.us/j/758809435>

498230

**\*This is 3am Eastern Standard Time!**



# IS THERE MORE?



<http://www.oalifeline.org/service/is-there-more/>

I have been in program for more than twenty-three years. I came in to prove to my doctor that OA, like everything else I'd tried, wouldn't work. I weighed 359 pounds (163 kg) and thought I didn't belong.

Then I heard about gratitude and giving back what had been given. So, I went to meetings, shared, and qualified. I sponsored. That was enough. Then I started doing service above the group level and thought again, well, that is enough.

I was pretty sure I never took a pledge of any kind. But I started hearing about this OA pledge and finally saw it in the literature. OA's Responsibility Pledge says, "always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."

I thought the message was good. A pledge is a promise. I'd never thought before about promising to extend my hand or my heart, but I started asking myself how I personally take the pledge. Do I routinely greet newcomers and follow up with a phone call? If I know that someone is struggling, do I reach out to that person? Do I support OA financially and in service? Is there more I can do?

If I reach out in small ways, there is so much I can do:

- Arrive early to a meeting so I can smile, make eye contact, ask how someone is doing, and listen.
- Greet a newcomer (or someone who looks as lost as I once was).
- Pay attention at meetings and not check my phone to see if I received any all-important texts.
- Raise my hand to share, even when I don't think I have anything to say.
- Get newcomers' phone numbers and give mine, telling them, "Give me a call. It will help."
- Do service if someone asks me to. I will get so much more out of it than I give.
- Give to the Seventh Tradition. OA needs financial support to continue to reach the still-suffering.
- Stay after a meeting and make sure I speak to at least one person.
- Break my anonymity when I think a person is interested or has questions. I used to wear my disease; now I'm willing to wear my recovery.
- Pledge to be responsible.

OA was there for me, and I want OA to be there for all who share my compulsion!

*~ Karen C., Everett, Massachusetts*

# Poetry Corner

## Gratitude Inaction

Thank you for your silence.  
The space you leave for others to share  
You give license  
You create room to dare

Our shares are a tool  
We hear with pain  
But we do not condemn the fool  
Even if s/he's in our own brain

Sometimes they're repetitious  
Stop me if you've heard this one  
In the group we permit us  
Each a chance before we're done

Sometimes we show kindness silently  
Offering no distraction  
We sit politely  
Offering gratitude inaction

~ Richard H.

## JUST AS YOU ARE

Stop beating yourself  
With guilt and shame  
Be merciful when  
Assigning self-blame

The price has been paid  
For all mistakes made  
In present moment do stay  
Clear your head and pray

Stop reliving the past  
For Serenity that will last  
You will find peace  
Self-loathing will cease

Know you are a shining star  
Loving, lovable and precious  
Just as you are

~ Mary Ann B.

### OPEN SPEAKER MEETINGS

5<sup>TH</sup> 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 dates in 2023 are:

|              |             |
|--------------|-------------|
| April 29     | July 29     |
| September 30 | December 30 |

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

## Changing Outlook

Look for the positive  
Let go of the negative  
You can see criticism  
As a challenge  
To improve yourself

So I've been told  
By someone who  
Practices this daily  
Easy to say  
Hard to do

I'm willing to try  
I'll let you know  
How it goes...

~ Mary Ann B.



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

Phone Number:  
(425) 436-6398

Access code: 556803#

Online meeting ID:  
satoacelticross

<https://join.freemeetingcall.com/satoacelticross>



I just celebrated my sixth OA birthday and took time to reflect upon what I have learned. I am sending this to *Lifeline* per my sponsor's direction.

My recovery has taught me:

- I am a woman in recovery. I am no longer a victim.
- There are no mistakes. Everyone I meet is here to show me something if I am willing to look.
- Everything that happened was supposed to happen (because it did).
- Recovery is something I have to work at every day.
- Meditation can turn a mountain back into a molehill.
- Abstinence is my greatest gift, and I never take it for granted.
- The only thing I've ever done perfectly is never leaving OA.
- God will continue to send me opportunities to deal with a character defect until I learn the lesson. So, I can just learn it already.
- I haven't had a "bottom"—yet.
- Wishes are for children.
- Either God is everything or God is nothing.
- I'm either in fear or I'm in faith. I can't be in both.
- Resentment is like drinking poison and expecting the other person to die.
- A sponsor's strong suggestion means "do it or else."
- My sponsor is usually right, so I can stop fighting and save some time.
- The ego has to be smashed.
- If I have a problem with you, I really have a problem with me.
- Everybody is a reflection.
- People can change, but never because I want them to.
- It's not easy to look at myself, but that's where the recovery is.
- My thoughts control my feelings; my feelings control my behavior; and I control nothing.
- My family doesn't have to be just biological.
- I'm unique and I'm not unique.
- Acceptance and gratitude are the keys to my recovery.
- I search for contentment now, not happiness.
- Things don't happen to me; they happen for me.
- Sometimes unconditional love comes wrapped in a bundle of fur with a tail.
- It is possible to love and to feel my heart expand.
- Don't leave before the miracle happens. (The miracle isn't weight loss.)
- Weight loss is the least of the gifts of this program.
- The Ninth Step Promises are real and they come true.
- Vulnerability and humility are necessary to move forward in recovery.
- When something good happens to someone else, I no longer feel it takes something away from me.
- Recovery comes from working with others.
- Gratitude is everywhere if only I'm willing to see it.



My sponsor is a gift of love. She has taught me how a woman in recovery acts. She works a strong program and expects the same of me. She challenges me to question my thoughts daily. She's kind, but tough, and she won't compromise my recovery for my feelings. She took my fifteen-hour Fifth Step and then made me a cup of tea. She has shown me how to love and be loved.

I am truly blessed to say she is my family. She asks me if I want relief or recovery, and today I choose recovery.

— *Anonymous*

*Join Us*  
**for GDI Intergroup Meetings! :**

4<sup>th</sup> Saturday of the month  
**March 25 & April 22 @ 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 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 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



## OUR SOUTHFIELD OFFICE IS ***OPEN!***

**25511 Southfield Road, Suite 127  
Southfield, Michigan 48075**

Donations to our Detroit Intergroup have allowed us to maintain our Southfield Office, which provides a convenient location for regular face-to-face meetings and special events. Members are encouraged to take advantage of this space, which belongs to all of us.

For many of us, an important aspect of our recovery has been the opportunity to meet other OA-ers in the flesh. Meeting in person strengthens our recovery by giving us a closer bond to each other while allowing each of us to better sense what our HP needs us to communicate to our fellows.

Please consider strengthening your own individual program of recovery with an act of service: planning a special event or starting a meeting at the office. Making good use of our office will help all of us spread the message of recovery to those who still suffer. If you would like to schedule a meeting or special event at the office, please contact Verna at [734] 716-0773.



Find us on the web! [www.oagreaterdetroit.org](http://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                 | Barbara D. | [313] 886-3533 |
| LoveLine               | Irene R.   | [248] 574-2536 |
| Twelfth Step Within    | *OPEN*     |                |
| Speakers/Sponsors List | *OPEN*     |                |
| Helpline               | Julie G.   | [248] 770-0454 |
| 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\*

## 7<sup>th</sup> 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](http://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](http://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.

PayPal  Donate

 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](mailto:info@oagreaterdetroit.org)