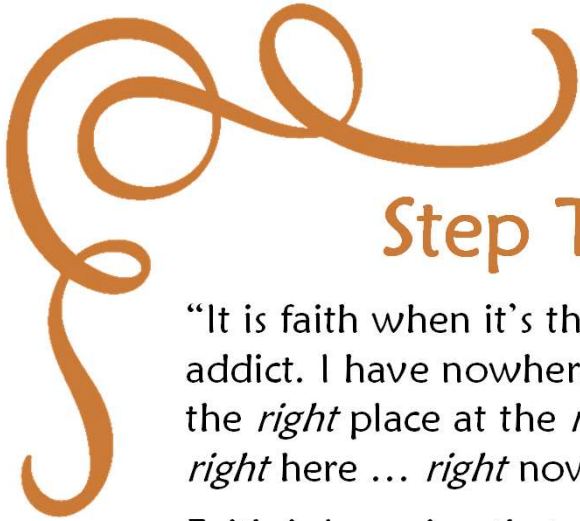


Greater Detroit
Intergroup

LOVELINE

Retro Corner: from Loveline, March 1997



Step Three –



“It is faith when it’s the only thing you’re hanging on to.” I am an addict. I have nowhere else to go to get all the help I need. I am in the *right* place at the *right* time. I have all the healthy support I need *right* here ... *right* now.

Faith is knowing that only good is coming to me. Faith is trust that whatever happens is for my highest good, with no guarantee of outcomes. I trust that I am recovering now.

~ Chris

The Deadline to Submit Articles for the next **LoveLine** will be **APRIL 10**

The topic will be ----- → **STEPS 5 & 6**



Please send your stories, poems, drawings and letters based on your Experience, Strength and Hope to 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 and each new issue will be emailed directly to you!

For more information, contact Irene R. at 248.574.2536

Tenth Step Wonder



Sitting in an empty hallway, I was grappling with some frustrating news. The literacy coordinator at my soon-to-be part-time job texted that the hourly wage quoted me was incorrect, and as bad luck would have it, the correct wage added up to a 30% reduction.

Prior to the bad news text, I was so juiced about getting back into my former career on a limited basis! When I reached out showing interest in the job, that jolt of adrenaline—part fear/elation/excitement that spells super challenging work—rushed through me. Yeah, it was going to be a crazy on fire pace but only part time and with some of the same friends I'd worked with in the past. YES... until the balloon popped. Now I had a decision to think through.

My pulse was up. Should I take the job or not? Even at 30% less, the wage was still pretty good. These days I try not to rush into decisions because I have the Twelve Steps and the tools to help me figure life out. Instead of texting the coordinator back, I called a fellow and ran my scenario past her. What I got in return was a gift I never expected.

My explanation ended with something like, "I'm just not sure what I should do."

The sound of rustling paper on the other end of the line confused me, and then my OA colleague started firing away some pretty intimidating questions:

Her: "What is the nature of your character defects? How about selfishness?"

Me: "Uuuuuhhh... I guess I'm angry at this turn of events. Maybe my pride is getting in the way of what I should be doing, but I feel like the original wage was worth my skills, but the reduction has me thinking not so much. Is that selfish?" No reply, but my fellow posed another question: "How about dishonesty?"

Me: "Weeellll... I'm trying to be honest about how I feel, which is disappointed, but I'm really angry about the bait and switch! I mean, really? I saw the posting as well as the wage! What the heck happened?!! Now that we're talking about it, the thing is I know the woman who put this offer out there, and she wouldn't have done this on purpose. That's good to know."

Sensing that I was caught off guard by her questioning, my friend offered, "We're doing a step 10." I recalled step 10 is something about reflecting and setting things right, but I wasn't in the wrong, or was I? And so, she went on, questioning if I held resentment and then fear.

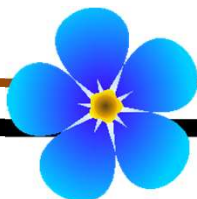
Now I know better than to answer that I'm fearless; fake bravery and bravado were pre-recovery me. I was stumped, but slowly the fear arose that my bank account is not where I want it due to some recent planned renovations. Once I was vulnerable enough to admit it, I realized both wage offers fueled my fear, doubt, and insecurity about never having enough money, a character defect I've always had no matter what was in the bank.

The last thing my fellow suggested was to make an outreach call and not mention anything about my issue.

I felt freed up knowing that this crazy paced job didn't have to be THE job, and I deduced that what they were offering me was not going to be worth the energy and passion I was willing to dedicate. I also reaffirmed the incorrect wage quote was unintentional, and as long as I proceeded with love and respect when I turned down the job, I wouldn't have any amends to make.

Somewhere during these epiphanies, my friend instructed me to ask God to remove my defects. Had I not gone through a step 10, I would've been angry, reverting to the blame game, but my fellow's step 10 guidance allowed me to see the coordinator's best intentions as well as catch my character flaws before things got out of hand. Program—what a beautiful way to live.

~Maggie K.






Recovery Talks

Hosted by
Central Ontario Intergroup
oaontario.org

Step 12 : Service at all Levels
(Helping Others is the Foundation Stone of our Recovery)

Date:
Saturday, March 2, 2024 2 – 3 p.m. EST

Location

Zoom:
Meeting ID: 861 0463 6511
Passcode: 982475

No pre-registration and no maximum number of participants.

www.oaontario.org



OVEREATERS ANONYMOUS
OPEN TALK MEETING
SUNDAY, March 10, 2024
6:30 pm - 7:30 pm

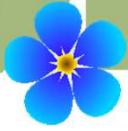
We will have Guest Speaker(s) sharing their story.
Open to Family and Friends and anyone wanting to learn more about OA.

ASCENSION PROVIDENCE ROCHESTER HOSPITAL
1st Floor Auditorium
1101 West University Dr. Rochester Hills, MI 48307

An OA greeter will be at main hospital entrance to welcome you.
NO need to RSVP.

For more information, contact Nicki at [248] 464-5896
JOIN US IN THE JOURNEY TO RECOVERY!

STEP 3



STEP 3 - "Made a Decision to turn our will and our lives over to the care of 'GOD' as we understood him."

Early on in my OA recovery, a man whom I reported my food to daily, told me this about Step 3. "THE MOST SIGNIFICANT IDEA CONTAINED IN ANY ACTION OF STEP 3, IS NOT THE DECISION ITSELF. RATHER, IT IS THE CONSCIOUSNESS BEHIND IT!" A simpler way of saying this is: "What's the motive behind the choice I'm making?" My intentions might be honorable, but often buried below is some manifestation of self-centeredness or self-seeking that blurs the picture.

Many times, this awareness can cause me internal conflict resulting in negative emotional chaos which only action (not thinking) will relieve. I've found this to be true in every area of my life.

In fact, situations involving the application of Step 3 come up for me, at least once a day, every day. An obvious example is, that as a compulsive overeater, I have to make decisions about what I'm going to eat every day of my life.

Before I got to OA, how I decided what to eat was easy because I didn't think about it, I just did it. I didn't think things through, I just wanted whatever food I ate and ate whatever I wanted.

As I started my spiritual journey, I found out that what I called my "reasons, my justifications for my choices" were in fact, rationalizations for insane behavior around eating.

When I finally hit bottom and came to my first OA meeting, I sat with 8 other newcomers. When I was asked how I was doing, I broke down and wept. This was the first awareness of how far away from reality and its consequences I had gotten.

Everything that's happened in my life since, both in the program and out has stemmed from that first experience. I didn't know that at the time, but bit by bit, I've come to believe in this **'Higher Power, God as I understand Him'**.

Taking actions (or non-actions) in accord with this belief and choosing a course of what action to take is the essence of what I believe Step 3 is.

My AA sponsor used to tell me when I must make a decision: "If you're not sure of what to do, don't do anything."

This advice has served me well through the years when I have taken it. Unfortunately, it has taken me a long, long time and a lot of heartache to appreciate it, being the defiant compulsive overeater that I am.

There are still times, when, deep down, I want to 'get away with it,' so I'll occasionally still try to look good sharing with my sponsor or at a meeting. What's different now than when I first came to OA is that I now can't sit with that kind of dishonesty very long, so I resolve it and the feelings that go with it much more quickly.

The most important gift I get out of this process is more time at peace. I used to think peace was boring. Not anymore.

~Ira H.





Overeaters Anonymous

SPRING INTO RECOVERY RETREAT

Sponsored by OA Greater Detroit

April 12-14, 2024
(Friday 4pm-Sunday 12pm)

Colombiere Center
9075 Big Lake Road
Clarkston, MI 48346

\$183 Double Occupancy*
\$212 Single Occupancy*
\$212 Triple/Quad Occupancy+

*Attendees will share community baths.
+Attendees will share in-room baths.

Price includes 5 meals, coffee, tea & water.

Friday Welcome: 4-6pm
Friday Dinner Buffet: 6pm
Friday Program: 7pm

Agenda will be available in early March via the QR code or website URL below. Tentatively planning karaoke, a clothing sale and an auction!

Register/Pay Online
via Paypal or Zelle



SCAN ME

OR

Register/Pay via Check

Name: _____

Phone: _____

Email Address: _____

Amt Enclosed: \$ _____

Make checks payable to Overeaters Anonymous and mail to:
Leslie Thacker, 33437 Royal Park Dr, Fraser MI 48026

Name of Roommate(s): _____

Special Requests (will be considered for accommodation, not guaranteed): _____

<https://www.oa.net/QR>

Registrations will be accepted through 03/10/2024 or until capacity is reached.

Payments can be made via check, Paypal (<https://www.paypal.com/paypalme/oagreaterdetroit>) or Zelle (gdigtreasury@gmail.com).

Limited number of scholarships are available to fund 50% of the cost of the retreat.

Use the QR code or website URL above to register online, view payment options, view the full agenda and review frequently asked questions OR reach out to the registrars for additional information or scholarship inquiry:

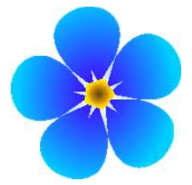
Leslie Thacker | 248.755.9353 | leslieathacker@hotmail.com

Susanne G | 248.756.1570 (revised number from original flyer)





EVERYDAY QUESTIONS



Is your glass
Half empty?
Or half full?
Are you grateful
To have a glass at all?
Questions I ask
Myself everyday

There are days
When a dark cloud
Envelopes me
Making blessings
Difficult to recognize

When it comes
I always do
Whatever it takes
To survive and thrive

I must not
Give up or give in
I take what action I can
Until the cloud dissipates

I must have faith
In the God of my understanding
My support system
My family and friends
I am not alone
Even when it feels
Like I am

Today I am grateful
For that glass
And trust it will
Soon be overflowing
I hope one day you will find
Your glass, too, is overflowing

~ Mary Ann B.



Something **NEW** for the
OA Spring Retreat (April 12-14)

A CLOTHING BOUTIQUE!

To stock our boutique, we need donations of clean, gently used clothing in all sizes. Please separate your clothing by size and pack into plastic bags or boxes labeled with the size. Costume jewelry and purses also will be accepted. We also would like to borrow clothing racks for the weekend.

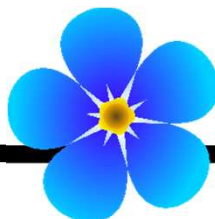
Not going to the retreat? **Donate anyway!** Pick-ups are being arranged at in-person meetings.

Items for sale will be very affordable, with proceeds going to the spring retreat and scholarships.

Questions?

Text Keri C. at 248-672-6745

THANK YOU!





Join Us

for GDI Intergroup Meetings!!

4th Saturday of the month
March 23 and April 27
@ 11:15 am

THERE ARE 2 WAYS TO JOIN:



**** PLEASE NOTE NEW CONNECTION INFORMATION!! ****

<https://us02web.zoom.us/j/6990245549?pwd=RnVmcGNwS1FRcitaK1X52FNWHVyUT09>

Meeting ID 699 024 5549 | Passcode Detroit12
Telephone 312-626-6799 | Telephone Passcode 990439745

OPEN SPEAKER MEETINGS → 5TH SATURDAYS @ 10 AM

Did you know? The 5th Saturday of every month, the **Celtic Cross - I am a Miracle** meeting hosts an open meeting with a speaker who shares his/her 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 2024 WILL BE: **30-MARCH** / 29-JUNE / 31-AUGUST / 30-NOVEMBER

PLEASE INVITE OTHERS; WE ONLY SUCCEED WHEN WE SUPPORT ONE ANOTHER AND SHARE THE MESSAGE.

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>





4th Step Persistence

My sponsor taught me “Abstinence no matter what,” and for me, it all begins with willingness.

I have severe and persistent mental illness, or SPMI. I don’t see myself as a victim, but I do feel anger regarding my symptoms. I’ve learned, though, that everyone in OA has challenges in addition to their overeating illness that make it difficult to remain abstinent.

I started out, weighing 310 pounds (141 kg), but I’ve been abstinent now for ten years and have maintained a 100-pound (45 kg) weight loss, only by the grace of my Higher Power.

I started working the **Steps** immediately when I came to OA. I wrote out Steps One, Two, and Three fairly quickly and turned them over to my sponsor. But writing out the list of resentments for Step Four, as recommended in the **Big Book**, took much longer. I was determined to be as thorough as possible, but every time I worked on it for longer than five or ten minutes, I would experience a severe episode from my post-traumatic stress disorder. I had painful flashbacks and severe anxiety as I wrote of the abuse I’d suffered at the hands of my parents during my childhood. Often, I would have to let three weeks pass before I could spend another five to ten minutes putting my resentments down on paper. But I did not give up!

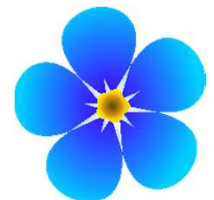
I used a chart-based inventory format, the briefest method possible, instead of writing out extended paragraphs about each incident. At the end of five years of persistent Fourth Step action, I’d completed my list of resentments. The chart included a column labeled “Fourth Step Resentment Prayer,” which I was to check off once I’d prayed on that resentment enough to feel fully forgiving of the person or circumstance.

It was just at that time that my HP gave me a beautiful new sponsor, whom I’m still lucky to speak with once a week. It took me two years of weekly visits with her to fully turn over my resentment list. She worked her program by patiently listening to everything about me, every detail of the horrific and twisted abuse I’d been through, which I’ve learned from listening to people in the program is not that uncommon. The emotional and spiritual healing I received from working Steps Four and Five was deeper and more profound than anything I’ve experience in more than thirty years of psychotherapy.

As I said, I do not consider myself a victim. I don’t blame my circumstances on my parents or my SPMI symptoms. I remain willing, one day at a time, to be abstinent. Whenever I feel that willingness begin to wane, I call a fellow OA member. Just today, I made an outreach call to a woman I didn’t know. She too is abstinent in OA and has SPMI. HP had offered me a person to talk to who spoke my language—the language of OA and recovery from dual diagnoses: mental illness and food addiction.

No matter what.

~ Julie



<https://www.oalifeline.org/steps/fourth-step-persistence/>



GREATER DETROIT AREA INTERGROUP POSITIONS ARE OPEN!

*Please consider these openings as
opportunities both to be of service to the wider
membership and to enhance your own recovery.
Take it to your Higher Power!
Talk to your sponsor!*

OFFICER POSITION (2-YEAR TERM) TO BE FILLED:

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

QUALIFICATIONS FOR THIS POSITION:

- 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

COMMITTEE CHAIR POSITIONS, *continued...*

Speaker/Sponsor:

1. 1. Shall maintain a current "Speakers and Sponsors List" for the Intergroup and send updated, monthly copies to the Loveline Chairperson.
2. 2. "Speaker and Sponsor List" shall indicate areas of recovery as provided by participants.
3. 3. Shall work in cooperation with the Public Relations Committee and any other committee seeking speakers or sponsors.

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.





Cleveland Central
Intergroup of
Overeaters Anonymous
presents:

Region 5
2024 Convention



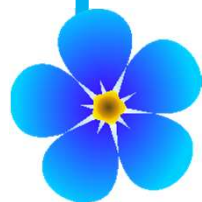
Welcome Home
(Many Symptoms;
One Solution)

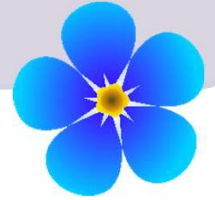
Save the Date!



September 6 – 8, 2024
Holiday Inn Cleveland – S
Independence, OH

Follow the 12 Step Road
To the first in-person
Region 5 Convention since 2019





Find us on the web! www.oagreaterdetroit.org
Email: info@oagreaterdetroit.org

Greater Detroit Intergroup Board Members/Officers

Chair	Verna K.	[734] 716-0773
Vice Chair	Ira H.	[818] 903-6559
Treasurer	Lynn H.	[313] 613-8754
Recording Secretary	Keri C.	[248] 672-6745
Corresponding Secretary	*OPEN*	

Committee Chairs

Bylaws	Paula M.	[248] 882-5572
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	Monica S.	[313] 585-3637
Finance	*OPEN*	

GDI Region Rep/Delegate to WSBC/Region 5 Rep

Monica S. [313] 585-3637

7th Tradition:

Every OA group ought to be fully self-supporting, declining outside contributions.

At www.oagreaterdetroit.org members can make a one-time donation via credit or debit card 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.



you can mail a check, made payable to Overeaters Anonymous, to:

Overeaters Anonymous
P.O. Box 874
Fenton, MI 48430

