



Greater Detroit
Intergroup

LOVELINE

THE FIFTH STEP SHUFFLE

I hold my phone, my fingers hovering,
With what to write and what to withhold.
As I type text to my sponsor I ponder
Should I be reserved, or I be bold?

Should I reveal my secrets unrelated?
My oil needs changing my dishes need to be washed—
Would he be bored, or he be elated?
Does he need knowledge that I often don't floss?

But I know these matters are my distractors.
They're self-imposed obstacles to avoid
Reporting on chocolate, cookies, and crackers,
From impulses and frustrations when I'm annoyed.

It's the madness within from my addiction's cunning,
My baffling confusion, that causes my mind's running.

~Richard H.



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

*The topic will be - - - → **STEPS 7 & 8***



*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



Developing Self-Esteem



I've often wondered where people get the self-esteem they have. Some people just seem to have it. I've always been fascinated by these folks. They don't need your or my approval for anything. They exude an air of self-confidence. If only I could go out to the store and buy some of what they have. I've even searched in mail-order catalogues for some, but there's none to be found!

I've noticed that there are two ways that my self-esteem can be boosted. One is short-term and temporary and the other long-term and permanent.

The temporary boosts come from external sources such as when people tell me that I look good after losing weight; when a member of the opposite sex takes an interest in me; when my boss compliments me on my work.

The permanent boosts come from inside myself. Never before in my life have I had the stamina to do anything consistently. But here I am ten months into working a program one day at a time on a totally consistent basis. This makes me feel so good about myself.

I've always looked for the short-term boosts. Because of that, when those external boosts weren't there, I didn't feel good about myself. It was a life of ups and downs. I'd get a little shot in the arm from someone and feel good. Then nothingness and feeling bad. Not only was this a roller coaster ride, but I was totally dependent upon others for me to feel okay about myself!

I am learning that I prefer to be on stable ground. No more roller coasters for me. I am working on recognizing behaviors that suggest I'm looking for that external boost. For example, am I happy within myself when wearing a new outfit, or am I wearing it so that I can hear others remark on it? When I catch myself looking for someone else's approval, I know I need to identify why I feel I need that. And I need to ask myself: Am I doing God's will? Am I humble? Am I surrendering? If I am, then I can feel satisfied and good within myself.

Also, when one of those short-term boosts presents itself now, I thank God for the gifts He has given to me. It's not my doing, but His. I turn these rewards over to God. In that way they don't boost me artificially. I also continue to look for opportunities to develop a greater self-esteem and sense of self-worth for myself. The best way for me to do this is to continue to develop my relationship with my Higher Power. The closer I feel to God, the more I understand and do His will for me, and thus I feel approval directly from him. So, for example, at work (as a friend of mine recently put it) I remember who my true Employer is God. Did I work as hard as I could at my job and do my best? If I did, then I've done God's will and don't need my boss to constantly tell me that I'm doing okay.

Building self-esteem is a tricky business. I need to be very honest with myself about my motives and behavior. When I look at myself without judging, I can identify problem areas in a healthy manner, i.e., without beating myself up. This enables me to understand ways in which I'm not doing God's will for me. When I am doing God's will, I build my self-esteem in a way that will be permanent and lasting.

Now if only I could stop the flood of mail-order catalogues. Guess the next thing to work on building is a bigger mailbox!

~Carol Ann

Retro Corner: from Loveline, February 1998

STEP 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

In other words, **FIND SOMEONE YOU CAN TALK TO...REALLY!**

I've never agreed with the advice on how to find a sponsor as suggested in the OA pamphlet, "The Tools of Recovery." Specifically, I'm referring to the line that says, "Find a sponsor, who has what you want (emphasis mine) and ask that person how he or she is achieving it" (emphasis mine).

I only can speak from my own experience as a 100#-er, but when I first came to OA and really surrendered, I had so many overwhelming fast-changing emotions that it was hard for me to just "Take It Easy" and slow my mind down to get some objective clarity.

In short: My perception of **Everybody** having what I thought I wanted could rapidly change to **Nobody** having what I thought I wanted.

The reason for this confusion was very simple. I was so shut down that not only did I not know what I really wanted; I also was afraid to express it.

The 12 Step recovery process is experiential, not a single event. What I think I need or want can change rapidly as more truths about myself get uncovered.

I've also found it **most** important to have an objective, abstinent, experienced OA member to listen to me, whether I'm committing my food for the day, sharing my writing or just dumping intense emotions so that I don't act out.

A spiritual advisor from back in the day used to say to me, "The mistakes we make aren't crimes, they're errors."

The most valuable growth experiences I've had have come not from the victories (wins) I've had. Rather they've been from mistakes I've made along with the chaos and discomfort that inevitably occur as a result.

Sharing them with another Human Being lets me know time and time again that:

1. I'm not alone with the life missteps I've chosen, and
2. I don't have to take this spiritual path alone either

The Big Book gives simple instructions for living a contented, clean (abstinent) and useful life. They can be summarized as:

Continue...

continued from previous page ...

Trust God, Clean House, & Help Others.

To me, *trusting God* means acting on decisions I make, the results of which may be totally unfamiliar and frightening.

Cleaning house (inventory, amends) means honestly clearing away anything in my life that stops me from being the best example of who I am TODAY.

Helping others means that to continue to live well daily, I must take spiritual action every day.

It is my belief that “Spiritual Experience” and “Spiritual Awakening” as described in Appendix II of the AA Big Book are about becoming less and less selfish, self-centered, and self-seeking.

This is where “spiritual progress rather than spiritual perfection” (Big Book, 4th ed., p. 60) comes into play.

All my problems, past and present, have one thing in common: **ME!**

Since I can't think of two things simultaneously, if I'm thinking about someone else's welfare, whether it be another individual, an OA meeting, or any other kind of interpersonal relationship instead of myself, I invariably feel better **even when I want to sulk.**

This is a “design for living’ that really works” (Big Book, 4th ed., p. 28).

How this all relates to **STEP 5** is contained in the paradox: You Can't Keep It Unless You Give It Away, or as stated in the Big Book, “you cannot transmit something you haven't got” (4th ed., p. 164).

I strongly recommend this way of life.
Try it, you'll like it!
I did and I'm still here to talk about it.



~ Ira H.



**MEETING
NOTICE!**

HOLLY TOWNSHIP LIBRARY

Wednesdays at 5:30 pm

**1116 N. Saginaw Street
Holly, MI 48442**

Contact: Liz M. → 248.622.6126



Join Us

for GDI Intergroup Meetings!!

4th Saturday of the month
May 25 and June 22
@ 11:15 am

THERE ARE 2 WAYS TO JOIN:

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

<https://us02web.zoom.us/j/6990245549?pwd=RnVmcGNwSIFRcitaK1IXS2FNWHVyUT09>

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: **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>



THE ROLE OF THE TOOLS

So That's What The Tools Are All About

After five years in program, it was just this year that I came to understand the Tools. For a long time, I thought they were the program. If I wanted to be working the program, I just had to be using the Tools. A little farther along, I believed my abstinence rested on whether I had used the Tools that day, so I feverishly utilized every Tool every day. I did maintain abstinence, but I lived in constant fear of relapsing if I neglected even one Tool that day.

This year I also realized that the psychic transformation that relieves me of even desiring excess food happens through the power of God and that I get that power by working the Steps. As for my abstinence, I don't earn it. It is gifted to me.

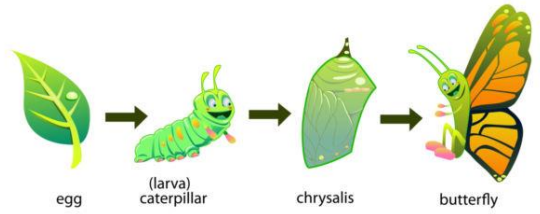
After that revelation, I thought I didn't need the Tools so much anymore. After all, my abstinence was a gift, and my psychic transformation had come through working the Steps. I let up on my Tools, doing less meditation, making fewer phone calls, spending less time reading and writing.

It was then that I noticed I was focusing more and more on myself and my problems—and less on my OA friends and what was going on in their lives. I became self-centered and started dwelling on my marital problems.

It suddenly dawned on me: I needed the Tools to help me maintain that psychic transformation! I used the telephone to help me work Step Seven, which relieved my character defects of self-centeredness and isolation. I picked up a pen to write about my resentments toward my husband, which helped me complete Step Four and also do a daily Tenth Step inventory. I made room in my schedule for my quiet time routine of meditation, reading, and writing, which I used to work Step Eleven.

I no longer use the tools feverishly and fearfully to earn my abstinence, or think the responsibility lies totally on me to do everything right to maintain abstinence. I know now that abstinence comes from my Higher Power. But I also see the Tools as nine proven pathways to working the Steps and getting into alignment with HP. I stay abstinent by staying aligned with HP. This is where that miraculous power comes from.

~ Julie



TRANSFORMATION

Like the caterpillar
Inching slowly
We enter the Fellowship

We are given tools
And steps to build
Our chrysalis
(Like a cocoon)
In which we grow
And develop spiritually

When we have made
Conscious contact
With a Power
Greater than ourselves
A beautiful butterfly
emerges
And takes flight

Are you ready to fly?

~ Mary Ann B

What: Posters that OA Greater Detroit Intergroup Members can Post in the Community

Who: PIPO (Public Information and Professional Outreach) Committee

Why: To carry the message that Overeaters Anonymous & the OA Greater Detroit Intergroup exists and we can help

When: Starting May 2024

Where: To obtain posters, call/text Monica S. at 313-585-3637.
PIPO would love to provide members and meeting reps with posters to bring back to their meetings for distribution at no fee to you

Available Now ~ 8.5 x 11 Full Color Posters:



**Not actual size*



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.



OVEREATERS ANONYMOUS®
GREATER DETROIT INTERGROUP

Want to know more about OA events in and around Detroit? Check out www.oagreaterdetroit.org for more information!



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 also mail a check, made payable to Overeaters Anonymous, to:

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

