

LOVELINE

Volume 2018, Issue 2

March / April 2018

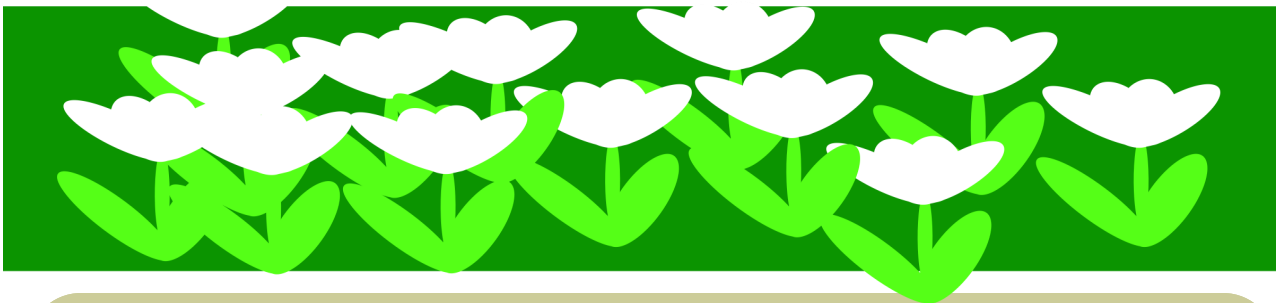
GREATER DETROIT INTERGROUP INFORMATION

2018 and forward

THE HEART OF THE PROGRAM IS LIVING IN THE PRINCIPLES.

(Page 103-106 of the OA 12 & 12)

- In Step One we learned the principle of *honesty*.
- In Step Two we learned the principle of *hope*.
- In Step Four and Five we learned *courage and integrity*.
- In Step Six we learned *willingness*.
- In Step Seven we learned *humility*.
- In Step Eight and Nine we learned *self-discipline, responsibility and love*.
- In Step Ten we learned *perseverance*.
- In Step Eleven we learned the principle of *spiritual awareness*.
- In Step Twelve we learned the principle of *service*.



Inside this issue:

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OA Activities

Region 5 Convention - Living the Solution

August 31st - September 2nd
HILTON - DOWNTOWN
INDIANAPOLIS, IN



Have you read *Beyond Our Wildest Dreams*? When one OA member finally got around to reading her copy, **she was overcome** and said, "I am grateful to understand how this program came to be and how it evolved during its early years. **The gratitude I feel** for our founders and original OA members is **beyond description.**"

Why not treat yourself and your sponsees to this wonderful exercise in gratitude? **Support OA and support your recovery** by purchasing *Beyond Our Wildest Dreams* for only US\$6.

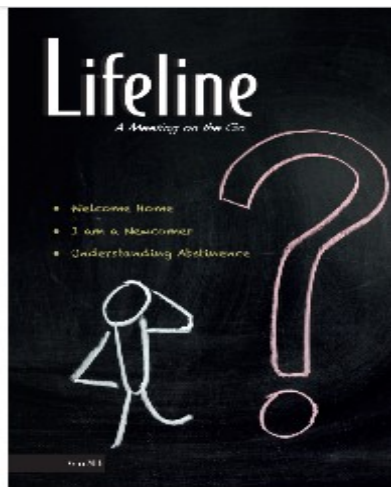
Overeaters Anonymous, Second Edition is also available for only US\$5. This is not the most current edition, so all sales are final.

Step 3

We admitted we were powerless over food — that our lives had become unmanageable.

Tradition 3

Our common welfare should come first; personal recovery depends upon OA unity.



"I came to OA because other members worked the Twelfth Step," writes one OA member. "Members of an OA group in another state shared their stories in a diet magazine. 'Wow,' I thought. These people think and act about food like I do!"

The March 2018 issue is a special one because it covers **topics relevant to newcomers**, including understanding abstinence and the strength and hope we found in our first OA meeting.

[Click to subscribe](#) or call **1-505-891-2664** to order with your credit or debit card.

Step 4

Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 4

Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

For the Lifeline, go to OA.org and select "Menu" then "Lifeline". For other literature, select "Bookstore".

info@oa.org
www.oa.org

GDI OA UNITY DAY 2018

SATURDAY, FEBRUARY 24TH

OA Unity Day recognizes the strength of the fellowship worldwide. On Unity Day "Buddy Up" with other OAers to celebrate our fabulous program of recovery!

We encourage OA members to get together outside of meetings, one-on-one or even in a group, hang out and have fun!

Yes, hang out and enjoy an activity of your choice i.e. a day at the mall, catch a movie, have lunch/dinner, etc...

For More Info: Call Makeda @ 313-346-7840

In case of inclement weather we can get together any day during February 24th weekend

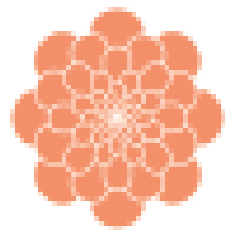
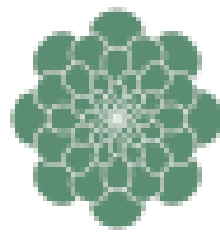
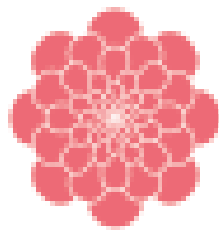
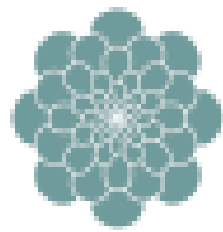
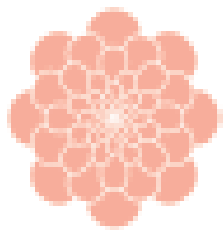
Fellowship *****Fun*****Recovery*****

Not an actual meeting—just an encouragement to reach out to other OA members to strengthen the program for all.

spring into action

April 20–April 22, 2018

RETREAT SPONSORED BY THE O.A.
SATURDAY MORNING "I AM A
HERACLE" MEETING OF WARREN



LOCATION

Columbiana Conference Center
6075 Big Lake Road
Clarkston, MI 48346

General 248.626.2678

Conference Center 248.620.2634

Email columbiana@colombiana.com

For scholarship info, contact
Julie G. at 248.770.0454 or
JCG0077@honorall.com.

COST PER PERSON

\$149 Double occupancy rooms
with community bath

\$100 Single occupancy rooms
with community bath

Cost includes 6 meals

Friday dinner (buffet) at 6 p.m.
through Sunday breakfast. Coffee,
tea, and water provided during
Friday and Saturday sessions.

REGISTRATION/INFO

Deadline to register: March 16th
No refunds after registration
closes. Any changes to a
reservation must be approved
through registration.

Program start time

Onsite check-in and
meal & greet: 8–7 p.m. Friday
Dinner buffet: 6 p.m. Friday
Program starts: 7 p.m. Friday
Weekend schedule (an agenda
will be provided at the retreat)
Program ends: 12 p.m. Sunday

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

PHONE _____

EMAIL _____

IF YOU'D LIKE TO BRING FOR A FRIEND, PLEASE SUPPLY THEIR NAME HERE _____

**THIS IS A WORKSHOP
STYLE RETREAT.**

Don't forget our Big Book!

AUCTION ON SATURDAY!

Please bring in your
wrapped gifts!

PAYMENT

Make checks payable to *Overseers Anonymous*
if you'd like a reservation confirmation, please send a self-
addressed stamped envelope with our registration form, or
email overseers@overseers.com

Mail your check
and registration
form to:

Julie G.
1421 Rosebale
Sylvan Lake, MI 48320

**FOR MORE INFORMATION ABOUT
THE RETREAT OR TO ASK A
QUESTION**

Contact Pina B.
248.896.0726

MEMBER CONTRIBUTION

BODY IMAGE

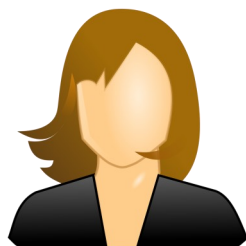
Learning to Love My Body

Learning to love my body has taken most of my life--and I'm 58 years old. When I was in my 20s, I thought I was overweight, and I was a size eight. Sometimes, I was a size six. What I didn't know was this: My body is my shell, the one thing guaranteed to accompany on this journey called life and IF I'm very fortunate, I will grow old. I also didn't know this: I have a Higher Power, a Creator.

I can measure my body by my height and by my weight. My weight has gone up and down throughout my life, but rarely has there been a time when I have felt fully satisfied with my body. Now, in my late middle years, the opposite is taking place. I am amazed at my body. I love that there is symmetry--that I have two arms, two eyes, two nostrils, two ears, two hands, eight fingers, two thumbs, two legs, two ankles, and ten toes. Every single detail is a gift, and it's a gift in working order.

I have stretch marks, too, the wonderful lines that show I gave birth, that are the road maps leading me back to myself through the years, through the weight gains, the weight losses, the proof of my very existence, the proof of the gift of the body. I created none of this. My Higher Power did. My Higher Power also gave me the 12 Steps, and this loving force, who has a great sense of humor and happens to be so brilliant I can't begin to imagine the vastness of the brilliance, gave me the gift of words, of indoor heating during a snow storm, of a community of "my people," people who understand my language of intimacy and disconnect, and who, with me, join forces to merge our spiritual lives into living bodies. What a huge gift recovery is, and what gratitude I feel for having all the tools I need right at my disposal: literature (the ability to read it, too), telephone (the distinct pleasure of being able to use my fingers on the keys then hear a voice on the other end), meetings (I drive there and see my peers), sponsorship (I have a wonderful sponsor who is serious about her recovery and walks me through the steps), plan of eating (my plan does not allow sugar, and that suits me just fine most of the time), writing (*that is self-explanatory!*), anonymity (the privacy this affords is a blessing), an action plan (I am on my knees every morning, saying the Third and the Seventh Step Prayers, and asking my HP to help me remain abstinent for today), and service (which lets me remind myself, aloud or in writing, what I am doing here).

Cindy F.



MEMBER CONTRIBUTION

BODY IMAGE

BODY IMAGE... A HUGE VERY UNDER DISCUSSED TOPIC

- Why are we, as a group, not talking about body image in OA?
- Are you as a member of OA willing to talk about body image?
- If your answer is, yes, what action are you going to take?
- What is the image you have of your body?
- Are you critical of your body?
- Are you ashamed of your body?
- Are willing to change your attitude about your body?
- Are you willing to love and accept your body?
- Are you willing to run your negative body image thru the Steps?

Note: Running “everything” including your body images attitudes thru the Steps is our way of life.

- Step 1: I am powerless over my negative attitude about my body.
- Step 2: My HP, who I believe in, loves me and my body just the way it is at this moment.

- Step 3: Yes, I make the decision to turn my body image over to my HP
- Step 4: What words can I use to describe the negative attitude?
- Step 5: I am out of hiding. I am sharing with HP, myself and another.
- Step 6: I really do NOT want to keep any of the negative attitudes. I am willing to release/let go. I do not want to stay stuck.
 - Step 7: HP, please remove these negative attitudes. I release them to you and I’m doing my part to live in the positive as you remove the negative in your time.
- Step 8: I put myself at the top of the list.
- Step 9: To make amends to myself, I live in thinking and saying positive things about myself, my body. It is my living amends.
 - What positive things can/will you say to yourself about your body?
 - Will you embrace the temple that HP gave you?

MEMBER CONTRIBUTION

LITERATURE

STEP 3: A GAME CHANGER

Here I am in a 12 Step program.

First: I surrendered, became honest, admitted and accepted that I am a compulsive overeater. I have always been one, but now I have a name for it and I am not alone. I am, also, powerless over people, places and things and that, too makes my life unmanageable. After all, you were the problem, previously. Now, honestly, I admit that I am the problem.

Second: I developed *hope*, coming to believe in a power greater than myself. This was not easy. I, ultimately, defined what a Higher Power would be for me by making a list of the requirements that I had for this entity to exist for me in my life. What I have today is a Higher Power that I don't understand, but choose to believe in anyhow.

Third: Here I am making a decision to turn my will and life over to this HP that I, truly, do not have a clue about how it works. This is where trust and faith come in for me. I trust, meaning that everything in my life gets turned over to this HP because, even though I don't know how it works or who it is, I have faith that I'm safe. Safety is key for me. Safety for myself, my loved ones and in all situations I get to practice this *faith*.

STEP 4: COURAGE TO CHANGE THE THINGS I CAN, WHICH IS ME

The principle behind Step 4 is *courage*. It took a lot of courage for me to write my first 4th Step. I had to tell myself that I did not have to show it to anyone in order for me to get something down on paper. Of course, I did read it to a sponsor. In those days (back in the stone age!!) we wrote it out like a journal. Unfortunately, I got next to nowhere. My sponsor did not help me locate my character defects. All I did was read it out loud, ate dinner and went home. A waste of time, since the object is to uncover character defects.

I learned to do the 4th Step as written in the Big Book and my life got turned upside down. What an eye opener. I learned a whole new vocabulary. I became well acquainted with the vocabulary of character defects. With this new found information I charged ahead in recovery.

Over the years I have become well acquainted with and able to identify: selfish behavior, self seeking, judgementalness, control, jealousy, intolerance, inconsiderate, etc.

In the AA 12/12 the first sentence says G-d gave me instincts. Today, I interpret this to mean that G-d gave me all these things, but to use them properly. When I misuse judgment in judging another person it is a character defect. When I use good judgment it is not a character defect. When I allow each person their integrity, being who they are with their own ideas without judgment I am on the right track. When I use my good judgment driving in traffic so I don't have an accident I am on the right side of the instinct G-d gave me.

I will always have the instincts. G-d gave them to me. It is my job to use them properly. Anytime I am disturbed it is because I'm misusing one of the instincts G-d gave me and it is my responsibility to "change" to get on the right track.

MEMBER CONTRIBUTION

LITERATURE

TWENTY-FOUR HOURS A DAY
JANUARY 15TH, 2018

A.A. THOUGHT FOR THE DAY

The AA program is a way of life. It's a way of living and we have to learn to live the program if we're going to stay sober. The twelve steps in the book are like guideposts. They point the direction in which we have to go. But all members of the group have to find their own best way to live the program. We don't all do it exactly alike. Whether by quiet times in the morning, meetings, working with others, or spreading the word, you have to learn to live the program. Has the A.A. way become my regular, natural way of living?

Meditation for the Day

I relax and do not get tense. I have no fear, because everything will work out in the end. I learn soul - balance and poise in a vacillating, changing world. I claim God's power and use it because if I do not use it, it will be withdrawn. As long as I get back to God and replenish my strength after each task, no work can be too much.

Prayer for the Day

I pray that I may relax and that God strength will be given to me. I pray that I may subject my will to God's Will and be free from all tenseness.

Today's reading in Voices of Recovery (Sept 20) is my story. Except that I came for 31 years, almost to the day, changed on the inside, gained and lost wt so was back where I started but struggling not to keep gaining and giving up. I came in around 180 or so, gained 60 lbs to 242, and then lost and gained all the time working the steps and trying different food plans. Two years ago this month I decided I was done fighting, was ready to up my program and give up the excess food. I got two sponsors because the first one to whom I report my food wanted me to do the steps again with a f2f sponsor. I did. I've now been abstinent for 2yrs, also this month and have lost approximately 25 lbs, gotten the ok from my dr that my weight is healthy and am living in steps 10-12. Also sizes 10-12. I'm getting used to my body size and what that means in clothing, continuing to release character defects and helping others. The most striking thing for me is realizing how bound up I have been by my character defects, the largest of which is fear. It's been like being in a cocoon to keep me safe from criticism and rejection. That cocoon is opening and I'm finding it's much better to be open to criticism and rejection with other people than safe and alone emotionally. Thank you for letting me share.

MEMBER CONTRIBUTION LITERATURE

WHAT DOES OUR LITERATURE SAY ABOUT SELF-ACCEPTANCE

FOR TODAY

January 19 (page 19) (Read the message)

"I have never seen a person grow or change in a constructive direction when motivated by guilt, shame, and/or hate." William Goldberg

January 15 (page 15) (Read the message)

"I like myself, accept what I am and stop wishing I were otherwise."

January 29 (page 29) (Read the message)

"In accepting myself as I am, I accept God's will for me today. Only through self-acceptance am I able to change.

Note: Please do not stop here. There are many positive messages in FOR TODAY to help us with self-acceptance.

VOICES OF RECOVERY - MESSAGES ABOUT "SELF"

The following topics are covered in VOICES OF RECOVERY about "SELF". I have divided this into categories. Perhaps you will check out each reading and find the gems of recovery within each.

....and then follow the message of the Big Book and share it with another OA member(s).

On the positive side:

self-acceptance page: 15, 29

self-love 59, 141, 142, 213, 229, 242, 292, 334, 359

On the neutral side:

self-awareness page: 118

self-examination 149, 302

self-reliance 36, 39

self-esteem 49, 197, 218, 265, 337

self-fulfillment 216

self-discipline 22, 31, 301

On the negative side:

self-blame page: 251, 345

self-condemnation 329

self-hate 2, 237, 345

self-pity 11, 36, 51, 52, 262, 344

self-will 40, 172, 207, 224, 269, 306, 330

self-concept 2, 22, 322

self-destruction 162

self-judgment 265

self-seeking 344

MEMBER CONTRIBUTION LITERATURE

ACCEPTANCE IS THE ANSWER (Read in BB on Page 417)

Acceptance is the answer to what? List your answers:

How many more lines do you need? Hopefully, this exercise is a positive experience for all. Today, I accept that HP is crazy about me and loves me just the way I am, inside and out.

Step 3

I was looking in the index of Voice of Recovery, as I often do, to find some insight on Step 3. Under Step 3, page 243 part of the reading says: *“I noticed my mind racing over and over the same problem. It said, “God, take this problem from me, and don’t give it back unless I need to do something about it.”*

I like this passage because when my mind keeps going over an issue I have

no control over (almost everything) I will say this prayer and give it to my Higher Power. He lovingly guides and directs my life and lets me know if there is some footwork I need to do. Every morning I thank my Higher Power for another day, and give my will over. However, I am human and sometimes find myself trying to again “fix” something myself. I then become conscious of my Higher Power, Let Go, Let God, and Trust. Carol U.

MEMBER CONTRIBUTION

**Abstinence is not deprivation;
Abstinence is freedom.**

PEACE

It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart. (Unknown)

Food Is Not An Option

Before I found OA, food was my answer to everything and anything. If I had a problem, I would eat. Uncomfortable feelings meant more food.

After spending time in OA, I came to believe and accept that food is an ineffective means of coping. Food is no longer an option for me. I now eat to live not live to eat.

Through OA I found my path to my Higher Power. I presently find comfort in the Serenity Prayer and all that it means.

I no longer need food to comfort me. When my husband was diagnosed with cancer, food was not an option. When I was laid off from my job after eleven years, food was not an option. When we declared bankruptcy, food was not an option.

Today I have many healthy options and choices. I have my relationship with my Higher Power. I have a terrific sponsor. I use the nine tools of OA. I have the steps and traditions to guide me. I have spiritual, emotional and physical recovery. My abstinence is a daily blessing. I have been released from the bondage of food. A whole new world is open to me simply by remembering that food is not an option for dealing with the everyday trials and tribulations of life.

Mary Ann B., Wyandotte

Humility is perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me.

It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and kneel to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble.

MEMBER CONTRIBUTION

I Am Not My Dress (or Pant) Size

“The worst loneliness is to not be comfortable with yourself.” — Mark Twain

"Why not turn my will and my life completely over to Higher Power---no holding back---and see what happens." p. 40 OA for Today.

have spoken to many people in and out of OA about body shame. All the OA's and most of the others I've spoken to have said the following or something similar, also one OA person added: "Of course, I have body shame!". Some go as far as to say, "I hate the way I look"; "I see a thin person. I feel embarrassed by the comparison, and it makes me want to eat"; "I want to be that thin person"; "Even when I lose weight, I feel fat!"; and of course, there is the ever-popular distortion of reality: "I'll be happy when I'm thin".

I have been working on reading, writing about and digesting the theme of acceptance as part of my 12-step journey of recovery (Using the index in OA's *For Today*. The more I am accepting of me, which includes my body size, the calmer and more comfortable I feel in my own skin. I love the book title "What You Think of Me is None of My Business" by Terry Cole Whittaker. I've taken this title as an affirmation and boundary setting tool.

When talking to my sponsor about this, she said, "Well, what are you doing about it?" This question stopped me in my tracks and brought me back to the sanity of the steps. When I 1) Surrender my powerlessness over shaming self-talk; 2) Choose to believe a power greater than myself will restore me to sanity, which is "I love and accept me as I am, including my body as it is now"; 3) I decide now to turn my will and my life over to the God of my understanding; something, which feels magical to me, happens. What happens is my self-deprecating, harsh and harmful rejection of the size of my body goes POOF! I then feel sane and free.

I'd like to tell you I only had to do this once and I was sane, realistic and accepting about my body image permanently, but it is not the case. I have a reprieve for varying lengths of time. But when this insanity rears its ugly head, I have the OA steps, my sponsor, my OA friends, and

MEMBER CONTRIBUTION

I've in recent months reached a body weight my doctor says is healthy. Since then I've become aware of how cultural and family attitudes about my body size have exacerbated my eating disorder.

From my earliest memories I thought I was too big and 'fat'. My sister teased me, boys teased me about having breast's at age 10, in my teens people were heard to say that if I were 15 lbs thinner I'd be beautiful. Only my grandmother said to me that I was ok the way I was. I didn't believe her. So I avoided pictures whenever possible and tried to 'diet' as I understood it. I managed a starvation diet once, the summer before I started high school and lost about 15 lbs. I was elected to homecoming court that fall and made the cheerleading squad. I can remember the moment I started gaining the weight back. I had a hot dog at a baseball game in August and could never get back to the deprivation mode of eating I'd been practicing.

The weight gradually returned. I gained weight after childbirth which didn't go away so felt worse about my body. Then I learned about my allergic cravings for food which sent me to the rooms. There's more but this is about body image, not attempts to control weight. I kept trying to love myself as I was, but was never quite able to buy that I was ok just the way I am.

I still feel like I should be thinner, but realize that at my advancing age, my skin tone and appearance would just get worse. I'm still aware every day of the poochy spots and wiggly spots and wrinkled spots and now am feeling like it's ok. The burden of look-

ing pretty or sexy have been lifted as I'm now a senior citizen married a long time and really am 'ok just the way I am'. And ok is good enough.

Judy E, compulsive overeater & food addict

I have had to clean house and be honest with my step work: I believed I turned my will and my life, my food obsession and my compulsive overeating to God. I have been experiencing the grace of not using food as my drug of choice.

I truly enjoy eating very healthy foods in moderate portions while abstaining from high sugar and avoiding processed foods and bread. I have slowly lost some weight in the span of two years.

What I had failed to completely turn over to Higher Power was my weight and body image. I have held on to a victim mentality concerning my body image and weight loss. I am on 4 weight gaining medications (was 5). I was in and out of self pity for years. If I was like others I would be a healthy weight, given my food consumption.

A light bulb from HP lit up in my brain a couple months ago: I had not surrendered my weight and negative body image over to God. I then surrendered with complete abandon. It was a light-filled spiritual experience of freedom. However, I can't just do it once and it's done. I have to, as with everything in my life do this on a daily basis. I let go and let God; I declare God's will be done in me and through me. I can't do better than God's will.
Mary S.

Service Opportunities at Detroit Intergroup

The Committee Chair position for Speaker/Sponsor List has been filled by Pam H. [248-398-8930](tel:248-398-8930) If you would like to be added to the list, contact Pam H or Frank A. Frank A. is on this committee as the Speaker/Sponsor Tech and he can be reached at [810 813-1167](tel:810-813-1167).

The positions of Finance Chairperson and Literature Chairperson are open at our Detroit Intergroup. Committee Chairs attend and give a report at the regular Intergroup meetings which are held the second Tuesday of the month except for December. Chairs of the committees have at least one year of current abstinence.

The Finance Committee Chair serves in an advisory capacity to the Intergroup on financial matters. The Literature Chair is responsible for keeping the office stocked with certain OA approved books and Newcomer packets.

The terms for each of these positions is two years and the duties are outlined in our Bylaws. Please contact Sue S., Intergroup Chair, [248 683-4354](tel:248-683-4354), if you are interested in either of these service positions.

LOVELINE

SHARE YOUR RECOVERY
***WE NEED YOUR STORY -
TOGETHER WE GET
BETTER***

SEND TO:

Susie Y. lnnewsletter.editor@gmail.com **or** call Susie Y. 248-320-3105

Nicki T. lnnewsletter.content@gmail.com

You never know whose life you are going to save by sharing your experience, strength and hope.... It's free, receive it automatically by email, sign up, send your name & email address to: info@oagreaterdetroit.org

GREATER DETROIT INTERGROUP

GREATER DETROIT INTERGROUP INFORMATION

25511 Southfield Road
Suite 127
Southfield, MI 48075
(248) 559-7722
info@oagreaterdetroit.org



We are on the web!
OAGREATERDETROIT.ORG

GDI Board Members/Officers

Chair	Sue S.	248-683-4354
Vice Chair	Bobbi S.	313-377-2371
Treasurer	Lynn H.	313-613-8754
Corresponding Sec.	Irene R.	248-615-2141
Recording Sec.	Holly N.	248-219-8756

Committee Chairs List

Bylaws	Judy D.	734-782-4212
Loveline	Susie Y.	248-320-3105
12 Steps Within	Daisy P.	313-377-6458
Speaker/Sponsor List	Pam H.	248-398-8930
Helpline	Barbara D.	313-886-3533
Webmaster	Andrea C	586-943-6900
Literature	Open	
Information	Makeda Y.	313-346-7840
Office	Sheila B	503-914-7742
Finance	Open	

GDI Delegates to WSBC/Region 5 Reps List

Judy D.	734-782-4212
Makeda Y.	313-346-7840