

# Greater Detroit Intergroup Loveline

## **MEMBERSHIP – NO DUES, REQUIREMENTS, TESTS ... JUST WILLINGNESS**

### Card Carrying Member

I am a card carrying member of Overeaters Anonymous. I carry a card in my wallet that says, "Before you take that first compulsive bite". I wake up every morning a food addict. I have one day to decide how I am going to live my life for that day.

My program tells me everything I need to do in order to stay abstinent for that day.

It is up to me and my Higher Power to make the decision to live life. I have been in this program for a long time and need to remember that every day that I awaken is a new day. I cannot rest on my laurels even for a minute. Today, I choose to use every tool, every step and rely on the Big Book to stay abstinent.

Abstinence is the most important thing in my life without exception. It is giving me the beautiful life that I have today. I am extremely grateful to be a member of this glorious program.

Thank you to all the angels at the meetings who tell me and teach me that there is a better way to live. I am eternally grateful.

Soozie S.

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The [Speaker/Sponsor List](#) for the Greater Detroit Intergroup is a helpful tool. It consists of members who volunteer to speak and share their story of recovery with others at Overeaters Anonymous meetings.

Sponsors are members who work the 12 step program and are willing to help guide newcomers and/or other members through the steps and literature. The list is updated quarterly. Please contact those listed if you are in need of a speaker or sponsor in the Greater Detroit Intergroup area. The list is on the OA GDI website: [OAGREATERDETROIT.ORG](http://OAGREATERDETROIT.ORG)

**OA OPEN TALK—ASCENCION (CRITTENTON) HOSPITAL, Rochester, MI  
MARCH 3RD, 7:00-8:00 PM — 2 speakers  
COME into North Entrance and meeting is in auditorium.  
Greeters will be at door. Questions: Nicki T. 248 464 5896**

*Open OA Meeting with a speaker at Celtic Cross in Warren on Saturday,  
March 30 at 10:00am.*

**OA Greater Detroit Intergroup Meetings are the second Tuesday  
of the month at 7:00 pm. All are welcome.**

**OPEN CHAIR positions with InterGroup:**

**Finance**

serves in an advisory capacity to Intergroup on financial matters  
reviews income and expenditures and makes recommendations when necessary  
works on the budget with the Treasurer  
with the Treasurer, submits a written annual report to Intergroup

**12-Steps Within**

develops activities focusing on recovery for OA members  
lends assistance to groups for developing activities  
if asked, lends assistance to any meeting needing to increase attendance

These Chairs have a one year abstinence requirement and are to submit reports at the monthly Intergroup meetings. If you have any questions please do not hesitate to call Sue S., Chair of Intergroup at 248 408-2340.

## OA Members Contributions

### HOW I WORKED THE 12 STEPS ON A PROBLEM

THE PROBLEM: Someone said something that deeply hurt my feelings.

Step 1. I admit I am powerless over that person, what they said and my feelings about it. My life has become unmanageable as I feel less than and like I'm not important.

Step 2. I do believe that a power greater than myself can restore me to sanity.

Step 3. I made a decision to turn my problem over to my HP.

Step 4. I made a searching and fearless inventory of my fears, resentments and harms. I looked at my part. I want them to take care of my feelings and massage my ego.

Step 5. I became willing to admit to my HP, myself and another person the exact nature of my wrongs.

Step 6. I became completely ready to give these character defects of fear and self-centeredness to HP.

Step 7. I humbly asked for these defects to be removed (fears, resentment, hurt).

Step 8. I made a list of all persons harmed (the person who said that thing) and became willing to make amends.

Step 9. I made amends for over-reacting and realized I needed to work on my codependency with her.

Step 10. I check daily to see how the feelings are resolving. I looked at actions I can take, today.

Step 11. I asked HP for knowledge and guidance on its will for me.

Step 12. Insights that I have had as a result of working the steps on this problem include my need to set boundaries with that person and not let myself think I can solve her problems.

The resentment and hurt were gone before I was half way through.

Yours faithfully in program, Judy E.

## OA Members Contributions

Faith has carried me when I doubted my ability to carry myself. That is what got me to Overeaters Anonymous and that is what ultimately keeps me here thirty years later.

I was an atheist, alienated from my religious upbringing and the mention of God sent shivers down my spine. So, why did I stay? I had tried several diets throughout my life, but put weight on when life “went wrong”. I could not stop eating and needed help. I found support, acceptance and encouragement at meetings. For me the feeling of belonging, the camaraderie, watching people utilize the Twelve Steps and maintain abstinence was a power greater than myself.

It is a “we” program and I could not do it alone. I, also, came to the realization that this is a spiritual program, as well, and I could believe what I wanted without criticism or shame. I am of the opinion that Step 3, “Made a decision to turn our will and our lives over to the care of God as we understood him”, has been pivotal in my recovery.

Today, I have a Higher Power that I can turn to for every situation that occurs in my life. I have faith that if I am still and pay attention, the answers come. I am never alone.

Bobbi S.

### LIES I TELL MYSELF WHEN I

**It tastes as good as abstinence feels.**

**I can afford it.**

**It won't hurt me very badly.**

**It's worth it.**

**This, sadly, is the disease talking. Do you recognize it?**

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## OA Members Contributions

### Daily, Steady, Persistence

I have discovered  
If I want to recover  
This is the way  
I plan every day

It's just wise to do the tools  
To keep the disease at bay  
I use them everyday

I'm never alone  
If I pick up the phone  
It's my responsibility  
To protect our anonymity

I find a nook  
And read a recovery book  
With the help of my sponsor  
I can tame the addiction monster

I don't take that bite  
I sit down and write  
To keep from eating  
I get to a meeting

To keep the right attitude  
I remember my gratitude  
Life feels sublime  
With daily quiet time

I can not fail  
If I put my food on a scale  
My life has purpose  
When I do some service

There are no written rules

Carol P



## OA Members Contributions

*Today, the wind chill is reaching record lows, but I knew I needed a meeting. I dressed warmly and went to a meeting. At the meeting I studied the Big Book with six other members, who, also, braved the cold.*

*I am grateful to have had the willingness to venture out. I heard what I needed to hear. There were men and women reflecting on how they are living lives full of life rather than full of food. They are living in faith rather than fear. We laughed, we talked and we read part of page 67 in the Big Book.*

*One line we read was, "We asked God to help us show them the same tolerance, pity and patience that we would cheerfully grant a sick friend". I'm so glad that I'm not in charge, that I can be reminded how I, too, am sick and how what I do impacts others just as what they do impacts me. If someone treats me with disdain that is a reflection of them. How I respond is about me. My sponsor reminds me to ask: Is it my business, their business or God's business? I don't have to say what I'm thinking, or even justify a crazy comment with a response.*

*I'm not in charge of anything except my attitude and my actions (including what I say and eat). Approaching others with love and wanting to understand them rather than be understood is what program teaches us. What huge relief to not*

*have to worry about running the show.*

### Healing in Humility

A dear program friend told me that there is healing in humility and, boy, is that ever true! To me humility is simply saying, "I don't know. It's OK that I don't know and I'm willing to learn". I used to think that if I didn't know it meant I was weak and worthless.

What a liar thought that was!

Through working and living the program I've learned that humility opens the door to learning new ways of thinking and acting that gives me serenity. I'm not perfect at it and sometimes it's hard, but it is so much better than anything that food did for

**I have been feeling bad about my extra weight, like I should be able to control my weight. I have been in recovery for eighteen years and have lost 85 pounds. Guilt plagues me. When does this guilt stop?**

**I was writing about this last night and it occurred to me that Program tells us to "Let Go and Let God". To me, that means that I need to stop thinking about my weight and myself and stay close to God. I asked God, "Where would you have me be"? An answer I received is: I need to spend my energy on helping others. Also, I have to stop thinking about my future self and live to get the most out of every day.**

## OA Members Contributions

### A Member Shares

I've been in OA for 15 months. I came to a spot where I just wanted to quit. I have been very grateful for my 3 sponsors, and their work with me on my 4th steps. I have gone to meetings, made a few phone calls a week, I read literature and wrote in my journal.

Somehow it did not sink in and I just wanted to quit. I'd hear over and over again, "When you pick up -You are making Food your Higher Power". I'd finally feel my feelings. The time that caused me the biggest challenge was when I was happy, or had a great day at work and I wanted a treat. Once again I would think to myself, "You are making food your Higher Power".

How do I take this comment and make it mine?

It took a couple of days before I realized I pick up for one deeper reason. I just want to feel loved. Food can not really love me. Who can really love me the way I want and need to feel acknowledged and loved? The answer is my Higher Power. So, I sat. Sitting quietly, back straight, shoulders comfortably up and back and my heart lifted I sat and asked My Higher Power to Let me feel His love.

It took a little while. I needed to be open for this experience. At first I had to picture my Higher Power loving me and then it happened! I felt His love. I cried and cried to think that this was real. I am deserving of love. That was what I really needed, love, not food! I am becoming closer and closer to my Higher Power. I am not perfect with feelings and treats. I am making the twelve steps my own one day at a time in my own deep way.





# Living in the steps... is Recovery

April 12-14, 2019

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

## A Practical Approach to Using Each Step in Everyday Life

### LOCATION

**Colomblere Conference Center**  
9075 Blg Lake Road  
Clarkston, MI 48346  
**General** 248.625.5611  
**Conference Center** 248.620.2443  
**Email** colomblere@colomblere.com

For scholarship info, contact  
Lisa L.H. at 248.953.6023 or  
oaspringretreat@gmail.com

### COST PER PERSON

**\$149** Double occupancy rooms  
with community bath  
**\$169** Single occupancy rooms  
with community bath  
**Cost includes 5 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 8th  
No refunds after registration closes.  
Any changes to a reservation must  
be approved through registration.  
**Program timeline**  
**Onsite check-in and  
meet & greet** 4-7 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

**THIS IS A WORKSHOP STYLE RETREAT.**  
To get the maximum out of the retreat experience, please plan to attend "all" sessions. It is a process that builds one step at a time. Bring your Blg Book, OA & AA 12/12, Voices of Recovery & For Today (if you have them). If not, we'll have some for you to use during the retreat.



NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

IF YOU'D LIKE TO ROOM WITH A FRIEND, PLEASE SUPPLY THEIR NAME HERE

### PAYMENT

**Make checks payable to Overeaters Anonymous**  
If you'd like a reservation confirmation, please send a self-addressed, stamped envelope with your registration form, or email oaspringretreat@gmail.com.  
**Mail your check and registration form to:** Lisa L.H.  
23061 Republic Ave  
Oak Park, MI 48237

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

**Contact Julie G.**  
248.770.0454 or bgbndy@hotmail.com

**AUCTION!** Please bring in your wrapped gifts!





We are on the web!  
**OAGREATERDETROIT.ORG**

**Greater Detroit InterGroup  
 Board Members/Officers**

Chair	Sue S.	248-408-2340
Vice Chair	Bobbi S.	313-377-2371
Treasurer	Lynn H.	313-613-8754
Recording Sec.	Andrea C.	586-943-6900
Corresponding Sec.	Barbara D.	313-886-3533

**Committee Chairs List**

Bylaws	Judy D.	734-782-4212
Loveline	Susie Y.	248-320-3105
12 Steps Within	<b>Open</b>	
Speaker/Sponsor List	Frank A.	810-813-1167
Helpline	Pamelar G.	313-522-6122
Webmaster	Andrea C.	586-943-6900
Literature	Cyndi K.	248-770-7615
Public Information	Barbara J.	407-312-5428
Office	<b>Open</b>	
Finance	<b>Open</b>	

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 248-559-7722  
 info@oagreaterdetroit.org*

**GDI Region Rep/Delegates to WSBC/Region 5 Reps List**

Sue S.            248-408-2340