

OA - Greater Detroit InterGroup

May / June 2017

Volume 2017, Issue 1

Special points of interest: Open Talks, Conventions, Retreats, and lots more !!



Havana, Cuba

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

Tools to assist us with the Steps ... We use these Tools along with living in the 12 Steps.

“In working Overeaters Anonymous’ Twelve-Step program of recovery from compulsive overeating, we have found that a number of tools are available to assist us. We use these tools in conjunction with the 12 Steps ... on a regular basis, to help us achieve and maintain abstinence and recover from our disease.”

Meetings

Meetings give us an opportunity to identify our common problems, confirm our common solution through the Twelve Steps, and share the gifts we receive through this program. In addition to face-to-face meetings, OA offers telephone and online meetings.

A Plan of Eating

A plan of eating helps us abstain from compulsive eating. (See the pamphlet [Dignity of Choice](#).) This tool helps us deal with the physical aspects of our disease and achieve physical recovery.

Sponsorship

We ask a sponsor to help us through our program of recovery on all three levels, physical, emotional, and spiritual.

Telephone

Many members call, text, or email their sponsors and other OA members daily. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience.

Writing

Putting our thoughts and feelings down on paper helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them.

Literature

We read OA approved books, pamphlets, and *Lifeline* Magazine. Reading literature daily reinforces how to live the Twelve Steps and Twelve Traditions.

Action Plan

An action plan is the process of identifying and implementing attainable actions that

are necessary.

Service

Any form of service that helps a fellow sufferer adds to the quality of our own recovery.

Anonymity

Anonymity guarantees we will place principles before personalities and assures us that only we have the right to make our membership known within our community. Anonymity at the level of press, radio, films, television and other public media of communication means that we never allow our faces or last names to be used once we identify ourselves as OA members.

Within the Fellowship, anonymity means that whatever we share with another OA member will be held in respect and confidence. What we hear at meetings should remain there.

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OA - Greater Detroit InterGroup

When I go to a meeting and hear shares, I realize that there are others just like me and I'm not so different than what someone else is going through or feeling the same things as I do. I also like to hear other people's stories. Even though they may not be just like mine, the struggle is the same. Bonnie G.

"Sometimes you want to go where everybody knows your name." the Cheers theme song.
I go to meetings because I am welcomed and understood whether I am new or have been going there for years... Ellie

Thanks to all for sharing at meetings. When you tell your recovery stories, it gives me hope and lets me know I can do it, too... Susie

Face to face meetings provide me the opportunity: to do service, to make eye contact, to allow others to see my physical recovery. Also, to give others a hug to show how much I care. I started a face to face meeting in my town of 5,500 people over a year ago, and it is attended by 4-8 people. We are able to make group conscious decisions. We take turns chairing the meeting. We can show our commitment to ourselves and the program by suiting up and showing up. We trudge the road of happy destiny together... Sara W., Iowa

Going to meetings is living in Step Twelve. ..."we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs." Service and my guide to living...TK

Attending meetings regularly is the only thing I haven't given up on since I took up the program for the second time in Dec. '11. They -- you!! -- keep going on the journey of recovery despite painful sorrow and pitfalls. I get & give love, acceptance, encouragement to new friends & build bonds I can't imagine being without. Meetings keep the steps in my brain, and to a lesser degree, the traditions. And, by going to meetings I live the truth that OA is not about the food. It's about living! - Katie D., Lansing

Going to face to face meetings helps get me out of isolation into an environment where I feel safe and welcome and the hugs are so healing for me. It's also an opportunity for me to share my personal program work and the looks on people's faces, the nods I see and the conversations after the meeting allow me to know how fellows relate to my story. Often I'll get comments weeks afterwards about something similar to what I shared showing up in someone's life. Passing it on is an important part of my 12th Step work. Trisha D.

Coming Attractions

Do not miss the opportunity to attend a Powerful Big Book Weekend Workshop in the comfort of your own home.

<https://www.oaontario.org/s/bigbookstudyFlyer2017X-bzp5.pdf>

The 12th ANNUAL "Find Abstinence Through The Big Book" Workshop, hosted by our Canadian friend (a Vision's speaker) and sponsored by The Unity InterGroup of Minnesota OA, will be

- √ WSO Business Conference—May 1-6, 2017, Albuquerque, NM
- √ Spring Into Recovery—May 26-28, 2017, London, ON
- √ Fall Retreat—sponsored by the Ferndale Meeting Group—October 14-15, 2017 Colombiere in Clarkston, MI. Contact: Sue S. 248-683-4354
- √ OA Region 5 Convention—October 20-22, 2017 in Cincinnati Airport Marriott, Cincinnati, OH
- √ OA Region 6 Convention—October 20-22, 2017 in Toronto, ON oaregion6.org

OA Greater Detroit InterGroup Activities

Are you struggling to connect with your higher power or do you want to make your connection even stronger? Join us in fellowship for the **May 20th** "Find/Strengthen your connection to HP" workshop at the OA office.

Find/Strengthen Your Connection to HP

BENEFICIAL TO ONE AND ALL... NEWCOMER OR LONG-TIMER

Date: Saturday, May 20, 2017

Time: 1:00—3:30 pm

Donation: 7th Tradition

Location: OA Southfield Office 25511 Southfield Rd, #127 Southfield, MI 48075

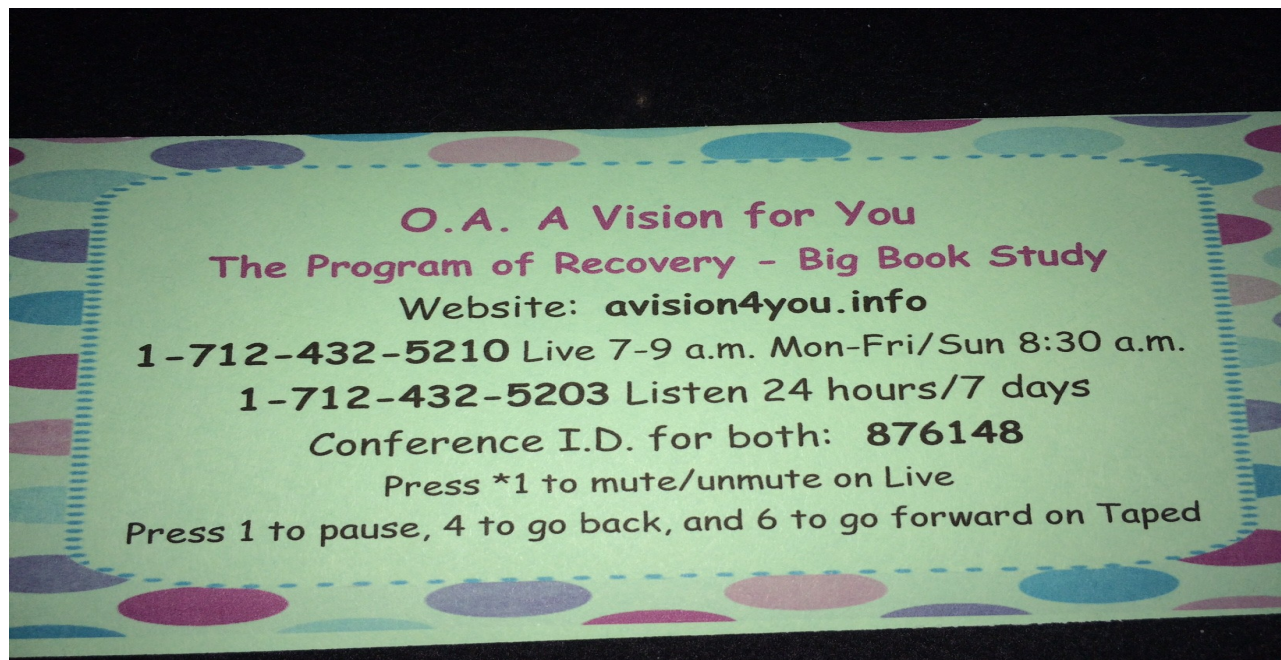
Questions?: Call Julie G. at 248-770-0454

Bring your AA Big Book

OA Open Talks

Warren—Celtic Cross, Saturday morning, 10:00 am, July 29th,
September 30th, and December 30th.

Crittenton, Sunday evening, 7:00 pm, May 21st.



OA Greater Detroit InterGroup Activities, continued

First 12 Days in OA— Sponsorship Program

(A Sydney Intergroup **PILOT** program)

Required literature: “Welcome to Overeaters Anonymous” newcomers pack in order to answer each day’s questions.

Tradition 3: says “The only requirement for OA membership is a desire to stop eating compulsively”

What does “eating compulsively” mean to you?

Do you have the desire to stop eating compulsively?

If yes, why? What has led you to OA?

Discuss your answers with your 12 day sponsor

Symptoms: Read the brochure, “*Many Symptoms, One Solution*”

Write about the symptoms you have experienced, going as far back as you can. Discuss these with your 12 day sponsor

15 Questions: Read “*To the Newcomer*” pages 1-6

Answer the 15 questions on page 1 (circle those you relate to)

Discuss with your 12 day sponsor

Prepare to create a food plan:

Over today and tomorrow, start reading “*To the Newcomer*” page 7, “*A Plan of Eating*” and “*Dignity of Choice*”

Ask your 12 day sponsor how they went about creating their food plan

Create a food plan:

Continue reading “*To the Newcomer*” page 7, “*A Plan of Eating*” and “*Dignity of Choice*”

Draft a food plan and discuss with your 12 day sponsor

What will help you to stay honest and to practise following this plan on a daily basis?

(e.g. writing down your plan, emailing/texting your plan etc).

Meetings: Read “*The Tools of Recovery*” pages 2-3 and make a plan to attend 6 meetings

Discuss your plan with your 12 day sponsor

(Your plan can include Skype meetings but at this point, face to face meetings are preferable)

Creating an Action Plan: Read “*The Tools of Recovery*” pages 3-6

Create an action plan that will help support your abstinence and your emotional, spiritual and physical recovery

Discuss with your 12 day sponsor

Are you convinced?: Read “*Questions and Answers*” pages 1-5

Now that you’ve been in the program for a week and have taken some actions, are you convinced you are a compulsive overeater? Write your thoughts and feelings about this. Discuss with your 12 day sponsor

Higher Power: Read “*Questions and Answers*” pages 5-6.

Write about your understanding of a higher power.

If you struggle with this, are you open to God standing for “G.O.D. - Good Orderly Direction”?

Are you able to use this concept to help your recovery? Discuss with your 12 day sponsor

OA Fellowship: Read “*Questions and Answers*” pages 6-7

Write about your feelings around getting help from other members in OA. Discuss with your 12 day sponsor

You may also want to start ringing some of the other members on the card you were given at your first meeting

Helpful slogans: Read “*Questions and Answers*” pages 7-8

Which slogans are the most helpful for you? Write about them and discuss with your 12 day sponsor

What next? Read “*Questions and Answers*” page 9

Write about your experience of your first 12 days in OA and discuss with your 12 day sponsor.

Agree to either continue the relationship, or to maintain contact until you can find an ongoing sponsor.

Also, you might find it helpful to go to www.oa.org and investigate what this website offers... and sign up for the free 2 month Lifeline subscription, using the code on the form in your newcomer pack

**REMEMBER THERE IS HOPE & THERE IS HELP IN OVEREATERS ANONYMOUS...
Together we can recover!**

OA World Service Activities



"Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible."

Please send submissions to Susie Y. for the 2017 July / August Loveline to:

lnewsletter.editor@gmail.com.
before June 19.

OA Poster Competition

Participate by submitting an entry into OA's first Public Information Poster Competition at: <https://oa.org/files/pdf/PI-Poster-Contest-Flyer-v2.pdf>. Voting runs from 4/15—5/15 and new poster will be available Summer 2017.

A Step Ahead, Second Quarter is now posted online. Find it online on the What's New page at oa.org/whats-new or on the Documents page at oa.org/documents; "A Step Ahead Newsletter." Included in this issue:

Everything up for vote at World Service Business Conference 2017
Public Information Poster Contest finalists
A special call for trustee applicants
OA's annual audit and personal inventory
New website resources for Virtual Services

Update Your Meeting Information for the 2017 Census

OA will be conducting an electronic member survey later this year and we are asking that all meetings review their contact information, especially email addresses. Updating your meeting information is easy, just follow the steps below.

- 1) Go to www.oa.org in your browser.
- 2) Click on "Find a Meeting" on the home page.
- 3) Under "Meeting Changes" in the left-hand column, click on "Edit an Existing Meeting" and select the type of meeting to edit (face-to-face, online, telephone).
- 4) Follow the search instructions to locate your meeting. Click on "Edit Meeting" when meeting has been located in the search results and update the appropriate information.
- 5) Please be sure to check the box under Form Verification and then click on "Submit Form."
- 6) If you are unsure of the contact information listed in the WSO database, please contact the World Service Office.

Questions? Please contact the World Service Office at:

[505-891-2664](tel:505-891-2664) (USA) or info@oa.org.

.Vacancies for Virtual Services Trustee and Region 1 Trustee

As of May 6, 2017, there will be two vacancies on the Board of Trustees; that of Region One Trustee and that of Virtual Services Trustee. Since no applications were received from members who reside in Region One or who are in the Virtual Services community, in accordance with the Bylaws of Overeaters Anonymous, the Board of Trustees needs to appoint a qualified member to serve through WSBC 2018. In order to best serve Region One and Virtual Services, as well as OA as a whole, it is important to make these appointments as quickly as possible.

The interactive application and job descriptions can be viewed and completed at oa.org/groupsservice-bodies/world-service/board-of-trustees/. The completed applications must be received at the World Service Office by Monday, May 15, 2017. The application may be sent by registered mail to the WSO, faxed to [\(505\) 891-4320](tel:5058914320), or emailed to info@oa.org. An officer of the service body (intergroup, service board, region) must sign the application.

Please let it be known that the Board of Trustees is soliciting qualified applicants who are willing to fill these positions. It is the intention of the board to appoint the new Region One and Virtual Services trustees as soon as possible after that date.

We are soliciting names to fill the vacancy from June 2017 until May 2018. If you should have any questions about this appointment process, please do not hesitate to contact the World Service Office.

Recovery is ALIVE in Region 5 - www.Region5OA.org

There's a New Way to Read LIFELINE
Browse our NEW website . . . oalifeline.org

Read Lifeline's real stories of recovery on your smartphone, tablet, or computer—just like your favorite websites. Subscribe to get full, unlimited access to every story from 2016, plus every story published in the New Year.

Search a topic or browse a category to read the experience, strength, and hope that you need most. Current e-Lifeline subscribers, you are automatically registered on oalifeline.org using your current login and password. This replaces all e-Lifeline PDF-format subscriptions. New oalifeline.org subscribers Go to oalifeline.org, select any story, and enter your new user registration information at the bottom of the page. Next, use your credit or debit card to purchase your one-year, online subscription for \$23.

Why Become an Automatic Recurring Contributor?

....For Twelve Really Great Reasons.

1. Your contributions support OA's primary purpose: to carry the message of recovery to the still-suffering compulsive overeater.
2. Your contributions help produce OA-approved literature, such as *Overeaters Anonymous, Third Edition* and *Taste of Lifeline*.
3. Your contributions support OA's website, oa.org, where many newcomers first learn about OA and the promise of recovery.
4. Your contributions support freely available, downloadable resources on oa.org, such as podcasts and meeting formats.
5. Your contributions support worldwide and virtual meeting information, and outreach to professionals.
6. Your automatic, recurring contributions for virtual meetings means you

never have to ask, "Did I remember my Seventh Tradition this week?"

7. Your contributions support carrying the message around the world through translations of OA-approved literature.
8. Your contributions help you work your program, with many OA members discovering that making regular financial contributions supports their recovery.
9. Your automatic, recurring contributions are easy to set up and can be scheduled monthly or quarterly.
10. Your contributions are tax deductible in the USA.
11. Your contributions are a meaningful way to honor your abstinence anniversary, acknowledge a sponsor or sponsee, or remember the costs of your last binge.



Take the Steps instead of riding along the same road.

To preserve our Twelfth Tradition of personal anonymity, please do not like or comment on individual posts. OA only accepts comments from registered groups and service bodies. Overeaters Anonymous Statement on Public Media Policy.: while Overeaters Anonymous has no opinion on outside issues, including social media, the delegates of the 2016 WSBC recommend that any OA member, group, or service body using social media for OA public information and public awareness maintain the personal anonymity of OA members.

Greater Detroit Intergroup of Overeaters Anonymous
Business Meeting Second Tuesday of Every Month
(excluding December)
7:00 pm to 8:30 pm
All Members of OA are Welcome!

The Greater Detroit Intergroup of Overeaters Anonymous is governed by a board of five (5) officers and eleven (11) committee chairs. We also encourage one group Representative to attend from each meeting in the intergroup. Each Meeting Representative has one vote as long as they have at least one year of abstinence when voting.

Each meeting consists of individual three minute reports submitted and read by Board members and Committee Chairs followed by questions and discussion.

The Board consists of:

Chair, Vice Chair, Treasurer,
Corresponding Secretary,
Recording Secretary

The Committees Represented are:

By-Laws, Finance, Help-Line, Literature
Newsletter, Office, Professional Info,
Region Rep/Delegate, Speaker/Sponsor.
12-Steps Within, Website

All members of OA are welcome and encouraged to attend these monthly meetings to listen, learn and discuss the business of the Detroit Intergroup. There are many opportunities to give service within the intergroup, giving back to OA what we have so generously been given.

For more info regarding requirements and responsibilities they can contact: Sue S., Chair at [248 683-4354](tel:248-683-4354) (h), [248 408-2340](tel:248-408-2340) (c)

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

*5th Tradition: Each group has but one primary
purpose — to carry its message to the
compulsive overeater who still suffers.*

5th Principle: Integrity

*Step 6: Were entirely ready to have God
remove all these defects of character.*

*6th Tradition: An OA group ought never endorse,
finance or lend the OA name to any related
facility or outside enterprise, lest problems
of money, property and prestige divert us
from our primary purpose.*

6th Principle: Willingness

OA Greater Detroit
InterGroup

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Southfield, MI 48075

(248) 559-7722
info@oagreaterdetroit.org

All InterGroup reps WANTED! Please attend the monthly InterGroup meeting to carry the news back to your groups. We want your input and comments.

The Newsletter Committee would like contributions from our members—stories or articles that promote OA's program of recovery. Please feel free to submit written pieces describing your experience and the strength and hope that the OA program has given to you. Send your written contributions in MS Word to Newsletter Chair: Susie Y at: lnewsletter.editor@gmail.com or Nicki T. at: lnewsletter.content@gmail.com

Note: The editor reserves the right to edit all content prior to print.

WE ARE ON THE WEB!
OAGREATERDETROIT.ORG

Contact Us:

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
(temp)

Recording Sec.; Holly N. 248-219-8756

COMMITTEE CHAIRS

By-Laws/Region Rep/Delegate:

Judy D 734-782-4212

Literature: Renee G. 313-354-4982

Finance: OPEN

Help Line: Barbara D. 313-886-3533

Newsletter: Susie Y. 248-320-3105

12 Steps Within: Daisy P 313-377-0458

Webmaster: Andrea P. 586-943-6900

Professional Info: Makeda Y. 313-346-7840

Speaker/Sponsor: Bobbie S. 313-377-2371

Office Mgr: Sheila B 503-914-7742