

# LOVELINE

VOLUME 2018, ISSUE 3

May / June 2018

**GREATER DETROIT INTERGROUP OA**

## HOW DID YOU LET GO OF THE FOOD?

...I let go of the food each time I open my hands/mind/soul to a new level of willingness and readiness for change.

I must let go of the food in order to grasp onto my HP's will for me.

....First, I defined clearly what abstinence is for me.

Second, I used the tool of a Plan of Eating to determine what I would and would not eat, and then I used the tool of Writing to write down what I would eat for each meal every day. None of this standing in front of the refrigerator wondering "What'll I have for dinner . . ."

...I experienced a transformation while working the steps in the Big Book of Alcoholics Anonymous that freed me from my food obsession.

In step three, I made a decision turn my food over to God because I could not stop eating, and the compulsion was eventually removed.

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## How were you able to put the food down?

...It was a very gradual process for me as I learned what triggered my overeating.

A very long list that took years to figure out.

...The first 6 weeks in OA all I could do was pray to my higher power, just show me how.

Then I woke up one morning, understanding that I had to stop thinking that this was for the rest of my life and just focus on the day in front of me.

...*By the grace of God, I started calling my step sponsor every day.*

*That led to surrendering; getting a food sponsor; removing flour & sugar; and committing my weighed & measured food every morning.*

...I exhausted all self-administered options.

I received the gift of desperation, got a sponsor, developed a food plan, utilized the 12 Steps, and committed to do service.

...**My sponsor made the completely unnecessary and overreaching suggestion that I give up my trigger food.**

**My choices were: either continue to pretend I had control over my life as it was falling apart, or trust my sponsor's assurance that surrendering the food did not mean loss but its very opposite.**

**...HOLDING ONTO THE FOOD IS A MEANS TO HAVE CONTROL; PRAYER IS THE ONLY THING THAT CAN CHANGE ME.**

**IT'S AN ILLUSION TO THINK I HAVE CONTROL, SO EVERY MORNING I AM ON MY KNEES ASKING MY HP FOR HELP.**

...God let me see that I have a disease.

I could stop trying to control my weight and begin recovery in OA.

## How were you able to put the food down?

*...Honesty, hope and surrender led to cleaning inner self and being open to healing and guidance to accept deep realization what I needed to do is to feel my feelings.*

*Can be tough transition but steps, tools, loving supportive connection with other recovering obsessive compulsive overeaters get me through instead of being stuck.*



**I chose HP/God over my eating compulsion.**

**I chose an action plan of enjoying healthy foods.**

**...Do I believe that my life is about living and feeling the full spectrum of emotions?**

**Can I stop looking for ways to numb out and avoid life? Living in integrity and honesty.**

**Sharing when issues come up. Letting others help me with humility.**

**...I put down the food through prayer for willingness and surrendering my control over food to the guidance of fellow OA member.**

**This included being accountable for what I ate and accepting what I can't.**

**...I was introduced to and began living the messages of the Big Book, the 12 Steps, and my HP, which created a new way of life.**

**In the new way of life the obsession was lifted and I became able to eat for nutrition, and live a great life recovered spiritually, emotionally and physically. It's working, it really is working.**

## How were you able to put the food down?

...I put down the food when I had hit bottom.

I did not feel I had another "diet in me". I was tired of being sick and tired.

*...I put down the food by finding a sponsor who inspired me.*

*I told her the truth about what, when and why I ate. She asked me what I was willing to try, as far as a food plan went, and I committed to follow a general food plan. Then, I called her voicemail every night and listed the foods and the amounts I'd eaten that day. Doing this has given me freedom from food obsession for several years.*

...I don't really know how I recover. I do know that when I have the willingness to show up and work the steps my H P graces me with a neutrality around food that I did not have prior to program. I don't always feel recovered or even act recovered with food.

If I had to sum it up I would say the willingness to work the steps is what helps me the most to let go of food.

...I got desperate because, as much as I tried, my way didn't work.

Then I got super honest with my food, followed my food plan and worked the steps.

Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

# OA Activities

[info@oa.org](mailto:info@oa.org)  
[www.oa.org](http://www.oa.org)

Region 5 Convention - Living the Solution  
August 31st - September 2nd  
HILTON - DOWNTOWN  
INDIANAPOLIS, IN

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

## \*~\* AACRONYMS \*~\*

ASAP  
Always Say A Prayer

The following describes my experience for OA Unity Day. I attended a get-to-gather with several members and my experience was one of oneness of purpose, harmony in living in the program and unification of ideas about the Big Book, OA, Recovery, and Fellowship.

A partial list of definitions of UNITY from Merriam Webster

1 : the quality or state of not being multiple : **oneness**

2a : a condition of harmony : **accord**

2b : continuity without deviation or change (as in purpose or action)

3 : the quality or state of being made one : **unification**

## A Step Ahead Second Quarter 2018 Issue Now Posted

Download and share the Second Quarter 2018 issue of *A Step Ahead* for the latest OA news, including:

- A summary of the business and workshop activity coming up at World Service Business Conference 2018
- Announcement of our new book, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*
- Region Nine trustee vacancy—members from any region can apply!
- Messages from our chair and treasurer about growing recovery worldwide and how you can help
- Eleven new recovery resources from the World Service Office
- New resources for professional outreach and public awareness
- and more!

Download and share it today in our [interactive color edition](#) or [printer-friendly black and white](#).

The image shows the cover of the 'A Step Ahead' magazine for the second quarter of 2018. The cover features the title 'A Step Ahead' in a large, stylized font. Below the title, there are several articles and sections highlighted, including 'WSBC 2018: Let's Grow!', 'New! The OA Twelve and Twelve, Second Edition', and 'Fellowship and Events'. The cover also includes a small graphic of a globe and a person, and a list of contents.

# Scholarships available—contact Kendra 248-320-0073

*OA Fall Retreat -- October 6-7, 2018*  
*Fall into Recovery, Using the OA Tools*  
*Sponsored by the Rochester OA Meetings*  
*Registration closes: September 6th, 2018*

Any changes to a reservation must be approved through registrar. Onsite check-in and meet & greet 9:00-9:45 a.m. Saturday. Program starts 10 a.m. and ends at 3 p.m. Sunday. Weekend/agenda schedule will be provided at the retreat).

Cost per person -  
\$125.00 Double occupancy rooms with community bath  
\$155.00 Single occupancy rooms with community bath  
Cost includes 4 meals -- Saturday breakfast thru Sunday lunch. Coffee, tea, and water provided during Saturday and Sunday sessions. Refrigerator available onsite.

Bring your Big Book (AA) and OA books and Tools to:



Colombiere Conference Center  
9075 Big Lake Road, Clarkston,  
MI 48346  
  
General Phone:  
248.625.5611  
Conference Center:  
248.620.2534  
Email:  
colombiere@colombiere.com

Name	Phone	Email (optional)
Address, City, State		If you are rooming with a friend, indicate name here

**Payment: Make checks payable to Overeaters Anonymous**

If you'd like a reservation confirmation, send a self-addressed, stamped envelope with your registration form, or email: nicolatravis54@gmail.com. Mail your check, and registration form to: Nicki T. at 5964 Creekside Drive, Troy MI 48085.

For more information about the retreat or to ask a question contact: Craig B. 248-688-5552 or Nicki T. at 248 464 5896.



# MEMBER CONTRIBUTION

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## *Abstinence During the Tough Times*

*Remaining abstinent through trials is a test to see where my trust and reliance are placed. It is easier to be abstinent when life is smooth and routine, but what about when we have a troubling situation that takes us away from that routine and puts us in emotional turmoil. Can I remain abstinent then?*

*The daily practices of connecting with HP and being honest and accountable with my food is the foundation that keeps me standing when the storms of life come.*

*The trials are difficult and often painful, but when acknowledged honestly, with the support of God while remaining abstinent, the outcome can be a changed character, the state of peaceful security, and a fuller life.*

**Bethann B.**

I let go of the food each time I open my hands /mind / soul to a new level of willingness and readiness for change. I must let go of the food in order to grasp onto my HP's will for me.

First, I defined clearly what abstinence is for me. Second, I used the tool of a Plan of Eating to determine what I would and would not eat, and then I used the tool of Writing to write down what I would eat for each meal every day. None of this standing in front of the refrigerator wondering "What'll I have for dinner . . ."

God let me see that I have a disease. I could stop trying to control my weight and begin recovery in OA. I put down the food when I had hit bottom. I did not feel I had another "diet in me". I was tired of being sick and tired.. I started going to a meeting where abstinence from compulsive eating was the focus. In July, 1989 I went to an O.A. retreat, got a sponsor and put together a food plan that worked for me. I listed foods that caused binges and cravings and said that I can abstain from these in this 24 hours. I later learned that my higher power was doing for me what I could not do for myself.

## **OVEREATERS ANONYMOUS OPEN TALK MEETING**

**Saturday, June 2, 2018  
10:00 am - 11:00 am**

**Open to Family and Friends and anyone wanting to  
learn more about OA.**

**St. Mary Mercy Hospital Livonia  
36475 West Five Mile Road  
Livonia, MI 48154  
South Entrance  
First Floor, Classrooms 1 and 2  
(left of coffee shop)**

**An OA greeter will be there to welcome you.  
NO need to RSVP.**

**Contact persons:  
Dale at 248-520-2309  
Join us in the journey to recovery!**

# MEMBER CONTRIBUTION

## Perfection vs Progress ...I choose progress!!! You???

(based on the meditation in VOICES OF RECOVERY..  
MAY 12..) CHECK IT OUT!

I never thought of myself as a perfectionist; after all, I was overweight. How could I be a perfectionist? I've since learned that it has nothing to do with how I look.

Perfectionism is a deadly character trait. It can kill as easily as compulsive eating. It taught me that I'd never measure up or get it right. I stopped trying, I just gave up. I lived in anxiety and felt worthless.

Perfection feeds my dishonesty. I lie to cover my tracks. I hide and do not want you to know me or my flaws. It separates me from others.

Perfection breeds disease, I overeat or under eat. It crushes my self-esteem. I go to food to cover up my feelings.

Progress, on the other hand, gives room to breathe, to be human, to make mistakes and get back on track. When I discovered Step 9, I embraced progress. Wow, I can make a mistake, make an amends and learn from my mistake. This creates wholeness for me.

Progress helps me become more flexible, accepting, and self loving. Instead of holding things with a tight death grip, I hold all with a loose hand letting my HP guide what is in my life one day at a time.

Progress feeds my soul's desire for wholeness and health. I've come to believe that nothing in this world is perfect. Progress allows me freer choices and creates my healthy self-esteem.

Today, my program and my life reflect progress. I see myself and my body as a work in progress.

Hugs, Susie Y



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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 By-laws. Please contact Sue S., Intergroup Chair, [248 683-4354](tel:2486834354), if you are interested in either of these service positions.



## OA REGIONAL NEWS

*I am pleased to announce that the Spring 2018 edition of our Region 5 Newsletter – Freedom from Bondage has been posted on our website. You can find the newsletter on the Region 5 Resources page under the 2018 button.*

*Please distribute the Region 5 Newsletter (by email) to all your groups and OA members. You can also print out the newsletter (2 double sided pages) and bring it to your intergroup and meetings for distribution.*

*Thank You, --Joel I., --Region 5 Secretary*

### Unity Day Experience

I participated in an OA Unity Day gathering, which was a wonderful experience in many ways. Meeting at a member's home provided a lovely and informal setting. The gathering itself was around the dining table and our hostess provided beverages while some folks brought their lunch. Topics were raised using readings from "For Today" and suggestions from the participants (which included one person living several states away who joined via phone). All of us shared on each topic and even though there was no one timing us, there was time to share on several topics. I knew some of the attendees from meetings, but others I met for the first time. There was a strong sense of comradely – or should I say "unity" – which I think the informality and being outside a standard meeting fostered. Lots of warm, fuzzy feelings and hugs all around.

*Jeannette*

Updated and improved, OA's keystone book—the [OA Twelve and Twelve, Second Edition](#)—is now available. Created specifically as a study of the OA Twelve Step recovery program, [The Twelve Steps and Twelve Traditions of Overeaters Anonymous](#) has been revised for clarity and inclusivity—with a restructured Step Four chapter to increase usefulness. Read how, through working the Twelve Steps and studying the Twelve Traditions, members have found "physical, emotional, and spiritual healing that we don't hesitate to call miraculous." Visit the [OA bookstore](#) to order the new [Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition](#) (#990-2).

A new issue of the [Professional Community Courier](#) is now available for download on [oa.org](#). The [Courier](#) is our newsletter to professionals in health care, nutrition, counseling, and similar areas who may refer patients and clients to OA. [Courier](#) articles are written by doctors, nurses, counselors, and other providers so that referring professionals can learn from peers in their field about the solution we have found by working the

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

**LOVELINE**—SEND TO:

Susie Y. [llnewsletter.editor@gmail.com](mailto:llnewsletter.editor@gmail.com) **or** call Susie Y. 248-320-3105

Nicki T. [llnewsletter.content@gmail.com](mailto:llnewsletter.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](mailto:info@oagreaterdetroit.org)

Your business tag line here.

**BUSINESS NAME**

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		
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**

Makeda Y. 313-346-7840

**Step 5**

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

**Tradition 5**

Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.

**Step 6**

Were entirely ready to have God remove all these defects of character

**Tradition 6**

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.