

Greater Detroit Intergroup Loveline

Living The Principles in All My Affairs

Messages from Susie Y., Loveline Co-Chairperson

I'm writing to say thanks to all of you for your support in making the newsletter, the Loveline of the Detroit OA Intergroup, a vessel of recovery for all of our membership. Your recovery stories and poems have touched members letting them know that recovery from compulsive eating and related eating disorders is not only possible, but is a reality in many of our lives.

In the introduction to the 2nd Edition of the OA 12/12 it makes it clear that recovery is possible giving hope to all. That is, also, the result of your writings in the Greater Detroit OA Community.

Thanks for allowing me to be the co-chairperson of this valuable publication. This is my last time gathering your recovery stories. Beginning in May Carol U. will be the Loveline Chairperson joining Nicki T. in publishing the Loveline beginning in the July/August issue. Nicki beautifully designs the Loveline and produces it. Carol is dedicated to her recovery and the OA Program. She has lots of experience, as she previously was, many years ago, the Loveline Chairperson. Please continue to submit your recovery stories to Carol U. The Loveline email address remains the same — llnewsletter.editor@gmail.com.

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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 on the OA GDI website: **OAGREATERDETROIT.ORG**

Detroit Intergroup Budget Shortage

Our Detroit Intergroup of Overeaters Anonymous operates using an annual budget. We budget our expenses according to the amount of income we expect to get during the year. Our current fiscal year is coming to an end on May 31. Our Detroit Intergroup Treasurer is projecting our income for this year to be less than we had budgeted for. Therefore, we are cutting our budget for next year.

At this time, we are asking our individual groups to consider temporarily allocating some extra funds for Detroit to help us meet our budgeted expenses in the coming year. We appreciate your help in allowing us to continue our business of helping to spread the word that we have a solution to our common problem. Thank you.

Lynn Hendrickson, Treasurer
Detroit Intergroup of Overeater's Anonymous

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

Call Sue S., Chair of Intergroup at 248 408-2340.

Spring Retreat !!

On the weekend of April 12-14, seventy two (72) members gathered at the OA Spring Retreat. The topic of the retreat was Living in the 12 Steps. The weekend program was the practical application of using the 12 Step Design for Living. The Principles of the program as described, beginning on page 84 in the 2nd edition of the OA 12/12 along with the 12 Steps were the framework for the weekend. Exercises in all the steps were under taken including the process of changing from living in character defects to living in the opposites in Step 7. It says in Step 12, "practice these principles in all our affairs". This was emphasized over and over.

Members were guided through the 12 Steps culminating in role playing with each other using the 12 Steps to change their attitudes, ideas and behaviors and ultimately their lives to lift the obsession with food and the compulsive overeating that kills us inch by inch.

Susie Y.



Spring Retreat Feedback

I attended the OA Spring Retreat and I can't wait for the Fall Retreat. The whole weekend was an experience that was a "life changing" learning to live in the steps. The facility where it was held was convenient and comfortable. The retreat was well organized. Thank You.

I attended the OA Spring Retreat and this was my first retreat. I struggled, but with the support of the caring people around me I'm learning with so much new information.

I attended the OA Spring Retreat and I appreciate (1) the reminder that this program is about change, (2) the opportunity to contemplate what I'm still clinging to that should be changed, and (3) the exercises to help me bring about the changes.

I attended the OA Spring Retreat and I learned how to keep the 12 Steps in my everyday life. The retreat leader gave us a practical manual to take home to use everyday. I am very grateful for these clear directions on working/living in the steps to solve resentments and stay in fit spiritual condition.
Lynn H.

I attended the OA Spring Retreat and I am re-invigorated and re-introduced to my program. I came home with excellent 12 Step program materials. As a single person it's healing to spend time with fellow travelers and share our ESH. Ann D.

I attended the OA Spring Retreat and had a lot of fun and made great strides in my recovery. I learned a lot. Great job ladies!!! :)



Spring Retreat Feedback, continued

I attended the OA Spring Retreat and it was very helpful. I really liked the structure, the handouts and personal shares. Thank you.

I attended the OA Spring Retreat and I found community. I became abstinent at the retreat. I was able to work through my resentments and replace them with assets. Susie made learning fun and educational. Awesome retreat!

I attended the OA Spring Retreat and was encouraged and inspired to work/live in the steps in a way that was new for me. It changed her, the leader, and I want to see if it will change me. I am being open minded!

I attended the OA Spring Retreat and I learned how to help myself to let go of character defects by replacing them with the opposite positive trait. I, also, enjoyed listening to so much personal sharing regarding applying the exercised by doing the steps. We need to "live" the steps. Suzanne J.

I attended the OA Spring Retreat and was introduced to the 12 Steps. I learned to take care of myself. I learned about self examination and a new design for living by living the 12 Steps. I learned OA is a plan we are not done with.

I attended the OA Spring Retreat and I got a lot out of it. I am so happy that I attended. Susie provided a wealth of information. I feel much more connected to my fellows and I have a better understanding of how to work and live the program.

Spring Retreat Feedback, continued

I attended the OA Spring Retreat and I got a lot of good information and would recommend to everyone to attend a retreat. Susie did a great job.

I attended the OA Spring Retreat and learned to use and teach each of the Steps. Ellie

I attended the OA Spring Retreat and it was another great retreat experience! I left with a new energy and increased desire and willingness to apply this program in all areas of my life. My thanks to our retreat leader, the committee, all who attended and especially to HP. I'm already looking forward to the October retreat.

12 Step Within:

I am, now, the Chairperson of the 12 Step Within Committee. I am planning a monthly Step Workshop to be held at the OA Office in Southfield , 25511 Southfield, Road, Suite 127, Southfield, MI on one Saturday a month from 1-3 p.m. The first workshop will be held on Saturday, May 4 from 1-3 p.m.

Bring your *FOR TODAY AND VOICES OF RECOVERY*.

I can be reached at 248-320-3105 if you have questions.

Look for future dates.

World Service has suggested that on the 12th of each month we all make OA phone calls to those we have not seen at meetings. Please look back in your "We Care" books to find the names and numbers.

Susie Y.

Region 5 Convention

Hello my friends,

I am very excited that this year's Region 5 Convention is being hosted by the Milwaukee Area Intergroup on September 27, 2019 4:00 PM – September 29, 2019 10:30 AM. I hope you will join us for a fun recovery filled weekend in an awesome hotel in Milwaukee. This event is going to be very special with the theme Ride the A Train: Awareness, Acceptance, Action. From what I am seeing that is being planned, you don't want to miss this convention. Here is the information you need to register and get a hotel room.

Region 5 Convention Registration

Pre-Registration Starts: Monday, March 11, 2019 and ends on August 17, 2019.

Pre-Registration Early Bird Ends: June 27, 2019. Walk-ins are always welcome.

You can register by paper by downloading the registration flyer or you can register online:

Online Registration: <https://oaregion5.regfox.com/oa-region-5-2019-convention>. Paper

Registration Flyer: <http://region5oa.org/wp-content/uploads/2019/03/ConventionRegistrationTriFD2.pdf>

Hotel Registration Information

The Region 5 Convention will be at: Hyatt Regency Milwaukee, 333 West Kilbourn Avenue, Milwaukee, WI 53203

Online Hotel Registration: <https://www.hyatt.com/en-US/group-booking/MKERM/G-OVEA> Or you can make hotel reservations by phone: 414-276-1234. To receive group room rate "Region 5 Convention Room Block"

OA's special group rate is:

- Std. King s/d, \$105.00/night
- Std. Double s/d, \$105.00/night
- Each additional adult \$20.00/night

Wi-Fi access, Fitness center, Complimentary Airport shuttle, Special parking rate for guests - \$15/day.

Convention Marketplace

Come for the recovery but enjoy the convention market place in "Grand Central Station".

For more information download Marketplace Flyer: <http://region5oa.org/wp-content/uploads/2019/03/MarketPlaceFlyer.pdf>

More Information

For more information about anything to do with the Region 5 Convention, please email: convention@oamilwaukee.org --Joel I.--Region 5 Secretary

OA FALL RETREAT

SAVE THE DATE: OCTOBER 12 - 13, 2019

COLOMBIERE RETREAT AND CONFERENCE CENTER



INFORMATION/PROFESSIONAL OUTREACH
SERVICE OPPORTUNITY - Volunteers Needed

Saturday, May 11th, 1:00 - 3:00 pm at the OA Southfield Office

Discuss:

Outreach Events with OA Members Present

Mailings sending out pamphlets

Materials available for doctors and other professionals

Join Barb J. and plan events to help those still suffering.



Hi All,

The proposed Budget for Detroit Intergroup of Overeater's Anonymous is available for review for 2019 fiscal year. We will vote to approve **this budget** at our next meeting in May, 2019. All are welcome voting May 14th, 2019 in OA Office 7-8:30 pm. In Unity,
Barbara D.



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	Carol U.	248-624-2314
12 Steps Within	Susie Y.	248-320-3105
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Helpline	Pamelar G.	313-522-6122
Webmaster	Andrea C.	586-943-6900
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Finance	Open	

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

Sue S. 248-408-2340