

Greater Detroit
Intergroup

LOVELINE

T R U E H O L I D A Y J O Y

Living aware of the idea of gratitude may reflect what happens when I've worked Steps 6 and 7. I enlarge my consciousness to include beauty as well as victimhood. I can consider the beauty of a measuring cup taming the menace of a buffet; the easy access to my OA friends taming the noise and challenge of my holiday gathering. Nice.

I had two occasions this morning to be amazed at the way OA has rewired my brain. I stopped for coffee and had to stand close to the display-case of "edible enticements." I neither looked at them and salivated nor had to avert my consciousness deliberately to avoid salivating and craving. I shopped for the weekly groceries. I didn't have to avoid certain aisles or pray in them. I simply pushed the cart down aisles that stocked the foods we consume. During shopping, I am sometimes engulfed by sadness. I've determined that this is a shadow of awareness that I cannot find joy or relief in any substance or item in this store. I may buy and carry out items, but whether the items are consumable or not, they cannot bring me the joy my soul craves.

~ *Anonymous*

*NoVAtions, November-December 2019, published by
Northern Virginia Intergroup of Overeaters Anonymous*

The deadline to submit articles for the **NEXT LOVELINE** is **DECEMBER 10!!**

THEME: "ACCEPTANCE IS THE ANSWER"

Please send stories, poems, drawings and letters based on your Experience, Strength and Hope to lnewsletter.editor@gmail.com. Submissions related to the theme or to any aspect of your recovery journey are welcome.

AND → if you haven't already done so, please send your email address to info@oagreaterdetroit.org and each new issue will be emailed directly to you!

For more information, contact Carol U. at 248.624.2314.



Greater Detroit OA Intergroup 12 Step Within Committee

Join in sharing

GRATITUDE & THANKFULNESS ON THANKSGIVING

Thursday, November 25 ♦ 9 am to 10 am
...followed by the 10:05 am Ferndale OA Meeting

PHONE/ONLINE/VIDEO MEETING

<https://us02web.zoom.us/j/8780530530?pwd=UURFL2ljREcvT2dtK2hmTVo2c2YyZz09>

Online Meeting ID: 878 053 0530 | Passcode: Mr2i3k

Phone number: [312] 626-6799 (Chicago)

(a Passcode is not needed for those who call in)

Find your local number: <https://us02web.zoom.us/u/kbtANEB>

For more information, please contact:

Sue S. [248] 408-2340

or Susie Y. [248] 320-3105

When feeling distressed, here are some actions that I can take:

- ❖ I can call my sponsor.
- ❖ I can write down 3 things that I am grateful for (for instance, "I am grateful that I can breathe" — a micro-gratitude).
- ❖ I can tell God what is on my mind; and I can ask Him to help me.
- ❖ I can take a few deep breaths and get centered.
- ❖ I can lower my defenses and let other people love me.
- ❖ If I am having a difficult time focusing, I can focus on my thumb.
- ❖ I can "laugh at my humanness," and give myself a hug.
- ❖ I can go help someone.



~ John G.

STEPPING INTO THE SUNLIGHT OF THE SPIRIT

I have had the most amazing experiences seeing what gratitude can do for my life and my program. The amazing secret that's not so secret is that having gratitude for all the things that happen in life whether good or bad gives me a different way of looking at life. Now with this changed perspective I can be accepting and grateful for the prior bad relationship that allows me to appreciate and recognize the good one that I have now. Or, looking back on the reason I stepped into twelve-step programs at all, which at the time, was the worst thing that could ever have happened to me, now I celebrate that day. Because it was my Higher Power giving me the opportunity (by force) to get out of my own way as well as His.

So, when I feel grateful for little and big things alike, I love the people around me who teach me things that I couldn't learn on my own such as patience, tolerance, and love. I also appreciate the little miracles of life, not to mention the big ones like a recent celebration of another year of abstinence from sugar. Before program taught me that attitude of gratitude, I did not understand how much good there was in my life and now there is no contest. I choose every day to live in gratitude and when I do, I am existing in the sunlight of the spirit and there is nothing I cannot accomplish when He is with me. It's truly amazing what a single gratitude can do for my mood and my day if I am willing to find one. Sometimes it's silver-lining gratitudes where I am just relieved, I made it through the day. But more often, I enjoy looking over my day and deciding on the people, situations and things I am most grateful for.

~ *Anonymous*

*The Northern Light Newsletter, February 15, 2015 (condensed & edited),
published by Anchorage Alaska Intergroup*

**NEW for
2022!**



Greater Detroit Intergroup of Overeaters Anonymous
12 Step Within Committee

Recovery is Living the Steps

Join in a Study of the 12 Steps using the
AA Twelve Steps & Twelve Traditions

2nd Thursday of the Month * 7 pm to 8 pm
Everyone is welcome.

Having the book is not necessary but certainly helpful.



Phone number: [978] 990-5000 * Access code: 213422#

Join the online meeting:

<https://join.freeconferencecall.com/oamonwestbloomfieldmi>



Contacts: Sue S. 248-408-2340 & Susie Y. 248-320-3105



Step 12	9-December 2021
Step 1	13-January 2022
Step 2	10-February
Step 3	10-March
Step 4	14-April
Step 5	12-May
Step 6	9-June
Step 7	14-July
Step 8	11-August
Step 9	8-September
Step 10	13-October
Step 11	10-November
Step 12	8-December

Gratitude Building



For as long as I can remember, I carried so many of the world's burdens on my shoulders. I worried about gas prices, nuke attacks, and the stupid things the men in my life did. I worried that I was ugly and couldn't wear stylish clothes because they didn't come in size "triple-Z." I felt the need to share these maladies with anyone who would listen. Slowly, my circle of friends diminished, as did my circle of mere acquaintances. The lightbulb finally came on one day when I found myself listening to the words coming out of my mouth. Complaint-after-complaint was my entire repertoire. Holy moly. No wonder I found myself alone. I thought to myself, "This girl has got to find a better way!"

I was new to the OA program and spent much of my time reading the Big Book and working my first Steps with a sponsor who was strong and strict yet loving. But the program had not sunk in. My brain had not yet grasped the Principles, and I continued to complain. Then I started receiving messages at meetings and from my sponsor that, just maybe, if I could find one thing that I was grateful for, I might see a flicker of "program light." I couldn't think of anything . . . not one thing.

My sponsor asked me to respond truthfully to a few questions. I agreed. Her first question was, "Did you wake up this morning?"

I smiled and said "Yes."

"Where were you sleeping?" she asked.

"In my bed," I answered.

"Did you have breakfast?" she continued.

"Yes," I responded, and began to giggle.

"Did you wake up and have breakfast inside a structure?" she asked.

"Yes, I did!" I answered in a slightly louder voice, laughing.

"Well, then," she said, "Do you think everyone living on the south side woke up today, woke up in a bed inside a building, and got to eat breakfast?"

I answered, "No," very solemnly. "I don't think everyone did."

"How does that make you feel about your morning?" she asked.

In a low voice, I answered, "Darn lucky . . . and grateful."

I smiled as I realized my sponsor had just showed me the beginning of my gratitude list. Being grateful for the most basic things in my life, things I took for granted, became the first building blocks of what has become an entire wall of gratitude. I've expanded my daily list to include people, my job, my car, the green lights on my way to work, and the phone calls that come just as I reach for food when I'm stressed; the program Tools that help keep fear, anger, and resentment at bay; and the fact that I can connect with my Higher Power, from whom I can draw strength, courage, and wisdom, anytime and anywhere. I could go on and on.

My life has changed dramatically. I no longer feel the need to complain about the small stuff, or even some of the big stuff. I simply say the Serenity Prayer and turn over all the stuff to my Higher Power. At night, I check my gratitude list, where my recovery is at the top.

— Liz B., Chicago, Illinois USA

Growing Gratitude



“Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see fellowship grow up about you, to have a host of friends—this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives” (*Alcoholics Anonymous, 4th ed., p. 89*).

This Twelfth Step promise in the Big Book has been my reality for several years. Shortly after my first miracle (I had a spiritual experience and was gifted with abstinence six years ago), my first sponsor guided me to serve others. She asked me to pick up members who needed rides to meetings, encouraged me to start sponsoring and chairing, and told me to attend intergroup meetings.

Service work has been instrumental in my growth and has woven its way into the fabric of my being. These are some of the growth opportunities and rewards I’ve experienced over the past six years:

- I’m less selfish. I work Step Seven, and I’ve become useful to my fellows.
- Service diminishes worry. I stay too busy to be concerned with life’s problems for long. I am learning to live life on life’s terms.
- I stay connected to others in OA. Service helps me to practice reaching out and making phone calls, and I get to meet new OA members from all over.
- I’m never alone in doing service work; if I need help, I ask, which teaches me humility.

By keeping OA alive and thriving, I focus on what I can do to help those still suffering inside and outside our groups.

I enjoy taking on new challenges. It’s scary, and often I have no idea what I’m doing, but I tackle the job, guided by God and OA mentors who have gone before me in the service position. It feels good when I learn new things and grow.

Service gives me a lot of gratitude for my recovery, OA, and God.

It also helps me with being patient, with letting go and letting God.

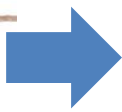
I remember that God is in our groups and group conscience. I may not always get my way, and it’s okay because I’m learning to grow up emotionally.

As always, Tradition Twelve (“placing principles before personalities”) keeps me coming back to serve at all levels. It’s no mistake that there is a whole chapter in the Big Book on working with others. Service is slimming, but oh so much more. It still amazes me that OA members are not arm-wrestling to do service work at all levels.

I pray for the day that all OA members say “Yes” to service.

— *Kim B., Racine, Wisconsin USA*

TRUST



Try Really Using the Steps

Step 11 – A Prayer

Time with Him:
prayer
meditation
asking
listening
growing closer

~ John G.

What I learned From a Slip at a Gathering



- Bring food appropriate for my program to gatherings.
- Stay away from the foods that trigger me to eat more.
- Concentrate on conversation with others, not food.
- Stay connected to one person at a time.
- When emotions get high or food gets tempting, pray.
- Take time to talk with Higher Power, asking for help and strength.
- Go to a private spot to call or text an OA friend.

~ Sharon H.

Practicing Gratitude

“One of the greatest blessings a compulsive overeater can hope for is a capacity for awe: to be filled with a sense of mingled wonder, gratitude and reverence for that awesome Power in each of us that heals us of suffering no human skill or medicine could touch and turns around the most wretched of lives ... (T)he first priority of each day is to give thanks.”

For Today, p. 342

It is astounding how practicing gratitude turns me from being in my character defects to being connected to my Higher Power. Countless times I have felt self-pity for what I so deeply wanted and didn't have. Identifying my self-pity (and often other character defects) prompts me to do the opposite. For me the opposite is gratitude. I am grateful for all my blessings and for being alive to enjoy them. I am grateful that, through every difficulty I have ever had, the God of my understanding (and of my not understanding) is ALWAYS with me.

“Step Eleven encourages us to practice prayer, to continue talking to our Higher Power daily...” (Voices of Recovery p.339). When I cannot see how a painful situation will turn out, it is my fear taking over. Fear is believing the worst will happen. How much better, and how much more peace there is, to pray that God's Will be done, not mine. I can never do better than that. Never. When my need to control pops up to find solutions and make things happen in my time frame, this does not work well for me or for my loved ones. It is in my total surrender that I see miracles I cannot explain. Relying on God to guide my steps; to guide my thinking and to guide my emotions is where I experience awe.

~ Mary S.

GET! INVOLVED!

GET INVOLVED WITH OA-GDI INTERGROUP!

We have **5 Open Member Positions** at our own
Greater Detroit Intergroup:

CHAIR

(Board Position)

FINANCE

(Committee Chair)

BY-LAWS

(Committee Chair)

OFFICE

(Committee Chair)

LITERATURE

(Committee Chair)

For more information or to apply, please
contact OA-GDI Vice Chair
Pamalar B. @ (313) 522-6122

WEEKDAY



LUNCH
TIME



Meetings



For Today Daily Reading & Sharing
12:30 pm to 1:30 pm EST

Phone:
312.626.6799

Meeting ID:
646 596 036

Website:
www.zoom.us

Password:
550141

The 3 Ps:

Pause

Pray

Proceed



SAVE THE DATE:
JANUARY 14TH - 16TH 2022

2022 OA BIRTHDAY PARTY

Hosted by the Los Angeles Intergroup

Meet fellows from all over the globe via Zoom
Panels • Big Book Workshop • Fellowship

Registration will open
October 15th 2021 at OABDP.org

CLICK [HERE](#) TO LEARN MORE!



4TH Saturday of the month
Nov. 27 (no meeting in Dec.)
@ 11:15 AM
following the 10 am "I am a Miracle"
Saturday morning Celtic Cross
Presbyterian Church Meeting

THERE ARE 2 WAYS TO JOIN:



Phone number: [425] 436-6398
Access code: 566803#

<https://join.freeconferencecall.com/satoacelticcross>
Online meeting ID: satoacelticcross

OA Virtual Region
4th Saturday of the Month Meeting

9:30 AM TO 11:00 AM –EST

November 27 → "Trudging the Road to Happy Destiny"

December 25 →
"Step 2 - Came to Believe"
(NOTE: this date is subject to change)

Join Zoom Meeting → [CLICK HERE](#)
Meeting ID: 891 6554 0024
Password: 120912

For USA or International numbers:
<https://zoom.us/zoomconference>

Come together for rotating topics, brainstorming, and sharing ideas that WORK!

VIRTUAL REGION:
2nd Sunday of the Month Workshop
3:00 pm - 4:30 pm EST

- November 14** "To Carry the Message to Other Compulsive Overeaters"
- December 12** "Connection is the Opposite of Addiction"

Join Zoom Meeting:

<https://us02web.zoom.us/j/89165540024?pwd=eXZWSUNNdVhtZ3hHZHZJY2RRejkdzdz09>

Meeting ID 891 6554 0024 Password: 120912

Suggested Workshop Contribution: \$5.00

7TH Tradition: <http://oavirtualregion.org/region/seventh-tradition/>

Previous Podcasts: <https://oavirtualregion.org/events/vrworkshops/virtual-region-podcasts/>

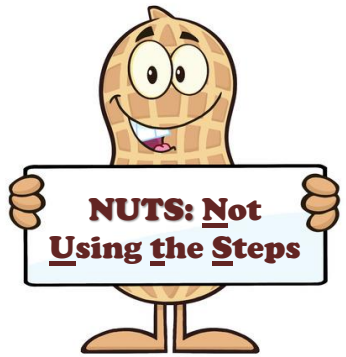
For more information, contact: <https://oavirtualregion.org> OR Lisa: workshop@oavirtualregion.org
OR Lee: icechair@oavirtualregion.org

Speakers & Sponsors List

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



The list can be found on the **OA-GDI** website under the **Intergroup Tab:** www.oagreaterdetroit.org



RELATIONSHIPS IN RECOVERY
FEEL THE LOVE!

DATE: SATURDAY & SUNDAY, NOVEMBER 13-14
TIME: 2-6PM, EST EACH DAY
ZOOM MEETING ID: 820 1313 0963
PASSWORD: 305305

PLEASE NOTE:
WE ASK THAT YOU REGISTER FOR THIS EVENT, SO WE
MAY SEND YOU DOCUMENTS DESIGNED FOR
PARTICIPATION IN THE PRESENTATION.

TO REGISTER EMAIL US YOUR NAME AND EMAIL
ADDRESS AT: EVENTSMDKIG@GMAIL.COM

THERE IS NO REGISTRATION FEE!
A 7TH TRADITION CONTRIBUTION IS APPRECIATED.



Sponsored by the Miami-Dade & The Keys Intergroup



Check It Out!



www.oavirtualregion.org

The Virtual Region (VR) of Overeaters Anonymous is a service body that supports Overeaters Anonymous (OA) virtual meetings (telephone, online, and non-real-time meetings) and OA Virtual Intergroups (VIG). This website is FULL of meetings, information and podcasts ...



www.OALAIG.org

Los Angeles Intergroup

Useful Links  **to Podcasts**

[Virtual Speakers' Bureau](#)

[Event Speakers' Bureau](#)

[Birthday Party Virtual Speakers' Bureau](#)

Find us on the web! www.oagreaterdetroit.org

BOARD MEMBERS/OFFICERS

Chair	*OPEN*	
Vice Chair	Pamalar B.	[313] 522-6122
Treasurer	Lynn H.	[313] 613-8754
Recording Secretary	Keri C.	[248] 672-6745
Corresponding Secretary	Barbara D.	[313] 886-3533

Committee Chairs

Bylaws	*OPEN*	
LoveLine	Carol U.	[248] 624-2314
Twelfth Step Within	Sue S.	[248] 408-2340
Speakers/Sponsors List	Frank A.	[810] 813-1167
Helpline	Verna K.	[734] 716-1773
Webmaster	Pina B.	[248] 416-0726
Literature	*OPEN*	
Public Information	Bobbi S.	[313] 377-2371
Office	*OPEN*	
Finance	*OPEN*	

GDI Region Rep/Delegates to WSBC/Region 5 Reps

OPEN



7th Tradition:

We are fully self-supporting through our own contributions, neither soliciting nor accepting outside donations. In these difficult times of virtual meetings, please remember to honor our **7th Tradition**.

For your convenience, you can donate one of two ways:

You can go to the OA Greater Detroit Intergroup Website and pay by PayPal:

PayPal™

Donate

OR → you can mail a check, made payable to **Overeaters Anonymous**, to:

Lynn H.
14163 Landings Way
Fenton, Michigan 48430



Monies collected are usually split: **60%** to Greater Detroit Intergroup, **30%** to World Service Organization, and **10%** to the Region.

Please add a note if you want your donation to be split this way, or if you want 100% of your donation to go to OA-GDI.

**PLEASE
NOTE:**

CONTACT US!



25511 Southfield Road ♦ Suite 127
Southfield, Michigan 48075

[248] 559-7722

Email: info@oagreaterdetroit.org