

Greater Detroit
Intergroup

LOVELINE

PRACTICING STEP 2

How does one practice the principle of Step 2 – Hope (that a Power greater than me could RESTORE me to sanity)? For me, it is active, a list of "dos" that intentionally put into (imperfect) practice many ideas, including:

- Accept that I start out with unhealthy thinking, which puts me in a position to receive sanity-restoring aid;
- Believe that I can't stay clean on yesterday's shower. So, needing this help again – after I've previously been restored – isn't failure, but the ongoing nature of my condition;
- Reject misery-causing thinking and intentionally replace it with better while I'm waiting for God to ease my pain and uncertainty; and
- Even when I can't, or won't, reject that thinking – when I find myself sinking into it and am too weak or unwilling to fight, "seized with a rebellion so sickening that (I) simply won't pray" (**Twelve Steps and Twelve Traditions**, p. 105) – I wait out those times trusting in a better way of being and living another day.

Which leads me to one "don't" that is a practice of the principle of Hope grounding Step 2 for me:

- I practice the principle of hope when I *don't* pick up the fork and stab it into that food that's off my plan. It could look like relief but is actually a surefire way to prolong and exacerbate what otherwise has only ever been temporary (if sometimes very, very unpleasant) discomfort.

The deadline to submit articles for the **NEXT LOVELINE** is

December 10!

The topic is: "What is My Idea of Happiness?"

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 Irene R. at 248.574.2536



I.D.E.A. DAY

KEEP YOUR EYES OPEN FOR IDEA (INTERNATIONAL DAY EXPERIENCING ABSTINENCE) EVENTS! IDEA DAY, CELEBRATED THE THIRD FULL WEEKEND (FRIDAY INCLUDED) IN NOVEMBER, ENCOURAGES OA MEMBERS WORLDWIDE TO BEGIN OR REAFFIRM THEIR ABSTINENCE FROM COMPULSIVE OVEREATING.

International Day Experiencing Abstinence DAY (just a few weeks early)



St. Louis Bi-State
Area Intergroup



HOSTED BY THE CLAYTON EARLY BIRD GROUP

Questions? Call Christina @ (314) 954-1944

NOVEMBER 5, 2022

9:30 AM - 11:30 AM

Zoom Meeting ID: 538 040 418

Passcode: 002478

Dial In: 1 (312) 626-6799 (use same ID & passcode)

Come join us to hear a panel of four OA fellows offering their experience, strength, and hope in their journey with abstinence, followed by a Q&A.

\$6 SUGGESTED DONATION

*please never stay away from an OA event for financial reasons
use group number 52794 when submitting 7th tradition donation
<https://stlouisoa.org>*

Mass Bay Intergroup invites you to
**COMING BACK TO OA:
A New Beginning, Part 3**
Saturday, November 5 ♦ 10:30 am to noon

*Come hear speakers share how OA's
12 Steps helped them recover from relapse.*

Join via Zoom or Telephone (can join at 10:15am)

Zoom meeting ID: 84101180358 Passcode: 790766

<https://us02web.zoom.us/j/84101180358?pwd=aks4SXp5eWdMMWw51QTNad1NUd0JQUOT09>

Phone only call 929-205-6099 US, same ID and password.

For questions, please contact: info@oambi.org

Phone: 1-781-641-2303



**Live The 12 Step Principles In All Your Affairs:
This is our life.**

HONESTY • HOPE • FAITH • COURAGE • INTEGRITY • WILLINGNESS
• HUMILITY • SELF-DISCIPLINE • LOVE • PERSEVERANCE
• SPIRITUAL AWARENESS/CONNECTION • SERVICE

This is not a theory! These principles are not just to read or be written about!

They are the framework for a consistent way of life/living. It is not for some time. It is not for once in a while.

Practicing these principles in our affairs leads to a wonderful, happy and productive life.

~ Anonymous



Recovery is Living the Steps

Greater Detroit Intergroup of Overeaters
Anonymous 12 Step Within Committee

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

**Don't miss the
last 2 sessions
of the series!**

Step 11	10-November
Step 12	8-December

Join Us
for **GDI Intergroup Meetings!!**

4th Saturday of the month
November 26 @ 11:15 am

following the 10 am "I am a Miracle" Saturday morning Celtic Cross Presbyterian Church Meeting

THERE ARE 2 WAYS TO JOIN:

Remember, there is no Intergroup meeting in December!

OVEREATERS ANONYMOUS®
GREATER DETROIT INTERGROUP

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

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

YOU DON'T NEED
TO BE **PERFECT**.
JUST **BE BETTER**
THAN YOU WERE
YESTERDAY.

PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS

“Each of us in turn – that is, the member who gets the most out of the program – spends a very large amount of time on Twelve Step work in the early years. That was my case, and perhaps I should not have stayed sober with less work.

“However, sooner or later most of us are presented with other obligations – family, friends, and country. As you will remember, the Twelfth Step also refers to ‘practicing these principles in all our affairs’. Therefore, I think your choice of whether to take a particular Twelfth Step job is to be found in your own conscience. No one else can tell you for certain what you ought to do at a particular time.

“I just know that you are expected, at some point, to do more than carry the message of A.A. to other alcoholics. In A.A. we aim not only for sobriety – but we also try again to become citizens of the world that we rejected and of the world that once rejected us. This is the ultimate demonstration toward which Twelfth Step work is the first but not the final step.” (**As Bill Sees It**, p. 21)

“It is a privilege to be a member of OA. I know I did not look at it that way when I came through the doors. I was in much psychic pain and physical and emotional self-loathing. Desperate! Yet, as I took the step of faith and embraced the words of a sponsor, the fog began to lift as the toxic foods and food behavior were eliminated from my life. I began to get a clear view of the world around me. Working through to the Twelfth Step and experiencing the Spiritual Awakening that is promised as a result of this work gave me the opportunity to become a ‘citizen of the world’ again.

“Striving to maintain a degree of decency and gratitude every day helps keep me in balance and better able to be of service to the people, places and things around me. But I cannot do this alone. I need the love and support of others, and OA has given me that connection and choice to ‘practice these principles in all (my) affairs.’”

~ Paula M.

OPEN SPEAKER MEETINGS

5TH SATURDAYS @ 10 AM

Did you know? Every 5th Saturday of the month, the **Celtic Cross I Am a Miracle meeting** hosts an open meeting with a speaker who shares her/his experience, strength, and hope at **10 am**. This meeting is an excellent venue for bringing family, friends, and other interested parties together to find out more about the disease of compulsive eating and the solution offered by OA.

**The last remaining date
in 2022 is December 31!**

Please invite others; we only succeed when we support one another and share the message.

To join the Open Speaker Meeting
virtually, please use the access
information below:

Phone Number: (425) 436-6398

Access code: 556803#

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

Online meeting ID: satoacelticcross

Holiday Hype? or Holiday Happiness!

Do you suffer from Seasonal Allergies of the Mind and Seasonal Cravings of the Body?

Join us for conversations on holiday challenges facilitated by Overeaters Anonymous members

**Two SHORT Zoom events
from 2 pm to 3pm CST**



Sunday – November 13, 2022
Thanksgiving - 'WE Are Family!'



Sunday – December 4, 2022
Christmas/Kwanzaa/Hanukkah/New Year
'Celebrate or Commiserate?'



- Learn tips and tricks to help with holiday temptations and pitfalls
- Get a **Holly Buddy** to connect with through the holidays

"It is weakness, not strength, that binds us to each other and to a Higher Power and somehow gives us an ability to do what we cannot do alone."

Hosted by the Houston Tuesday 6pm (Central) Newcomer Meeting

Contact Info:

outreach@oahouston.org
www.oahouston.org



Zoom Info:

Meeting ID: 811 7402 6732
Passcode: 2020

Please consider these openings as opportunities both to be of service to the wider membership and to enhance your recovery. Take it to your Higher Power! Talk to your sponsor!

GREATER DETROIT AREA

INTERGROUP POSITIONS

ARE OPEN!



OFFICER POSITIONS (2-YEAR TERMS) TO BE FILLED:

Chairperson:

1. Shall act as guardian of the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service
2. Shall conduct all regular or special meetings of Intergroup, establish meeting agenda, and have copies of agenda available
3. Shall call emergency and special meetings of the Officers and Intergroup as necessary
4. Shall serve as ex-officio member of all standing committees
5. Shall act as Regional Rep and WSO delegate-at-large
6. Shall, at the beginning of the term, appoint chairpersons for all standing committees; these appointments are subject to approval of the Intergroup
7. Shall appoint, upon a vacancy, a replacement committee chairperson, upon approval of the Intergroup
8. Shall sign on all accounts and be authorized to co-sign checks
9. Shall be the contact person for WSO information
10. With the Treasurer, shall negotiate the office lease or appoint a representative
11. Shall serve as active member of Bylaws Committee
12. Shall ensure that the general account of the Intergroup be audited annually (refer to Webster: audit (vt): to examine with intent to verify)

Vice Chairperson:

1. Shall attend monthly intergroup meetings
2. Shall serve in the absence of the chair
3. Shall serve as an ex-officio member of all committees
4. Shall sign on all accounts and be authorized to co-sign checks

Corresponding Secretary:

1. Shall attend monthly intergroup meetings
2. Shall read WSO correspondence at intergroup meetings
3. Shall have responsibility for annual "individual group registration with GDI," to send out form requesting current information and compile information when received.
4. Shall write any letters required or requested by the intergroup and/or chair
5. Shall maintain current list of officers, committee chairs, group representatives/alternates (IR), and secretaries of OA groups registered with GDI
6. Shall keep WSO informed of all changes of group information
7. Shall maintain WSO information forms as requested or necessary
8. Shall be responsible for distribution of updated meeting lists to group secretaries, intergroup officers, info/helpline chair, region V, and toll-free helpline
9. Shall serve as an active member of the office committee
10. Shall sign on all accounts and be authorized to co-sign checks

OFFICER POSITIONS, *continued...*



QUALIFICATIONS FOR THESE POSITIONS:

- A. A nominee for GDI officer must have been a member of OA for at least two years
- B. Be working the 12 steps of OA
- C. Have at least one year of current abstinence.
- D. Be willing to give service
- E. Have given service to Intergroup sometime during the previous twelve-month period.

COMMITTEE CHAIR POSITIONS (one year of current abstinence is required) :

Twelve-Step-Within:

1. Shall be responsible for developing activities focusing on recovery for OA members
2. Shall lend assistance to groups for developing activities
3. When asked, shall lend assistance to any meeting needing to increase attendance.

Finance:

1. Shall serve in an advisory capacity to the Intergroup on all financial matters
2. Shall review all income and expenditures at least quarterly and make recommendations to Intergroup when necessary
3. Shall, with the Treasurer, submit a written budget to the Intergroup
 - a. Proposed budget shall be submitted to Intergroup and mailed to all groups for review two months prior to new fiscal year
 - b. The Intergroup shall vote on budget one month prior to new fiscal year
4. Shall with the treasurer, submit a written annual report to the Intergroup
5. To avoid the appearance of impropriety, the Finance Committee Chair shall not chair any other committee nor hold the office of treasurer

Public Information:

1. Shall act in a public relations capacity, bringing Overeaters Anonymous to the attention of the compulsive overeater
2. Shall be consistent with Tradition Eleven which states our PR policy is based on attraction rather than promotion
3. Shall handle inquiries and distribute information about OA for the general public and for special groups including HIPM (Hospitals, Institutions, Professionals, and Military) and Young People

Office:

1. Shall consist of the chair, hereinafter referred to as Office Manager, and the office volunteers
2. The Office Manager has the responsibility of training and coordinating volunteers for optimum office coverage
3. Shall determine the procedures of the Intergroup office and maintain an Office Procedures Manual
4. Shall keep accurate records of all group donations, literature sales, and manage safe handling of monies collected, and coordinate this with the treasurer
5. Shall direct a physical inventory of the office prior to new fiscal year

COMMITTEE CHAIR POSITIONS, *continued...*

QUALIFICATIONS FOR THESE POSITIONS:

- A. All committee chairpersons shall attend all regular Intergroup meetings
- B. All committee chairpersons shall hold committee meetings as needed
- C. Term of service shall be two years beginning and ending with election meeting of the Chair
- D. An abstinence requirement of one year, to be the Chair of a Standing Committee, will be effective July 15, 2014.

Region Representative / WSO Delegate:

- 1. Region Reps/Delegates shall attend monthly Intergroup meetings
- 2. Region Reps/Delegates shall serve on a standing committee of GDI
- 3. Region Reps and WSO delegates shall represent the Intergroup at Regional Assemblies and WSB Conferences whenever possible
- 4. Region Rep/Delegate Committee shall submit a written report of any Region Assemblies or WSB Conference, within 5 weeks, at an Intergroup meeting. This report shall be submitted by the Delegate Chair to the Chair, to the Recording Secretary and to the newsletter editor. An oral report may be delivered at the Intergroup meeting
- 5. One copy of all printed materials accumulated by Region Reps/Delegates belongs to Intergroup and will be filed at the Intergroup office.

QUALIFICATIONS FOR THIS POSITION:

- A. A nominee for Region Representative / WSO Delegate must have been a member of Overeaters Anonymous for at least two years and have given at least two years of service beyond the group level
- B. The World Service Business Conference Delegate/Alternate shall have at least one year of current abstinence



OUR SOUTHFIELD OFFICE IS ***OPEN!***

**25511 Southfield Road, Suite 127
Southfield, Michigan 48075**

Donations to our Detroit Intergroup have allowed us to maintain our Southfield Office, which provides a convenient location for regular face-to-face meetings and special events. Members are encouraged to take advantage of this space, which belongs to all of us.

For many of us, an important aspect of our recovery has been the opportunity to meet other OA-ers in the flesh. Meeting in person strengthens our recovery by giving us a closer bond to each other while allowing each of us to better sense what our HP needs us to communicate to our fellows.

Please consider strengthening your own individual program of recovery with an act of service: planning a special event or starting a meeting at the office. Making good use of our office will help all of us spread the message of recovery to those who still suffer. If you would like to schedule a meeting or special event at the office, please contact Verna at [734] 716-0773.

OA VIRTUAL REGION

2nd Sunday of the Month Workshops

Overeaters Anonymous Virtual Region is hosting
The WORKSHOP series: 2nd Sunday of the Month
8:00 - 9:30 PM London (UTC)
3:00 - 4:30 PM New York (UTC -5)

- November 13th - Step 11: Prayer & Meditation
- December 11th - Sponsorship

Come Join Us!

For Virtual Region Workshop Room Join Zoom Meeting

Meeting ID: 891 6554 0024

Password: 120912

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

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

Suggested workshop contribution \$5

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

FOR MORE INFORMATION:

<https://oavirtualregion.org>

info.workshop@oavirtualregion.org or chair.workshop@oavirtualregion.org

Find us on the web! www.oagreaterdetroit.org

Greater Detroit Intergroup Board Members/Officers

Chair	*OPEN*	
Vice Chair	*OPEN*	
Treasurer	Lynn H.	[313] 613-8754
Recording Secretary	Keri C.	[248] 672-6745
Corresponding Secretary	*OPEN*	

Committee Chairs

Bylaws	Barbara D.	[313] 886-3533
Loveline	Irene R.	[248] 574-2536
Twelfth Step Within	*OPEN*	
Speakers/Sponsors List	Frank A.	[810] 813-1167
Helpline	Verna K.	[734] 716-0773
Webmaster	Pina B.	[248] 416-0726
Literature	Verna K.	[734] 716-0773
Public Information	*OPEN*	
Office	*OPEN*	
Finance	*OPEN*	

GDI Region Rep/Delegates to WSBC/Region 5 Reps

OPEN

7th Tradition:

Every OA group ought to be fully self-supporting, declining outside contributions.

Member contributions in the Detroit area have dropped this year. One factor may have to do with most meetings being held virtually. *At www.oagreaterdetroit.org members can make a one-time donation or set up a **RECURRING MONTHLY DONATION** via PayPal to take the place of the weekly contributions they might ordinarily drop in a 7th Tradition basket at an in-person meeting.*



Visit www.oagreaterdetroit.org to donate via PayPal. It's easy to go a step further and set up a recurring monthly donation, which you can cancel at any time.



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

**14163 Landings Way
Fenton, Michigan 48430**



CONTACT US!



25511 Southfield Road ♦ Suite 127
Southfield, Michigan 48075

[248] 559-7722

Email: info@oagreaterdetroit.org