

Greater Detroit
Intergroup

LOVELINE

**** Finding My Way ****



My sense of spirituality has been enlarged by my time in OA and working the Steps. Not long after I joined OA I was asked as part of a group exercise to write down the concept of a Higher Power that would work for me. That had seemed almost sacrilegious to me initially, but it was liberating. No one had ever asked me what I needed from a Higher Power, only what I owed in terms of my thoughts and behavior. In an old diary I compared time spent in prayer to being called to the principal's office. I had an idea of a Higher Power that was critical, overbearing and perpetually dissatisfied with me. Recently I came across a passage in Overeaters Anonymous, (3rd ed., p. 190) that strongly resonated with me: "I used to feel a need to define my Higher Power. Today I find the most peace in not trying to define it. I recognize many powers greater than myself—nature, life and death to name a few—and that my life is saner when I surrender than when I try to fight them. I also think the Steps are a Power greater than myself."

Now I sometimes experience a silence in meditation that feels like the rapt attention of a loving friend. It is not the absence of communication but its very opposite. I find room to take my inventory and, in line with the Promises, receive inspiration on "how to handle situations which used to baffle (me)." (Alcoholics Anonymous, 4th ed., p. 84) I am grateful to this program that continually chips away at the wall of isolation that I still, intermittently, try to build around myself. I am grateful too that it has broken me out of the narrow way of thinking I had regarding spirituality.

~ Anonymous

The Deadline to Submit Articles for
the January/February 2024 **LoveLine**
will be December 10!!

The topic will be **Steps 1 & 2**

Please send your 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!

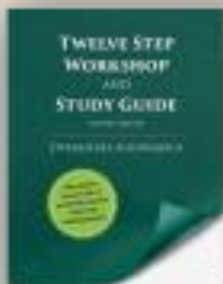
For more information, contact Irene R. at 248.574.2536

PUT THIS
On YOUR
CALENDAR



Overeaters Anonymous TWELVE STEP WORKSHOP

A 15-session workshop designed to help participants achieve and maintain
Abstinence through
working all Twelve Steps



WEDNESDAYS

START - NOVEMBER 1, 2023

END - FEBRUARY 21, 2024

2:30PM - 4:30PM EST

ZOOM: 914 9995 6265 PASSWORD: 1212

To participate, attend the Orientation session (NOV 1). No registration needed for the Orientation session. Those who attend the Orientation session will be registered for the workshop. This workshop will be closed to new participants after the Orientation session.

To get more information & all the literature for the workshop, [CLICK HERE](#) or email tsw@oafootsteps.com.

Literature scholarships may be available. Contact tsw@oafootsteps.com

Fashioned Prayer

In 2008, I worked on a prayer based on the Big Book passage that begins, “On awakening . . .” (Alcoholics Anonymous, 4th ed., pp. 86–88). Early in my program, I read this passage every morning for two years, and I wanted a way to incorporate the spirituality of this reading into my daily routine. I fashioned and refashioned the prayer for weeks and then started praying it every morning, which I still do to this day.

I say this each day along with a related religious prayer and the Third Step Prayer (p. 63):

**Merciful Friend, show me your way today.
Let me know your love so I can love you
with my whole heart, mind, and strength
and be a blessing to everyone I meet.**

**Throughout this day, show me the way of
kindness, courage, patience, and forgiveness.
Deliver me from self-pity and dishonesty.
Help me to live in gratitude and integrity.
Don’t let me be caught in resentment or fear.
If they appear, turn my thoughts into prayer
for my enemy or someone in need.**

**When anxiety besets me,
may I find peace in you
and not escape in gluttony, lust, envy
arrogance, greed, lethargy,
or any misuse of my freedom.
If I do harm someone, including myself,
show me the best way to make amends.**

**When I am stuck in indecision,
I will relax and remember
that you want the best for me
and will show me the next step.
Guide me as I plan what to do today.
Give me the intuition to know your will
in all I do and the strength to do it.
Help me to be of service to others.
Good God, keep me in the flow of your grace.**

Amen.

— Frank



**I INTERNATIONAL
D DAY
E EXPERIENCING
A ABSTINENCE**



International Day Experiencing Abstinence (IDEA), celebrated the third full weekend (Friday included) in November, encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.

*We are better
together*

<https://www.oalifeline.org/literature/fashioned-prayer/>

You're Invited to Our

FRAMILY SHARE

Framily: Friends
Who Feel Like
Family

EVERY MONTH,
JOIN US FOR A
CREATIVELY
INSPIRED
FELLOWSHIP EVENT

Topics vary but may include:

- Sharing personal artwork
- Art tutorials
- Speakers
- Interactive activities

Every Month
on the 2nd Saturday
6 PM EST

<https://zoom.us/j/81738885598>
{password: 1212}

Hosted by OA Creative Reprieve



Fall Workshop

Planning for Serenity

Saturday
November
18
2023

Noon
to
3 p.m. EST

**VIRTUAL CONFERENCE
ONLINE via ZOOM**
To Register visit: www.a2oa.org
or Tap blue circle of online .pdf
or Call Pauline at 419-265-2536



MY SERENITY IS THE MEASURE OF MY RECOVERY — AN OA INSIGHT

Workshop Includes:

- The main speaker addresses what planning for Serenity means and how doing it supports recovery every day.
- Confidential, friendly breakout groups explore recovery essentials and how to implement them in your daily life.
- A surprise gift will be given to all attendees!
- For more information email chair@a2oa.org

This workshop is free to anyone who wants to stop eating compulsively, brought to you by the Greater Ann Arbor Area OA Intergroup.

Visit our website at A2OA.org

Follow us on Facebook at facebook.com/GAAAQAIG



Spirituality Defined

A recent communication from an OA member had me thinking about the spiritual aspect of OA's program. This person didn't work the spiritual side of recovery. Well, I am an atheist, and I have a strong spiritual side. I began to ponder how I could explain this.

I am a definitions person, so I consulted some online dictionaries for the meaning of "spirituality." I left out obvious definitions about religion and the soul because I don't believe in the soul as a definitive, everlasting creation. I've listed interesting, and not inferior, definitions:

- "standing in a relationship based on communication between the souls or minds of the persons involved"
- "having a mind or emotions of a high and delicately refined quality"
- "of, relating to, or characteristic of sacred things"
- "incorporeal"
- "closely akin in interests, attitude, outlook, etc."

I can relate to these definitions too. My mind may be made of neurons, which transmit electrical energy and chemicals, but it also creates something incorporeal, ethereal, and transcendent that we cannot easily explain. This is what people mean when they refer to the soul. I don't believe it existed before I was born or will last after I die, but it is a remarkable thing.

One of the definitions refers to the communication of the mind (or soul) with another being, which could be a god, nature, or person. This highlights my personal definition of spirituality. How delicate, marvelous and wonderful for two or more souls or minds to connect with one another—a rare and beautiful thing, the stuff of magic and miracles. I'm not talking about mere communication—mindless, tedious, crude yapping.

I'm talking about a real connection between disparate individuals. It is the wondrous moment when two beings transcend the mechanics of speech and listening and become one mind sharing a thought. It seems simple and common, but it's rare if one ponders it. How many times in your 24-hour day do you stop communicating and simply exist within one mind with another being! It can be done with or without words. It can be a mere look, with humans or animals.

I often share these transcendent moments with OA program people in meetings and fellowships. In the "real" world, these moments are as rare as finding a perfectly formed conch shell while walking along the beach. But in OA meetings and fellowship, you can string these pearls into a necklace and have the bracelet and earrings to match.

I find my spirituality in connection. This connection requires fellowship with other beings (or nature) and cannot be done alone. Twelve Step meetings and works prepare me for this fellowship and provide the opportunity.

Spending time in OA is more than a requirement, healthy mindset, or mere opportunity for relaxation. It is my spirituality. I feel nurtured and fed when I am in true fellowship. I don't hunger afterwards. I am wonderfully full. My needs diminish, and my satisfaction with life grows. Fellowship is sacred time for me, and the meetings are sacred ground.

This, in a nutshell, is my spirituality.

~ Amy, Fredricksburg, Virginia

Join us

for GDI Intergroup Meetings!!

4th Saturday of the month
November 25 @ 11:15 am

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

**Remember there will not be an Intergroup meeting in December!

THERE ARE 2 WAYS TO JOIN:



**** PLEASE NOTE NEW CONNECTION INFORMATION! ****

<https://us02web.zoom.us/j/6990245549?pwd=RnVmcGNwS1FRcitaK1X52FNWjVHVyUT09>

Meeting ID 699 024 5549 | Passcode Detroit12
Telephone 312-626-6799 | Telephone Passcode 990439745

THANKSGIVING DAY MEETING ~ In-Person



The Wednesday Morning in-person meeting is hosting a Thanksgiving Day Meeting. Anyone with a desire to stop eating compulsively is welcome to attend.

Thursday November 23 @ 9:00 am

Location: Birmingham Unitarian Church
38651 Woodward Ave. • Bloomfield Hills, 48304

Come and join us for recovery support on this holiday.



OPEN SPEAKER MEETINGS → 5th Saturdays at 10 am

Did you know? Every 5th Saturday of the month, the Celtic Cross I am a Miracle meeting hosts and open meeting with a speaker who shares his/her 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 2023 is December 30

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#

Online meeting ID: satoacelticcross

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

GREATER DETROIT AREA INTERGROUP POSITIONS ARE OPEN!



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

OFFICER POSITION (2-YEAR TERM) TO BE FILLED:

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

QUALIFICATIONS FOR THIS POSITION:

- 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



continued, next page...



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



Want to know more about OA events in and around Detroit? Check out www.oagreaterdetroit.org for more information!

AUTUMN FIRE

a season ends

I'm the first to feel it

why can't I just stay the same?

I know I can't stay the same

stirring

becoming

CHANGING

glowing yellow and orange

fire and sunrise in me

dropping

drifting

swirling

twirling

RESTING

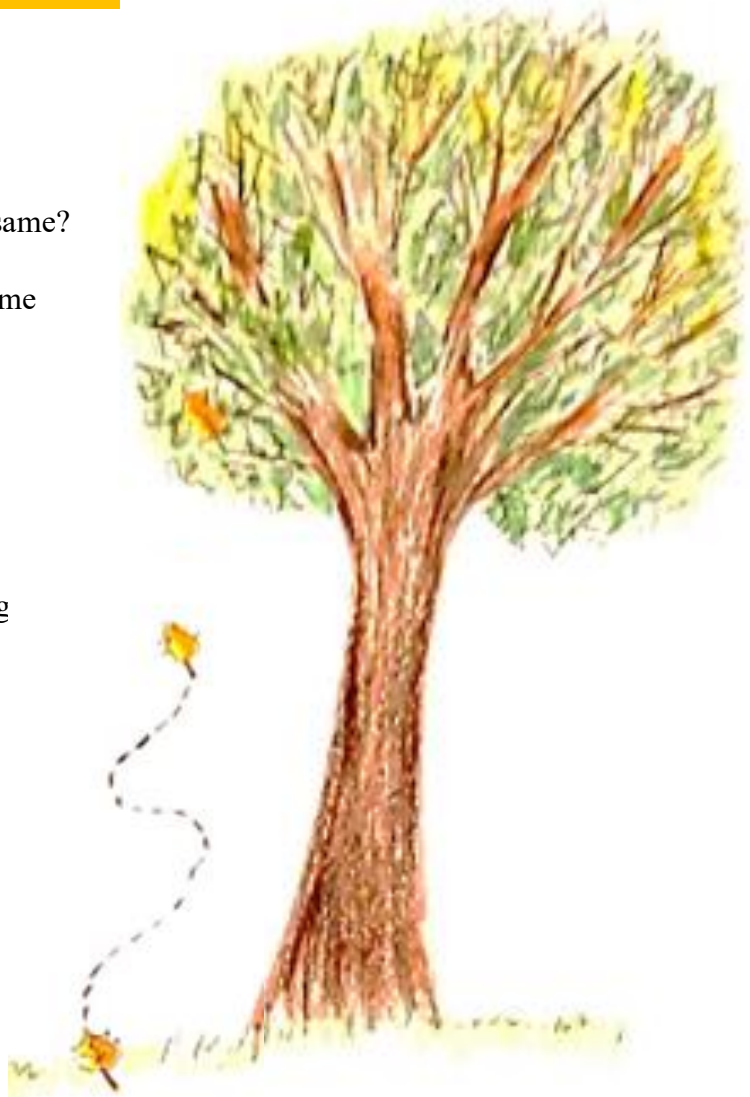
noticed

gathered

admired

cherished

LOVED.



Find us on the web! www.oagreaterdetroit.org
Email: info@oagreaterdetroit.org

Greater Detroit Intergroup Board Members/Officers

| | | |
|-------------------------|---------------|----------------|
| Chair | Verna K. | [734] 716-0773 |
| Vice Chair | Ira H. | [818] 903-6559 |
| Treasurer | Lynn H. | [313] 613-8754 |
| Recording Secretary | Keri C. | [248] 672-6745 |
| Corresponding Secretary | *OPEN* | |

Committee Chairs

| | | |
|------------------------|---------------|----------------|
| Bylaws | Paula M. | [248] 882-5572 |
| LoveLine | Irene R. | [248] 574-2536 |
| Twelfth Step Within | *OPEN* | |
| Speakers/Sponsors List | *OPEN* | |
| Helpline | Julie G. | [248] 559-7722 |
| Webmaster | Pina B. | [248] 416-0726 |
| Literature | Verna K. | [734] 716-0773 |
| Public Information | Monica S. | [313] 585-3637 |
| 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.

PayPal [Donate](#)

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

Lynn H.
14163 Landings Way
Fenton, Michigan 48430

