

# LOVELINE

## Open Positions at Detroit Intergroup

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The positions of Finance Chairperson and Speaker/Sponsor 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 must have at least one year of current abstinence.

The Finance Committee Chair serves in an advisory capacity to the Intergroup on financial matters. The Finance Chair will at times be working with the Treasurer to determine such things as the budget.

The Speaker/Sponsor list has been kept current by Bobbi S. and she is ready to pass this position on to a new Chair. Any questions regarding this position can be answered by Bobbi S. who is currently our Vice Chair.

The terms for each of these positions is two years and the duties are outlined in our Bylaws. Please contact: Sue S, Intergroup Chair, 248 683-4354, if you are interested and would like a copy of the requirements and duties for either of these open positions.

## Coming Attractions

### I.D.E.A. DAY

**November 18th, 2017 from 1:00 - 3:30 p.m. at the Southfield Office.**

### "Spring into Recovery Retreat",

**April 20-22, 2018 at Colombiere Conference Center.**

### New OA/HOW meeting

**Thursday nights at 7 p.m.**

**Henry Ford Macomb Hospital, 15855 Nineteen Mile Road Clinton Twp., MI 48038**

**Medical Pavilion Building, Classroom 1, room #6**

**Hospital is on the North side of 19 mile. Enter through doors under the canopy.**

**Ask the receptionist in the main lobby for Medical Pavilion Bldg., Classroom 6**

**For directions or more information call;  
Chris J 586-530-8971 or Deborah R 586-612-8600**

### OPEN TALKS:

**Celtic Cross  
Warren, MI  
December 30th,  
10:00 a.m.**

**Crittenton Hospital  
Rochester, MI  
January 7th,  
7 p.m.**

### How To Access the Loveline Newsletter

The Greater Detroit Intergroup of Overeaters Anonymous is pleased to announce that our Loveline Newsletter has resumed production.

To date two bi-monthly issues have been released, May/June 2017 and July/August 2017. The Loveline Committee works very hard to provide a variety of useful information in each issue. Flyers for Re-treats and our Region 5 Convention, Individual contributions written by our Members and Intergroup News all can be found in our Newsletter.

#### Simple Access:

It is very simple to access our Newsletter. Just go to our Greater Detroit website at [oagreaterdetroit.org](http://oagreaterdetroit.org) and click on Intergroup at the top of the page, after that click on Loveline E-Newsletter. You will see a list showing the current issue as well as the previous issues. Just click on the one you would like to read. That's It!

#### Future Newsletters:

The Newsletter Committee would like contributions from our members— stories or articles that promote OA's program of recovery. Please feel free to submit written pieces describing your experience and the strength and hope that the OA program has given to you. Send your written contributions in a Word document to Newsletter Chair: Susie Y at: [lnewsletter.editor@gmail.com](mailto:lnewsletter.editor@gmail.com)

## PASS THIS LOVELINE ON TO EVERYONE YOU KNOW IN OA

Dear OA Members,

We will email you the Loveline. Please provide us with your email address. We also invite you to submit articles, writings on literature for future publication.

Susie Y: [lnewsletter.editor@gmail.com](mailto:lnewsletter.editor@gmail.com)

Nicki T: [lnewsletter.content@gmail.com](mailto:lnewsletter.content@gmail.com)



## OA Member Contributions

I have a wonderful friend who lives a great life. He is a terrific father, contributes much to others, and he is not in the Program. He also usually is about 40 pounds overweight. From time to time, he goes on a sugar-free diet, which he is doing now. In the latest bout, he has lost 22 pounds just by going on specific program. It wouldn't have worked for me without the Tools and the Steps—I didn't have his willpower when he wants to turn it on. Some day we might see him in the Program so he can keep that weight off permanently.

I make it a practice several nights a week to get on my knees before I get into bed to do some praying, including thanking HP. I need to do that every night of the week and it would be even better if I did it every morning.

M C

Big Book Quote from Page 62:

"So our troubles, we think, are basically of our own making.

They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot."

These words ring in my head, as I measure all happenings, examining them from this perspective.

Susie Y

## OA Member Contributions

### Transformation, Confirmation & Answered Prayer

Several weeks ago I was at a funeral home when a young woman found her way up to the casket, near where I was standing. She was sobbing uncontrollably & was obviously quite distraught. My Higher Power guided me to pivot, to face the woman, & offer this total stranger a hug. Now, this might not seem significant, except for the fact that I am an introvert, in the truest sense of the word. I knew this was my Higher Power, guiding me, so I acquiesced. I offered this young woman a hug, & she gratefully accepted. She greatly wanted/needed a hug. As a result she melted in my arms in the same way my girlfriend's little boys melt when I hug them when they're upset. She began to relax, almost immediately. I was grateful to be of service, as I knew immediately that this was my Higher Power transforming me. But it gets better. For the rest of the evening, I kept thinking to myself, Wow, you hugged a complete stranger, knowing from whence it came.

Two days later I was in Paducah, Kentucky, to see the total solar eclipse, space geek that I am. However, I went

without a hotel reservation, as I was convinced all hotel rooms had long since been reserved for this special event. I walked into the crowded lobby of a hotel that had no vacancies according to the desk clerk. As luck would have it (luck was not involved) a woman was traveling alone with her dog and offered to share her room. I found myself hugging a total stranger for the second time in three days thanking her and telling her of my gratitude. I was concerned about the dog, which was a bulldog/pit bull mix. I generally head in the opposite direction when I hear pit bull.

Once, again, my Higher Power was guiding me. I was guided to ask about the dog. What's your dog's name? Mocha was the response given. Immediately, I knew my Higher Power had sent me a message & that I didn't have to worry about the dog. I have a good friend whose Chihuahua is named... you guessed it...Mocha. I love how my Higher Power not only guides me & protects me, but validates the fact for me giving me undeniable proof of my HP's work in my life. Awesome.

### Step 3

"When reading Step 3, I noticed something new--even though I say the prayer every morning. I ask G-d to do two things first--these are action steps for my H.P.

The first is *to build* with me  
The next is *to do* with me

...and then, I say, "May I do thy will always!" So I ask my H.P. for help first--there's the willingness--and then, in that asking, are two things to help shape me--which I do NOT accomplish; my H.P. does. All I do is show up, be mindful to ask for help, and realize, too, that I am not in charge. What a relief!

My H.P. is my employer--and my place of employment is my entire life, not only my food. This employer business is new for me. I love that I cannot be hired and fired at will, as I am in my job that pays money. This job, however, permeates every facet of my life because I live in my body and the best way to care for my body is to lovingly tend to it and also to tend to my mental and spiritual needs. The payoff is huge: With this loving self-care comes a more balanced life and more clarity of mind. There are numerous people I know who are constantly trying to rearrange the universe.

Meanwhile, I get to marvel at its perfectly flawed beauty, and I can

lovingly detach, too, from other people's willfulness. I also see my former self in them, sometimes in a larger reflection and sometimes a smaller one. Any way I look at it, though, that reflection is distorted. I am grateful to have the tools of program today: to make phone calls, to write, to read literature, to talk to my sponsor, etc. Today, I choose abstinence and gratitude. I also choose to pray for those whom I love--and am grateful that they have their own H.P.

Thank you, friends, for sharing this ride with me. It's beautiful.

Cindy F"

## OA Member Contributions

Some days a certain step really comes alive. One recent morning I had such a spiritual experience as the result of practicing these 12 steps that helped me carry the message to another compulsive overeater. Earlier that day I'd found out a sponsee had grave mental disorders I didn't previously know about, and beyond that her life was a lot messier than I realized. I wasn't sure I could help her. I prayed about that, then moved on to other Step 11 fodder. I was actually praying about guidance regarding the needs of a family member when a line from the Big Book popped in my head; "The power of God goes deep." I went to look it up, and when I found out it was from "To Wives," I expected I'd find an answer there to the family issue. Instead, I found the whole paragraph leading up to that to be encouragement about cases where alcoholism is complicated by other disorders. I instantly knew that was my H.P. talking to me about that sponsee--specifically that I could keep working with her and more importantly, how, and why. I sensed God telling me to focus on carrying the message and on trying to strengthen, encourage, and comfort her--not on trying to "fix" her mental or life issues--and trust the power of GOD (not me) to go deep. And what Bill said on page 13 bore out; "Never was I to pray for myself, except as my requests bore on my usefulness to others. Then only might I expect to receive. But that would be in great measure." Practicing the 11th step took me right to the 12th, which says we TRIED to carry this message...it doesn't say we are responsible for the results. Once again, this Program's steps and tools provide everything I need, and I just have to focus on keeping close to God and trying to perform His work well. What a life! -- Anonymous

*The Fellowship of the Program has contributed to my abstinence and serenity, but the Fellowship alone, without every Tool and Step, is not enough. And it's not good for my Serenity if I don't make three Program calls each day.*

*Thank Heavens for this Program and my fellow members—and those who keep the OA Program going.*  
--M

*"I no longer use food to fill the empty spaces inside me, God Fills me instead." - Voices of Recovery p. 14*

*Reading this again reinforces in me the great spiritual and emotional benefit I gain from the OA program of recovery. So many years of feeling like I had a dark hole in my chest. God does heal and fill the empty spaces if I work on my spirituality which is encouraged in Step 11 and is part of Step 12. This also reminds me of a small but for me significant incident: I was thinking of food and felt drawn to go for a food I knew I had in my food pantry. Funny, I don't even remember what the food was! I was in angst. I stopped for a moment on my walk to the pantry and prayed saying I don't know what to do, the pull was so very strong to go for this food. A thought came loud and clear in my head "Feel your feelings!" I took a detour and went into the living room instead and sat on my couch. I sat there and cried. I cried and cried. As the tears streamed down my face I took in a deep breath and had a sigh of relief. I felt HP and said "Thank you!"*

*The strangely wonderful experience after this, was I had no thought of that food I had just been craving madly just few minutes earlier. I was not hungry, and had no desire to eat. God did fill me instead. Freedom.*

*Mary S*



## OA Member Contributions

### In a Nutshell

#### Don C

I accepted I couldn't do it myself, then surrendered to the 12-Step set of instructions and followed them. I did the work and the miracle happened."

The two-minute version:

1. I put down the food, i.e., I accepted an honest structured new way of eating that did not include my trigger foods and included weighing and measuring so I could get to a healthy body weight. To get overeating I first needed to stop overeating. Getting the power to stay stopped came from the rest of the 12 Steps.
2. I changed my ways of coping with the world. I changed the attitudes, ideas, and beliefs that left me conflicted, anxious, and frightened which then led me to the food obsession.
3. I cleaned up my past, became accountable, and moved forward without emotional baggage.
4. I gradually developed a spiritual connection to something that I could accept. I came as an atheist or, at best, an agnostic. That has very gradually evolved over the years.

When people say they're having trouble, my tough-love 10-second response is correlated to the above. If you're having trouble it may be because:

1. You haven't gotten totally honest with your food.
2. You haven't changed enough, i.e., your ways of coping with the world, i.e., personality change.
3. You don't cultivate a spiritual connection.
4. You haven't cleaned up your past, e.g., resentments.
5. You're not doing enough to help other compulsive eaters.

My short answer to how do I hold on to it:

"I follow a Daily Treatment Plan."

Expanding on that depends on how much time we have. The slightly longer version is explaining:

- Step 10 - Ongoing self-assessment,
- Step 11 - Daily connection with my HP (including prayer, meditation, affirmations), and
- Step 12 - Helping other compulsive eaters and living according to the moral principles laid out in the 12-step programs.

A longer answer is some version of working and living the Steps – every day.

- Stay honest with myself, i.e., accept I have a disease that I can't control with my own willpower.
- Believe there is a solution.
- Surrender control of the world to God.
- Face my reality with courage.
- Identify my faults.
- Share my intimate self with another person.
- Ask God to help me change my faults into assets and cooperate by practicing the assets.
- Forgive myself and others.
- Practice unconditional love.
- Connect to God every day to understand His will for me.
- Help others who share my food addiction.

## OA Member Contributions

### NINE THINGS TO CHANGE IF YOU WANT TO BE HAPPY

Directions:

1. Write everything in your life that pertains to each word.
2. Write the opposite
3. Share with an OA Member (Step 5)
4. Check your willingness to let go(Step 6)
5. Step 7:  
Today, I, \_\_\_\_\_am willing to release the need to live in\_\_\_\_\_. Today, I \_\_\_\_\_love and embrace\_\_\_\_\_(the opposite) begin living in the positive as your HP removes the character defect.
6. Say the 7th Step Prayer from page 76 in the Big Book..release to HP. Step 8 & 9...Put yourself at top of the list and do a living amends to yourself by living the new way of life. Make amends to others as needed.

1. Complaining
2. Limited beliefs
3. Blaming others
4. Negative self talk
5. Dwelling on the past.
6. Resistance to change
7. The need to change others
8. The need to always be right
9. The need for other's approval



#### Does OA/HOW scare you?

Have you heard rumors that you'd never checked out with your own honesty, open mind, and willingness?

Well I'm here to say that I've worked the OA/HOW program for over 18 years and have maintained a 45 pound weight loss for all those years. My OA abstinence date is January 7, 2002 (over 15 years) and my squeaky clean OA/HOW abstinence is July 27, 2010 (seven years).

Are you sick and tired? I mean really sick and tired of being on the merry-go-round of on-gain/off-again abstinence?

I used to yo-yo diet, eating 800 calories a day and then after two weeks and not losing anything I would binge the weekend away. I would eat like Twiggy in front of you and then isolate and eat until I swear my stomach was going to burst. I even drank syrup of ipecac after a binge to try to purge only to get sicker than a dog **four hours later**. I am definitely a compulsive overeater.

I know how you feel. I used to feel the same way. Then I found a solution.

I don't know about you, but for me, I was desperate!!! I had finally said enough! I will do anything!

For over 18 years I have been virtually obsession free, by the grace of God. Freedom isn't free.

I have a progressive, fatal illness. The Big Book of Alcoholics Anonymous tells me on page 58 "If you want what we have and are willing to go to any lengths to get it then you are ready to take certain steps."

With the structure and discipline of the OA/How concept I finally learn to study and acclimate to a new way of life. I have lived a life that is not dominated by food thoughts and in a normal body size for over 15 years.

If you've kept reading to this point perhaps you really are ready to take that first step into true freedom. What do you have to lose? Come and see for yourself and hear recovered speakers.

If it is meant to be it is up to me. (William H Johnsen)

In love and service, Deborah



## OA Member Contributions

### Principles for Walking This Path

Author: Herb K  
Rancho Palos Verdes, CA

#### *Our Way of Life*

1. I am not the center of life.
2. I am the center of my life.
3. Don't take life personally.
4. Do take reality as it is.
5. I am responsible for my:
  - > Perceptions,
  - > Emotions,
  - > Behaviors.
6. I am not responsible for your:
  - > Perceptions,
  - > Emotions,
  - > Behaviors.
7. When I don't change my actions, my life stays the same, no matter what I think or feel.
8. When I do change my actions, my thinking and feeling change – then my entire life changes.
9. This present moment will pass.
10. This present moment is the only time I can actually live.
11. I am really going to die!
12. I need to ask: Am I really going to live?
13. There is no one coming to save me.
14. I am the one I am waiting for!

### ***The Big Book Says.....***

*Step 11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.*

*Beginning at the bottom of page 85 and continuing through page 88, the Big Book tells me the importance of prayer and meditation. I have been trying to incorporate this step more and more into my life. In fact, I am finding a real need for using this way of reacting to life's situations if I want to maintain my abstinence and sanity.*

*I had a recent dilemma that I did not know how to handle. I tried very hard to figure it out and I just became mired in obsession. At the bottom of page 86 it tells me that I may be faced with indecision. I might not know which way to go. It then says that I am to ask God for inspiration. It tells me to relax and to take it easy. Well, I didn't know what to do. I was not relaxed. I was indeed struggling with anxiety. These to me are signs that I need to get still with my Higher Power. I have learned that on my own I am just spinning my wheels and getting deeper into the muck.*

*So, I decided to go into prayer and meditation regarding this issue. What did that look like for me? I find it important for my recovery to spend some time daily to pray and meditate. I have an area in my home that is set aside for this. It is not a big area but it contains some literature, journals, and sticky notes. I write down my prayer requests and concerns and stick them on the wall. I write a letter to God and have Him write back to me. I write gratitude(s) that help me to remember all the good that is in my life. I give Him my problems and then I take them back and I tend to do this repeatedly. But, there seems to be a part of me that shifts and recognizes through this process of prayer and meditation that it is best for me to pray regarding the issue and then quietly trust that HP will work out the details. Pray and then be still. Breathe in God and breathe out anxiety. And, that is what happened for me. I worried about my issue and then gave it to God. I paused when agitated and asked for the right thought or action. I need to remind myself over and over that God is God and I am not. The circumstances turned out better than I could have imagined. And the best part was that I knew that God was doing for me what I couldn't do for myself.*

*Student of the Big Book*



## OA Member Contributions

Part 2 of a 3-part series of assignments-

(2) The assignment is to read in the Big Book page 156 beginning with the third paragraph through the fourth paragraph on page 158. What does this sentence mean to you: “But he had found God—and in finding God he had found himself?”

God needs to be able to communicate with the souls around us through us. I have often seen this in OA meetings. I will feel like I have received the information I needed from another person and that I have given someone else what they needed to hear. God works in our OA meetings through us. I also believe that God has a plan for our lives that we can only know about if we stay close to where God needs us to be. To me, that means I will find myself, my plan, because I have found God.

Anonymous in MI

### Letting GO and Letting G\_D in

Step 7 has been crucial in my recovery. I don't know when G\_d will remove the negative aspect as I practice the opposite that creates a closer connection to my HP and fellows.

Higher power, help me to understand:

To "let go" does not mean to stop caring, it means I can't do it for someone else.

To "let go" is not to enable, but to allow learning from natural consequences.

To "let go" is to admit powerlessness, which means the outcome is not in my hands.

To "let go" is not to try to change or blame another, is to make the most of myself.

To "let go" is not to care for but to care about.

To "let go" is not to fix but to be supportive.

To "let go" is not to judge but to allow another to be a human being.

To "let go" is not to protect, it's to permit another to face reality.

To "let go" is not to deny but to accept.

To let go is not to nag, scold, or argue but instead to search out my own shortcomings and correct them.

To "let go" is not to adjust everything to my desires but to take each day as it comes and cherish myself in it.



## OA Member Contributions

### Using OA's Tools of Recovery

I went to my first OA meeting in the mid 1990's. I was 100 lbs. overweight. Over the years I was in and out of OA losing and regaining that 100 lbs. twice by following strict unhealthy diets. I never followed a healthy food plan. In January 2012 I hit my bottom. I weighed 236 lbs., had a fatty liver and high liver enzymes. My doctor told me I wasn't a candidate for a liver transplant and if I didn't get my liver enzymes down I would die. I was disconnected from my Higher Power and emotionally unstable. That was my wake up call. I went back to OA and started attending meetings regularly. Since then I've lost 112 lbs., now weighing 124 lbs.

This time I am totally committed to the program and abstinence is my highest priority. I have modified my food plan and redefined my abstinence several times since coming back to OA. Currently I am on a low fat low cholesterol food plan and I abstain from sugar and white flour. I have finally eliminated my trigger and/or binge foods. I have done it in a healthy way. I have been abstinent since December 3, 2015 by following this plan.

This time in OA is different for me in many ways. I use OA's nine tools daily. I make phone calls regularly and read OA literature daily. I love OA's Voices of Recovery daily reader. I go through the index picking out topics I need to read for whatever I am facing in recovery. I pray to my Higher Power and feel spiritually connected daily. I've never felt this way before. I write in my journal every night. This helps me work through the feelings of the day. I've completed the OA Step workbook two different times. I have a sponsor whom I call daily. I also sponsor a woman in the program. We email each other regularly and talk on the phone when we can. I do other OA service work as well. I carry the OA literature to my Saturday morning meeting. I have a daily action plan that keeps me focused on what I need to get done for the day. I utilize and adhere to the tool/tradition of Anonymity placing principles before personalities and making sure whatever is shared with another OA member is held in respect and confidence and what is heard at meetings should remain there.

Today I have spiritual, physical and emotional recovery. I feel balanced and stable in my recovery efforts. I am able to cope with problems as they arise without turning to food. I have OA's tools and steps to help me make decisions and get through the difficult times. Without my OA program and all of the wonderful people who have touched my life through OA I would not be alive today. I give thanks to them and my Higher Power.

Mary Ann B, Wyandotte, MI

Judith E

Today's reading in Voices of Recovery (Sept 20) is my story. Except that I came for 31 years, almost to the day, changed on the inside, gained and lost weight so was back where I started but struggling not to keep gaining and giving up. I came in around 180 or so, gained 60 lbs to 242, and then lost and gained all the time working the steps and trying different food plans. Two years ago this month I decided I was done fighting, was ready to up my program and give up the excess food. I got two sponsors because the first one to whom I report my food wanted me to do the steps again with a 2<sup>nd</sup> sponsor. I did. I've now been abstinent for 2yrs, also this month and have lost approximately 25 lbs, gotten the ok from my dr that my weight is healthy and am living in steps 10-12. Also sizes 10-12. I'm getting used to my body size and what that means in clothing, continuing to release character defects and helping others. The most striking thing for me is realizing how bound up I have been by my character defects, the largest of which is fear. It's been like being in a cocoon to keep me safe from criticism and rejection. That cocoon is opening and I'm finding it's much better to be open to criticism and rejection from other people than safe and alone emotionally. Thank you for letting me share.

## OA Member Contributions

I once wrote:

Dear Father/Mother God we gotta talk. I am finding the lack of trust starts with trusting myself. — And this is what came to me:

You can't trust an addict. And when eating compulsively that addict is talking. You can't trust the addict talking that's why you pray and meditate getting quiet - addicts are never quiet. Spend time listening deep inside. Be careful about feeding the addict. If you want to trust yourself you must be free from trusting the addict's voice.

(Yes, I know, the cunning one that says this is ok or I don't need to do something I do need to do.)

The rest is listening, quieting to listen and trusting. If someone is giving you directions to someplace, you can't get there by jumping up and running off in the middle of them to go - you must listen carefully to all of them - perhaps even writing them down. So it is with Me.

M B

## OA Member Comments of the Fall 2017 Retreat

**"I loved these simple "How to do it" phrases about Step 9 i.e. "When making amends be calm, frank, open, quick, honest and out".**

*"The retreat is a great way to connect with other OA's. It's great to see and hear all the recovery. I always feel it steps up my program. The speakers give me new ideas to work my program. I look forward to each retreat and all the benefits I receive. It carries me through the year and gives me the ability to stay abstinent. "*

*"The retreat element: pulls me away from the crazy of life and the distractions of home."*

**"The Fall 2017 Retreat was an amazing experience for me! The speakers shared how they practically apply the 12 Steps. All the attendees were able to share their experience, strength and hope. For me the 12 Steps came alive this weekend."**

*" Having had a spiritual experience as the result of the steps.....and practice these principles in all our affairs is part of Step 12. Attending the Fall Retreat was a wonderful experience through the 12 Steps providing the practical application through the steps to live a better and better life. I show up and H.P. provides through others."*

## OA General Information

We in the Greater Detroit Intergroup are very fortunate to have many meeting opportunities. A year ago, I decided to vary my meetings. I continue to attend what I call my home meeting, but have branched out to two additional meetings. Perhaps you would like to try another meeting. Here is the Thursday Meeting List.

St. John's Episcopal Church (574 S. Sheldon (S. of Ann Arbor Tr. use back entrance)	8:30 AM	<b>Plymouth</b>	48187		Closed	Kathy	<a href="tel:734-981-4405">734-981-4405</a>
1st Methodist Church (upstairs conference room)	10:05 AM	<b>Ferndale</b>	48220	<b>Abstinence</b>	Closed	Pam	<a href="tel:248-398-8930">248-398-8930</a>
St Ephrem's Church (Next to church in community center) <a href="#">38900 Dodge Park Rd</a> at 17 Mile	1:00 PM	<b>Sterling Heights</b>	48312		Closed	Sue M.	<a href="tel:586-980-2066">586-980-2066</a>
Trinity Episcopal Church, <a href="#">911 Center Avenue</a> . ( Go to parking lot, enter in sliding glass door, follow signs.)	7:00 PM	<b>Bay City</b>	48708	<b>Literature</b>	Open	Annita	<a href="tel:989-233-7479">989-233-7479</a>
Henry Ford Medical Office Bldg., <a href="#">15855 19 Mile Rd.</a>	7:00 PM	Clinton Twp	48038	<b>HOW</b>	Open	Christopher	<a href="tel:586-530-8971">586-530-8971</a>
Providence Outpatient Bldg. Heart Inst. Entrance, Room C. <a href="#">47601 Grand River</a> at Beck Rd	7:00 PM	<b>Novi</b>	48374		Closed	Carol U	<a href="tel:248-624-2314">248-624-2314</a>
Bethel Lutheran Church ( <a href="#">26400 Little Mack</a> (bet <a href="#">10-11 Mile Rd</a> ), Back Door, go downstairs.)	7:00 PM	<b>St. Clair Shores</b>	48081	<b>Step &amp; Big Book</b>	Open	Mary B	<a href="tel:313-410-5283">313-410-5283</a>
First Congregational Church, <a href="#">1315 North Pine Street, Room K 2-3</a> (upper level)	7:30 PM	<b>Rochester Hills</b>	48307	<b>Step Study</b>	Open	Melanie Frank	<a href="tel:248-556-6195">248-556-6195</a> 810-813-1167

Please note that Irene R is the Intergroup Corresponding Secretary.

The Intergroup would like to bring meeting information up to date. Please send Irene the following information regarding your meetings. (Wednesday BUC has been updated) Please update the names, phone numbers and email addresses for these Contacts:

Secretary:

Intergroup Rep:



## Contact Us:

**OFFICERS****Chair: Sue S** 248-683-4354**Vice Chair: Bobbi S** 313-377-2371**Treasurer: Lynn H** 313-613-8754**Corresponding Sec.: Irene R** 248-574-2536**Recording Sec.: Holly N** 248-219-8756**COMMITTEE CHAIRS****By-Laws/Region Rep/Delegate:****Judy D** 734-782-4212**Literature: Renee G** 313-354-4982**Finance: OPEN****Help Line: Barbara D** 313-886-3533**Newsletter: Susie Y.** 248-320-3105**12 Steps Within: Daisy P** 313-377-0458**Webmaster: Andrea C** 586-943-6900**Professional Info: Makeda Y** 313-346-7840**Speaker/Sponsor: Bobbi S** 313-377-2371**Office Mgr: Sheila B** 503-914-7742


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**We are on the web!**  
**OAGREATERDETROIT.ORG**

The Newsletter Committee would like contributions from our members—stories or articles that promote OA's program of recovery. Please feel free to submit written pieces describing your experience and the strength and hope that the OA program has given to you. Send your written contributions in MS Word to Newsletter Chair: Susie Y at: [lnewsletter.editor@gmail.com](mailto:lnewsletter.editor@gmail.com) or Nicki T. at:

[lnewsletter.content@gmail.com](mailto:lnewsletter.content@gmail.com)

**Note:** The **editor** reserves the right to edit all content prior to print.

**Note:** The personal stories expressed in this newsletter are that of an individual OA Member and not OA as a whole.

*The opinions expressed in our newsletter articles represent the author's opinion and do not represent OA as a whole.*

**Greater Detroit Intergroup of Overeaters Anonymous  
Business Meeting Second Tuesday of Every Month  
(excluding December)  
7:00 pm to 8:30 pm  
All Members of OA are Welcome!**

The Greater Detroit Intergroup of Overeaters Anonymous is governed by a board of five (5) officers and eleven (11) committee chairs. We also encourage one group Representative to attend from each meeting in the intergroup. Each Meeting Representative has one vote as long as they have at least one year of abstinence when voting.

Each meeting consists of individual three minute reports submitted and read by Board members and Committee Chairs followed by questions and discussion.

**The Board consists of:**

Chair, Vice Chair, Treasurer,  
Corresponding Secretary,  
Recording Secretary

**The Committees Represented are:**

By-Laws, Finance, Help-Line, Literature  
Newsletter, Office, Professional Info,  
Region Rep/Delegate, Speaker/Sponsor,  
12-Steps Within, Website

All members of OA are welcome and encouraged to attend these monthly meetings to listen, learn and discuss the business of the Detroit Intergroup. There are many opportunities to give service within the intergroup, giving back to OA what we have so generously been given.

For more info regarding requirements and responsibilities they can contact: Sue S., Chair at [248-683-4354](tel:248-683-4354) (h), [248 408-2340](tel:248-408-2340) (c)

**All Intergroup reps WANTED! Please attend the monthly Intergroup meeting to carry the news back to your groups. We want your input and comments.**