

Greater Detroit
Intergroup

LOVELINE

LIFELINE
A MEETING ON THE GO 



When I saw the theme of this Loveline regarding Selfishness, I thought “This is a topic I can sure relate to.” My selfishness shows up in character defects like control, expectations of myself and others, and fear.

Sometimes I find myself controlling, anxious, worrying or angry. I may have done harm to someone. How did this happen? I am the problem. “So, our troubles, we think, are basically of our own making” (BB, p. 62). This is not the Design for Living I want.

I recognize when this is happening sooner because of working the steps. Now I need to get back to Living the steps. When I ask God to help me with Higher Power’s Plan (not my way) and am Willing, life is much more peaceful.

Keeping in contact with my HP by practicing Step 3 and 11 daily—“We ask especially for freedom from self-will” (BB, p. 87).—gives me a Design for Living that keeps my Selfishness and Self-Will minimized. Prayer and Meditation works! Also, Gratitude changes my perspective and attitude. Thank You OA - Thank You HP.

~ Anonymous



**The Deadline to Submit Articles for
the next LoveLine will be October 10!!**



The topic will be:

*“Having had a spiritual awakening...”—what is
your experience as a believer or non-believer?*

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



**OVEREATERS
ANONYMOUS®
VIRTUAL REGION**

and

**Overeaters Anonymous (OA)
Greater DETROIT Intergroup**

Invite you to attend

Newcomer Open House!

SATURDAY, SEPTEMBER 9, 2023, 1- 4PM EST

DETROIT PUBLIC LIBRARY - MAIN BRANCH
IN "EXPLORERS ROOM" LOCATED ON THE A-LEVEL
5201 WOODWARD AVE, DETROIT, MI 48202

STRUGGLING WITH FOOD? OVEREATING? BINGE EATING?

THERE IS A SOLUTION!!

YOU NO LONGER HAVE TO DO IT ALONE!

NO DUES ~ NO FEES ~ NO WEIGH-INS ~ NO DIETS

*****OVEREATERS ANONYMOUS MEMBERS WILL BE ONSITE TO
ANSWER YOUR QUESTIONS******

BOOKS AND FREE LITERATURE WILL BE AVAILABLE

YOU CAN ALSO JOIN US VIA ZOOM:

Zoom ID: [https://us02web.zoom.us/j/88051276988?](https://us02web.zoom.us/j/88051276988?pwd=bmhpQXo0TytkREN1Vmo3RmNMSUF3dz09)
pwd=bmhpQXo0TytkREN1Vmo3RmNMSUF3dz09

Meeting ID: 880 5127 6988 Passcode: 101112

CONTACT: 248 - 559 -7722



OAgreaterDetroit.org

Region 5 2023 Virtual Convention

Saturday, September 9th, 2023

One Day Virtual Convention – 8 AM to 4 PM CT/9 AM to 5 PM ET

STEPPING INTO THE



Hosted By
Members of Region 5
Via Zoom, Zoom links will be sent
the day prior to the Convention.

**The Convention will feature Guest Speakers focusing
on the OA Promises within each of the 12 Steps.**

Pitches from attendees.

Newcomers session.

Recovery from relapse session.

Online registration open through **September 8, 2023.**

All mail-in registrations and checks should be sent to:
Region 5 Overeaters Anonymous
P.O. Box 221224
Shaker Heights, Ohio 44122
Attn: Convention Registration

*Donations for the event are welcome.
The Convention is the main annual
fundraiser for Region 5. Everyone is
invited, regardless of ability to pay.
Please join us!*

Contact Convention Chair Mary Ann M. at
maryannpm2468@gmail.com for more information.

Cleveland Central
Intergroup of
Overeaters Anonymous
presents: Region 5
2024 Convention

Welcome Home

(Many Symptoms;
One Solution)

Save the Date:



September 7 – 9, 2024
Holiday Inn Cleveland - S
Independence, OH



Follow the 12 Step Road
to the first in-person
Region 5 Convention since 2019

“It is when we try
to make our will
conform with
God’s that we
begin to use it
rightly.”

(Bill W., For Today, p. 63)

Recovery Talks

Hosted by
Central Ontario Intergroup
oaontario.org



How To | Work With Others

Date:

Sunday, September 10, 2023 2 – 3 p.m. EDT

Location

Zoom:

Meeting ID: 825 9072 7351

Passcode: 030322

No pre-registration and no maximum number of participants.

www.oaontario.org

Dear God,

Abstinence is the most
important thing in my life right now.
Help me to do what is necessary to get it.
And, help me to do what is necessary
to keep it.



(Mari @ The Recovery Group, 1998)

Abstinence

**frees me to choose
healthy foods,
healthy friends, and
healthy thoughts.**



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



Family, Friends
Who Feel Like
Family

You're Invited to Our FRAMILY SHARE

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

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 an 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 remaining dates in 2023 are September 30 & 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>



**Great for
Newcomers or
LongTimers!**



OA Central Ontario Intergroup

Presents a:

Quick Step Study

- **TUESDAYS (Five sessions)**
Sep 19, 26, Oct 3, 10 and 17, 2023
2:00pm – 3:30pm Eastern Time
(Toronto/New York time)
- **By Zoom or phone**
- **Free - 7th Tradition**
- **Session Format: Write on the step, share on the step. (Read the step ahead of time.)**
- **You don't have to attend all the sessions**
- **Registration is limited:**
 - Please register early to receive the handouts and zoom details.
 - Registration required 24 hours ahead of the start time for each session.
 - Register by emailing:
coiquicksteps@oaontario.org

 **OVEREATERS
ANONYMOUS.**
CENTRAL ONTARIO INTERGROUP

**“This workshop has been
all and more than I could
have hoped for.”**

~former workshop participant

What Is an Outside Issue: Are We Being Open-Minded in Our Meetings?

We all come from different backgrounds and experiences. The OA program is for everyone with a desire to stop eating compulsively. We are meant to be inclusive and welcoming to all.

A subcommittee of the Unity with Diversity Conference Committee has been in contact with some members of specific-focus groups, including BIPOC, LGBTQIA+, and Health Issues, and has found that, despite all previous statements on inclusivity, there are still members who don't feel safe or included. The subcommittee was distressed to hear that some OA members, when sharing their life realities, were told that their life experiences were considered outside issues and were shut down.

How will we ensure that everyone is included?

The Unity with Diversity Committee's primary concern is that all OA members, in all meetings, feel safe while sharing their experience, strength, and hope and are not told that their share is an outside issue. Everyone needs to be able to share at meetings about factors in their lives that could cause them to act out with food.

The Unity with Diversity Committee is discouraged that efforts to date have not brought about sufficient change.

It is an urgent matter that people are not silenced at OA meetings. Action is required from the Board of Trustees and the whole Fellowship to create a safe space for all to share.

Respectfully,
OA Board of Trustees and Unity with Diversity Conference Committee

Welcome To Overeaters Anonymous Sonnet

"And do not say,
regarding anything, 'I'm
going to do that
tomorrow, 'but only, if
God will.'"

(The Koran, For Today, p. 120)

I open the fridge to paw and forage
The cake. Delicious, it gleamed with plastic—to moisten
A piece after piece to satiate my august inner rage,
Venomous sweet confection hides its poison.

No worries, I will solve this with a diet!
A week, a month, I will this damage repair.
A while, a bit, I falter, my habits defy it
I feel the weakness, it grows with each despair.

My fellows explain to me I'm not unique.
My story does not end with a failed report.
In truth I fail I know that I am weak
But there is hope in fellowship and support.

For others, hooray for them, they have no need of us
For you and me, we are Overeaters Anonymous.

~ Anonymous

Join Us

for GDI Intergroup Meetings!!

4th Saturday of the month
September 23 & October 28 @ 11:15 am

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

THERE ARE 2 WAYS TO JOIN:



OVEREATERS ANONYMOUS
GREATER DETROIT INTERGROUP



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



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

GREATER DETROIT AREA INTERGROUP POSITIONS ARE OPEN!

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

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

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!



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

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:

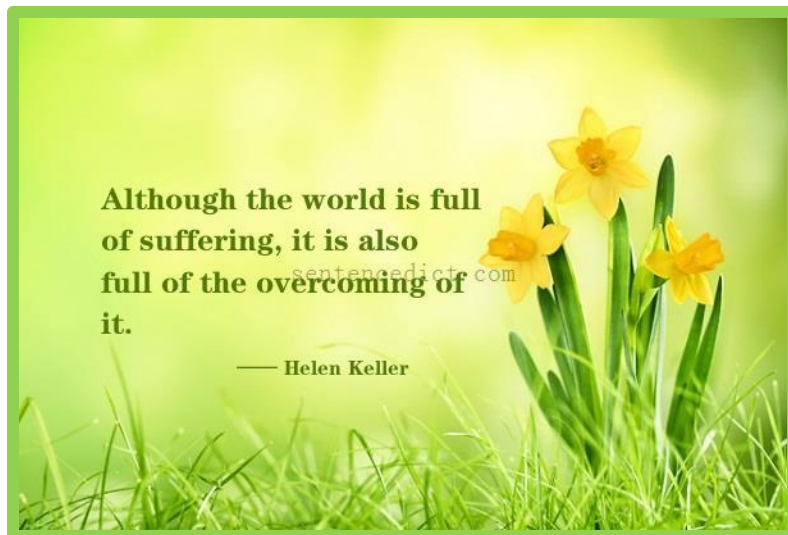
- A. All committee chairpersons shall attend all regular Intergroup meetings
- B. All committee chairpersons shall hold committee meetings as needed
- C. Term of service shall be two years beginning and ending with election meeting of the Chair
- D. An abstinence requirement of one year, to be the Chair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



Overeaters Anonymous

FALL RETREAT

Sponsored by OA Greater Detroit

Save the Date!

October 27-29, 2023

Friday evening through
Sunday morning

Location:

Colombiere Retreat Center

9075 Big Lake Road
Clarkston, MI 48346



- Single or Double Rooms
- Meals Included
- Hear an OA Speaker
- Enhance your Recovery
- Make New Friends
- More Details to Come...

Join our Planning Committee

Call Lisa L. (248) 953-6023

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

Committee Chairs

Bylaws	*OPEN*	[313] 886-3533
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.	[248] 559-7722
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 any time.

PayPal [Donate](#)

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

Lynn H.
14163 Landings Way
Fenton, Michigan 48430

