



There will be elections for the Chairperson, Recording Secretary, and Corresponding Secretary at the September 11, 2018 Intergroup Meeting. The newly elected officers will assume office immediately following that September meeting.

#### Qualifications for Officers:

A nominee for GDI officer must have been a member of OA for at least two years.

Be working the 12 steps of OA.

Have at least one year of current abstinence.

Be willing to give service.

Have given service to Intergroup sometime during the previous twelve-month period.

#### Nominations:

Nominations for Officers will be accepted in writing or in person from the beginning of the August Intergroup meeting through the close of nominations at the election meeting in September.

Nominations may be submitted to any Officer.

The candidate must accept the nomination in person, by phone, in writing, or by email to be able to run. In writing is the preferred mode of notification.

Any voting member of Intergroup may place a name in nomination. Nominations do not have to be moved or seconded.

Please see a member of the Board if you would like further information regarding these positions. The names and numbers of the Board are listed in this Loveline.

#### Inside this issue:

Election News	1
12 Step Within	2
Articles from OA members	3-8
Fall Retreat	10
General GDI Info	11
General Information	10

## Greater Detroit Intergroup 12<sup>th</sup> Step Within: OA Shape Up 2018 "Destination Recovery"

Saturday, July 28<sup>th</sup> Theme: We have to do it ourselves, but we cannot do it alone.

Saturday, August 18<sup>th</sup> Theme: Sponsorship Day Celebration

Saturday, September, 22<sup>nd</sup> Theme: Relapse: Stepping Stone or Stumbling Block

**Time:** 1-3:30PM

**Location:** Overeaters Anonymous Office  
25511 Southfield Rd,  
Southfield, MI 48075

**Contact:** Daisy: 313-377-0548  
Mary D: 630-215-6636  
Makeda: 313-346-7840

**Fellowship ## Speakers ## Ask-It-Basket ## Open  
Discussion**

Brown Bag Lunch Fellowship  
1-:1:30 PM(Doors open at 12:30PM)



### ***Fall Into Recovery***

***Using The Tools*** is the focus of the Fall Retreat. The Retreat is October 6 & 7, 2018.

*(There is a Registration Form in this issue of the Loveline.)*

A Retreat gives me the opportunity to experience the recovery of many members, together for a few days. Sometimes I learn something new, sometimes I feel validated, and sometimes I have the opportunity to share my recovery.

The time we spend together is valuable and priceless in my recovery.

This October we have the opportunity to be together and share and expand our recovery around The Tools.

When I started OA in November, 1997 I was doing so to get my lifelong weight issues into order by my 40<sup>th</sup> birthday, which was the following year. I learned in OA that it was a three-fold recovery, spiritual, emotional and physical. The emotional & spiritual recovery has turned out to be the most important, as the physical recovery can be fleeting at times.

I had tried every weight loss scheme. Once that weight came off I would be happy, confident, secure & serene...endlessly walking along beaches. Years of weight off & weight back on did not dim that picture of a perfect life if I weighed 105 lbs. I thought I'd hit that weight by 40 & it'd be smooth sailing the rest of my life. Hold on there, sister...I think we know better.

Another fallacy is trying to hit a number whether it is on the scale, on a clothing label or if married, being less than your spouse to reach life perfection. I am "farm girl strong like bull" build. At the 105 pounds, that is bandied about for my height I would be a walking clavicle bone. In reality I found a weight & dress size that was a bit higher & looked good on me.

Through my first 10 years in program I slowly dropped weight, glacial slow, but I kept it off. When I hit milestone age of 50 I lost a lot of weight. I stopped eating sugar based treats & a couple of breakfast items because sugar-free syrup sucks. The combo of my thyroid meds & the aforementioned helped.

***Continued on page 4***

At any rate, my moods lead me to meds which had me gaining weight within two weeks of starting to take them. The combination of mood meds combined with an auto-immune disease, combined with menopause I found myself with about 40 of the 90 pounds back on. Never during those ten years have I eaten the above mentioned foods even with life events made them seem [falsely] warranted.

I have, also, learned as I barrel towards age 60, that if I step aside & make the next right choice, the weight in this case & sometimes life issues in general, will take care of themselves..

In the meantime, I try to make the best food choices, climb stairs & walk to keep my knees/legs supporting me for a long time to come. I have decided my sturdy calves are great looking & get me where I am going – I can walk surprisingly fast.

I also, know that if 105 pounds wasn't my weight when I was 20, it's sure not at age 60.

I tell myself: 1. I will not set unrealistic weight goals; 2. I will not think less of myself while I wait to see what God thinks my weight should be; 3. I will embrace what I currently have to work with & indulge my love of clothing. 4. I will always try my best to look snappy when I am out & about – for myself.

I talk to myself saying, "To save your life Audrey: embrace your spiritual & emotional growth, be honest about food as well as life choices & the ensuing result of those choices; change meetings after 20 years if you need to & be patient while the rest falls into place in its proper time."

In conclusion, I don't have to reach a perfect weight to endlessly walk beaches; I just need to tolerate the feel of sand between my toes – which I don't.

Audrey B.



## *A Poem by Anonymous*

*Deep down I knew I wanted to live,  
But I had nothing left to give.  
I just couldn't stop eating,  
So I crawled into my first meeting.*

*I was greeted with hugs and love,  
And told to believe in the God above.  
It was then that I knew in my heart,  
That this was the place for me to start.*

*So I put down the food,  
And picked up the book.  
It spoke directly to me,  
I was told where to look.*

*A lot of years have come and gone,  
I have had joy and some strife.  
But through it all, I can honestly say,  
This program saved my life.*

## **Life Is Lovely**

**I thought I'd feel great when I  
got to maintenance, but am  
finding the work continues.  
No automatic happy, joyous  
and free for me.**

**What I've learned is that  
each time I get one of those  
old, bad feelings, and I follow  
my sponsors suggestion to  
do step work, before I know  
it, I'm out of the funk and  
feeling my recovery again. It  
really is a lot about attitude.  
When my attitude is adjusted  
by working the steps, life is  
lovely.**

**I've thought many times that I  
wish I'd found OA decades ago,  
not just for the food issue, but  
for that wonderful design for  
living. It puts into practice val-  
ues that I have had much of my  
adult life, but didn't know how  
to apply them fully. Plus, I  
wouldn't have been as dis-  
gusted with myself, frustrated  
with life, or an overweight per-  
son. Oh well, it came when it  
came. I'm grateful I didn't miss  
it all together.**

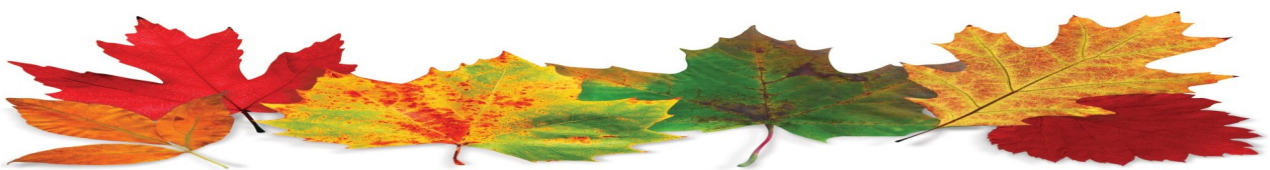
### *Aspects of My Recovery*

*I am a food addict. I don't need to go around and around with the chicken-and-egg thing, that questions what came first, the cravings or what caused the cravings.*

*In remembering we are all connected, I can easily get out of my own head by making a phone call or visiting someone in need, or just going to a meeting. Getting out of myself does wonders.*

*Also, I take my emotional lunchbox, my "toolbox," with me. This includes program writing and phone numbers. Often, I ate over uncomfortable emotions rather than because I was hungry. Now, I use one of the tools to assist in my recovery not food. I have a loose game plan, but a game plan nonetheless. That means having a list (usually made the night before) with things I want to accomplish. Sometimes it means scheduling fun, too! Recovery is always about balance. I live life on life's terms remembering, too, how fleeting this existence is. How important is what I'm fretting about? Is it worth my serenity?*

*My serenity is the most important part of my life, and it's something I work at, the way I work at keeping an ordered house. I have to order my mind. I ask my H.P. to help me do that, and then my day unfolds with my eyes open to the wonderful experiences in front of me. Thank you, OA, for giving me a blueprint for living.*



## A Design for Living

In Bill's Story Bill says, "It is a design for living that works in rough going." He is talking about his experience with other alcoholics and 12 stepping them. I believe he is referring to AA as a whole in this sentence. He says that it is a design for living. I just love that and agree whole heartily! Indeed OA is a way of living. It has been a lifesaver for me.

This makes me think of a funny share I heard in OA a long time ago. A young woman was sharing about her challenges with food and then somehow got onto the topic of OA as a whole. She said she thought we should just copy and then laminate the pages of the Big Book and pass them out at birth! We laughed so hard, but that's true isn't it? Or at least I think so. I just love that!

There are many ways OA has helped me, both as a design for living and the way to follow in times of rough going. Let me count the ways:

OA has given me an outline for life and, thus a way to live life on life's terms.

This design for living has helped me with relationships.

It showed me how to be a decent human being through getting honest and learning to speak my truth.

It has taught me to take a long hard look at myself when I had to look at my character defects.

It has taught me to be accountable for my words and actions when looking at Steps 8, 9 and 10.

It has helped me with my career as I went back to school to finish my Bachelors degree and then went on to get my Masters degree.

*Continued on page 8*

# FALL INTO RECOVERY

**It has been the place where I found peace, serenity and the place where I found a Higher Power.**

**OA has given me a life and an outline to follow in order to have that life. The Big Book, the Steps, the traditions, the principles and the tools all are a part of this design for living.**

**Lastly, OA has been my saving grace in times of rough going and, boy, have I had a rough go of it. The biggest way OA has helped me in times of rough going is when my disease has tried to pull me into the food, but I was saved. By the grace of God I have been able to be free from the compulsion of overeating for a long time now. Every time I have prayed for the compulsion to be lifted it has been. It is not always right away, but it does happen.**

**That in and of itself is a miracle. And in times of rough going my Higher Power has been there. I can ask for help from HP for the smallest thing. I can ask for help with the big issues like, please get me through this tough emotional pain without eating the food. Again, a miracle! So see OA has given me a design for living that works in rough going!**

**P racticing  
A nd  
U sing  
S ane  
E motions**

from KT



# FALL INTO RECOVERY

*Early in my OA program, I began to see weight loss. As I began to realize my clothes were becoming increasingly loose, I went into a nearby consignment shop to drop off some of my "good" larger sized clothing, and to shop for smaller sized clothing. Having repeated this process a few times as I dropped size after size, the woman at the checkout counter commented about the change in me and wanted to know all about "how I was doing it".*

*I had some OA literature in my purse and shared with her briefly. I, also, shared my OA story. When I saw her again, I noticed she, too, was looking more healthy and had a "glow" I recognized! Sure enough, she had gone to an OA meeting near her home, and she was working the steps! In addition she had convinced her sister to join her. Now they are both in the OA program!*

*Never underestimate the power of your sharing our OA words and literature. Little did I know the seeds I would be planting, combined with the help of my higher power, to create an action in others to "Pay it Forward!".*

*Nancy S.*

## MEETING INFORMATION

**A new meeting has opened in the Flint area: Monday at 10:00 AM at Valley Church of Christ, 4201 Lippincott Rd., Burton, MI. 48509. Contact Kim S., 810-235-4542, for more information.**

**Although the Tuesday and Wednesday meetings in Windsor will no longer appear on the meeting list they remain active! They have elected to affiliate with Region 6.**

## LOVELINE ARTICLES WANTED

**To contribute your recovery story to the Loveline please send it to:  
Susie Y. [lnnewsletter.editor@gmail.com](mailto:lnnewsletter.editor@gmail.com) or call Susie Y. 248-320-3105**

See flyer on  
Our website:

OAGREATERDETR  
OIT.ORG

**OA Fall Retreat -- October 6-7, 2018**

**Fall into Recovery, Using the OA Tools**

*Sponsored by the Rochester OA Meetings*

*Registration closes: September 6th, 2018*

*Any changes to a reservation must be approved through registrar. Onsite check-in and meet & greet 8:00-8:45 a.m. Saturday. Program starts 9 a.m. and ends at 3 p.m. Sunday. Weekend agenda/schedule will be provided at the retreat.*

*Cost per person -*

*\$125.00 Double occupancy rooms with community bath*

*\$155.00 Single occupancy rooms with community bath*

*Cost includes 4 meals -- Saturday breakfast thru Sunday lunch. Coffee, tea, and water provided during Saturday and Sunday sessions. Refrigerator available onsite.*

**Colombiere Conference Center**  
9075 Big Lake Road, Clarkston, MI 48346

General Phone: 248.625.5611  
Conference Center: 248.620.2534  
Email: colombiere@colombiere.com

**Bring your Big Book (AA) and OA books and Tools to:**



**Payment: Make checks payable to Overeaters Anonymous**

If you'd like a reservation confirmation, send a self-addressed, stamped envelope with your registration form, or email: [quick\\_mi@yahoo.com](mailto:quick_mi@yahoo.com). Mail your check and registration form to: Nicki T. at 5964 Creekside Drive, Troy MI 48085.

For more information about the retreat or to ask a question contact: Craig B. 248-688-5552 or Nicki T. at 248-464-5896.

Name	Phone	Email (optional)
Address, City, State	If you are rooming with a friend, indicate name here	

**contact Kendra for scholarship information: 248-320-9073**

**GREATER DETROIT INTERGROUP**

25511 Southfield Road  
Suite 127  
Southfield, MI 48075  
(248) 559-7722  
info@oagreaterdetroit.org

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

### ***GDI Board Members/Officers***

Chair	Sue S.	248-683-4354
Vice Chair	Bobbi S.	313-377-2371
Treasurer	Lynn H.	313-613-8754
Recording Sec.	Holly N.	248-219-8756
Corresponding Sec.	Irene R.	248-574-2536

#### ***Committee Chairs List***

Bylaws	Judy D.	734-782-4212
Loveline	Susie Y.	248-320-3105
12 Steps Within	Daisy P.	313-377-6458
Speaker/Sponsor List	Pam H.	248-398-8930
Helpline	Barbara D.	313-886-3533
Webmaster	Andrea C.	586-943-6900
Literature	<b>Open</b>	
Public Information	Barbara J.	407-312-5428
Office	<b>Open</b>	
Finance	<b>Open</b>	

#### ***GDI Region Rep/Delegates to WSBC/Region 5 Reps List***

**Open**