

Greater Detroit Intergroup LOVELINE

Special points of interest: Open Talks, Conventions, Retreats, and lots more !!

September / October 2017

Volume 2017, Issue 3



MY SPONSOR SUPPORTS ME

Mindful of my feelings
Yet always speaks the truth

Special person in my life
Partner in my recovery efforts
Open to new ideas & concepts
Never judges or criticizes me
Shares her wisdom & experience
Operates with integrity
Respects me as a person

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One day at a time ...

I ask my Higher Power to show me little ways
to act lovingly toward myself and to know
deep within
that I am worthy of being loved by myself and
others.

Melissa S., A TRG member



Third Step Prayer

My sponsor gave me this assignment: “Take each half sentence of Third Step Prayer and first write down what it means to me, and; second write down how it affects my life. At first I thought it a daunting task, but as I wrote it just unfolded and strengthened me in my program. In sharing it with other OA friends, the feedback was wonderful. So now I am sharing it with all of you who read Loveline with the hope something in this writing will strengthen you too.

The thought which keeps coming back to me from doing this assignment is: “May my actions spring from my best self, from my best qualities and not from my wounds.” Healing through deep connection with HP... the God of my understanding emerges abstinence and much more.

Third Step Prayer

God I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I better to Thy will always!

INTERPRETATION:

God I offer myself to Thee

This means to me I open my heart and mind to the spiritual presence of ultimate love and goodness; a power and force greater than myself, my problems, and food obsession.

This affects my life by increasing my willingness to accept guidance, strength and love from God, my Higher Power.

to build with me what Thou wilt.

This means to me I am **willing** to change and accept God’s guidance in all areas of my life, including compulsive overeating, being fear based, and healing what needs to be healed in me one day at a time

What it does in my life is lift the huge burden of the self-will of my lower nature, be more able to let go of fear and use faith in my daily life.

Relieve me of the bondage of self

This means to me being free of self-will run riot, free of the bondage of compulsive overeating and free of the compulsive need to control people and circumstances.

How this impacts my life is it helps free me of the compulsive, automatic, self-defeating behavior of acting out with food, trying to control and engaging in negative self-talk that stunts my strivings.

Third Step Prayer, continued

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That I may better do Thy Will

This means to me following guidance and putting it into action to do what is needed for a sane life.

What it does for me is free me of compulsive overeating to live a healthy life while helping others (as God guides me) in their own healing process. When I seek to do Thy Will, my actions emerge from my best qualities instead of my wounding.

Take away my difficulties

This means to me God is always with me to get me through any and all things which may happen to me in life.

What it does for me is give me peace and a feeling of being loved regardless of the circumstances.

That victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life.

This means to me I continually turn my life over to God, as I understand God. God's will be done in me. God's will be done in any situation I may face. I turn my life over to God with willingness to accept His will for me.

What this does for me is to have a deep knowing I am in God's loving care as I go from fear to faith. This bears witness to God's love in my life. It gives me unexplainable joy and miracles happen that knock my socks off.

May I do Thy Will always!

This means to me I turn to God and pray often to be willing to do God's will in my life. It means to be spiritually guided daily.

What it does for me is change my life from living from woundedness to being on the path of living healed and whole.

Mary S. 8-4-2017



Some references to the Higher Power (HP) in the Big Book

Spirit of the Universe p 10, 46, 52, 75
Presence p 51
Bridge of Reason p 53
New Land p 53
Reason p 53
Broad Highway p 55, 75
Great Reality p 55
Presence of Infinite Power and Love
p 56
One p 59
Director p 62
Principal p 62
Father p 62
Employer p 63

Maker p 63
Great Fact p 164
Road of Happy Destiny p 164
Power 1st reference p 10, ch 4 several
places
Creative Intelligence p 12
Universal Mind p 12
Spirit of Nature p 1
Czar of the Heavens p 12
Creator p 13, 25, 28, 56, 68, 72, 75
Father of Light p 14
Utopia p 16
Realm of the Spirit p 46
All Powerful, Guiding Creative Intelli-
gence p 49

Is it about the food?

I love the saying: "It's not about the food, unless it's about the food, then it's ALL about the food." I have been abstinent from sugar, flour and wheat since July 2001...16 years. I know those are my trigger foods: once I start, I can't stop. Over the course of the years I have added more cautionary foods. While I have remained abstinent from the substances (which is a major testimony to my Higher Power's power), I have dabbled with portion sizes for the past 5 years.

I started my abstinence with involvement in OA but I dropped out after a few months. I realize now that I never truly engaged in a journey of recovery. I thought I was fine "doing it on my own." What I have now learned after moving back to the Detroit area and realizing I need support, was that I am a disaster waiting to happen when left on my own regarding food and my life in general! I have always believed in a very loving and tender HP but I perpetuated a very immature relationship with HP: kind of a "magician HP." As I deepen in recovery, with the help of OA friends, meetings, literature and gatherings, the quality of my relationships (with HP and others) has dramatically matured and I am a much more grateful and trusting person. The OA tools have given me a skeleton upon which to en flesh an overall richer life. So, is it about the food? Yes... and so much more!

Anonymous in MI

OA Meditation

"For Today: I am letting go my urge to change people and situations to fit my expectations. It is not the world that needs changing; it is I."

Living in the "framework" of the 12 Steps, the Principles (Page 103-107 OA 12/12)
I am changing one day at a time. What is my business?, G-d's business?..**MOST OF-TEN**
it is **NONE** of my business

GUILT BY KAREN T & HP

GOOD FOR NOTHING,
USELESS EMOTION,
INSANITY, FIERCE,
LEAVES US WANTING
MORE,
TOO NEGATIVE

GRATITUDE BY KAREN T & HP

**AN ASPECT OF OUR SPIRITUAL FOOD,
IS THE CONCEPT, OF GRATITUDE.
A SURE FIRE METHOD TO ENHANCE
YOUR MOOD,
YOU SIMPLY CAN'T, YOURSELF,
DELUDE.
THANKFULNESS, PROFOUND, YOUR
IMAGES CONCLUDE,
NEGATIVE THOUGHT, MAY NOT
INTRUDE.
STUCK IN LONELINESS AND PAINFUL
SOLITUDE?
DEEP BENEFITS, WILL NOT ELUDE.
SENDS YOU SOARING TO ENORMOUS
ALTITUDE,
OUR LOVELY GIFT, OF GRATITUDE!**

Working the Program

These questions and answers are part of a Big Book study I am working on with my sponsee. These are my answers.

(1)Assignment: Read Page 62, last paragraph. What does the last sentence mean?

The sentence in the last paragraph is telling us that the concept of letting God Direct our lives is the keystone for the arch through which we will pass to freedom. We don't have to over analyze the building of the arch or know which block is the keystone. The paragraph states : First we need to quit playing God. Next we decide God would be our director, "He is the Principal; we are His agents." BB pg. 62. So making the decision to ask God for direction in all aspects of our lives will free us from the bondage of Compulsive Over-eating.

God does not want us to destroy ourselves with food. Letting Him direct us is the only way out for us. Giving up control is the answer.

I asked you about the difference between your change of diet when you were pregnant and your change of diet now. When you were pregnant you felt you had control of the outcome and you did. Now, you must admit that you do not have control of the outcome because it has been proven to you many times. Now, because of the lack of control, you must give up trying. This goes against everything we are taught. We are taught that if we try hard enough we can do anything. But addiction is different. Addiction can only be attacked from a source outside of ourselves. We can try and try, but never see a change until we quit trying, give up and ask for Help from a source outside of ourselves. Realize this is a disease that we have no defense against on our own power.

The Big Book Says.....

'We learned that we had to fully concede to our innermost selves that we were alcoholics.' This is found in the Alcoholics Anonymous Big Book on page 30.

According to The Little Big Book Dictionary, one of the definitions for concede is, 'to show although often against ones will, that one agrees to or with something'. This tells me that for me to fully concede I don't have to like it that I am a compulsive eater I only need to completely agree that I am.

The Big Book goes on to say that this is the first step in recovery. How do I apply this to my Overeater's Anonymous Program?

I am truly powerless over food because it robs me of the freedom to be true to myself. I become more interested in the food than I do in taking care of myself or my relationships. Addictive foods, large portions, restrictive eating can all cloud my thinking and my judgment. I then not only have an issue with weight but I take on behaviors that I do not

feel good about. I want to be free. Free of the devastation that this disease would surely love to hand me disguised as a Twinkie or whatever my addictive substance may be. I have heard that relapse can be due to having reservations. When I start to think that maybe, just maybe, this time I can have one of my 'alcohol' foods or 'truck driver' servings then I am having reservations. I haven't fully conceded to my innermost self. This, I believe is part of my stinking thinking. I believe that my thinking will take me down before the food does. I will start to rationalize. I will start to think that I can do it on my own. I will question whether I need this Program anymore and one bite will sound like a good idea. I will truly believe that this time I can do it. This is when the addict is talking. This is a sure sign that I need to talk to my sponsor, get to a meeting, tell

on myself.

That same paragraph on page 30 says, **'The delusion that we are like other people, or presently may be, has to be smashed'**. Delusion is defined as a false 'psychotic' belief according to the BB dictionary. I have lived in delusion before. I don't want to go back there. For me it is a place of extreme anxiety, resentment, and self-centeredness. The Big Book gives me a way out of delusion through the 12 Steps of the Program.

I am grateful that today I can say, without reservations, that I am not like other people. I am a compulsive eater. I believe without a doubt that I have an allergy of the body and an obsession of the mind. I fully concede to this reality about me and with that I can move forward on this road of recovery.

Student of the Big Book

Simple
Serenity

GDI Overeaters Anonymous Inspiration

New Video Series to Explain Our Twelve Traditions

“Take a Walk Down the Traditions” is a series of **short video presentations** aimed at making concise explanations of our Twelve Traditions accessible to the global Fellowship. Videos on Traditions One, Two, and Three, as well as an introduction, are **now available online**. The remainder will be posted in the months ahead.

Check out what’s available to support **young persons in OA:**

Coming in Young Suggested Young Persons’ Meeting Format
To the Teen pamphlet (#280),
questionnaire (#756),
and *podcast*
Young Person’s Packet (#735)
Focus on Anorexia and Bulimia Packet (#725)
Interview with Kaitlin podcast
Supporting Young Persons (to help friends and family understand your compulsion and the OA program)

MY SPONSOR SUPPORTS ME

Mindful of my feelings
Yet always speaks the truth

Special person in my life
Partner in my recovery efforts
Open to new ideas & concepts
Never judges or criticizes me
Shares her wisdom & experience
Operates with integrity
Respects me as a person

Speaks her mind with confidence
Understands my fears
Provides guidance and acts as role model
Persuades me to care for my inner child
Offers me a chance to be the true me
Responds to my cries for help
Takes my anxieties and depression seriously
Stresses the importance of abstinence

Makes me feel loved & nurtured
Encourages me to love myself

Mary Ann B
Wyandotte, Michigan

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 Retreats 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 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

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

Nicki T:!
lnewsletter.content@gmail.com



Coming Attractions

Do not miss the opportunity to attend a Powerful OA Workbook Workshop at the OA Southfield Office starting September 11th for 15 weeks. Mondays, 6:30-8:30 pm.

The first night will be registration and orientation. You do not need to purchase a book, copies of pages will be provided in the meeting.

Contact 248-770-7615
For more information.....

NEW MEETING

Thursdays at 7:00 PM
Henry Ford Hospital
Medical Office Building
15855 19 Mile Rd
Clinton Township, MI 48038

Contact: Christopher/
Phone: [586-530-8971](tel:586-530-8971) for
more details

√ Fall Retreat—sponsored by the Ferndale Meeting Group—October 14-15, 2017 Colombiere in Clarkston, MI. Contact: Sue S. 248-683-4354

√ OA Region 5 Convention—October 20-22, 2017 in Cincinnati Airport Marriott, KY (For more information, contact Tony A. at 513-702-6803 or machboy@fuse.net or Cheryl R at 513-379-4510.)

√ OA Region 6 Convention—October 20-22, 2017 in Toronto, ON oaregion6.org

OPEN TALK

September 30 at Celtic Cross,
Warren, MI 10:05 am

December 30 at Celtic Cross,
Warren, MI 10:05 am

*Sign up to
receive the*



**Loveline
E-Newsletter!**

2 EASY WAYS TO SIGN UP TODAY!

1. *Email your name and email address to info@oagreaterdetroit.org.*
2. *Go to www.oagreaterdetroit.org/loveline and fill out the form.*

If you do not have an email address or a computer, call Susie Y. at 248-320-3105. The e-newsletter is distributed bimonthly. If you sign up for this list, you will also receive OA Greater Detroit related information, including event info and updates.

Recovery Retreat—October 14-15, 2017

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Fall into Recovery is Coming!

Want to shore up your program before the gauntlet of food-centered holidays filled with relationships, busyness, and plain old distraction? Join the small, intimate, two-day fall retreat at Columbiere October 14-15. Featuring a fresh local speaker as well as a few veteran voices, this retreat offers 12 sessions over two days going through Steps 1-12 in our literature (primarily the Big Book) fueled by experience, strength, and hope.

Additionally, you can boost your recovery (and practice the traditions) through serving on this year's retreat committee—we are still looking for help with registration desk, folder compilation, and possibly an emcee—or taking over next year's. This retreat, which has been sponsored by various meetings, is open for new leadership for 2018. Those interested can be supported as wanted/needed by outgoing committee chair and agenda members (we even have a fantastic hidden treasure for a 2018 speaker suggestion for you—unless of course you have your own thoughts there!).

All are welcome to join the final retreat meetings for this year to explore current service positions (or to find out more about possibly taking over next year's). Our final 2017 meetings will be:

Wednesday, Sept. 13 at 11:30 a.m.

Wednesday, Oct. 4 at 11:30 a.m.

Both immediately follow the 10:05 a.m. Ferndale meeting at First Methodist Church, 22331 Woodward.

For more information, contact Sue. S. at (248) 683-4354.

Please note that Irene 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:

Contacts:

Secretary:

Intergroup Rep:

The new OA 12 & 12 will be available in January 2018. I was told the changes have to do with language. Some language in the current OA 12 & 12 does not translate into other languages.

Title: Vice Chair & Treasurer of Intergroup to be elected September 12.

If you are interested call : Sue S. [248-683-4354](tel:248-683-4354)

Nominations for Vice Chair and Treasurer 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 September 12, 2017. The elected officers will assume office immediately following the September meeting. Please note that Bobbi S., our current Vice Chair, and Lynn H., our current Treasurer, are both eligible to serve for one more two year term.

Qualifications for Officers

- A nominee for GDI officer must have been a member of OA for at least two years and a regular attendee of an active OA group for one year
- Be working the 12 steps of OA.
- Be abstinent by one's own definition.
- Be willing to give service
- Have given service to the Intergroup sometime during the previous twelve-month period.
- Each nominee shall present their qualifications for the office in person or in writing prior to the election.

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 serve as an active member of the Literature Committee
5. shall sign on all accounts and be authorized to co-sign checks

Treasurer

1. shall attend monthly intergroup meetings
2. shall be familiar with and use standard accounting procedures
3. shall maintain checking and savings accounts for the Intergroup – as approved by the Intergroup
4. shall maintain accurate records of all contributions to Intergroup and of all disbursements of monies for the operation of the group
5. shall provide Intergroup with monthly financial reports to be included with the minutes
6. shall maintain Intergroup financial records/reports and keep them on file in the office
7. shall sign on all accounts and be authorized to co-sign checks
8. shall insure the timely and proper filing of all federal, state, and local documents and timely payment of all state taxes and fees
9. shall not write a check in excess of \$100, except for ordinary and necessary budgeted items, without approval of the Intergroup (Monies held in reserve by individual groups are exempt.)
10. shall serve as an active member of the Finance Committee
11. shall assist the Finance Committee in the production of the annual budget
12. shall assist with the annual and/or any other audit, with finance committee
13. with the Chair, shall negotiate the office lease or appoint a representative

OA
Greater Detroit
Intergroup

25511 Southfield Road
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Southfield, MI 48075

(248) 559-7722
info@oagreaterdetroit.org

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

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 or Nicki T. at: 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.

WE ARE ON THE WEB!
OAGREATERDETROIT.ORG

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. 248 615-2141
(temp)
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 P. 586-943-6900
Professional Info: Makeda Y. 313-346-7840
Speaker/Sponsor: Bobbi S. 313-377-2371
Office Mgr: Sheila B 503-914-7742

**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)

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

9th Tradition: OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

9th Principle: Love

Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.

10th Tradition: Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

10th Principle: Perseverance