

Greater
Detroit
Intergroup

LOVELINE



After the Miracle...

Before OA, food overfilled and expanded my body.
 Now food and exercise nourish my body.
 Before OA, food covered a hole in my heart.
 Now people fill my heart.
 Before OA, food filled my time.
 Now service, friends, and relaxation fill my time.
 Before OA, food covered a hole in my spirit.
 Now grace fills my spirit.
 Before OA, food covered my feelings.
 Now I feel my feelings.
 Before OA, food masked my low self-esteem.
 Now I believe I am worthy just because I was born.

- Lifeline

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2021



Happy Destiny



I entered the OA program in 1984 at age 26. I was very sick at the time with chronic fatigue syndrome. Much of the fatigue I had for 9 years may have been related to my food allergy to sugar and white flour. I was depressed and very unhappy. My life was limited to work, sleep and eat. In March 1989, I became abstinent, inspired by the positive spirit of abstinent recovered OA members. I attended OA meetings in Detroit, Southfield, Clawson, Royal Oak, Troy, Westland, Toledo, Ann Arbor, and West Bloomfield.

For years in the 1990s, my chronic fatigue prevented me from attending OA meetings and making phone calls. I remained abstinent recalling that when I overate on junk foods, the next day I would have a hang over with intense head pain, self-hate and brain fog. I saw numerous therapists, but they were unable to help me stop overeating. They thought if I learned to love myself, I would then stop overeating. This did not work for me. I hated myself when I overate.

I returned to OA meetings about 10 years ago. I was not struggling to remain abstinent, but I struggled with my emotions. At the first meeting, I attended a speaker shared of her intense emotions and that she used the 12 steps to deal with them. I identified with her intense emotions and heard how the 12 steps helped her manage these emotions. So, I started attending OA meetings again, sporadically.

There is a saying that behind every good man is a good woman. I think behind every recovered OA person is usually MANY recovered people. In the 1980s, there were dozens of people that were behind me, helping me in many ways. Now, in 2020, by being on OA phone meetings and attending OA conferences across the United States, I have had access to strength and inspiration from literally hundreds of recovered OA members. During this pandemic, there are over 260 video OA meetings every week. The increased depth of recovery emotionally, spiritually and physically that I hear from others in OA is moving and touching.

The pandemic has helped me stop running around so much trying to keep up with others. I feel so fortunate to have the connection with other recovered compulsive overeaters through the phone and internet.

I still struggle with health problems of fatigue, underactive thyroid, auto immune problems, allergies and insomnia. I believe that if I did not have OA to help me maintain my abstinence for over 30 years, I probably would not be alive today. My body has little tolerance for sugar and processed foods. It is very sensitive. I can relate to the story of the princess who could not sleep because there was a pea beneath her blankets!

I am on a more disciplined food plan than ever before as an effort to improve my health. I can follow this strict plan partly due to the discipline of abstinence for many years. Sometimes I feel resentment or self-pity about not eating non-abstinent foods for years, but I remind myself that the Big Book says we have to "be willing to go to any length to recover." Being on this new food plan has helped improve my mental functioning. I can play piano again after years of giving it up. I had the audacity two weeks ago to start a YouTube channel where I post playing different songs on my piano. I am determined to not let a pandemic and health challenges get me down.

I can relate to the Big Book promise: "Our whole attitude and outlook upon life will change." My life has become better in ways I never thought it would. When I was overeating, I never thought I would be able to own my own house, have my own dog, own a beautiful grand piano or have enough success to be self-employed. I would have never thought I could become an artist who could paint well. Had I continued the path of compulsive overeating, I highly doubt any of these good things would have come to pass. The Big Book says, "great events will come to pass ..." Great events have come to pass for me. I am looking forward to the future to see what else unfolds as I walk the "Road of Happy Destiny."

STATEMENTS I SAY TO MYSELF



God of my understanding please show me the way. Remove my (resentment or fear); help me get thru this. Be with me today.

Before deciding what to do, take time to stop and think it through.

Try not to live with needless fright, wait until you can do it right.

Less regrets, that's a fact, if you pause before you act.



If you take all the time you need, you will no doubt succeed.

If you hurry and act without care, you'll find great worry and despair.

Always best to think it through, don't let others pressure you.



As long as fear clouds your mind, the answer you will not find.

The answer will appear when you clear your mind of fear.

FEAR = False Evidence Appearing Real

Feel free to pause, just because...

FEAR = Forget Everything And Run!

To just say **NO** is often the wisest way to go...

Your answer can wait, don't take the bait.



EGO = Edging God Out

Stop and ask for intuition, you will find God does listen!



Seek guidance from above, be open to God's **LOVE** ❤️.

Think, then think some more, before rushing through the door.

If you don't know what to do, do nothing until you do know.

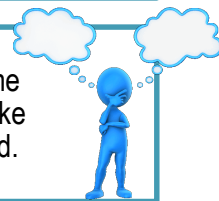
Rush and you'll be sad; to delay, not so bad!

I will get back to you after I think it through.

I live my life according to recovery standards.

Don't borrow from tomorrow.

I need some time to make up my mind.



Strive for excellence.



The solution you will find, when you open up your mind.

Have patience and hope; take time to cope.

You will find the missing link if you take the time to think.

God is with you all the way, have faith that today will be OK.



~ MAB



THE BIG BOOK OF ALCOHOLICS ANONYMOUS!

The Big Book has SO much wisdom to teach us!

What is the one quote or paragraph from the Big Book that really **speaks** to you? Please email your favorites to lnewsletter.editor@gmail.com **no later than February 10**, and we will post them in the next issue.

We can all benefit from each other's knowledge.

“Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends – this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.”

After all, the Big Book says on page 89:



Share Your ESH!

IN THE LAST ISSUE WE ASKED → How have you grown in HONESTY, and how has that supported your recovery?

Growing in Honesty has been a journey for me. I need to get Honest with myself, my food, my Higher Power, and other people. On page 7 of the OA 12 & 12 it says “and we need to find a new approach to life. Having acknowledged this truth, we are free to change and to learn.” What are the old ideas that I have been thinking and making my false reality? When I realize I have other options my world opens up to different positive possibilities. “Honest appraisal of our experience has convinced us that we can’t handle life through sell-will alone” continues OA 12 & 12 page 7. When hearing other members share their experience, strength, and hope at meetings, working with my Sponsor and connecting with my Higher Power has helped me have an open mind and learn to live honestly.

~Anonymous

My MUST DO List:



To recover from the seemingly hopeless disease of compulsive overeating and under eating I must do **four** things:

1. **I MUST** identify all the substances that I’m allergic to and NOT ingest them.
2. **I MUST** completely change all my attitudes, ideas and behaviors.
3. **I MUST** completely turn my will & life over to the CARE of a G-d that I do not understand.
4. **Hip-Hip-Hurrah**, I “**LIVE**” the 12 Steps in all my affairs and I must give away my recovery in order to keep it.

~ Susie

SPONSORSHIP

an excerpt from www.aa.org; compiled by Frank A.

Carry the message to others—through sponsorship.

Felt the strength and support from having a sponsor? And ready to give back? Or maybe you've heard about having a sponsor and want to learn more. No matter the situation, read on to see how sponsorship can fuel your recovery. Sponsors work one-on-one with another compulsive eater sharing what works for them, walking alongside their sponsees. They use and share OA Tools and slogans, study, work and apply the Twelve Steps and Twelve Traditions, and offer support when it's needed. This connection—to Higher Power, to spiritual Principles and practices, and to other recovering OA members—is a crucial part to recovery.

There is no prescription on sponsorship (as a sponsor or sponsee), but here are some tips from another member to guide you:

As a sponsee, I do these things:

- Am honest with myself, my sponsor, and my Higher Power
- Call my sponsor on time daily
- Cultivate awareness of my Higher Power
- Ask for assistance from other OA members to temporarily sponsor me when my sponsor is unavailable
- Listen to and reflect on my sponsor's feedback
- Practice being a responsible OA member in fellowship with others, by using all the Tools, having a home meeting, doing service, being kind and honest with others, and welcoming newcomers
- Sponsor another member or members as I'm sponsored
- Willingly do Step and Tradition studies to learn
- Celebrate recovery milestones
- Honor anonymity as to the sponsor's identity – if that is requested by the sponsor.



As a sponsor, I do these things:

- Welcome my sponsee's daily calls and emails Listen to my sponsee's food plan and program work daily
- Gently reflect on OA Tools and spiritual Principles with my sponsee
- Share honestly, and willingly about my experience, learning, stumbles, growth, and gratitude in recovery
- Highlight areas of growth I notice in my sponsee's physical, emotional, mental, and spiritual recovery
- Encourage my sponsee to be open and willing with me and seek assistance from other OA members and trustworthy professionals as needed
- Listen for yellow and red flags in my sponsee's recovery and talk about these openly, honestly, and willingly
- Let go and let God when I can't be helpful to a sponsee
- Celebrate recovery
- Help the sponsee work through the Twelve Steps
- Honor the sponsee's anonymity if that is what the sponsee requests

... Between sponsor and sponsee there exists a unique relationship. I talk daily with my sponsor, which I do with no one else. I am completely honest with my sponsor, without fear of judgement, in a way I can be with few other people.

A sponsor is responsible for their own recovery. To help them solidify and grow their experience, they can choose to share with a sponsee their experience of successfully working and implementing the program. They are not responsible for the willingness of a sponsee. They are not responsible for making judgements or advising on a sponsee's personal life. They are not responsible for a sponsee's actions, nor for that sponsee's implementation of the program.

~ reprinted from **Lifeline**



Open Meeting & Speakers

OA GREATER DETROIT
12 STEP WITHIN IS HOSTING:
Celtic Cross' - I am A Miracle Meeting

Saturday, January 30
10:00 am to 11:15 am

TWO RECOVERED MEMBERS WILL SHARE THEIR EXPERIENCE, STRENGTH AND HOPE. OA Members and Non-Members are welcome at this **OPEN** Meeting. Please attend; invite your family members and friends to attend. Bring your sponsor and sponsees.

THERE ARE 2 WAYS TO JOIN:



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



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

Additional contacts:
Julie G.: [248] 770-0454
Sue S.: [248] 408-2340

WE LOOK FORWARD TO BEING WITH YOU!



Love Yourself into Recovery

OA Rochester Congregational Church Meeting is hosting 12 Step Within Meeting

Thursday, February 11
Time: 7:30 pm to 8:30 pm

More Info Coming Soon!

OA Unity Day Celebration!

◀ A 12 Step Workshop ▶

Saturday,
February 29;
10 to 11:00 am

Hosted by the Celtic Cross Presbyterian Church Meeting



2 WAYS TO JOIN:



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



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

For more information or questions about any of these workshops and meetings, please contact OA-GDI Intergroup's 12 Step Within Chairperson: **Susie Y. at [248] 320-3105**



COMING UP IN MARCH

Details coming soon!

OA VIRTUAL DAY IN RECOVERY

Sunday, March 21, 2021
9:00 AM to 4:00 PM
(1-hour lunch break at noon)

Hosted by
the First United Methodist Church Meeting [Ferndale]
the I Am A Miracle Meeting [Warren]

WEEKDAY



LUNCH TIME  **Zoom Meetings**



For Today Daily Reading & Sharing
12:30 pm to 1:30 pm EST

Phone:
312.626.6799

Meeting ID:
646 596 036

Website:
www.zoom.us

Password:
550141

Speakers & Sponsors List

The Speaker/Sponsor List for the Greater Detroit Intergroup is a helpful tool. It consists of members who volunteer to speak and share their story of recovery with others at Overeaters Anonymous meetings. The list can be found on the OA-GDI website: www.oagreaterdetroit.org



TWELFTH STEP WITHIN CALL-A-THONS!

On the 12th day of every month, WSO suggests that each member of a group commits to making an outreach call to someone who has not been to their meeting in a while, or to a newcomer. Their job is to then pass on that call to someone from their own list of contacts. What a wonderful way to keep us all connected!

Please look back in your "We Care" books to find the names and numbers of friends you'd like to reconnect with.



The deadline to submit articles for the NEXT LoveLine is FEBRUARY 10!!

Please send your stories, poems, drawings and letters of your EXPERIENCE, STRENGTH and HOPE to lnewsletter.editor@gmail.com and we will be sure to include it in the MARCH/APRIL 2021 issue!

AND → if you haven't already done so, send your email address to info@oagreaterdetroit.org and each new issue of the LoveLine will be emailed directly to you!

For more information, contact Carol U. at 248.624.2314

Greater Detroit Intergroup Board Members/Officers

Chair	Judy D.	[734] 782-4212
Vice Chair	Pamalar B.	[313] 522-6122
Treasurer	Lynn H.	[313] 613-8754
Recording Secretary	Keri C.	[248] 672-6745
Corresponding Secretary	Barbara D.	[313] 886-3533

Committee Chairs

Bylaws	*OPEN*	
Loveline	Carol U.	[248] 624-2314
Twelfth Step Within	Susie Y.	[248] 320-3105
Speakers/Sponsors List	Frank A.	[810] 813-1167
Helpline	*OPEN*	
Webmaster	Pina B.	[248] 416-0726
Literature	Cyndi K.	[248] 770-7615
Public Information	Bobbi S.	[313] 377-2371
Office	Cyndi K.	[248] 770-7615
Finance	*OPEN*	

GDI Region Rep/Delegates to WSBC/Region 5 Reps

OPEN

7th Tradition:

We are fully self-supporting through our own contributions, neither soliciting nor accepting outside donations. In these difficult times of virtual meetings, please remember to honor our **7th Tradition**.

For your convenience, you can donate one of two ways:

You can go to the OA Greater Detroit Intergroup Website and pay by PayPal:

PayPal™

Donate

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

Lynn H.

14163 Landings Way
Fenton, Michigan 48430



CONTACT US!



25511 Southfield Road ♦ Suite 127
Southfield, Michigan 48075

[248] 559-7722

Email: info@oagreaterdetroit.org