

Greater Detroit  
Intergroup

# LOVELINE

**STEP 1:** We admitted we were powerless over food; that our lives had become unmanageable.

Twenty-three years ago, I weighed 278 pounds. I was trying to stick to a diet the doctor had given me. I could not get past lunch each day without eating the entire day's allowance. This failure continued every day for six months. I felt very confused and guilty that I was not able to stick to the diet. I was obsessed with thinking that I should be able to eat like the "normal" eater, if I could just figure out what I was doing wrong.

I have since learned that I was not able to stay on the diet because I was trying to eat foods that were causing me to crave more food. The Big Book calls this an allergy to certain substances, alcohol or in our case sugar, flour, fats, etc. The Big Book states: "All these, and many others, have one symptom in common: they cannot start drinking without developing the phenomenon of craving. This phenomenon, as we have suggested, may be the manifestation of an allergy which differentiates these people, and sets them apart as a distinct entity." (Alcoholics Anonymous, p. xxx)

God let me realize that the reason I could not stick to the diet was because I had an eating disorder. I was different from the "normal" eater. I have an incurable disease. I am powerless over food and the only way to recover is by following a proven recovery program. A diet will never change me into a normal eater or fix my problem with food.

~ Lynn H.



**PLEASE submit your articles for  
the MARCH/APRIL 2024  
LoveLine by February 10!!**

**The topic will be Steps 3 & 4**

Please send your stories, poems, drawings and letters based on your Experience, Strength and Hope to [lnewsletter.editor@gmail.com](mailto: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](mailto:info@oagreaterdetroit.org) and each new issue will be emailed directly to you!

For more information, contact Irene R. at 248.574.2536

# Feedback From The Fall 2023 OA Retreat

Having learned more history of the Big Book was incredible. I love how Steps 4 – 9 = 10 in a sense. Nice knowing I'm not alone – there are many people out there looking for a new way of life. OA has saved my life and for that I'm eternally grateful. My job now is to carry this message to those who still suffer. *(Ronder C.)*

Thanks to the Retreat Committee for hosting the 2023 Fall Retreat. For me it was a much-needed boost and enhancement to my recovery. The speaker was full of Big Book and 12 Step knowledge and passed on to us his experience, strength and hope. I look forward to the next retreat. OA is alive and thriving in our Detroit area. *(Sue S.)*

Service is not [necessarily] slimming. The most important thing in my life is my HP, not abstinence, because HP brings me abstinence. The Steps hold the answer to almost all difficulties in my life. *(Anonymous)*

Really learned a lot about the Big Book, the 12 Steps and how they are all or none. Really, really appreciate and love that we got together face-to-face. Also liked the chance to eat with different OA members 5 times. What a wonderful fellowship. Love and tolerance. Learned much more about forgiveness. *(Anonymous)*

I'm really grateful. I feel this retreat was a God-Shot. The focus was really on recovery and the newcomer. Food was good. Liked that there was fresh fruit and salad bar. Thank you to all the organizers. *(Anonymous)*

One of the most important insights I've gained is how important face-to-face contact, hugs, and eye contact are. After a very challenging year, the greetings and affirmations I've received – Priceless.

I am on my knees grateful to the organizers and helpers who devoted so much time and energy planning and executing this stellar retreat. Without them living their 12 Step program, service, plus willing hearts, none of this wonderful experience could have happened.

The friendships made and rekindled, the joys doubled, and sorrows halved, cannot be duplicated online. There will be a Spring retreat – please come and experience the power! *(Diana Lee M.)*

It's ALL the Steps! Not just some steps – It's ALL 12 Steps! + How do you want to feel about yourself? "Self-Honesty" *(Anonymous)*

The most important thing I took was that the 12 Steps do not have to take months or years! The presenter's ability to deliver his Experience, Strength and Hope was priceless! *(Anonymous)*

I was reminded that lack of Power is my dilemma. I need to access this power. How do I do this? Work the Steps. I am 100% hopeless, apart from Divine Help. Sponsorship helps keep me humbled. *(Anonymous)*

Loved getting together with everyone in person. Much needed break from the isolation of Zoom meetings. So nice to have a concentrated weekend of program with so many loving people. Thank You to our speaker and to the retreat committee for a perfect weekend! *(Lynn H.)*

I learned that there is hope, love and support among the fellowship of OA. I only need to go to meetings and ask for guidance. The speaker was very knowledgeable about the history of OA / AA and shared his personal experiences. He is an inspiration to me to learn more for myself. This human experience makes life amazing and interesting. I am so grateful to have found OA. *(Dorothy I.)*

THE LOS ANGELES INTERGROUP PROUDLY PRESENTS

# THE 64<sup>TH</sup> ANNUAL OA BIRTHDAY PARTY

## Together We Get Better

JANUARY 12<sup>TH</sup> – 14<sup>TH</sup>, 2024

AT THE LAX HILTON  
5711 W. CENTURY BLVD.  
LOS ANGELES, CA

COME MEET YOUR FELLOWS FROM ALL OVER THE WORLD.

WORKSHOPS, PANELS, SPECIAL FOCUS MEETINGS, MARATHONS, OPENING CEREMONY ON FRIDAY NIGHT, DANCE PARTY ON SATURDAY NIGHT, YOGA, MEDITATION, AND MORE.



EARLY BIRD REGISTRATION: \$45 (THROUGH NOV. 30)  
GENERAL REGISTRATION: \$55 (THROUGH JAN. 7)  
FINAL REGISTRATION: \$65 (THROUGH JAN. 14)

Registration  
opens Oct. 15th  
[oabirthday.com](http://oabirthday.com)

# The of Meetings

How many meetings have you attended where someone has commented, “I really didn’t want to attend a meeting tonight”? I’ve heard it quite often and, to be honest, I have said it to myself. That is, until one day when I comprehended part of the message contained in the Big Book story, “Acceptance Was The Answer.”

This story of acceptance is frequently read at meetings and is referred to by some OA member as the “Max Story.” The part of the story that helped me to change my perspective on OA meetings is as follows:

*I can do the same thing at an A.A. meeting. The more I focus on its defects—late start, long drunkalogs, cigarette smoke—the worse the meeting becomes...When I focus on what’s good today, I have a good day, and when I focus on what’s bad, I have a bad day. If I focus on a problem, the problem increases. If I focus on the answer, the answer increases. (Alcoholics Anonymous, 4<sup>th</sup> ed., p. 419)*

I’m not suggesting that there was anything negative about the meetings I was attending, but I was attending meetings for the same reason my parents used to try to get me to eat vegetables, because it was good for me. I was attending meetings but was missing out on how much fun meetings can be.

Just as the author of “Acceptance Was The Answer” suggests, when I began to look for the good in meetings, I discovered the joy of meetings. I came to look forward to an evening at OA, and everything improved for me. I began to experience more of the back-to-back abstinence, and my food choices improved automatically. I left the meetings feeling happy, recharged and better able to face the challenges of the next day. Suddenly, without any conscious effort on my part, I started attending five meetings a week and looked forward to them all.

The simple little change in perspective helped me to find the joy of meetings. At the meetings I continue to work the twelve steps of OA and strive to look at my life honestly, but I now find them to be a great joy in my life. Joy that overpowers the difficult feelings that come with being honest about my life and my history.

Discover the joy of meetings and you may never again say, “I really don’t want to attend a meeting tonight.”

~David K.



# Overeaters Anonymous

## **SPRING INTO RECOVERY**

*Retreat Sponsored by OA Greater Detroit*

### **Save the Date!**

**April 12-14, 2024**

Friday evening through  
Sunday morning



### **Location:**

#### **Colombiere Retreat Center**

9075 Big Lake Road  
Clarkston, MI 48346

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



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**For more information,  
Call Sue S. (248) 408-2340**

## STEPS 1 & 2: an OA Sonnet



I am a fool—I should control my food  
Self-hatred a perpetual shame  
carried forward by my pride, so rude  
A dance—I will land on food again.

My God, He sits in judgment from afar.  
In my failures I deserve His eternal wrath.  
I am alone in this forgotten war,  
A clash of weaknesses within myself.

I first must admit I am powerless over food,  
That my life has become unmanageable.  
And second, I must believe that the God  
That I understand can restore me to sanity.

I am compelled to try by following the steps  
To join my fellows and to arrest my illness.

~ Richard H.



Something **NEW** for the  
OA Spring Retreat (April 12-14)

## A CLOTHING BOUTIQUE!

To stock our boutique, we need donations of clean, gently used clothing in all sizes. Please separate your clothing by size and pack into plastic bags or boxes labeled with the size. Costume jewelry and purses also will be accepted. We also would like to borrow clothing racks for the weekend.

More info about dropping off your packages will be coming soon.

Items for sale will be very affordable, with proceeds going to the spring retreat and scholarships.

**Questions?** Text Keri C. at 248-672-6745

**THANK YOU!**

## TOMORROW

Hard to let go of  
Your daily compulsions.  
Much easier to procrastinate  
And put off a new beginning  
“I’ll start tomorrow...”

Time to take responsibility  
And do things differently.  
No more excuses,  
Rationalizations/justifications.  
Time to say goodbye  
To your unhealthy self.

Today is the perfect day to start.  
Find your source of Power,  
Do whatever needs to be done  
And do the best you can do  
Knowing there is a price to pay  
When you make a change.

Grieve the loss  
That comes from letting go  
Accept your feelings  
Pray to learn to become  
Comfortable with the  
Uncomfortable.  
You must go through the pain  
To get to peace and serenity.

This is a life-long commitment  
Don’t look at it as forever.  
Take one step at a time,  
One day at a time.  
Live in today, for today  
Loving, lovable and precious,  
You are worthy of the effort!

~Mary Ann B.



Some observations on experience with Step 1.

A long time ago, I heard that “If I get stuck on a step, go back to the one before, there’s where the trouble is.”

In my experience, this has turned out to be true even with long-term abstinence.

Step 1 states: **“We Admitted We Were Powerless Over Food—That Our Lives Had Become Unmanageable”**

There is no ‘and’ in between those 2 statements.

If I’m compulsively overeating, out of control with Bulimia, or out of control with ANY aspect of behavior with food, MY WHOLE LIFE is unmanageable—ALL OF IT!

The reason I’m mentioning this, is that, sadly, I hear many at meetings struggling to find an answer for this dilemma. My experience as a 100-pounder Compulsive Overeater is that there is none.

We hear over & over that ‘OA is **not** a diet-club.’ However, it took me a long, long time and some discomfort to learn to not view OA that way.

The essence of Step 1 is that when it comes to food, obsession, & compulsive behavior I’m nuts WHETHER I’M OVEREATING OR NOT!

It’s not a moral issue, it’s not just character flaws or bad behavior, it’s an illness.

I just never wanted to tell the truth about it till I got here in September of 1983. That’s when my journey to my fantastic life started.

The Man who first introduced me to the 12 Step way of life, Joe H. (who I was scared to death of when I worked for him in our industry) used to describe the program this way:

This is NOT a program for ‘Sick People Trying to Get Well’.

NOR is it a program for ‘Bad People Trying to Get Good’.

It’s a Program for **‘GOOD PEOPLE TO GET BETTER’**.

Not perfect—perfection is impossible.

....Just Better, one day at a time.

*~Ira H.*



Join Us

# for GDI Intergroup Meetings! :

4<sup>th</sup> Saturday of the month

January 27 and February 24  
@ 11:15 am

THERE ARE 2 WAYS TO JOIN:



**\*\* PLEASE NOTE NEW CONNECTION INFORMATION! \*\***

<https://us02web.zoom.us/j/6990245549?pwd=RnVmcGNwSIFRcitaK1lXS2FNWHVyUT09>

Meeting ID 699 024 5549 | Passcode Detroit12  
Telephone 312-626-6799 | Telephone Passcode 990439745



## OPEN SPEAKER MEETINGS → 5<sup>TH</sup> SATURDAYS @ 10 AM

Did you know? The 5<sup>th</sup> Saturday of every 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 DATES IN 2024 WILL BE: 30-MARCH / 29-JUNE / 31-AUGUST / 30-NOVEMBER**  
**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: satoacelticross

<https://join.freeconferencecall.com/satoacelticross>





# GREATER DETROIT AREA INTERGROUP POSITIONS ARE OPEN!



*Please consider these openings as opportunities both to be of service to the wider membership and to enhance your own recovery. Take it to your Higher Power! Talk to your sponsor!*

## **OFFICER POSITION (2-YEAR TERM) TO BE FILLED:**

### **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

### **QUALIFICATIONS FOR THIS POSITION:**

- 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



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## COMMITTEE CHAIR POSITIONS, *continued...*

### Speaker/Sponsor:

1. Shall maintain a current "Speakers and Sponsors List" for the Intergroup and send updated, monthly copies to the Loveline Chairperson.
2. "Speaker and Sponsor List" shall indicate areas of recovery as provided by participants.
3. Shall work in cooperation with the Public Relations Committee and any other committee seeking speakers or sponsors.

### 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



Find us on the web! [www.oagreaterdetroit.org](http://www.oagreaterdetroit.org)  
Email: [info@oagreaterdetroit.org](mailto:info@oagreaterdetroit.org)

## Greater Detroit Intergroup Board Members/Officers

Chair	Verna K.	[734] 716-0773
Vice Chair	Ira H.	[818] 903-6559
Treasurer	Lynn H.	[313] 613-8754
Recording Secretary	Keri C.	[248] 672-6745
Corresponding Secretary	<b>*OPEN*</b>	

## Committee Chairs

Bylaws	Paula M.	[248] 882-5572
LoveLine	Irene R.	[248] 574-2536
Twelfth Step Within	<b>*OPEN*</b>	
Speakers/Sponsors List	<b>*OPEN*</b>	
Helpline	Julie G.	[248] 559-7722
Webmaster	Pina B.	[248] 416-0726
Literature	Verna K.	[734] 716-0773
Public Information	Monica S.	[313] 585-3637
Finance	<b>*OPEN*</b>	

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

**\*OPEN\***

## 7th Tradition:

**Every OA group ought to be fully self-supporting, declining outside contributions.**

At [www.oagreaterdetroit.org](http://www.oagreaterdetroit.org) members can make a one-time donation via credit or debit card 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](http://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 at any time.



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

**Overeaters Anonymous**  
**P.O. Box 874**  
**Fenton, MI 48430**

