

Greater Detroit
Intergroup

LOVELINE

I didn't come to OA to make friends. I had friends. I had my family. I didn't need more (or so I thought). What I didn't have was anyone that understood my disease, including myself. Oh, I had plenty of overweight friends and relatives. We had joined diet clubs together and went to exercise classes together trying to find the magic. But all that effort failed me time and time again. When I came into the OA rooms, I didn't expect much. I didn't understand what it was all about. But I felt so welcomed by all these strangers and, almost from the start, had a feeling I was in the right place. That was 14 years ago.

Since then, I find many of the people I trust most in the world are OA members, and much to my surprise, several I count as real friends. Needed friends. The OA fellowship has held me up during some very rough times during those 14 years, including the loss of loved ones. I will forever be grateful for the support of the fellowship during those times especially. And even when I relapsed in the middle of it all, I still knew I was in the right place. Where else would I go? The fellowship helped me find my way back to abstinence. The program, the 12 steps, is the only valid answer to my compulsive eating and is still the "design for living" I need. I have found in the OA fellowship that we know we have a common problem, and we support each other in the common solution. I need that support and I'm glad to give it to others. The fellowship has been a gift I didn't expect but am so grateful to have received. It is true, together we can do what we could never do alone. Thankfully, we don't have to.

~Verna K.

**The Deadline to Submit Articles for
the Next LoveLine is: August 10**

The topic will be: **SELFISHNESS – THE ROOT OF OUR TROUBLES**

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

WHAT THE OA FELLOWSHIP
MEANS TO ME



PUT THIS
On YOUR
CALENDAR

KEEP CALM
but
DON'T MISS
OUR DEADLINE

OA GREATER DETROIT

In Person Fellowship Gatherings!



We hope to see you there!

Saturday July 29, 2023, 10:00 AM-12:00 PM

Birmingham Unitarian Church

38651 Woodward Avenue, Bloomfield Hills, MI 48304

*Come and learn interesting OA history. Fun trivia game to share your knowledge.
Hear long time members share their experience, strength and hope.*

*Time for sharing and fellowship
Inside and Outside Event (weather permitting)*

ALL ARE WELCOME

UPCOMING GATHERINGS:

Save these Dates!

Save the Dates

Tuesday August 15, 2023

Virtual Event

7:00-8:15 PM

Free Conference Call OA West Bloomfield Line

Free Conference Call

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

Join by phone: 978-990-5000

Access code: 213422#

*Hear our founder Rozanne share her experience, strength and hope
Time for sharing with fellows*

Saturday September 30, 2023

All day In Person Event

*Travel to Akron, OH visit Dr. Bob's house and more!
Details to follow*



HAPPY
joyous
FREE

BILL W.

OPEN SPEAKER MEETINGS

5TH SATURDAYs @ 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 her/his 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:

July 29	
September 30	December 30

Please invite others; we only succeed when we support one another and share the message.

SECRETS...

Secrets are like poison—
In the wrong hands
They are deadly.
Share your fears, regrets,
Your secrets...

Only with those
Who are trustworthy.
With those who won't
Hurt you or won't be hurt
By what you reveal.

Think, "Why am I sharing
This with this person?"
Will it help or will it hurt?
Don't be impulsive—
Your Higher Power will guide you.
You will intuitively
Know what to do.

Learn from mistakes,
Let go of the past,
Live your life
In a way that shows people
How you have changed and grown.

Don't obsess about yesterday
Or worry about tomorrow.
Be the best possible person
You can be
Right here, right now.

~ Mary Ann B.

← 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>



PARTNERS IN RECOVERY

There are many different ways to share experience, strength, and hope in the OA Fellowship. As *two* OA members in recovery, we would like to share a way that has worked for us. We have been calling our relationship “Partners in Recovery.” Together, we have developed a unique relationship that is separate from a sponsor/sponsee relationship, although we still continue to sponsor others and be sponsored.

In June 2015, our Higher Power brought us together. We both found ourselves in need of additional support, and we started talking weekly by phone about the many elements of the OA Program that we have in common: long-term abstinence, a love of the [Twelve Steps](#), and a commitment to recovery. In January 2016, we committed to work together weekly on reading and writing projects to help strengthen our programs so that we could keep up with the pace of life.

Over the past three years, we have read and discussed numerous pieces of OA-approved literature. We have searched out the many “musts” in [The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition](#) and in [Alcoholics Anonymous](#).

We have worked through OA’s [Twelve Step Workshop and Study Guide](#) and AA’s *Twelve Steps and Twelve Traditions*. We have read and shared on the stories in [Taste of Lifeline](#), and we are currently reviewing each issue of [Lifeline](#) followed by a story from the Big Book. We look up the words we are not familiar with so that we can fully understand what we are reading.

We both go to different meetings, and we love to share quotes and acronyms that we hear at those meetings. We appreciate the gifted writers that are able to put into words the recovery we seek to enrich. Some of our favorite quotes are:

- “If I have to have *all* my questions answered, then I am playing God! I am not trusting.”
- “God is in the pause.”
- “Program can become our easier, softer way.”
- “Gratitude lifts the attitude.”
- “This is a Step One situation!”
- “Abandon all hope of a better past.”

This partnership continues to be a positive experience for each of us, allowing us to have more depth to our programs. Perhaps other OA members would like to experience the rewards of working together as partners in recovery.

— *Anonymous*



WORLD SERVICE OFFICE

Annual Appeal Letter from Your World Service Office

To: Groups and Members of Overeaters Anonymous:

Your contribution continues to make a difference for Overeaters Anonymous. Thank you! Here are some of the wonderful new ways we've been able to put your contribution to work. Have you accessed online literature, such as To the Young Person pamphlet, or one of the OA books? We've even made the Where Do I Start? pamphlet available as a free download! We are currently creating a new public service announcement (PSA) that will be fun and fresh. In addition, we were able to replace several staff computers.

Your additional contribution helps us increase our outreach. Right now, we are mostly limited to English-speaking countries. As a global Fellowship, our desire is to continue our growth to be a presence in all countries. This takes ongoing funds to get the word out through electronic and social media. In addition, your contributions are used to fulfill our primary purpose of reaching the still-suffering compulsive eater through increased availability of our literature in languages other than English, as well as through a revitalized public awareness presence. We thank you for all that you are doing for OA. We've had a couple of years where we were able to work on these goals because of your generous contributions, but we need to keep the momentum going to fulfill our primary purpose worldwide.

We anticipate that in 2023 we will continue to need your support in order to grow the Fellowship. We want to increase our reach to our fellows who've not yet heard of us. To be fully self-supporting, all of us need to help our organization continue to get the word out to those who struggle with compulsive eating like we do.

Here are ways you can show your support in addition to your regular Seventh Tradition contribution. You can donate directly online at www.oa.org/contribute (remember to include your meeting number). You can cut out the form below and mail your check to the World Service Office. Or you can consider contributing automatically through the Automatic Recurring Contributions link at www.oa.org/contribute. Any amount would be appreciated, and if you cannot contribute now, we know that you continue to support OA in many different ways.

In loving service and gratitude,
Board of Trustees Treasurer

Please forward your contribution to:
Overeaters Anonymous World Service Office/Appeal to Groups
PO Box 44727
Rio Rancho NM, 87174-4727 USA
(Remember to include your meeting #)

From www.oa.org:

Meeting Descriptions Will Change in 2023

May 23, 2023

Delegates to World Service Business Conference 2023 have voted to change the following meeting descriptions:

From	To
Open meeting	Meeting with visitors (Open)
Closed meeting	Meeting without visitors (Closed)
Special Topic	Specific Topic
Special Focus	Specific Focus



These changes will help newcomers and referring professionals understand that “Closed” meetings are always open to newcomers, OA members, and those who think they have a problem with food.

Further, they remove any stigma or distracting connotation that the word “special” may elicit among OA members.

INTERGROUP REPRESENTATIVES

To my OA Fellows:

Please consider doing service as an **Intergroup Representative**. I recently took on the position of Intergroup Rep for one of my meetings and I am grateful that I did. I like being in the loop of what goes on at the business meetings of our Detroit area groups. The following outlines the Intergroup Representatives responsibilities.

INTERGROUP REPRESENTATIVES

- Each represented group shall be entitled to one vote through its elected Intergroup Representative. (Only Reps who have at least 1 year of current abstinence shall have voting privileges.)
- Each registered group shall elect, by any method it chooses, one representative and up to three alternates. Each group shall be free to designate alternates when the necessity arises.
- The names of these representatives shall be designated on the group registration form, which is filed each May 31st.
- The Intergroup Rep’s primary responsibilities are:
 1. To represent their group at all Intergroup meetings.
 2. To act as liaison making their group’s conscience known.
 3. To see that all communications pertaining to Greater Detroit Intergroup are made available to their group.

Meetings are held each month, except for December. They are being held virtually on the 4th Saturday of the month from 11:15 am – 12:45 pm. Information on how to access them is posted on our local website, www.oagreaterdetroit.org

Every group’s input is important and beneficial to the health of the Intergroup. Please note that 1 year of current abstinence is needed to have a vote for your group, however, if you don’t have a year, you are still more than welcome to represent without a vote. Please keep your meetings in the loop!

~ Sue S.

Join Us

for GDI Intergroup Meetings!!

4th Saturday of the month
JULY 22 & AUGUST 26 @ 11:15 am

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

THERE ARE 2 WAYS TO JOIN:

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

Public Information:

1. Shall act in a public relations capacity, bringing Overeaters Anonymous to the attention of the compulsive overeater
2. Shall be consistent with Tradition Eleven which states our PR policy is based on attraction rather than promotion
3. Shall handle inquiries and distribute information about OA for the general public and for special groups including HIPM (Hospitals, Institutions, Professionals, and Military) and Young People

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



Sanity is not how well
I can hide my anger;
it's having no need to
react to people,
places and things by
becoming angry.

- For Today

Overeaters Anonymous

FALL RETREAT



Sponsored by OA Greater Detroit

October 27-29, 2023

Masks optional unless required by the venue.

Colombiere Center

9075 Big Lake Road
Clarkston, MI 48346
(248) 625 - 5611

Scholarships Available

Contact Susanne G.
(248) 756-1570

Cost Per Person:

\$179 Double occupancy
with community bath

\$207 Single occupancy
with community bath

**Cost includes 5 meals,
coffee, tea, and water.**

**Registration Deadline:
September 27, 2023**

No Refunds after Deadline

Retreat Schedule:

4–6 p.m. Friday:

Check-in and
Welcome Room

6 p.m. Friday:

Dinner Buffet

7 p.m. Friday:

Program Begins

12 p.m. Sunday:

Program Ends

OA Fall Retreat Registration Form

Name: _____ Phone: _____

Address: _____

Email Address: _____

Check one: Single Double *make checks out to: Overeaters Anonymous*

Name of Roommate (if double): _____

**Mail form and check to: Susanne G.
6262 Pepper Hill Street
West Bloomfield Township, MI 48322**

Find us on the web! www.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	*OPEN*	
Office	*OPEN*	
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 at any time.

PayPal [Donate](#)

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