

Greater
Detroit
Intergroup

LOVELINE

OPEN TALK MEETING

Sunday , January 26, 2020
7:00 pm – 8:00 pm



Two Guest Speakers will share their stories with us.

Open Talk meetings are open to family and friends and anyone wanting to learn more about Overeaters Anonymous.

ASCENSION PROVIDENCE ROCHESTER HOSPITAL
1st Floor Auditorium

1101 West University Dr. ♦ Rochester Hills, 48307

An OA greeter will be at the main hospital entrance to welcome you. **NO need to RSVP.**
For more information, please contact Nicki T. at (248) 464-5896

We hope you will join us on the JOURNEY TO RECOVERY!

Before you speak...

THINK!

T - is it true?

h - is it helpful?

i - is it inspiring?

n - is it necessary?

k - is it kind?

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WHICH ONES HAVE YOU HEARD? WHICH ONES ARE NEW TO YOU?

ACTION	Any Change to Improve Our Nature
BIG BOOK	Believing In God Beats Our Old Knowledge
BINGE	Believing I'm Not Good Enough
BLOATED	(Don't get too) Bored, Lonely, Overwhelmed, Angry, Tired, Excited or Depressed
DENIAL	Don't Even Notice I'm Lying
DETACH	Don't Even Think About Changing Him/Her!
EGO	Edging God Out
ESH	Experience, Strength & Hope
FAITH	Fear Ain't In This House Facing an Inner Truth Heals
FEAR	False Evidence Appearing Real Face Everything and Recover F#\$% Everything and Run!
FINE	(I'm) Frustrated, Insecure, Neurotic, and Emotional
FROG	Full Reliance on God
GIFTS	Getting it From the Steps
GOD	Good, Orderly Direction
HALT	(Don't get too) Hungry, Angry, Lonely, or Tired
HOPE	Have Only Positive Expectations
HOW	Honest, Open-Minded, Willing
KISS	Keep it Simple, Silly!
NUTS	Not Using the Steps
PROGRAM	People Relying on God Relaying a Message
PUSH	Pray Until Something Happens
RELAPSE	Recovery Exits Life And Program Seems Empty
SPONSOR	Spiritual Person Offering Newcomers Suggestions on Recovery
STEP	Solutions to Everyday Problem(s)
THINK	Before You Speak ... Is It True? Helpful? Inspiring? Necessary? Kind?
YET	You're Eligible Too

RECOVERY

Realizing that you're worth it.
Experiencing true happiness.
Caring about yourself.
Over coming your own demons.
Validating your worth.
Eating without regret.
Relapse—it's going to happen, it's inevitable and that's **okay**.
Yearning to live.

HOW WELL
DO YOU KNOW
YOUR
OVEREATERS
ANONYMOUS
ACRONYMS &
SLOGANS?*

**These acronyms are not officially OA Conference approved, but many are common in our OA culture.*



The OA Program Works When You Work It!



On Sunday of this week I called a friend in OA to get her input about how to deal with a friend of mine. She shared how she had done a short inventory for a situation with a person that was bothering her and how it helped her. The inventory helped her realize her part in the interaction with her friend.

On Monday of this week the friend I was having difficulty with called me in an effort to talk through our disagreements. I expressed my hurt and why I felt hurt. My friend apologized in a tense voice but was also defensive. She told me she preferred to spend time with people “who are easy to be with.” (I knew I was not in this category!) This offended me, even though I had just told her why I did not want to spend one on one time with her at this time. (same thing right?)

After the call I felt deeply sad. I knew my friend had made valid points and had cared enough to reach out to me to talk to me by phone instead of emailing back and forth. I was still mad at her but I called her and said “I want to apologize for not being more understanding and forgiving.” She said “That’s OK”. I said, “Maybe another day.” She replied, with pain in her voice, “Maybe another day.”

When I hung up the phone, I felt confused, disappointed, and upset. I called an OA friend to talk openly and honestly exactly how I felt about this phone call. My friend was very understanding and had sympathy for my pain. We were laughing by the end of the phone call.

But then night came. When I went to bed, my resentment, sadness and hurt returned.

It dawned on me to do an inventory as my other OA friend had done. I asked myself “was I being selfish”? Yes, I wanted her to only see the situation my way. I asked myself “was I fearful”? Yes, I feared I would not have in my future what she had found for herself. I asked myself “was I resentful? Yes, clearly. I was also jealous, intolerant and had unreasonable expectations. I asked God to take away each of these character defects.

I remembered at an OA retreat the speaker suggested we define what we wanted our Higher Power/God to be. I thought how I wanted my God to be understanding of my feelings, help me let go of my fears and resentment. I can’t tell you what I thought after that as I felt so peaceful I fell asleep. Usually when I have that much hurt and resentment, I am awake for hours, denying that the situation bothers me.

I would like to say the next day all my negative feelings were gone however the resentment returned. It was not as strong but it was still there. So I continued to ask God to help me be willing to let go of my resentment. I prayed the resentment prayer for my friend: that she experience peace, financial wealth, good health and good relationships. I also had compassion for my hurt and prayed that it be healed. I tuned to a God that was understanding and helpful.

It is true, “the program works when you work it!”

~ Suzanne



I was grateful to the folks who organized the Greater Detroit Intergroup IDEA DAY 2019. I appreciated the level of honesty that was shared which always frees me to ask new/different questions about my own quality of life and recovery. Having a written down Action Plan has never been “my style.” Well, committing to something on a regular basis will offer me a standard against which I can assess the quality of my recovery, i.e. I either met or did not meet my personal basic recovery needs. This morning I wrote down and committed to a daily Action Plan.

Thanks again for my new life!

~ Rita

STRONG ABSTINENCE CHECKLIST & WRITING EXERCISE

Use this valuable tool every day to support you in keeping your abstinence strong and intact. You may also use it as the focus for meetings and workshops.

CHECKLIST

- 1) Have I been abstinent today?
- 2) Did I pray and meditate today?
- 3) Am I maintaining or working toward a healthy body weight?
- 4) Did I rely on my Higher Power to get or stay abstinent today?
- 5) Is what I am currently doing working for me to remain abstinent?
- 6) If I am having problems, have I asked someone else what they are doing?
- 7) Have I made an OA call today?
- 8) Did I have an attitude of gratitude today?
- 9) Did I plan my food today?
- 10) Have I helped someone else today?
- 11) Did I have an action plan in place to stay abstinent today?
- 12) Do I have a sponsor and am I working the Steps with that person?



WRITING EXERCISE

- 1) What is compulsive eating for me?
- 2) What are the foods and food behaviors that trigger me to eat compulsively?
- 3) Am I afraid to get abstinent and, if yes, why?
- 4) Why do I think abstinence is important?
- 5) What do I do to stop eating compulsively?
- 6) What Steps do I take to remain abstinent in all circumstances?
- 7) What is the difference between abstinence and a plan of eating?
- 8) What actions do I take to maintain my abstinence and achieve or maintain a healthy body weight?
- 9) How do I begin my day in order to abstain from compulsive eating and compulsive food behaviors?
- 10) What Tools do I regularly use?
- 11) How does remaining abstinent improve the quality of my life?
- 12) What place does food have in my life today?

... OA BUZZ WORDS...

Stay warm indoors and enjoy a **NEW** word search to remind you of program!



Find the following words in the puzzle.
Words are hidden ↑ ↓ → ← and ↘ .



A PLAN OF EATING
COMPULSIVE
FAITH
HONESTY
LEADER
MEETINGS
OPEN MINDEDNESS
PRAY
SERVICE
SUPPORT
TWELVE STEPS
WRITING

ACTION PLAN
COURAGE
GOD
HOPE
LITERATURE
MEMBERSHIP
OVEREATER
SANITY
SPONSORSHIP
TELEPHONE
WILLINGNESS

ANONYMITY
EXPERIENCE
HIGHER POWER
HUMILITY
MEDITATION
MIRACLE
PEACE
SERENITY
STRENGTH
TRUST
WISDOM



HAPPY 60TH BIRTHDAY to Overeaters Anonymous! ♦ January 17-19
Los Angeles, California
<http://www.oalaig.org/oa-birthday-party/>

Greater Detroit Intergroup Spring Retreat ♦ March 27-29
Colombiere Retreat & Conference Center in Clarkston, Michigan

59th Annual World Service Business Conference ♦ April 20-25
Albuquerque, New Mexico ♦ Theme: OA Celebrates 60 Years! Looking to the Future!
<https://oa.org/members/events/world-service-business-conference>

World Service Convention ♦ August 20-22
Orlando, Florida ♦ Theme: Sunshine of the Spirit: 60 Years Around the Sun!
<https://oa.org/members/events/world-service-convention>

Region 5 Convention ♦ October 9-11
Cleveland, Ohio ♦ More information to follow soon!

Reservations
will open
January, 2020!

NEW
MEETINGS!

7:30 PM WEDNESDAYS at
St. John Lutheran Church / Conference Room
23225 Gill Road
Farmington Hills, 48335

For more information call/text **Kacie F.** at
810-923-8388 or email: oafarmingtonhills@gmail.com

7:00 PM THURSDAYS at
Affirmations

290 West Nine Mile Road
Ferndale, 48220

For more information, contact **Irene R.** at
248-574-2536



**OVEREATERS
ANONYMOUS.**
GREATER DETROIT INTERGROUP

The OA Greater Detroit
Intergroup Meetings are held the
2nd Tuesday of every month*
from 7:00 pm to 8:30 pm at the
OA Office in Southfield

EVERYONE IS WELCOME!

**no meeting in December*

20/20 vision for you

march 27-29, 2020

RETREAT SPONSORED BY THE O.A.
SATURDAY MORNING "I AM A
MIRACLE" MEETING OF WARREN



LOCATION

Colomblere Conference Center

9075 Big Lake Road
Clarkston, MI 48346

General 248.625.5611

Conference center 248.620.2534

Email colomblere@colomblere.com

COST PER PERSON

\$150 Double occupancy rooms
with community bath

\$175 Single occupancy rooms
with community bath

Cost includes 5 meals

Friday dinner (buffet at 6 p.m.)
through Sunday breakfast. Coffee,
tea, and water provided during
Friday and Saturday.

REGISTRATION

Deadline to register

Thursday, February 27, 2020

No refunds after registration closes

Onsite registration

4 - 7 p.m. on Friday

Any changes to a reservation must
be approved through registration

NAME

ADDRESS

CITY

STATE

ZIP

PHONE

EMAIL

IF YOU'D LIKE TO ROOM WITH A FRIEND, PLEASE SUPPLY THEIR NAME HERE

OA RETREAT FIRST TIMERS

IS THIS YOUR FIRST RETREAT? YES NO

Retreat first timers introductory meeting will take place on
Friday, March 27 from 5 - 5:45 p.m.

PAYMENT

Make checks payable to *Overeaters Anonymous*

Mall your check and registration form to:
Ann D.
27720 Stephenson Hwy, Apt #111
Madison Heights, MI 48071

Registration questions - Lori S. at 248.318.5930

FOR MORE INFORMATION

Contact Susie Y.

248.320.3105 or email susan0752@att.net

If you'd like a reservation confirmation, please send
a self-addressed, stamped envelope with your
registration form, or e-mail walshgrad01@hotmail.com



**THIS IS A WORKSHOP
STYLE RETREAT.**

Don't forget your Big Book
and both 12 & 12s!

AUCTION ON SATURDAY!

Please bring in your
wrapped gifts!



What Can I Do To Give Service?

WE NEED YOU!!

LoveLine Deadline: February 10

Send your articles, poems or words of inspiration to: llnewsletter.editor@gmail.com

QUESTIONS? Just call Carol U. at 248.624.2314

REMEMBER! Send an email to info@oagreaterdetroit.org and receive the LoveLine in your mailbox every 2 months!



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.

SPEAKERS & SPONSORS → 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



Greater Detroit Intergroup Board Members/Officers

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Vice Chair	Pamalar B.	[313] 522-6122
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Finance	*OPEN*	

GDI Region Rep/Delegates to WSBC/Region 5 Reps

Sue S. [248] 408-2340

CONTACT US!



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