

Greater
Detroit
Intergroup

LOVELINE

Being In The Moment

In OA we learn to be living in recovery from compulsive eating, as our old saying goes, we need to live “one day at a time.” I have found that working on being fully present in this moment keeps me safe from acting out in my disease of compulsive overeating and undereating.

Being in the moment is going forward from the past. Being in the moment avoids catastrophizing the future. Every day is a new opportunity to be our best. Amazing how we learn as we go. Strange how some of the most trying, difficult, and scary times in our lives turn out to be the times we grow, mature and discover more of who we really are. Then we take this wonderful new stuff forward into our new moments of now to live more fully. Laugh, love, and dance to the music of our soul. Life is wonderful like that. How much better to see life through this lens rather than bemoaning past ordeals. How much better than sinking into feeling sorry for ourselves like a victim. The fact is we have been challenged and we overcame those hard times. Getting through, past and overcoming difficult times makes us survivors and thrivers, not victims. Our experience matures us. Our experience enriches us. It makes us ever increasingly open to enjoy life. Even when experiencing pain, it is less when it is only the pain of this moment.

Being grateful is an exercise which changes my attitude from blah to beautifully present and open to the good that is in this day. When I need an attitude adjustment, I remind myself not to hang up my thoughts on expectations. Expectations can be dangerous.

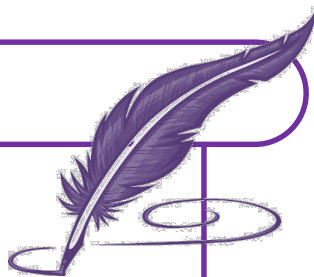
Acceptance ... yes, calm, sweet willingness to receive what life presents to us makes a profound difference in our reactions to people and events. Then without notice we feel peace.

~ Mary S.

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A Letter to My Higher Power



God, You are all knowing and all powerful. You are everything I need You to be for me. You are my special spiritual guardian.

You understand my thoughts and feelings without me having to go into complicated explanations. You love me unconditionally and accept me as I am with all my flaws and imperfections. You are forgiving and don't hold my mistakes against me. You want what is best for me and You want me to be my best.

You will never get angry with me and reject me or abandon me. I will never be alone for You are always present and right here for me even when it feels like You are far away. I can talk to you about anything, and You won't laugh or think I'm stupid. You know all there is to know about me and You still love me unconditionally.

You understand my fears and will help me to cope with them one by one. You will never give up on me. I can trust that You will never hurt me. I can be myself with You. I can be comfortable with myself when I am with You. I can learn about myself and discover who I really am.

I love You and know You will only do with me what You think is best for me. You make difficult decisions that I may not always understand but will try to accept. You direct me. You watch over and protect me. You comfort me. You take care of me. You manage my affairs. You give me guidance, courage, strength and hope.

You are everything to me. You won't ever let me down. You will help me to understand the traumas and losses of life. You will always help me to survive anything and everything I may encounter in my life on this earth. I will thrive.

For all of this I thank You. I am forever grateful to You.

~Mary Ann B.

STEP 7

Humbly ask Him to
remove all our
shortcomings.



When I first read Step 7, I thought like many other people "humiliation" and was disappointed and confused. I've been humiliated all my life and felt defeated by food and in many other areas.

"Humility" is entirely different. I learned to have a realistic awareness of my character defects with the help of my Sponsor. We are all equals – no better or worse than anyone else.

I am aware of my character defects from Step 4. I also know the assets (positive opposites) that I strive to bring into my life. Now I ask my Higher Power to remove anything that interferes with His will for me. Living in the Principles: Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Self-Discipline, Love, Perseverance, Spiritual Awareness, and Service (OA 12 & 12 pages 84 – 86) I find are a good guide to follow. I practice and ask my Higher Power for help to remove these shortcomings and for His guidance.

Control is a large character defect of mine. As I practice accepting that many things are not in my control (and shouldn't be) I am slowly letting the need to control be removed from my thoughts. My Higher Power is changing my attitudes which allow me to live with more sanity and peace. All my relationships improve. This Program truly is a Design for Living that works!

~Anonymous

RANDOM THOUGHTS ... from OA Member John G.

You really care!
You actually want me here!
How can I be of service?



RESENTMENT & TOUGH LOVE

"The courage to change the things I can..."
These words from "The Serenity Prayer" are very important to my recovery. I grew up in a single parent dysfunctional home, where addiction and chaos prevailed. I hated myself, and I hated most of the people around me. Upon entering this program and working the 12 Steps, order began to come into my life. Other members gave me the courage to set healthy boundaries, without anger and resentment. How the other person reacted no longer mattered. I was able to, as lovingly as possible, protect myself from violation. This contributed greatly to my freedom from compulsive overeating.

HOLD ONTO THEIR COATTAILS

Sometimes I wake up in the middle of the night and I can't get back to sleep. Then, all at once, several worrisome thoughts pop into my head. Suddenly, intense hunger pangs invite me, almost compel me, to eat a certain "binge" food.
I can already taste the food in my mouth!!
Then, in my head, I hear my sponsor say: STOP!!! DON'T GO THERE!! IT WILL KILL YOU!!!
I stop. I cry out to my Higher Power - GOD PLEASE HELP ME!!! TAKE THIS AWAY!!!!
And, and ... He DOES
(And I am awed and astonished!!)



**Stay clean
to be serene!**

FLIP:
me > we
director > player
taker > giver



ASK

I'm not a god
I'm not a beast
I'm not the best
I'm not the least
Today I'm feeling sad and weak
True serenity is what I seek
Higher Power help me to give
And take the Steps I need to live!

THE NEWCOMER

The storm in my head quiets down whenever a newcomer walks into the room. I become the man I have always wanted to be - Kind, Empathetic, and Considerate. I am willing to go the distance.
Thank you, Newcomer!



OA-GDI Treasurer's Position Will Open in September

Our current by-laws require the Treasurer to step down after two 24-month terms of service. This means, we will have a great service opportunity for someone who would like to take over as Treasurer starting in September.

Officer Requirements (from our by-Laws)

- 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

Treasurer Responsibilities (from our by-Laws)

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

Please call me if you are interested in or have any questions about this position.

~ Lynn H.
[313] 613-8754



WITH OA-GDI INTERGROUP!

We have **5 Open Member Positions**
at our own Greater Detroit Intergroup:

Vice Chair AND Treasurer

(Board Positions, election September 2021)

Loveline Newsletter Chairperson / Editor

(Committee Chair, open as of May 2021)

Finance

(Committee Chair)

By-Laws

(Committee Chair)

For more information or to
apply, please contact OA-GDI Chair,
Judy D. at [734] 782-4212

OA-GDI LoveLine Newsletter Chairperson Position is Currently Open

The position of Loveline Newsletter Chair is open to our Greater Detroit Intergroup. Committee chairs attend and give a report at the regular Intergroup meetings held every month except December.

Chairs of committees must have at least one year of current abstinence. The term for this position is two years and duties are outlined in our bylaws.

Please call me if you have any questions about this position.

~ Carol U.
[248] 624-2314

NEW DEFINITION OF ABSTINENCE:



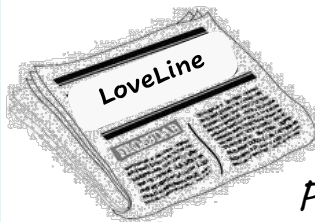
A revised **Abstinence and Recovery Policy** was adopted at World Service Business Conference 2021.

OA's revised policy states:

WSBC 2021 accepts the following:

Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working toward or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis.

(Business Conference Policy Manual, 1988b [amended 2019, 2021])



The deadline to submit articles for the **NEXT LOVELINE** is **AUGUST 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 **SEPTEMBER/OCTOBER 2021** issue!

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 Carol U. at 248-624-2314

Come together for rotating topics, brainstorming, and sharing ideas that WORK!

VIRTUAL REGION:

2nd Sunday of the Month Workshop 3:00 pm - 4:30 pm EST

July 11	What Does it Really Mean to Surrender?
August 8	A Threefold Disease: Physical, Emotional, and Spiritual
September 12	The Promises of the Program
October 10	Applying the Traditions in Daily Life
November 14	"To Carry the Message to Other Compulsive Overeaters"
December 12	Connection is the Opposite of Addiction

Join Zoom Meeting:

<https://us02web.zoom.us/j/89165540024?pwd=eXZWSUNNdVhtZ3hHZHZJY2RRRejkzdz09>

Meeting ID: 891 6554 0024 Password: 120912

Suggested Workshop Contribution: \$5.00

7TH Tradition: <http://oavirtualregion.org/region/seventh-tradition/>

Previous Podcasts: <https://oavirtualregion.org/events/vrworkshops/virtual-region-podcasts/>

For more information, contact: <https://oavirtualregion.org>

OR Lisa: workshop@oavirtualregion.org

OR Lee: icechair@oavirtualregion.org

one day
at a time

LIFE
begins
at the END
of your
COMFORT
ZONE



Speakers & Sponsors List

The Speaker/Sponsor List for the Greater Detroit Intergroup is a very 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 under the **Intergroup Tab**: www.oagreaterdetroit.org

Join us for GDI Intergroup Meetings!!

Saturdays,
JULY 24 & AUGUST 28
@ 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



Check It Out!



www.oavirtualregion.org

The Virtual Region (VR) of Overeaters Anonymous is a service body that supports Overeaters Anonymous (OA) virtual meetings (telephone, online, and non-real-time meetings) and OA Virtual Intergroups (VIG). This website is FULL of meetings, information and podcasts ... 



**World Service 2021 Convention:
Walking in the Sunlight
One Day At A Time**

Thursday, August 26 to Saturday, August 28, 2021

Renaissance Orlando at SeaWorld
6677 Sea Harbor Drive
Orlando, FL 32821 USA
Phone: [407] 351-5555



OA Virtual Region

**4th Saturday
of the Month Meeting**

9:30 AM TO 11:00 AM –EST

JULY 24: "Bondage To Self"

AUGUST 28: "The Promises"

Join Zoom Meeting → [CLICK HERE](#)
Meeting ID: 891 6554 0024
Password: 120912

For USA or International numbers:
<https://zoom.us/zoomconference>

www.OALAIG.org

Los Angeles Intergroup

Useful Links  **to Podcasts**

[Virtual Speakers' Bureau](#)

[Event Speakers' Bureau](#)

[Birthday Party Virtual Speakers' Bureau](#)

*OA-GDI, 12 Step Within Committee Presents:
(Sue S., Julie G., Susie Y)*

Summer Recovery Series

RECOVERY IS PROGRESSIVE

Monday, July 12	7-8 pm	[Step 10]
Monday, August 9	7-8 pm	[Step 11]
Monday, September 13	7-8 pm	[Step 12]

Hosted by the Monday Night Virtual W. Bloomfield Meeting

FREE CONFERENCE CALL:

Phone number: 978-990-5000 ♦ Access code: 213422#

JOIN ONLINE:

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

*(3) Recovered Compulsive Overeaters will share
their experience, strength and hope.*

PERSEVERANCE ♦ SPIRITUAL AWARENESS ♦ SERVICE

For more information, please contact either:
Sue S. @ 248/408-2340 OR Susie Y. @ 248/320-3105

REACH OUT to Suffering Members in Fellowship with a telephone call on the 12th of Every Month!

COMMIT to a simple 12th Step Within action on the 12th of every month - let's encourage one another to pick up our **telephones!**

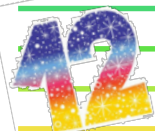
CALL at least one member who hasn't been seen in your meeting in a while.

CALL an OA fellow who you've noticed drifting away from program.

CALL an OA fellow who seems to be struggling with abstinence and / or recovery.

LET'S each make just one phone call one day each month. **Imagine the numbers of compulsive eaters we could reach!**

MAKE A CALL on the 12th of every month! [and please remember OA's Tradition of anonymity when making phone calls...]



Find us on the web! www.oagreaterdetroit.org

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	*OPEN*	
Twelfth Step Within	Sue S.	[248] 408-2340
Speakers/Sponsors List	Frank A.	[810] 813-1167
Helpline	Verna K.	[734] 716-1773
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



Monies collected are usually split: **60%** to Greater Detroit Intergroup, **30%** to World Service Organization, and **10%** to the Region.

Please add a note if you want your donation to be split this way, or if you want 100% of your donation to go to OA-GDI.

**PLEASE
NOTE:**

CONTACT US!



25511 Southfield Road ♦ Suite 127
Southfield, Michigan 48075

[248] 559-7722

Email: info@oagreaterdetroit.org