

Greater  
Detroit  
Intergroup

# ● LOVELINE



Find us on the web!

[www.oagreaterdetroit.org](http://www.oagreaterdetroit.org)

Remember to check for current updates regarding virtual meetings and when face-to-face meetings will resume again as a result of Shelter in Place regulations due to COVID-19.



## OA Fall Retreat

Save the Date → **October 24-25, 2020**



**The vision for your future awaits...!**

Contact Nicki T. for information: [248] 464-5896

## Inside This Issue:

OA-GDI Website Info	1
OA Fall Retreat – Save the Date!	1
GD Intergroup Reps Needed	2
Member Submissions	3-5
Miscellaneous OA Info ...	6-7
GDI OA General Information	8

# REMINDER!

Intergroup

Representatives

Needed !!

WHAT A GREAT WAY TO GIVE SERVICE!

- Each represented group shall be entitled to one vote through its elected Intergroup Representative. (Only Representatives who have at least ONE 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 year on May 31<sup>st</sup>.

## 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.
  - a. **To best accomplish this, the Representative should acquire a list of email addresses for all those interested in keeping up with information sent out by the OA-GDI Corresponding Secretary. Current, important information will then be shared with all members.**

Please have your group consider sending an Intergroup Representative to the Intergroup Meetings which are held at the Southfield Office the second Tuesday of each month, except for December. Every group's input is important and beneficial to the health of the Intergroup.

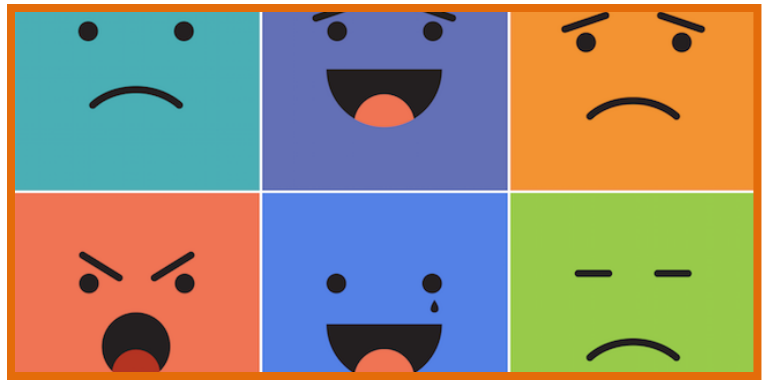
THE BEST WAY TO FIND YOURSELF  
IS TO LOSE YOURSELF  
IN THE SERVICE OF OTHERS.

GANDHI

QUOTESEVERLASTING.COM



# AVOIDING EATING MY FEELINGS



Eating my feelings was my way of life before I entered OA. I didn't want to feel anxious, nervous, sad, or disappointed. I didn't want to deal with very difficult situations. So, I ate to "take the edge off." The OA program has changed my life so completely, that when hit with emotions, I feel them and deal with the difficulty using the steps, the tools, my sponsor and other OA friends to process out of negative emotional states in a healthy way.

A few days ago, with the back drop of adjusting to life during the stay-at-home order due to the pandemic, my son asked me to find the chess pieces put in my computer closet years ago. It was put away because the set had one pawn missing. It was kept because it was special due to its rarity and that it came from my father, a chess master. He was Pop-pop to my son. So, my son took one of the existing pawns, made a mold of it with his wife helping and sent me a picture of this beautifully done replica.

My son asked me to get the set out of the computer room closet. I looked through the closet thoroughly with the help of my husband. No chess set. I proceeded to have a nervous melt-down with very harsh self-talk. I had lost my emotional sobriety. I called my sponsor and told her it felt like the story of the normal person whose car won't start and they go back in the house and call AAA in stark contrast to the highly compulsive person who goes back in the house and calls the suicide hot-line. My sponsor assigned me to answer this question in writing: "What am I punishing myself for?" She said to write and write; to go ahead and throw up on the paper. I wrote more than 4 pages, crying on and off as I wrote. The next day, she had me write down the main issues of the writing. One was I was not valuable as evidenced by the abusive treatment I had suffered. My sponsor had me write "I ---- am now willing to release the lie that I am not valuable." Then she told me to cross that sentence out and write a new one: "I ---- love and embrace thinking and knowing I am valuable to myself and the people in my life." I had seven such pairings. Reading the restructured way of thinking really helped. However, I reported to my sponsor I am going to have to do this for awhile to complete the healing. I feel like I have had surgery. She said you have had surgery. Now forget continuing to read these statements and I want you to visualize a hot-air balloon, you choose the color. Then put each and every one of your hurts, problems that had emerged into the basket of the hot-air balloon. Watch it has it rises up, up and away east to the ocean until it becomes a dot and disappears.

It worked for me. I regained my emotional sobriety with great relief. Amazing. I highly recommend using any and all healthy tools necessary to achieve physical, emotional and spiritual abstinence. It is well worth the work we put into it.

~ Mary S.

# THRIVING

The storm we will weather  
Because we're in this together  
We're not alone  
Many meetings by phone

I can't go out  
Years ago I would pout  
Not today  
I found a different way

This too shall pass  
But while it does last  
This time I will face  
With dignity and grace

To stay physically fit  
I wear my fit bit  
And while I am walking  
On the phone I share and I'm talking

I have a choice  
Listen to which voice  
Time to sit still  
And know higher power's will

Calm down the fright  
Sit down and write  
A fear filled attitude  
With a list turns to gratitude

With HP at the helm  
I don't feel overwhelmed  
Boy oh boy  
Who would think I'd find joy

What is this thing  
That makes my heart want to sing  
What a discovery  
It's my miraculous recovery

Stay in the day  
God will show you the way  
To be  
Happy joyous and free

~ Carol P.

## Strategy

Planning systematic and  
**a plan of action**  
Cluster of decisions  
what actions to take,

*Those that plan, plan to succeed. I plan to succeed one day at a time living in the principles of the steps, with the help of my Higher Power and the Fellowship.*

*I have been in OA for many years. I have had many different food plans and plans for living within the guidelines to get to a healthy weight and to maintain a healthy weight.*

*I live within those guidelines today, and am maintaining a healthy body weight and living in emotional sobriety, also.*

*In the early days I refused to weigh and measure my food. Was that denial? Was that defiance? Was that stupidity? Well, it was all of those negatives.*

*Today, as I live in the design for living of the steps, tools and traditions I love and accept taking good care of myself physically, as well as emotionally and spiritually.*

*Physically, I know what I eat. I have a list of foods that my body readily accepts to provide nutrition and energy.*

*Today, I know how much I eat. I weigh and measure my foods living comfortably within the amounts provided for good health.*

*Today, I know when I eat, while putting boundaries around the times that I eat.*

~Anonymous



## THE RELAPSE PREVENTION STEP



Are you moving toward "Recovery"?

Are you moving toward "Relapse"?

Do a 10th Step. Do any form of a 10th Step: a Spot Inventory, Written Daily, and Annually. Continue to move toward "Recovery!"

Don't believe me? Try this: begin doing a daily 10th Step and enjoy peace, serenity and growth. WOW... what a wonderful life there is to be had.

There are many forms of the 10th Step. Share your favorite ones with other members and recover together.

### References:

Step 10 in the OA 12/12 → Pages 69-74

Step 10 in the AA 12/12 → Pages 88-95

Step 10 in the Big Book → Pages 84-85

~ Anonymous



## Beyond Understanding

I don't understand the program and neither do I understand God. But I don't need to understand them. I have intellectualized and rationalized things in the past only to realize that there is little I understand. Universe, and it's ways are both weird and magical. This program is beyond food for me. And I feel that it has something for everyone, whether it is about physical, spiritual or emotional recovery. I do believe we all are addicts of some sort—some to food, some to their work, some to fitness ... and so on. This program has laid out a Design for Living for me and I hope to continue to live in its Steps just One Day, One Moment, One Step at a time.

~H.S.





# Save These DATES!

**World Service Convention**  
**REGISTRATION IS NOW OPEN!!**  
August 20-22 in Orlando, Florida

Theme: Sunshine of the Spirit: 60 Years Around the Sun!  
<https://oa.org/world-service-convention/>

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

**OA Fall Retreat**  
Save the Date → **October 24-25** @ Colombiere  
Retreat & Conference Center in Clarkston  
Contact Nicki T. for information: [248] 464-5896

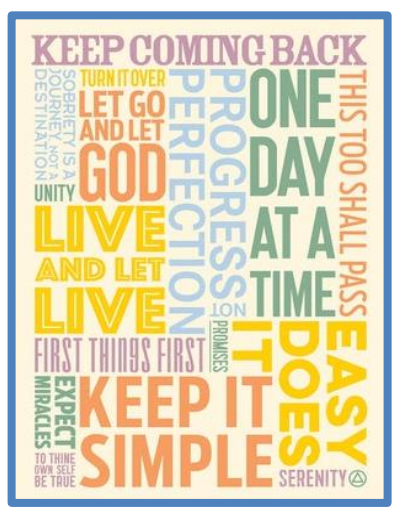


The OA Greater Detroit Intergroup Meetings are held the **2nd Tuesday of every month\*** from 7:00 pm to 8:30 pm at the OA Office in Southfield

**EVERYONE IS WELCOME!**

**(check the OA-GDI website for current meeting information...)**

*\*no meeting in December*



Don't forget



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

Please send your stories, poems, drawings and letters of your EXPERIENCE STRENGTH and HOPE to [lnewsletter.editor@gmail.com](mailto:lnewsletter.editor@gmail.com) and we will be sure to include it in the July / August 2020 issue!

**AND** if you haven't already done so, send your email address to [info@oagreaterdetroit.org](mailto:info@oagreaterdetroit.org) and each new issue of the LoveLine will be emailed to you!

For more information, contact Carol U. at 248.624.2314

I put my hand in yours . . .

. . . and together we can do what we could never do alone! No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

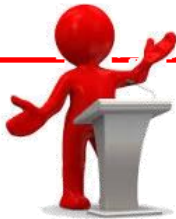


## TWELFTH STEP WITHIN CALL-A-THONS!

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](http://www.oagreaterdetroit.org)

## Greater Detroit Intergroup Board Members/Officers

<b>Chair</b>	Sue S.	[248] 408-2340
<b>Vice Chair</b>	Pamalar B.	[313] 522-6122
<b>Treasurer</b>	Lynn H.	[313] 613-8754
<b>Recording Secretary</b>	Julie G.	[248] 770-0454
<b>Corresponding Secretary</b>	Barbara D.	[313] 886-3533

## Committee Chairs

<b>Bylaws</b>	Bobbi S.	[313] 377-2371
<b>LoveLine</b>	Carol U.	[248] 624-2314
<b>Twelfth Step Within</b>	Susie Y.	[248] 320-3105
<b>Speakers/Sponsors List</b>	Frank A.	[810] 813-1167
<b>Helpline</b>	Pamalar B.	[313] 522-6122
<b>Webmaster</b>	Susie Y.	[248] 320-3105
<b>Literature</b>	Cyndi K.	[248] 770-7615
<b>Public Information</b>	Barbara J.	[407] 312-5428
<b>Office</b>	Cyndi K.	[248] 770-7615
<b>Finance</b>	<b>*OPEN*</b>	

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

Sue S. [248] 408-2340

CONTACT US!



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