

# Greater Detroit Intergroup

# LOVELINE

## Emotional Recovery

*God guides me as I write what needs to be written.*

### **WHAT WILL IT LOOK LIKE WHEN I HAVE EMOTIONAL RECOVERY?**

Emotional recovery will happen when I am at peace with myself. For that to happen, I must move through the insecurity of life. I must realize that God created me to love and serve Him. I know that He will equip me for whatever task He gives. I must remember that He is always within me, ready to guide and protect as I ask Him to lead.

When I am in constant communion with Him, He is first in my life. When I decide to do things that are not led of Him, I take away time with Him. He does want me to have fun. He does want me to rest. He does want me to move. He does want me to be in communication with others and to bring hope and healing to them. He also wants to bring hope and healing to me. That is what will make my emotions more stable.

When I am emotionally healed, it will not be necessary for me to eat to calm my fears or my frustrations. I will be able to sit with my feelings quietly until they pass. If I am angry, I have learned that dancing helps move the uneasy feelings out of my body. Concentrating on praise helps restore my mind to joy and often beyond that I can reach peace within my heart.

Emotional healing is important for the addictions to be kept in check. The addiction may always be looming. There will be temptations. There will be disappointments. There will be challenges. However, God is bigger than all those things. He is bigger than all my problems and bigger than all my fears. He can and will restore my soul if I seek His forgiveness and His peace. He will be with me through all things. I need not be afraid or doubt that He is acting on behalf of me, His child.

God desires to have me whole. He takes care of my physical body through the way it mends itself. He takes care of my emotional self by walking with me. He takes care of my spiritual self by talking with me and through literature. As I pray and praise Him, He rejoices. He brings peace as I am still. As my thoughts and heart go out to Him, he restores my soul.

The peace of God can be reached as I remember that He desires it. He gives the energy to live at the highest plane possible for a human being. His desire is for me to stay in that way always. As a human being, I fail to stay in that spot when I take my eyes off Him or His will for me. That is when I lose my emotional balance. I need to keep focused on Him even when I am with others. I am a spiritual being. I need my emotions and my physical being to line up with my spirit so I have unity within. Only then am I who God made me to be.

I must remember He loves me no matter what I have done or what happens to me. I can also love God through all things. This union is important for life to be at its best.

-Sharon H.

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# The Definition of Humility

**\*1978\***

*I wrote this in 1978 when I was first coming to OA. While studying the Big Book and the AA 12 & 12, I was asked to write what **HUMILITY** means to me. I am grateful I came across it. It shows a shift in thinking that has continued to grow over time. I am truly grateful for the 12-Step way of life. ~ M.A.B.*

**“True humility is not thinking less of yourself; it is thinking of yourself less.”**

**Humility** to me now means an awareness that I am not supposed to be the controlling person in all that happens in my daily life.

It means realizing that there are ways besides mine to think and/or do things that are just as good. (now I would add...“just as good or even better.”)

**Humility** means reminding myself that I am not supposed to be the central thought in everyone’s life - and being content with that - instead of seeing it as an injustice.

**Humility** means I have things to learn — even in areas I tend to feel strongly about and often from those I least expect.

It means realizing that my point of view is not necessarily reality

**Humility** means listening to what those around me are really saying and giving credence to their thoughts and feelings.

**Humility** means not being “too big” to profess a need to look to my Higher Power for direction and strength each day.

**Humility** means realizing that progress is to be applauded in myself — and not expected.

**Humility** means being grateful throughout the day that I am who I am and not dreaming of where I’d rather be.

**Humility** means realizing that we are ALL here for a purpose — and it is not mine to judge.

**Humility** is realizing we are all doing the best we can — and remembering that is true of me as well as others.

**Humility** means refraining from judgment.

# Share Your ESH!

This is something new... we hope you'll help us make this a regular feature in the bi-monthly LoveLine. Please let us know what you think!

Here's something to think about. **TELL US WHAT'S ON YOUR MIND!**

Please email your thoughts to [lnewsletter.editor@gmail.com](mailto:lnewsletter.editor@gmail.com) *no later than December 10*, and we'll post them in the next issue. And then we'll give you a **NEW** idea to think about for the **NEXT** issue!



*Here's  
what  
you had  
to say...*

**THE TOPIC FROM THE LAST ISSUE:**  
**Avoiding Relapse Symptoms: EXHAUSTION**  
**Share your ESH:** What choices do you make to avoid, or compensate for exhaustion in healthy ways?

## *Exhaustion*

When we find ourselves in a state of exhaustion, or nearing that precipice, we need to pause and ask ourselves, "What tools do I need to use? What principles of the OA program I am failing to follow? What natural instincts have I been misusing (e.g. character defects). It is time to admit powerlessness over our disease and over the exhaustion; then declare "I choose to believe a power greater than myself will restore me to sanity, and; I decide now to turn my will and life and this exhaustion over to God as I understand God (e.g. protection, loving care).

I think enthusiasm is an opposite of exhaustion. I was taught a long time ago that the Latin origin of word enthusiasm means God in me. When I am connected to God, to HP I take very good care of myself and not let perfectionism or people pleasing push me to the edge of exhaustion or plunge into its chasm.

When I honestly realize and admit I am not in control of the universe, I am far less apt to exhaust myself trying to fix the unfixable or change what is none of my business. One day in talking with my OA sponsor, I was struggling with trying to control a painful situation. She said to me, "Stand up." I stood up. Then she said "Whose underpants do you have on?" I said mine. Then she said, "You mean you don't have the other person's underpants on?" "No," I replied with a laugh. I got it. I am to mind my own business and not to try to take over what belongs to someone else to do. Amazing how much relief I felt and that my energy buoyed up.

~ Mary S.

## *Removing Exhaustion*

I can tell when I get overly tired and exhausted quickly now as a wonderful result of living in Recovery. Building up to Exhaustion my jaw is tight, my shoulders ache, I may have a hard time concentrating, and not getting enough sleep are common. I listen to my body.

Because I recognize the symptoms quickly I take action. Usually there is too much to do all at once. I take time to pause and evaluate what is going on. Sometimes I need to write a list of priorities. Am I trying to do too much that is not humanly possible? Maybe I need to make fewer comments, put something on hold, or delegate to someone else.

I am learning to Keep It Simple. Time moves on, but all I have is the present – this moment. God speaks to me in the present. I take time to meditate and clear my mind of the chatter. HP gives me knowledge, direction and answers when I'm open to hear. That's when I make the connection.

If I am in an urgent situation, I can still take a few deep breaths and quickly ask my HP for calm. I ask myself: How important is it to my Recovery? That is my first priority. Then other commitments follow. Using all these tools can keep me out of over-commitment and exhaustion. I stay in God's direction and am serene.

~ Anonymous



# Here is A NEW TOPIC for you to think about ...



## Avoiding Relapse Symptoms: **DISHONESTY**

People in OA who have sustained a lifestyle free from eating compulsively for years caution us about dishonesty being a symptom that can lead to relapse. Dishonesty can be the victim perspective of “I have to” or “my sponsor makes me” about program disciplines in which we choose to participate; it can be 3.9 or 4.1 ounces of food on the scale when the commitment is 4.0; it can be extremes about other people’s food, such as “Oh, being surrounded by it doesn’t bother me at all even for long periods of time” (when really it has a wearying effect) OR “It bothers me SO much to be around other people’s food that I have no CHOICE but to have some...” (when you can get support to make difference choices).

**Share your ESH:** How have you grown in honesty, and how has that supported your recovery?

Please email your thoughts to [lnewsletter.editor@gmail.com](mailto:lnewsletter.editor@gmail.com) *no later than* **December 10**, and we’ll post them in the next issue.  
**PLEASE NOTE:** submissions may be edited for space if needed.



## STEP RIGHT UP → A Day of 12 Steps

Members shared a few words about the workshop held on Sunday, October 18<sup>th</sup>

I attended much of the “A Day of the 12 Steps” workshop, It deepened my understanding of how to work the 12 steps. It made the words in the OA and AA literature come to life for me. There is a problem that I have no power over that has bothered me for years. Now I have ideas on how to use the 12 steps more thoroughly on this problem. The workshop gave me new hope. (~ Suzanne J.)

These are a few things I learned (or relearned): 1)The workshop helped me understand how necessary it is to work all three aspects of the program together *all at the same time*. 2) I gained new insight on how to work Steps 6 and 7. 3) How important it is to do Step 10 all day long. 4) Change my thought process and attitude on things I cannot change. I then get out of self-will and live in God’s will. (~ Anonymous)

The most important thing I learned is that the 12-steps can be applied to any real life problem – and to illustrate it, we took an example and applied it to each step. It puts the whole program into perspective for me and made it come alive. It reaffirms my commitment to rely on my Higher Power, keep working the steps and practice all aspects of program in order to maintain my abstinence from compulsive and emotional binge eating. (~ Mara S.)

# It Isn't Over ...

Never give up  
No matter how bleak it feels  
Time will go by  
And things will get better  
If you don't wait and see  
You'll miss out on your whole life  
You could be on the verge of turning the corner  
If not into happiness  
At least a relief from the pain  
God put us on this earth to survive  
And do the best we can  
He wants us to stay around  
To help others  
And to help ourselves  
Together we can do this  
You don't have to struggle on your own  
Life can be beautiful  
If you only take the time to see what can be  
And not give in to the sorrow and the pain  
That invites itself in from time to time  
Nothing is forever  
This too, shall pass  
And when it does  
You'll be glad  
You stayed around OA for the next act  
When that final curtain comes down  
It will be at the right time  
Not ahead of schedule  
And your life will be complete  
No looking back  
No regrets  
It will be what it was meant to be  
And for that we will be grateful.

~ Mary Ann B.

SAVE  
THE  
DATE



Next Event  
**COMING SOON**



Celebrate!



iDEA

Greater Detroit Intergroup,  
12 Step Within Presents:  
OVEREATERS ANONYMOUS'

## International Day to Experience Abstinence

Friday, November 20;  
10:05 am to 11:30 am

(Friday Morning Ferndale OA Meeting)

Click [HERE](#) to join from your computer;  
or join by phone:

(978) 990-5336 | Access code: 405778#

Meeting ID: *oaferndale*

Contacts: ♦ Sue S. (248) 408-2340 ♦ Susie Y. (248) 320-3105

For more info: [www.oagreaterdetroit.org](http://www.oagreaterdetroit.org)

## Fall Workshop: Tools of the Program

Saturday, November 7, 2020  
9:00 AM to 11:15 AM

### Presented by the Ann Arbor OA Intergroup

Join the Greater Ann Arbor Area OA Intergroup for our Fall 2020 Workshop: The Tools of the Program. This VIRTUAL workshop will include a featured speaker as well as a panel of speakers, individual and group exercises, group discussions and more -- all centered around The 9 Tools of the Program that help us live and work the 12 Steps.

For more Info and to register:  
PLEASE CLICK [HERE!](#)

Contact: Steve S.

Greater Ann Arbor Area Intergroup

419-254-0041

[aaaoaig@gmail.com](mailto:aaaoaig@gmail.com)



## THANKSGIVING DAY OPEN HOUSE



Thursday, November 26  
9:00 am to Noon

Click [HERE](#) to join from  
your computer;  
or join by phone:

(978) 990-5000 | Access code: 213422#

## OA VIRTUAL DAY IN RECOVERY

Sunday, March 21, 2021

9:00 AM to 4:00 PM

(One hour break at 12 pm)



Sponsored by the First United Methodist Church Meeting [Ferndale] and the I Am A Miracle Meeting [Warren]

More information coming soon!

The deadline to submit articles for the NEXT LoveLine is DECEMBER 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 JANUARY/FEBRUARY 2021 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 directly to you!

For more information, contact Carol U. at 248.624.2314

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

## Greater Detroit Intergroup Board Members/Officers

|                         |            |                |              |
|-------------------------|------------|----------------|--------------|
| Chair                   | Judy D.    | [734] 782-4212 | <b>*NEW*</b> |
| Vice Chair              | Pamalar B. | [313] 522-6122 |              |
| Treasurer               | Lynn H.    | [313] 613-8754 |              |
| Recording Secretary     | Keri C.    | [248] 672-6745 | <b>*NEW*</b> |
| Corresponding Secretary | Barbara D. | [313] 886-3533 |              |

## Committee Chairs

|                        |               |                |
|------------------------|---------------|----------------|
| Bylaws                 | Bobbi S.      | [313] 377-2371 |
| Loveline               | Carol U.      | [248] 624-2314 |
| Twelfth Step Within    | Susie Y.      | [248] 320-3105 |
| Speakers/Sponsors List | Frank A.      | [810] 813-1167 |
| Helpline               | <b>*OPEN*</b> |                |
| Webmaster              | Pina B.       | [248] 416-0726 |
| Literature             | Cyndi K.      | [248] 770-7615 |
| Public Information     | <b>*OPEN*</b> |                |
| Office                 | Cyndi K.      | [248] 770-7615 |
| Finance                | <b>*OPEN*</b> |                |

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**



**CONTACT US!**



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