

Greater Detroit  
Intergroup

# LOVELINE



“Hurting people hurt.” I even acted out some of my sick behaviors at meetings during my early years in the program. You were very forgiving. You taught me how to live in the outside world. My fourth step filled most of an essay notebook. After making amends, it took me several years to let go of the deep shame. My shame is never completely gone.

I still will occasionally get a flashback of a time when I hurt someone. I will momentarily be overcome with shame and tears. Then I will say Steps one, two and three in my head. I will give this shame to the God of my understanding. I know in my heart of hearts that God has forgiven me. I just need to remember to forgive myself.

OA has restored me to sanity. And, as a bonus, I can enjoy being with myself today.

~John G.

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## Step 9: Honest Effort



In one of my meetings this week, we were asked to respond to a question from the *Twelve Step Workbook of Overeaters Anonymous* regarding Step Nine. I chose “What is the purpose of Step Nine?” (p. 65). I completed my first Step Nine amends the first year I joined OA, but I never fully answered all the questions in the workbook. So, this time I began to look carefully at what the completion of Step Nine has meant and still means to me as I practice the Principles of the Twelve Steps in all my affairs.

Step Nine meant I could take action to finally make amends, apologize, and change my behavior toward those whom I had harmed or wronged in the past.

In Steps Four and Five, I looked very carefully at the wrongs I did to others and admitted those wrongs to myself, God, and my sponsor.

In the religious tradition of my youth, I learned that God only forgives wrongs, or sins, committed against him and that sins committed against my fellows could only be forgiven by the people whom I had wronged. However, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* tells me that these people “don’t owe us forgiveness, and we don’t need it to complete step nine and recover from compulsive eating” (p. 77). It only matters that I make an honest effort to apologize for my wrongs and then amend, or change, my behavior toward others. Only then can my conscience be cleared of old guilt.

When I walked into the rooms, weighing 313 pounds (142 kg), I had no idea why I ate like I did. Then I learned in the rooms that I ate to hide from fears, guilt, and resentments. By truly apologizing and making amends to those I had harmed, I found I no longer needed to hide from shame and guilt by using food.

I believe now that if I make honest and thorough amends, God will forgive me for my wrongs. I will be washed clean and be ready to face life without old guilt haunting me and without the need for me to eat compulsively.

Did it work for me? Well, here I am, nearly five and a half years later, maintaining a weight loss of 145–150 pounds (66–68 kg) for more than three years. My life has completely changed, not only with respect to food, but in all areas. The promises in the Big Book have come true for me (*Alcoholics Anonymous*, 4th ed., pp. 83–85). But I know they will continue to do so only if I continue working the Steps on a daily basis, one day at a time.

~Sander B., Marietta, Georgia, USA



## Step 10: Dirty Laundry



I was in the laundrette flicking through one of their magazines when I saw something I quite liked. “This is just a secondhand magazine,” I thought. “It won’t matter if I rip this page out and take it home.” I tore out the page discreetly, hoping no one would see. (The first sign of dishonest activity: secrecy!) That evening as I reviewed my day, the magazine incident was on my mind. I didn’t have peace around my actions, but most important, I knew not to eat over it.

The next day, I spoke with my sponsor. She suggested I make amends by apologizing to the lady who works at the laundrette and donating a few magazines.

I thought, “Really? Is that really necessary?” But sometimes I just need to shut up and show up when it comes to cleaning up my act. My pride and ego can be powerful persuaders against saying sorry.

So, I pocketed my pride. I explained to the lady that I am a member of OA, a Twelve Step recovery program, which is helping me be well today. I explained that part of my ongoing recovery is to be honest and to clear up any mistakes I make as I go along. I told her what I’d done, apologized for my actions, and gave her the magazines. She looked at me quizzically but received my apology and the magazines with kindness. I immediately felt better.

About a week later, I was back in the laundrette, and the same lady asked, “So, was your problem under-eating?”

I said, “No way, my problem was definitely compulsive overeating.”

Surprised, she replied, “I guessed you were an under-eater because you’re nice and thin.” Then she said, “I can’t overeat anymore—I had a gastric band put in. Now when I do, I’m sick!”

That was the beginning of a wonderful, heartfelt conversation. I told her what things were like for me, what happened when I found OA, and how life is today. We relayed stories of our food hell, and I listened to her difficulties with food. I recognized the heavy burden of shame and hopelessness she was carrying.

When my clothes dried, I popped home and picked up some OA pamphlets with my phone number written on them. I gave them to her, offered my help if she wanted it, and wished her a good day. I let go of any expectation that she might call me soon. (It had taken me eight months!)

This experience confirms for me the importance of staying abstinent and telling people I’m a compulsive overeater. Not only do I owe it to myself to follow my food plan, work the Steps, and be honest with who I am, but also, I owe it to the still-suffering compulsive overeater.

I am so grateful to God and to OA, the people who planted a seed of hope in my head. Now I can be a seed planter and carry this wonderful message to all who need and want it.

— Sacha, UK

# THY WILL BE done

I was struggling with putting structure into my life. It was affecting my abstinence. My sponsor told me I needed to work on self-discipline. I asked her what was the difference between self-discipline and self-reliance. She indicated that self-discipline was self-care and God wanted what is best for us. Therefore, self-discipline/self-care was God's will for us.

According to Webster's New World Dictionary, self-discipline is "the disciplining or controlling of oneself, one's desires, actions, habits etc." My sponsor explained that self-reliance, on the other hand, is thinking you don't need anyone including God.

In addition, around the same time, I heard from another person that she lets God discipline her as she can't do it on her own. Part of the Webster's New World Dictionary definition of discipline includes "training that develops self-control, character or orderliness and efficiency." This information clarifies the difference between self-reliance and God reliance.

I think you hear what you need to hear at a time when you are ready to receive it. These messages on self-discipline and God's discipline came at a time when I needed them most. They make me believe with such discipline abstinence and recovery are possible. God's will not mine be done.

Today I am abstinent and recovering one day at a time thanks to my Higher Power and the words of wisdom that have been spoken and shared with me by supportive others. For this I am grateful.

*~Mary Ann B.*

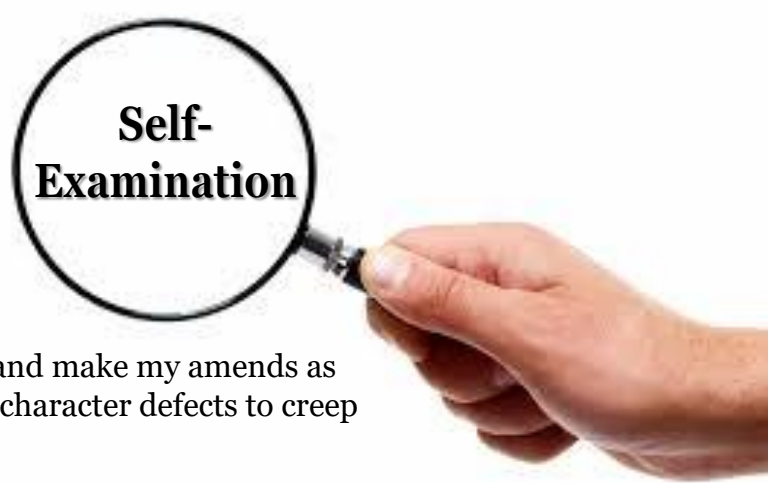
## WILLING TO FOLLOW DIRECTIONS

When I look in a full-length mirror, I often see an overweight person - even though my primary care doctor tells me that I am underweight. This disease is cunning, baffling, and powerful! At one time in my life, I was well over 300 pounds. I was an "eat till I feel like vomiting" compulsive overeater. In recent years, I have struggled to keep my weight from falling below a safe level. I sometimes have to pray for the "willingness to be willing" to follow my doctor's advice. Today I sometimes must eat when I am not hungry or have to increase food intake on my Food Plan. I had to do this two weeks ago. And it was super hard! But, just for today, by the Grace of my Higher Power, I am willing to follow directions.

*~John G.*



Love yourself first



I do a 10<sup>th</sup> Step self-examination every night and make my amends as soon as possible. I don't wish any of my past character defects to creep back into my program.

Codependent, manipulative, angry, passive aggressive and (especially) narcissistic behavior can easily crop through my radar if I'm not careful. People around me see when I'm becoming a "dry drunk". I don't want to be the last one on my block to know. I need to be continually vigilant about doing my 10<sup>th</sup> Step self-examination.

~John G.

## STEP 9

- We grow in our willingness to face and rectify errors and convert them into assets. *[The Big Book, page 124]*
- Not everything that is faced can be changed, but nothing can be changed until it is faced.  
~James Baldwin  
*[For Today, page 171]*

## STEP 10

- We seek to examine our actions so we can learn from our mistakes and build on our successes. *[Voices of Recovery, page 149]*
- Whoever is aware of his own failings will not find fault with the failings of other men. *[For Today, page 300]*



## THE STEPS

|          |   |
|----------|---|
| 1-2-3    | Come to Me.   |
| 4-5-6    | Make it Stick.  |
| 7-8-9    | Mend the Line.  |
| 10-11-12 | Prayerfully Delve;<br>God's Will, Not Mine;<br>Help me, God to water Your Vine. |

~John G.





Service  
Opportunity

# \*ELECTIONS\*

will be held on September 25 during  
the Monthly Intergroup Meeting!

## OA-GDI Treasurer/Board Position

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



## GET INVOLVED WITH OA-GDI INTERGROUP!

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

**VICE CHAIR AND TREASURER**  
(Board Positions)

**LOVELINE NEWSLETTER EDITOR**  
(Committee Chair)

**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

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

**LAST ONE  
IN THE  
SERIES!**

OA-GDI, 12 Step Within Committee Presents:

## Summer Recovery Series

# RECOVERY IS PROGRESSIVE

**Monday, September 13 ◆ 7 to 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>

**A Recovered Compulsive Overeater  
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

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**

|              |   |
|--------------|---|
| 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=eXZWSUNNdVhtZ3hHZHZJY2RRejkzdz09>

**Meeting ID: 891 6554 0024 Password: 120912**

**Suggested Workshop Contribution: \$5.00**

7<sup>TH</sup> 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](mailto:workshop@oavirtualregion.org)

OR Lee: [icechair@oavirtualregion.org](mailto:icechair@oavirtualregion.org)



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



OA Region 5 *VIRTUAL* Convention

# MANY VOICES, ONE SOLUTION

Saturday, Oct. 2 → 8:30 AM - 9 PM  
Sunday, Oct. 3 → 8:30 AM - 12:15 PM

Hosted By the Central Ohio Service  
Intergroup via Zoom

The virtual format allows us to explore the following topics through speakers, panels and workshops:

- 12 Steps of OA
- Abstinence through Action
- Acknowledging and Accepting Emotions
- Diversity in Lifestyle and Community
- The Principles
- Sponsorship
- Many Journeys to Recovery
- Experience, Strength and Hope

### Suggested Donation:

\_\_\_ \$15 \_\_\_ \$20 \_\_\_ \$25 \_\_\_ Other

### To Register, go to:

<https://oaregion5.regfox.com/region-5-2021-convention>

- Registration closes **September 30, 2021**
- Payment can be made at time of registration or mail a check along with your name and e-mail address to:

**Central Ohio Service Intergroup-  
Convention  
PO Box 14268  
Columbus, OH 43214**

### Questions?

Call (614) 636-1554 or email:  
[treasurercosig@gmail.com](mailto:treasurercosig@gmail.com)



Greater Detroit Intergroup  
12 Step Within Committee is Hosting the



# VIRTUAL OA Fall Retreat

Sunday, October 24  
10:00 am to 3:00 pm  
(Lunch: 12:05 pm to 12:50 pm)

## TOOLS

*Recovered members will share their  
experience strength & hope.*

- *How do the tools help our recovery?*
- *Why do we need them?*
- *What will they do for us?*
- *How do we live in them?*



### FREE CONFERENCE CALL:

Phone number: 978-990-5000

Access code: 213422#

### JOIN ONLINE:

<https://join-freeconferencecall.com/oa-monwestbloomfieldmi>

For more info, please contact:

Sue S. @ 248-408-2340

**OR** Susie Y. @ 248-320-3105







Saturdays,  
Sept. 25 & Oct. 30  
@ 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](http://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 ... 

**OA Virtual Region**

**4<sup>th</sup> Saturday of the Month Meeting**

9:30 AM TO 11:00 AM –EST

**Sept. 25** → How to turn it Around  
**Oct. 23** → Sponsor & Sponsee; A Unique Relationship

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

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

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

**Los Angeles Intergroup**

**Useful Links**  **to Podcasts**

- [Virtual Speakers' Bureau](#)
- [Event Speakers' Bureau](#)
- [Birthday Party Virtual Speakers' Bureau](#)

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

**AND** → if you haven't already done so, please send your email address to [info@oagreaterdetroit.org](mailto:info@oagreaterdetroit.org) and each new issue 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)

## 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                 | <b>*OPEN*</b> |                |
| LoveLine               | <b>*OPEN*</b> |                |
| 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                | <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



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](mailto:info@oagreaterdetroit.org)