

Greater Detroit
Intergroup

LOVELINE

PLEASE ENJOY THE FOLLOWING VOICES FROM THE CENTRAL INDIANA INTERGROUP (CII) IN REGION 5 EXPRESSING THE BENEFITS THEY'VE RECEIVED BY BEING INVOLVED AT THE INTERGROUP LEVEL.

Intergroup has been a pivotal part of my recovery. It keeps me connected and engaged in my program. It strengthens the camaraderie I have with others. It helps teach me how to handle different personalities and be respectful of other people's opinions. It also helps me to handle situations in a healthy way when decisions don't go my way. Decisions benefit OA as a whole and not just me. CII also shows me the inner workings of the program. Without the upper levels of service, OA would not thrive, and I must have OA to thrive in my life.
~ *Kelly D.*

Serving in an Intergroup has nurtured all three legs of my recovery stool. It feels good to be involved outside of my normal meetings because I am able to think about the solution more regularly. Serving on the board allows me to practice these principles in new and creative ways, and I am able to take that experience, strength and hope to my meetings, my sponsees and my day-to-day life. Being of service in this manner also reminds me of my favorite OA lesson, together we can do what we can never do alone!
~ *Christine M.*

Being a member of Intergroup has given me a reason to keep coming back. I have to stay abstinent for my health, my sanity and for my kid. I have to stay abstinent because I'm living a life beyond my wildest dreams. However, I also have to stay abstinent to do service. They say service is slimming but service helps my recovery. It keeps me sane. It allows me to give back what I have been given. I have to pay attention. It has also taught me valuable skills that I can transfer to the workforce. Service gives me purpose.
~ *Melissa M.*

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The deadline to submit articles for the **NEXT LOVELINE** is

AUGUST 10!

The topic is: "What 12-step slogan/saying means the most to you?"

Please send stories, poems, drawings and letters based on your Experience, Strength and Hope to lnewsletter.editor@gmail.com. Submissions related to the theme or to any aspect of your recovery journey are welcome.

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.



I've been attending Intergroup meetings for over 7 years. I was encouraged by my first sponsor to attend after I had been in program for a little over a month. I did it to please her, but it has really helped me understand how important service is in my own recovery. I have served as a committee member, a group representative and in multiple board positions. Service at this level has helped me grow by feeling heard, a safe space to share, seeing others have conflicting viewpoints but still being friends afterwards (traditions and concepts in motion) accepting myself more and growing out of the old attitude that I am not enough. It also helps me to give back to a program that has given me so much. So very thankful!

~ *Lara C.*

I am new to Intergroup and just finding my way. I would say that my participation has given me a sense of purpose regarding my service. I am able to see how OA works on a new level to support my abstinence and the abstinence of others. I am grateful to be part of an organization that has given me so much by giving to others and spreading the message of OA. I have a deep interest in sharing our message with diverse groups and enjoy the challenge of spreading the message to newcomers and old timers alike. I have participated in CII activities in the past and have felt a renewed sense of purpose to my recovery. I am so grateful to be working with so many other committed friends and fellow travelers here.

~ *John P.*

Service with Intergroup has given me countless opportunities to practice the principles of our program. I am regularly in awe of the power of the group conscious and that we have but one authority, a higher power of our own understanding. Intergroup is unlike any other organization, leadership team or board that I've served on. It allows me to trust in and grow with the group. It gives me the space to be wrong and the safety of forgiveness when I act according to my defects (and try to push my will on the group). My voice is heard and yet I am not the only voice. I am learning true humility through service in CII. Teamwork, belonging, safety, understanding and continued abstinence are all gifts of serving with CII.

~ *Anonymous*

Being a member of Intergroup has given me a better understanding of how OA works as a whole. It has also helped me through meeting and being in fellowship with other compulsive overeaters on a much larger scale than just by attending my local OA meetings. I have also been made aware of more tools available to me that I wasn't aware of prior to intergroup: websites, events, specialized meetings for men, youth, etc. Being a member has allowed me to work my program by giving back as well.

~ *Larry H.*

Being involved in intergroup helps me feel "a part of" rather than "apart from." My tendency to isolate is held in check, partly, by my service commitments. I was told from the beginning that giving back what I'd been given was an integral part of recovery and intergroup gives me another way to do that. I find it invigorating to be among others with a common purpose and an enthusiasm for recovery and helping others find it. It gives me opportunities to be creative and brainstorm and put plans into action. It also gives me great purpose to be surrounded by people willing to work toward our common goal of carrying the message of OA. Watching the traditions at work amazes me. And, of course, it helps keep me abstinent and growing spiritually.

~ *Pam L.*

Join Us

for GDI Intergroup Meetings!!

4th Saturday of the month

July 23 & August 27 @ 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

A → C → C → E → P → T → A → N → C → E

"Pain often comes from non-acceptance" (For Today, p. 51). I temporarily damaged my knees when I wore the wrong kind of shoe for running. I iced my knees and took pain-killers, but those methods had a minimal effect. One day I lay in bed continually shifting in a futile attempt to find a more comfortable position. Finally, I gave up. I stopped moving and allowed myself to feel the fire radiating along my legs. It did not magically dissipate, but the additional stress I was under from trying to escape the throbbing subsided. I was able to relax and at least co-exist with my discomfort. I opened myself up to the pain, and it was endurable. Similarly, I used to try to shut down emotional pain by using food. Now I explore it by writing or perhaps talking to another OA-er. I know that my efforts to elude pain will only add layers more. Instead, using the tools of the program helps me, a sometimes reluctant student, to learn from it.

~ Anonymous



Recovery is Living the Steps

Greater Detroit Intergroup of Overeaters
Anonymous 12 Step Within Committee

Join in a Study of the 12 Steps using the AA Twelve Steps & Twelve Traditions

2nd Thursday of the Month * 7 pm to 8 pm
Everyone is welcome.

Having the book is not necessary but certainly helpful.

Phone number: [978] 990-5000 * Access code: 213422#

Join the online meeting:

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

Contacts: Sue S. 248-408-2340 & Susie Y. 248-320-3105

PLEASE
NOTE NEW
DATE!

Step 7	21-July
Step 8	11-August
Step 9	8-September
Step 10	13-October
Step 11	10-November
Step 12	8-December



PERFECT
MEETINGS,
PERFECT
SPONSORS



<https://www.oalifeline.org/sponsoring/perfect-meetings-perfect-sponsors/>

Our program works without us working it perfectly. I'm celebrating thirty years of abstinence, and I don't even know how "working it perfectly" looks. Taking awkward baby steps, clumsily using the Tools, and making a haphazard job of the Steps and Traditions is enough for me. Expecting perfection from ourselves and others can cost us our recovery. I'll be blunt: perfection is a life-or-death issue for us as individuals and for the Fellowship.

"None of the meetings near me have what I want." Ever thought that? OA-approved literature makes clear that whenever two or more compulsive eaters talk about the disease and recovery, HP is present and that's a meeting. Nowhere does it say that a meeting must have a speaker I like or a minimum number of abstinent people or members with long-term recovery or anything else. It just has to have one person helping another to get or stay abstinent. Naturally, I like some meetings more than others, but my recovery, and therefore my life, depends on getting to at least two meetings a week.

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“There are people who sponsor at my meeting, but I don’t like any of them.” My perspective and experience both say that a sponsor can be anyone who is working the Steps, staying abstinent, and willing to share how they’re doing it. A sponsor is just a person a little farther down the same path I’m on— someone with abstinence, honesty, serenity, experience using the Steps in their life, or whatever. Program doesn’t say, “Find a sponsor who shares my politics, age, status, sense of humor, or taste in shoes.” A sponsor is here to help. To not use a sponsor is to let the disease of isolation win.

“Suppose I don’t like something my sponsor says or doesn’t say or does or doesn’t do?” This is a disease of resentment, denial, and resistance. We can have more than one sponsor and change sponsors at will; however, it’s not a sponsor’s job to call me on my stuff. That’s my job as a sponsee. I’ve made mistakes as a sponsee and as a sponsor. Most of the time, the relationship survives. I’ve always had a sponsor, and I’ve been a sponsor since my first year in program. I’ve had sponsors for as little as a couple of months (for help with a specific issue) and for as long as twenty-five years (bless her). Altogether, I’ve had seven sponsors, each one kind and generous, and each of them would own, laughingly, that they are not a perfect person.

What is the “solution” to the “lack” of perfect sponsors and perfect meetings? The solution is to stop expecting recovery to be a fantasy camp. My part is using the Tools, Steps, and Traditions. I cannot recover alone; therefore, skipping meetings or not using a sponsor isn’t a choice.

The perfect meeting is the one I’m lucky enough to be seated in.

The perfect sponsor is whoever agrees to sponsor me. It’s whoever answers the phone, listens, and shares experience, strength, and hope.

I work the program. I do not work people or work my ideas of what others should be. HP is in charge and meets my needs. I am grateful for whoever is at a meeting or on the other end of the phone because I get to work program with them.

I bring to a meeting what I want to find. If I’m going through something difficult, I share briefly, relating how the program helps. When I want to hear more about the Steps at meetings, I talk about specific Steps and how they apply to whatever I’m going through. I love slogans, so I borrow a sponsor’s practice of leading grab-bag slogan meetings. I want people to hear me, so I work on being a better listener and being direct. When I found myself wishing that more people would connect with me after meetings, I instituted my personal “three-person rule”: I don’t leave a meeting until I approach and speak with at least three people.

One day at a time, this program works. Each of us truly works our own program only, with the help of others. Isn’t it freeing to know recovery does not depend on being at the perfect meeting or finding the perfect sponsor? If meetings and sponsors don’t need to be perfect, then a perfect standard isn’t required for me to recover.

~ Cate M., Aptos, California

OPEN SPEAKER MEETINGS
5TH SATURDAYS @ 10 AM
Did you know? Every 5th Saturday of the month, the **Celtic Cross I Am a Miracle meeting** hosts an open meeting with a speaker who shares her/his experience, strength, and hope at **10 am**. This meeting is an excellent venue for bringing family, friends, and other interested parties together to find out more about the disease of compulsive eating and the solution offered by OA.
The remaining dates in 2022 are:
July 30
October 29
December 31
Please invite others; we only succeed when we support one another and share the message.

Please consider these openings as opportunities both to be of service to the wider membership and to enhance your recovery. Take it to your Higher Power! Talk to your sponsor!

GREATER DETROIT AREA

INTERGROUP ELECTIONS

ARE COMING IN

SEPTEMBER!



OFFICER POSITIONS (2-YEAR TERMS) TO BE FILLED:

Chairperson:

1. Shall act as guardian of the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service
2. Shall conduct all regular or special meetings of Intergroup, establish meeting agenda, and have copies of agenda available
3. Shall call emergency and special meetings of the Officers and Intergroup as necessary
4. Shall serve as ex-officio member of all standing committees
5. Shall act as Regional Rep and WSO delegate-at-large
6. Shall, at the beginning of the term, appoint chairpersons for all standing committees; these appointments are subject to approval of the Intergroup
7. Shall appoint, upon a vacancy, a replacement committee chairperson, upon approval of the Intergroup
8. Shall sign on all accounts and be authorized to co-sign checks
9. Shall be the contact person for WSO information
10. With the Treasurer, shall negotiate the office lease or appoint a representative
11. Shall serve as active member of Bylaws Committee
12. Shall ensure that the general account of the Intergroup be audited annually (refer to Webster: audit (vt): to examine with intent to verify)

Vice Chairperson:

1. Shall attend monthly intergroup meetings
2. Shall serve in the absence of the chair
3. Shall serve as an ex-officio member of all committees
4. Shall sign on all accounts and be authorized to co-sign checks

Corresponding Secretary:

1. Shall attend monthly intergroup meetings
2. Shall read WSO correspondence at intergroup meetings
3. Shall have responsibility for annual "individual group registration with GDI", to send out form requesting current information and compile information when received. Bylaws of the greater Detroit intergroup of overeaters anonymous updated 10/23/2021 page 12 of 22
4. Shall write any letters required or requested by the intergroup and/or chair
5. Shall maintain current list of officers, committee chairs, group representatives/alternates (IR), and secretaries of OA groups registered with GDI
6. Shall keep WSO informed of all changes of group information
7. Shall maintain WSO information forms as requested or necessary
8. Shall be responsible for distribution of updated meeting lists to group secretaries, intergroup officers, info/helpline chair, region V, and toll free helpline
9. Shall serve as an active member of the office committee
10. Shall sign on all accounts and be authorized to co-sign checks

Greater Detroit Area Intergroup Elections are coming in SEPTEMBER!

OFFICER POSITIONS, *continued...*

QUALIFICATIONS FOR THESE POSITIONS:

- 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.

COMMITTEE CHAIR POSITIONS (one year of current abstinence is required) :

Twelve-Step-Within:

1. Shall be responsible for developing activities focusing on recovery for OA members
2. Shall lend assistance to groups for developing activities
3. When asked, shall lend assistance to any meeting needing to increase attendance.

Finance:

1. Shall serve in an advisory capacity to the Intergroup on all financial matters
2. Shall review all income and expenditures at least quarterly and make recommendations to Intergroup when necessary
3. Shall, with the Treasurer, submit a written budget to the Intergroup
 - a. Proposed budget shall be submitted to Intergroup and mailed to all groups for review two months prior to new fiscal year
 - b. The Intergroup shall vote on budget one month prior to new fiscal year
4. Shall with the treasurer, submit a written annual report to the Intergroup
5. To avoid the appearance of impropriety, the Finance Committee Chair shall not chair any other committee nor hold the office of treasurer

By-Laws:

1. Shall review the Bylaws and make recommendations to Intergroup as needed
2. After amendments to the Bylaws are passed by the Intergroup, the committee shall update the written document
3. Shall correct grammar, punctuation, and spelling in written document, as long as it doesn't change the meaning, without requiring Intergroup vote
4. At all regular and special Intergroup meetings the Chair shall have copies of Bylaws available and shall act as Parliamentarian

Public Information:

1. Shall act in a public relations capacity, bringing Overeaters Anonymous to the attention of the compulsive overeater
2. Shall be consistent with Tradition Eleven which states our PR policy is based on attraction rather than promotion
3. Shall handle inquiries and distribute information about OA for the general public and for special groups including HIPM (Hospitals, Institutions, Professionals, and Military) and Young People

COMMITTEE CHAIR POSITIONS, *continued...*

Office:

1. Shall consist of the chair, hereinafter referred to as Office Manager, and the office volunteers
2. The Office Manager has the responsibility of training and coordinating volunteers for optimum office coverage
3. Shall determine the procedures of the Intergroup office and maintain an Office Procedures Manual
4. Shall keep accurate records of all group donations, literature sales, and manage safe handling of monies collected, and coordinate this with the treasurer
5. Shall direct a physical inventory of the office prior to new fiscal year

LoveLine Newsletter:

1. Shall supervise and edit the publishing of the LoveLine.
2. Included in the LoveLine may be changes in meetings, places, and times, up-to-date listing of intergroup officers, standing committee chairpersons, region reps and delegates, speaker and sponsor list and other OA articles.

QUALIFICATIONS FOR THESE POSITIONS:

- A. All committee chairpersons shall attend all regular Intergroup meetings
- B. All committee chairpersons shall hold committee meetings as needed
- C. Term of service shall be two years beginning and ending with election meeting of the Chair
- D. An abstinence requirement of one year, to be the Chair of a Standing Committee, will be effective July 15, 2014.

Region Representative / WSO Delegate:

1. Region Reps/Delegates shall attend monthly Intergroup meetings
2. Region Reps/Delegates shall serve on a standing committee of GDI
3. Region Reps and WSO delegates shall represent the Intergroup at Regional Assemblies and WSB Conferences whenever possible
4. Region Rep/Delegate Committee shall submit a written report of any Region Assemblies or WSB Conference, within 5 weeks, at an Intergroup meeting. This report shall be submitted by the Delegate Chair to the Chair, to the Recording Secretary and to the newsletter editor. An oral report may be delivered at the Intergroup meeting
5. One copy of all printed materials accumulated by Region Reps/Delegates belongs to Intergroup, and will be filed at the Intergroup office.

QUALIFICATIONS FOR THIS POSITION:

- A. A nominee for Region Representative / WSO Delegate must have been a member of Overeaters Anonymous for at least two years and have given at least two years of service beyond the group level
- B. The World Service Business Conference Delegate/Alternate shall have at least one year of current abstinence



OA VIRTUAL REGION

2nd Sunday of the Month Workshops

Overeaters Anonymous Virtual Region is hosting
The WORKSHOP series: 2nd Sunday of the Month

8:00 - 9:30 PM London (UTC)

3:00 - 4:30 PM New York (UTC -5)

- July 10th - Steps 10 - 12: Continue, Improve & Practice
- August 14th - Practicing these Principles in all our Affairs
- September 11th - Being Entirely Ready for HP to Change Us
- October 9th - How to Twelve Step a Problem
- November 13th - Step 11: Prayer & Meditation
- December 11th - Sponsorship

Come Join Us!

For Virtual Region Workshop Room Join Zoom Meeting

Meeting ID: 891 6554 0024

Password: 120912

<https://us02web.zoom.us/j/89165540024?pwd=eXZWSUNNdVhtZ3hHZHZJY2RRejkdz09>

For United States or International numbers <https://zoom.us/join>

Suggested workshop contribution \$5

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

FOR MORE INFORMATION:

<https://oavirtualregion.org>

info.workshop@oavirtualregion.org or chair.workshop@oavirtualregion.org

Find us on the web! www.oagreaterdetroit.org

Greater Detroit Intergroup Board Members/Officers

Chair	Pamalar B.	[313] 522-6122
Vice Chair	*OPEN*	
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] 716-0773
Webmaster	Pina B.	[248] 416-0726
Literature	Verna K.	[734] 716-0773
Public Information	*OPEN*	
Office	*OPEN*	
Finance	*OPEN*	

GDI Region Rep/Delegates to WSBC/Region 5 Reps

OPEN

7th Tradition:

Every OA group ought to be fully self-supporting, declining outside contributions. Member contributions in the Detroit area have dropped this year. One factor may have to do with most meetings being held virtually. *At www.oagreaterdetroit.org members can set up a **RECURRING MONTHLY DONATION** via **PayPal** to take the place of the weekly contributions they might ordinarily drop in a 7th Tradition basket at an in-person meeting.*



Visit www.oagreaterdetroit.org to donate via PayPal. It's easy to go a step further and set up a recurring monthly donation, which you can cancel at any time.



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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