

Greater
Detroit
Intergroup

LOVELINE

Have an
ATTITUDE
of
GRATITUDE...

A

ALWAYS THINKING POSITIVELY

T

THANKFUL FOR FAMILY

T

THANKFUL FOR FRIENDS

I

INSPIRED BY CIRCUMSTANCE

T

THANKFUL FOR NATURE'S WONDERS

U

UNDERSTANDING OF FELLOW MAN

D

DELIGHTS IN THE COMPANY OF OTHERS

E

ENGAGES FULLY IN LIFE

O

OVERLOOKS IMPERFECTIONS

F

FEARLESS OPTIMISM PREVAILS

G

GRATEFUL FOR EVERY DAY OF LIFE

R

REFLECTS ON GOD'S BLESSINGS

A

ABLE TO FIND THE GOOD IN ALL THINGS

T

THANKFUL FOR ABSTINENCE

I

INNER PEACE OF MIND NEVER FALTERS

T

THANKFUL FOR MIRACLE OF RECOVERY

U

UNWILLING TO FIND FAULT WITH OTHERS

D

DEPENDS ON HIGHER POWER

E

ENCOURAGES OTHERS BY EXAMPLE

~ MARY ANN B.

Willingness & Action

When I am willing to do the right thing, I am rewarded with an inner peace no amount of liquor could ever provide. When I am unwilling to do the right thing, I become restless, irritable, and discontent. It is always my choice. Through the Twelve Steps, I have been granted the gift of choice. I am no longer at the mercy of a disease that tells me the only answer is to drink. If willingness is the key to unlock the gates of hell, it is action that opens those doors so that we may walk freely among the living. [page 317]

This paragraph in the Big Book is very helpful to me. I have choices whether it is about food, my Higher Power, relationships, or how I deal with emotions. Before program, I didn't think I had any choice except to eat to cover up something uncomfortable. Now I have the willingness to take action: get in touch with HP, use the Steps and Tools. Then the options increase and I can make healthy, emotionally balanced choices and have peace.

Anonymous



The Big Book Says...

"I was not too well at the time and was plagued by waves of self pity and resentment. This sometimes nearly drove me back to drink, but I soon found that when all other measures failed, work with another alcoholic would save the day."

[From Bill's Story, page 15]

Self-pity and resentment are very dangerous for me as a compulsive eater. I can get "hungry" when I am in that state of mind. I don't have the luxury of wallowing in self. What Bill W. says is true for me. If I reach out to another compulsive eater, it changes my frame of mind, which, in turn, alleviates my hunger for inappropriate foods.

It is so important for me to stay in contact with others through meetings and phone calls. I need to reach out my hand to another. I recall going through a particularly hard time and I immediately knew that I had to call someone that perhaps I could encourage. I knew that I had to get out of my selfish, self-centered ways. I don't think that this thought would have entered my mind if I hadn't been involved in program. I thank all who attend meetings, practice the principles, and believe in this way of life. You help me live a life that's free from bondage of self. You save the day!

Sue S.

Crossing the River of Denial

The answers to all my problems are in the Big Book!

The recovery in the story **Crossing the River of Denial** has made a huge impact on me and my recovery.

Beginning on page 334, it reads, "**I just couldn't not drink**" describes my relationship with M&M Peanuts and ice cream when I crawled through the doors of OA.

From there through the end of the story I have underlined, highlighted, circled and starred the words of RECOVERY, all the way to the end.

Two separate lines in the last paragraph read,

- **"So, here I am, sober. Successful. Serene."**
- **"It's worked for quite a few days now, so I think I'll try it again tomorrow."**

Yippee, Yahoo, I'm full of gratitude,
Susie Y.

CHANGE

"I need to concentrate not so much on what needs to be changed in the world [and others] as what needs to be changed in me." [page 417]

This quote is an all-important concept and supremely personal journey of recovery. Life throws its curve balls unexpectedly. Darkness descends regardless at random. There is no Get-Out-Of-Tragedy-Free Card. There is also no magical potion which will insulate me from the multitudes of pesky problems which can erode my sense of well-being. These problems can disrupt my emotional sobriety.

The very good news is that I have a solid OA program using the Steps to take in any and all life's bumps and bruises. Our program guides me to surrender to a power greater than my food addiction. Most of all my Higher Power is the one I surrender each and every problem, bump in the road, tragic loss or perplexing relationship conflict.

I surrender all of me, warts, defects and all to be transformed by H.P. I undergo healing to change the only thing I can change: ME. That includes old messed-up beliefs and my character traits that went awry. When loving concern turns into the need to control, or when a sadness becomes self-pity, or when disappointment turns to anger and resentment I can change. I have my Higher Power working on my behalf using the voices of my sponsor and other OA members to show me the way to acceptance, letting go and letting God. Then I find I am acting with love and respecting boundaries.

When I rile against what life may hit me with, my Higher Power and my OA program guides me to turn my negative traits into positive ways of living and loving.

Anonymous

PROGRESS
OVER
PERFECTION

About Courage:

Courage is resistance to fear, mastery of fear, not absence of fear.

Mark Twain

For Today: page 86

In Return Was My Life

I read it in the Big Book: *'What I received in return was my life.'* [page 327]

'The real rewards aren't material in nature. I have friends, now, because I know how to be a friend and I know how to nurture and encourage valuable friendships. Instead of the prolonged one night stands I used to call my boyfriends, there is a special man in my life I've been involved with for almost five years. And, most importantly:

I know who I am.

I know my goals, dreams, values and boundaries and I know how to protect, nurture and validate them. Those are the true rewards of sobriety and they're what I was looking for all along. I am so grateful that my Higher Power stepped in to show me the way to the truth. I pray every day that I never turn my back on it. I came to A.A. in order to stop drinking; and what I received in return was my life.

Anonymous

Take
Note

more BB
passages
worth reading!

Page 251

“Having no one else to turn to, I was willing to give Him a chance, although with considerable doubt. The prayer I said was simple. “God, for eighteen years I have been unable to handle this problem. Please let me turn it over to you.”

Immediately a great feeling of peace descended upon me, intermingled with a feeling of being suffused with a quiet strength. I lay down on the bed and slept like a child. An hour later I awoke to a new world. *Nothing had changed and yet everything had changed.* The scales had dropped from my eyes, and I could see life in its proper perspective. I had tried to be the center of my own little world, whereas God was the center of a vast universe of which I was perhaps an essential, but a very tiny part.”

Page 559

“We are taught to differentiate between our wants (which are never satisfied) and our needs (which are always provided for). We cast off the burdens of the past and the anxieties of the future, as we begin to live in the present, one day at a time. We are granted ‘the serenity to accept the things we cannot change’ – and thus lose our quickness to anger and our sensitivity to criticism.”

Page 199

“I know the Fellowship of AA doesn’t offer any guarantees, but I also know that in the future I do not have to drink. I want to keep this life of peace, serenity, and tranquility that I have found.”

Page 206

“I wasn’t trapped. I wasn’t helpless. I was free, and I didn’t have to drink to ‘show them.’ This wasn’t ‘religion’ – this was freedom! Freedom from anger and fear, freedom to know happiness, and freedom to know love.”

Page 300

“AA gives us alcoholics direction into a way of life without the need for alcohol. That life for me is lived one day at a time, letting the problems of the future rest with the future. When the time comes to solve them, God will give me strength for that day.”

Page 542

“All my sobriety and growth, mentally, emotionally, and spiritually, are dependent upon my willingness to listen, understand, and change.”

The deadline to submit articles for the **NEXT LOVELINE** is **JUNE 10!!**

SHARE
YOUR
THOUGHTS

HAVE
YOUR
SAY

TELL
YOUR
STORY

... IT WON'T
TAKE LONG



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 **JULY / AUGUST 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!

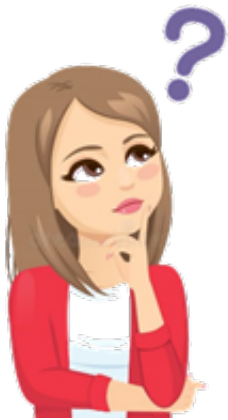
For more information, contact
Carol U. at 248.624.2314

An

IMPOSSIBLE

Brain

Teaser!



STUMPED?

If you can't figure it out and just need the answer, email Mara S. at mara.starr@yahoo.com ...



This brain teaser is not IMPOSSIBLE, but it is tricky!

Carefully read the directions in each line to make changes in the previous set of letters. Write the new letters in the blank after each instruction. The first 2 are completed for you...

1. Start with IMPOSSIBLE. I M P O S S I B L E
2. Change the second vowel from the left to E. I M P E S S I B L E
3. If **occurrence** is spelled correctly, change the second consonant to H. If it is not spelled correctly, change the last consonant to T. _____
4. Omit the letters, in order, that spell MESS. _____
5. Insert CABBAGE after the first vowel. _____
6. Change the second I to A. _____
7. Move the first vowel so that it is directly to the right of the fourth consonant. _____
8. If **mischievous** is spelled correctly, omit the first two letters. If it is spelled incorrectly, omit the double consonants. _____
9. Change the G to V. _____
10. Switch the places of the second consonant and the third consonant. _____
11. If **occasionally** is spelled correctly, omit the second letter. If it is spelled incorrectly, add IN after the first letter. _____
12. Switch the order of the first and second letters. _____
13. If your letters now form a correctly spelled word, write then in the blank below. If not, review the directions to find any possible errors.

Solving this brain teaser is not IMPOSSIBLE, it is _____!



R	RECOVERY
I	INSPIRES
S	SHARED
E	EXPERIENCES



Zoom Phone #:
[312] 626-6799

Meeting ID:
947 2125 9974

Passcode:
810562

**SUNDAYS,
4 PM TO 7 PM**

May 2
Sponsoring
Chronic Slippers

May 16
Doing The Do,
Being The Be

<https://oarise.org/>

The Greater Detroit Intergroup of Overeaters
Anonymous - 12 Step Within Committee will host:

RESENTMENT

TO

ACCEPTANCE

Covering Steps 4 through 7 in the
Big Book; from the bottom of
page 63 to the middle of page 76

**Saturday, May 8
10 to 11 am**

A St. Margaret of Scotland Catholic
Church in St. Clair Shores
Phone Meeting

**Call: [978] 990-5000
Passcode: 837831#**

Suggested Readings: Big Book

- ❖ Steps 4-7 → Pages 63 to 76
- ❖ Same Story with a Different Name:
 - Acceptance Was the Answer - Page 407 [4th Edition]
 - Doctor, Alcoholic, Addict - Page 439 [3rd Edition]

For more info, contact:

Sue S. [248] 408-2340
Susie Y. [248] 320-3105

OA Lunch Break Zoom Meeting

**Monday-Friday
12:30 -1:30 EST**



**Zoom Phone #: [312] 626-6799
Meeting ID: 646 596 036
Passcode: 550141**

For Today Daily Reading and Sharing

**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

- | | |
|---------------------|---|
| May 9 | "Relieve Me of the Bondage of Self"
Losing Our Ego and Realigning Our Will |
| June 13 | The Sponsor - Sponsee Connection |
| 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=eXZWSUNNDVhtZ3hHZHZJY2RRejkdz09>

**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

WISDOM



Join us for GDI Intergroup Meetings!!

Saturdays,
MAY 22 & JUNE 26
@ 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



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

one day
at a time



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 ...



Strengthen Your Recovery!
Strengthen Your Meeting!

Join the
12TH STEP WITHIN CALL-A-THON

WHO: all recovering members of OA

WHAT: A day dedicated to carrying the message of recovery through the Twelve Steps to other OA members who still suffer.

WHEN: the 12th of month

WHY?: Working with others one-on-one is at the core of the program. In order to keep our recovery, we must give it away.

HOW: on the 12th of each month, pledge to make outreach calls to people who have found OA but still suffer from the symptoms of compulsive eating, including those in relapse and those who have disappeared from meetings.

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	Carol U.	[248] 624-2314
Twelfth Step Within	Susie Y.	[248] 320-3105
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:



Donate

OR → you can mail a check, made payable to **Overeaters Anonymous**, to:

Lynn H.
14163 Landings Way
Fenton, Michigan 48430

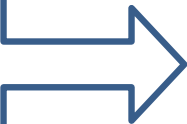


**PLEASE
NOTE:**

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.

CONTACT US!



25511 Southfield Road ♦ Suite 127
Southfield, Michigan 48075

[248] 559-7722

Email: info@oagreaterdetroit.org