

Greater  
Detroit  
Intergroup

# LOVELINE



## Dealing With HEARTBREAK



Recently, I was presented with a horrific event which welled up in me feelings of deep loss and heartbreak. At first, I was in shock. I could not process it. I had the sense to call OA friends and my sponsor so that I could get through without picking up.

This brings me to the importance of dealing with emotions that can be overwhelming. Harlan, an OA speaker from Arizona, gives us the message: "The problem is the build up of emotion." When you don't use the steps, the tools, and each other to achieve and maintain emotional sobriety you eat, "Because you can't stand the pain of not eating." This is where abstinence is lost.

It points out to me how very important it is to take actions to protect my abstinence. Harlan suggested to me to concentrate on doing Step 2 and Step 10. So, I commenced to do just that. I have been repeating Step 2 this way: "I choose to believe a power greater than myself is restoring me to sanity." This helps bring peace of mind.

I then thought carefully of what would help me from being overwhelmed by sadness. It is gratitude and service. I am now appreciating what and whom I am grateful for; and service is bringing me up and out of myself.

This is helping me in my journey. I am grateful.

- Mary S.

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# BOARD & OPEN CHAIR ELECTIONS



Dear Fellow OA Members of Greater Detroit Intergroup,

There will be elections for the **Chairperson**, **Recording Secretary**, and **Corresponding Secretary** at the September 2020 Intergroup Meeting. The newly elected officers will assume office immediately following the September meeting. The following is from our Bylaws.

## **ARTICLE VI – Officers**

### **Section 1 – Membership**

- Intergroup officers shall consist of a Chairperson (Chair), Vice-Chairperson (Vice-Chair), Treasurer, Recording Secretary, Corresponding Secretary, and Advisor.
- The Advisor is the immediate past chairperson and shall serve as a voting member of GDI for one year.

### **Section 2 - Qualifications**

- A nominee for GDI officer must have been a member of OA for at least two years.
- Be working the 12 steps of OA.
- Have at least one year of current abstinence.
- Be willing to give service.
- Have given service to Intergroup sometime during the previous twelve month period.

### **Section 3 – Term of Office**

- A term of office shall be a period of 24 months, with the exception of Advisor whose term is 12 months.
- An officer shall serve no more than two consecutive terms in the same office.
- Upon election as officer, member shall cease to be representative of their group and that group shall elect a new Intergroup Representative.
- Any officer shall, on expiration or termination of the term of office, deliver all monies, books, and other property of Intergroup to the Chair within a maximum two-week period.

### **Section 4 - Nominations:**

- Nominations for Officers will be accepted in writing or in person from the beginning of the August Intergroup meeting through the close of nominations at the election meeting in September.
- Nominations may be submitted to any Officer.
- The candidate must accept the nomination in person, by phone, in writing, or by email to be able to run. In writing is the preferred mode of notification.
- Any voting member of Intergroup may place a name in nomination. Nominations do not have to be moved or seconded.

Please review the next page of this newsletter for the description of duties for each of the officers. If you have any questions, please don't hesitate to ask any member of the Intergroup Board.

Yours in Service,

*Sue S.*

Greater Detroit Intergroup Chair

# ... LIST OF DUTIES ...

**The following are the duties of Chairperson, Recording Secretary, and Corresponding Secretary as outlined in our Greater Detroit Intergroup Bylaws:**

## **Section 9 - Duties of Officers**

### **A. 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).

### **D. Recording Secretary**

1. Shall attend monthly Intergroup meetings.
2. Shall record the minutes of the Intergroup meetings.
3. Shall maintain at the office, files of Intergroup minutes, reports, and attendance sheets.
4. Shall be responsible for copying the approved meeting minutes and have copies available in the OA office within 10 days for distribution.
5. Shall serve as an active member of the Region Rep/Delegate Committee.
6. Shall provide attendance sheets at Intergroup meetings.
7. Shall be responsible for mailing Intergroup minutes and/or information to individual group secretaries, representatives, and Intergroup Officers.

### **E. 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.
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 Intergroup Announces...

### OPEN COMMITTEE CHAIRPERSON POSITION

Read below for more information!

The position of **FINANCE CHAIRPERSON** is open at our Greater Detroit Intergroup. Committee Chairs attend and give a report at the regular Intergroup meetings which are held the second Tuesday of every month, except for December.

Chairs of the committees must have at least one year of current abstinence.

The Finance Committee Chair serves in an advisory capacity to the Intergroup on financial matters. The Finance Chair will at times be working with the Treasurer to determine such things as the budget.

The term for this position is two years and the duties are outlined in our Bylaws.

**Please contact Sue S., Greater Detroit Intergroup Chair at [248] 408-2340 if you are interested and would like a copy of the requirements and duties for this open position.**

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.

Please have your group consider sending an Intergroup Representative to the Intergroup Meetings which are held in the Southfield Office the 2nd Tuesday of each month, except for December. **PLEASE NOTE: at the present time the Intergroup Meetings are being held virtually and will be announced on our local website with the date, time, and access information included.** Every group's input is important and beneficial to the health of the Intergroup. **Thank you for your service!**

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

JOIN US FOR THE

# OA Fall Retreat



Save the Date: **October 17, 2020**



**The VISION For your Future awaits**



**COST - \$10 PER PERSON**

### REGISTRATION

Deadline is October 7, 2020. No refunds after registration closes.

### LOCATION - ZOOM

On line - sign in steps will follow with registration payment.  
(include your email)

### VIRTUAL MEETING TOPICS

- 10:00 am Session 1 - The Tools (writing assignment)
- 11:15 am Session 2 - Coping with Compulsive Eating and COVID
- 12:30 pm Session 3 - First 3 Steps
- 1:45 pm Session 4 - Steps 10-12, Living the Solution (sharing)

### PAYMENT

Make checks payable to: Overeaters Anonymous. If you would like a confirmation, please include your email with your registration form.

Mail registration and check to: Nioki T, 1113 Fairway Blvd., Troy, MI 48066. Call with questions: 248 - 484-6888.

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Name Email Required

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Address City State Zip

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Phone



While being *abstinent* from trigger foods, this has happened to me:



I don't have cravings.

I have lots of energy.

My mind is calm and peaceful.

I'm more positive and optimistic.

I'm more patient.

I'm more grateful.

I get stuff **DONE!**

I've lost weight.



*thankful*

# Serenity Prayer Guidelines

I would like to share my thoughts on The Serenity Prayer: I have broken the prayer down into five parts:

1. **God grant me:** Indicates a belief that God has the power and the desire to help me. Even more than that, He wants me to ask him, He is waiting to help me... I acknowledge this when I say "grant me".

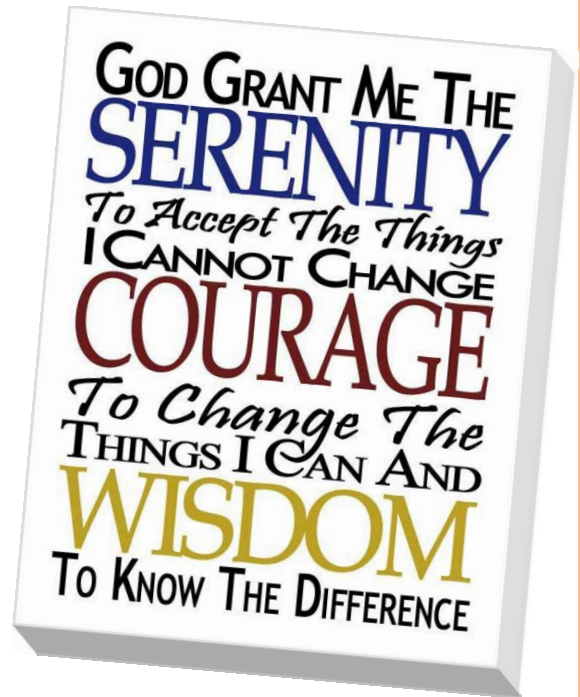
2. **Serenity:** This is a gift given to us by God so that we are not overcome with feelings of self pity, self blame, anger, etc. as a reaction to difficult times or even just regular every day life. Serenity doesn't mean life is easy, rather that we can handle what we are given because we are handling it WITH God, not alone.

3. **Acceptance:** We are asking God to let us acknowledge that life is not always easy, sometimes life is painful. However, if we can accept what is happening as part of living and not a curse, we can get thru anything. I do not control the world, but God does. I accept that and with my newfound serenity I can see what I can do to handle my life regardless of the chaos around me.

4. **Courage:** When I ask God to grant me serenity, and I accept what is happening and know I can change my part.. what comes next? Action.... God has to grant me the ability to change, to realize that acceptance is the beginning but certainly not enough to CHANGE... that takes action. And all action takes courage, taking a chance, working out problems, but always holding God's hand and not being alone.

5. **Wisdom:** Wisdom to me is willingness to explore myself and my life and having God's help in sorting it all out. It also means clarity in life, looking at each situation through "different glasses" and finding the truth so that I can have COURAGE to change, ACCEPT that you have to change, have SERENITY with your change and ask God for all of the above...

**I use these thoughts as an outline for life...**





## No Excuses

*I let go of excuses  
Not to be grateful;*

*I let go of excuses  
Not to be kind;*

*I let go of excuses  
Not to forgive:*

*I let go of excuses  
Not to be of service:*

*I let go of excuses  
Not to follow my food plan:*

*I let go of excuses  
Not to follow my action plan;*

*I let go of excuses  
Not to be abstinent.*

## Spiritual Awakening

She thinks of recovery,  
As a journey of discovery.  
Answers to questions on her mind,  
In the “Big Book” she is able to find.  
She seeks guidance from this “living” book.  
She has discovered just where to look.  
Spiritually fit she is strong and sure,  
Heightened awareness – on its way to her.  
She works the steps faithfully each day.  
A spiritual awakening blessedly comes her way.  
She has seen the light and never will part,  
With the presence of a Power deep in her heart.

~ Mary Ann B.

## THE VOICE

There is a voice inside of you,  
It whispers all day long,  
“I feel that this is right for me,  
I know that this is wrong.”  
No teacher, preacher, parent, friend  
Or wise man can decide  
What’s right for you – just listen to  
The voice that speaks inside.



~ Shel Silverstein



# ◆ A New Perspective ◆

Not long ago I couldn't sleep before a big trip.  
This isn't new. What happened this time, though, is,  
I came to believe.  
I came to believe a power greater than myself could  
restore me to sanity.

An old pattern presented a new option.

I've usually gotten absolutely frustrated and mad at the  
authority in my life (God) when I couldn't seem to sleep  
well, like a three-year-old who can't accept anything  
unpleasant about life and responds by getting mad at Mom.  
Now where the three-year-old is justified -- at that age, knowing pleasant  
and unpleasant are both a part of life is new, and Mom sure seems in charge  
of everything -- I've got a good four-plus decades under my belt.  
Tantrums: not so justified.

And yet, usually: "Are you kidding me, God? You KNOW I need sleep. Why  
aren't you making it happen?"

But this time...a sane option presented itself.

Why am I mad? This isn't new.

What if I went a different way? What if I focused on the fact that I haven't  
had enough sleep before probably every big trip in a life that has involved a  
lot of long road trips -- yet God's grace has been sufficient? That since  
recovery, I haven't had to have this box, that bag, this cuppa, nothing to get  
through the day of long driving and the stresses of family travel but the  
tools, disciplines, steps, and support of OA and God himself.

And I went for it -- I went for the different perspective. Praise. Gratitude.  
Figuratively (because, you know, it's hard to do in a car) falling to my knees  
out of sheer thanks nothing that would harm me was needed to get through  
the day. That's been true for years--but the ability to appreciate it? That  
was new.

Sanity, it seems, is not a one-time deal. Neither does it level off, I don't  
think. That day, I saw this new ability to shift perspectives under this  
specific circumstance as something green and growing, something worth  
chasing almost as important as chasing a food plan, phone calls, a sponsor,  
meetings, and more that helped me put the food down. Why almost as  
important? Because like putting the food down and picking up the program  
led somewhere amazing (a healthy body and a receptive mind and spirit),  
this new skill of shifting perspectives can lead somewhere amazing.

To serenity.

To joy.

To peace.

To more sanity.

Thank you Overeaters Anonymous, you game-changer you.

Thank you, Step 2 -- the gift that keeps on giving.

Thank you, God -- the giver that keeps on giving.



Change what you  
cannot accept.  
Accept what you  
cannot change.

# We'd like you to share your **EXPERIENCE STRENGTH AND HOPE!**

[ AKA: **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 October 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!

← **LET'S START!**

TOPIC

**#1**

## Avoiding Relapse Symptoms: **EXHAUSTION**

People in OA who have sustained a lifestyle free from eating compulsively for years caution us about symptoms leading to relapse. One can be exhaustion -allowing yourself to become overly tired or in poor health. Good health and enough rest are important, they tell us, emphasizing that if you *feel* well, you are more apt to *think* well. That said, while exhaustion is the number one symptom of relapse, we all experience it sometimes. So the long timers tell us the challenge is not to be in denial about exhaustion, but instead to watch for and recognize it so we can make the best choices we can to live in a way that supports abstinence under all circumstances.

**Share your ESH:** What choices do you make to avoid, or compensate for exhaustion in healthy ways?

...annnd

**GO!**

**brand  
new!**

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



I put my hand  
in yours . . .  
... and together we can  
do what we could never  
do alone! No longer is  
there a sense of hopeless-  
ness, 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.



**We need  
your help!**

**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 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 directly to you!

**For more information, contact  
Carol U. at 248.624.2314**



## 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.

**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)



**SPEAKERS &  
SPONSORS  
LIST**

## Greater Detroit Intergroup Board Members/Officers

Chair	Sue S.	[248] 408-2340
Vice Chair	Pamalar B.	[313] 522-6122
Treasurer	Lynn H.	[313] 613-8754
Recording Secretary	Julie G.	[248] 770-0454
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	Pamalar B.	[313] 522-6122
Webmaster	Pina B.	[248] 416-0726 <b>*NEW*</b>
Literature	Cyndi K.	[248] 770-7615
Public Information	Barbara J.	[407] 312-5428
Office	Cyndi K.	[248] 770-7615
Finance	<b>*OPEN*</b>	

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

Sue S. [248] 408-2340



## 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!



25511 Southfield Road ♦ Suite 127  
Southfield, Michigan 48075

[248] 559-7722

Email: [info@oagreaterdetroit.org](mailto:info@oagreaterdetroit.org)