

Greater Detroit
Intergroup

LOVELINE

How

FREE

Do You

Want

To Be?

I remember when a sponsor asked me that question early in program. At that time, I was still trying to make sugar work for me but had no real success. I could control it for a while but then ... well, I couldn't. It took me years to really let it go, to get off that merry-go-round. I'm delusional that way about food, needing repetitive convincing. Once I did let it go for good though, once I truly surrendered, the obsession for sugar was lifted. To this day (years later) it does not call me. That is by the grace of God. I cooperated with my Higher Power and let that Power do for me what I could not do for myself. I stopped fighting.

But this question has been nagging at me again. My food plan needs more tweaking apparently, and I am not happy about it if I'm being honest. Food that had formerly been safe is taking up too much space in my head lately and too often ending up in my mouth. So how free do I want to be? I want freedom from obsession with any food. I know I am a compulsive overeater and I accept that I will never be cured of that. Even though I have abstinence, I still have food thoughts sometimes. OK. I know they don't have to lead to overeating. I have a program if I'm willing to do the work. But I will not accept that I have to be obsessed with food, fighting it all the time. That is not freedom. That is how I felt before program; overeating or deprivation were my only options and I was miserable either way. The question really is to what length will I go to be free? The Big Book tells me I must be willing to go to any length. Only with Higher Power's help can I do this. I pray for the guidance and the willingness to cooperate and stop fighting. This is necessary in all areas of my life, including my food—especially my food. Without abstinence life gets a lot harder.

~ Anonymous

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

October 10!

The topic is: "Practice These Principles in All Our Affairs"

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.



Don't miss
the
Deadline

Join Us
for GDI Intergroup Meetings!!

4th Saturday of the month
September 24 and October 22 @ 11:15 am

following the 10 am "I am a Miracle" Saturday morning Celtic Cross Presbyterian Church Meeting

THERE ARE 2 WAYS TO JOIN:



OVEREATERS ANONYMOUS
 GREATER DETROIT INTERGROUP



Phone number: [425] 436-6398
 Access code: 566803#

<https://join.freeconferencecall.com/satoacelticcross>
 Online meeting ID: satoacelticcross

**LET GO
 AND
 LET GOD**

I love all of the tools. For me, they are a quick reference to the Steps. My most useful slogan (therefore favorite) is **Let Go, Let God**.

This is my "Let Go" part of the process: When I find myself struggling for a solution or worrying about something, I have learned in OA to pause. Do I have expectations that things go my way? Then, I accept the situation as it is and stop trying to control.

Now I'm ready to "Let God". I write it out, and put it in my God Box as a form of release. I keep my mind open and keep the channel open with prayer and meditation. I trust my HP will give me the answer in HP's time.

~ Carol U.

S E R E N I T Y

**"We will comprehend serenity and we will know peace."
 (Big Book, pp.83-84)**

I had extensive surgery yesterday. Before surgery I wanted to get so many things done before I would have to follow doctor's orders to do nothing except self-care and have someone with me 24-7. I was finding myself anxious on and off. I turned that over, but it didn't do the trick. Then I prayed about it and there was the answer. I was stuck in the need to control. I did a proper tenth step and shared it. I surrendered my need to control to my HP, asking for relief to let go and let God. Amazing and miraculously it was lifted from me. I did indeed comprehend serenity and throughout the days before the surgery, the day of the surgery and now, I am at peace.

~ Mary S.



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

Step 9	8-September
Step 10	13-October
Step 11	10-November
Step 12	8-December

ANGER

&

EXPECTATIONS

From For Today, June 17 → "The twelve-step program enables me to deal with the anger I once tried to eat away."

I don't think I realized how angry I was until I started my fourth step inventory. When in school, I played the comparison game all the time and came up on the bottom. It made me feel angry often. When I couldn't control my classroom as a teacher, I became angry. I learned quickly that yelling made no difference. It just expressed my anger to everyone around. At home, I was often angry with my family, and the anger grew into resentment often. When things didn't go my way, I was angry. Of course, no one else really understood my unexpressed expectations. Even when I did express my expectations, they were so high that no one bothered to try to meet them. I set the bar for myself even higher than I set them for others. That made me angry with myself most of the time. I am so grateful that I can feel my feelings, give them to God, and let them pass. With that, God brings me into a fresh understanding of His grace. Feelings come and go. Sometimes there is a reason for anger. However, I will not let it eat away my peace for long now that I have been shown a better way. Writing often helps me to figure out the root cause of my anger or other feelings. Prayer and listening to God help me as well. I praise God for His help in dealing with emotions in a way that doesn't drive me to eat sweet foods but helps me to process the feelings.

~Sharon H.



OA Region 5 Convention

Mail in Registration

Friday 9/16/22 6-7pm CST OA Meeting
 Saturday 9/17/22 8:30am- 3:30pm CST
 Sunday 9/18/22 8:30am- 11:30am CST

*Keynote Speakers *Fellowship
 *Panels *Workshops

Hosted By Chicago Area Service Intergroups
 Via Zoom
 Zoom Links will be sent the day prior to the Convention

Suggested Donation (Choose one fee for the entire weekend.)

___ \$10 ___ \$15 ___ \$20 ___ Other
 No one is turned away. All are welcome

Register: For mail in registration ONLY,
 Please mail a check with your name, address, phone number and email address to:

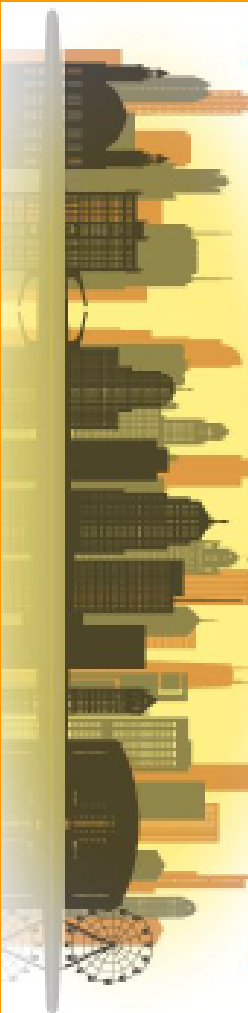
Region 5 OA Convention 2022
 P.O. Box 798
 Lombard, IL 60148

Questions: Kerry @ (773) 208-0823
ChicagoConvention2022@gmail.com

For online registration, go to:
www.OARegions5.redfox.com/region-5-2022-convention

Overeaters Anonymous Region 5 Convention

LETTING OUR LIGHT SHINE



Service Opportunities: If mailing in a check please be sure to include your name, street address, email address and phone number so we can contact you.

___ Speaker/ Panelist ___ Welcoming/Hospitality
 ___ Available Sponsor ___ Zoom Hosting
 ___ years/ months in program ___ I am new

Contact information for mail in registrants only. Please print and return this entire registration flier to Region 5 Overeaters Anonymous, PO Box 798, Lombard, IL 60148. Please print clearly.

Name _____
 Address _____
 City _____
 State _____
 Email Address _____
 Phone Number _____

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:

October 29
December 31

Please invite others; we only succeed when we support one another and share the message.

One Day
at a Time

One Minute
at a Time

Deciding on only one saying to write about is difficult. So many of the sayings have meaning for me.

If forced to choose, I'll say, **One Day At A Time**, **One Minute At A Time** is very important to me in my recovery.

It helps me take life in little chunks that are doable. The opposite for me is looking at life globally, which causes confusion and discord.

I can get overwhelmed and stymied and not take action on things that I need to be acting on.

So, "One Day At A Time, One Minute At A Time" breaks my life into segments that allow me to live comfortably in the 12 Steps of OA, live in my recovery, and pass it on doing service to others.

Gratefully Recovering,
~Susie Y.

One Day at a Time

My favorite slogan is **One Day At A Time**. I love to plan and make lists of what is going to happen days and days ahead of time. I know intellectually that we can only deal with what is in front of us today. The only time I really put one day at a time into practice before I found OA is when I was in labor for the birth of one of my sons. I remember looking at the big clock on the wall and saying to myself, "This time tomorrow all this will be over, and I'll have a baby to show for all the discomfort."

I know now that part of the compulsive list-making is from my need to try and control things. So many things change on a daily basis that I find I have to delete items on my calendar and move them to another date. I have seen progress in working my program. My HP has taught me that many times things can work out entirely differently from the way I think they will, and often to a much better result. As I release the future to my HP, I find I can avoid the resentment I have felt when things didn't go my way. I thereby avoid the trap of standing in front of the open door of the refrigerator hoping to calm down from my resentment by compulsively eating.

~Anonymous

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.
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)

- 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/zoomconference>

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

In Your Language, What is the Best Translation for “Abstinence,” “Recovery,” and “Higher Power”?



***If You Know the Answers, We Need Your Service.
Become a Glossary Volunteer!***

Compulsive eaters worldwide are struggling to access our Overeaters Anonymous program because of language barriers. Can you help them?

- Are you an active member of Overeaters Anonymous?
- Is English a second (or third) language for you?
- Are you willing to give service beyond the group level?

The [OA Glossary](#) is a compilation of hundreds of the most common English words and phrases used in our OA meetings and literature. These words, such as *abstinence*, *recovery*, *sponsor*, *plan of eating*, *food plan*, *Higher Power*, and *World Service Business Conference*, often have a special meaning in OA. As an OA Glossary Volunteer, you can consider the special meaning of each English word and phrase and suggest the best translation for your language.

Being a Glossary Volunteer is a great opportunity for service and recovery! Your service can accelerate the translation of all OA literature into your language and help carry the message of Overeaters Anonymous worldwide!

To become a Glossary Volunteer, contact your local or national language translation committee or your region chair or trustee and ask to join a translation or validation team. It is also helpful to read [Guidelines for Translation of OA Literature and Materials](#) found at oa.org/document-library under category “Translation.”



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 make a one-time donation, or 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.

 [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