



Loveline



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Access Newsletter at www.region5oa.org

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SPECIAL BUSINESS MEETING

On Tues. February 26, 2008
at the Intergroup Office in Southfield
to discuss and vote on the
World Service Business Conference Agenda Items
7:00 PM

Geoff M. our Vice-Chair and Computer Communications Chair passed away suddenly in December. He gave lots of Service to members, the Intergroup and Region V. The loss will leave a void, and he will be missed.

Living Every Day As It Comes

New Year's Day has always been difficult for me. I was always one to make a zillion resolutions and break them all within a week. Losing weight was always at the very top of the list, of course. Sound familiar? I now see the insanity of it all. A compulsive person has no business making resolutions. Why? Why can't I be like the rest of the world in this respect? After three years in recovery, the answer is clear to me.

When I make resolutions, I am actually taking back control over the most important things in my life. This immediately puts me into a vulnerable position, because taking my life into my own hands means I must let go of God's hand. When I take control away from God, my recovery is at risk. My program begins to unravel. Emotional and physical abstinence become more and more elusive the harder I try to hang on to them. It is a cycle I know well.

Now I know I have another choice. First of all, I don't have to make New Year's Day such a big deal. Like all holidays, New Year's is filled with hype, but I can choose how to participate. I can simply acknowledge that the year is coming to a close, and a new one is here. I take a moment to thank my Higher Power for all He's done for me in the past year; it's a good time for a gratitude list. I used to spend New Year's Eve dwelling on my failures and planning how I could "do better" next year. This time, I can dwell on the good things and be grateful for them.

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STEP 1

We admitted we were powerless over food - that our lives had become unmanageable.

TRADITION 1

Our common welfare should come first, personal recovery depends upon OA unity.

STEP 2

Came to believe that a Power greater than ourselves could restore us to sanity.

TRADITION 2

For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.



Living Every Day As It Comes (Cont.)

Next, instead of making such empty resolutions as “lost weight,” “be a nicer person,” or “manage money more wisely,” I can simply renew my commitment to my recovery program, Higher Power, and to the Twelve Steps. By working the Steps, I know that my life will be just as it’s supposed to be,

So, when I am asked this year what resolutions I’ve made, I can smile and say, “Oh, I’ve made only one, and that is to not make any resolutions.” I can go about my new year doing the things my Higher Power has for me to do. I have no way of knowing what is in store for me this year, and today I am thankful for that. I take joy in living every day as it comes – with tears, laughter, love – and I’m so glad to leave the rest to God. Happy New Year. Happy New Life!

Lifeline Jan. 1996 pg 12, R.F. Englewood, CO

The Siren Cookie

When I realized I was matching wits with a cookie, and the cookie was winning, I knew I was powerless over food.

I am a well-educated, intelligent, middle-class woman who has suffered 13 major weight gains and losses (plus many small ones) over the past 40 years. With great willpower, I could lose weight. I just could not keep it off for more than a couple of years.

Eighteen months ago I attended my first OA meeting. Since then I became abstinent (almost 16 months now), selected a wonderful sponsor, and am ready to begin my Ninth Step of making amends.

I’ve pondered how food could have such power over me. The insights and feelings that have come up since I quit abusing food are helping me recover from this disease of compulsive overeating.

While meditating one day, I could see that I had given food almost human qualities. I had given food a life of its own. Some foods were like the mythological sirens, singing out my name, calling me, luring me. They were particularly sensuous: “Touch me, Smell my perfume, Taste me. Savor me,” they said

I gave food the ability to love, to comfort me; I endowed food with the skills to entertain me. Food became my relatives and my friends. I was blind to the reality that food was just that – food - Animal flesh and plants. Food is to nourish my body, not to replace people in my life. Food is organic material. It doesn’t have a personality, nor does it have a consciousness. Yet I let it enslave me, giving it the power over my life.

I am powerless over food – food I have imbued with human qualities. But my HP is giving me clarity of thought. With my plan of eating and all the other OA tools, I can keep viewing food as food, with its ability to nourish my body.

I am no longer willing to have a battle of wills with a cookie.

Lifeline Jan 1997 pg 2, S.F. Green Valley AZ

*Honesty
The Step One
Principle*



God Could and Would

Eleven years ago, I opened a Chinese fortune cookie and read, “He who has hope has everything.”

After 40 years of thinking that my life would be great if the fat could be removed from my obese body, I finally realized that there was more wrong with me than just the fat. I knew I needed help, not a diet or prescription diet pills. Five months later, I walked into my first Overeaters Anonymous meeting. I was desperate and without hope; I wanted to die. Without hope, I had nothing.

At that meeting I saw and heard hope. For the first time in my life, I felt that I belonged somewhere on this earth, after all. The faces of the people in that room seemed to glow as they shared with me the hope and promise of the Twelve Steps.

I could see that I needed to be restored to sanity. I was eating food that I did not really want, and I was unable to stop. I ate more and more and got fatter and fatter, and took prescription diet pills. I compulsively overate for 28 years, all the while trying to control my weight myself. No, I was not sane!

I left that first meeting with the belief that a Power greater than myself – God, not food – could restore me to sanity. I had a glimmer of hope. Although I knew that night that this program worked, I still did not dare hope that it would work for me. But I heard that I only had to believe one day at a time.

I was told to use the tools of this program to keep the hope alive. That first night I was asked to do service by folding my chair and putting it in the closet. As I continued to do service in various capacities, my hope increased.

After my second meeting, I asked someone to be my sponsor. She had what I wanted: a face that glowed with hope and a thin body. My sponsors have shared so much with me. Through their encouragement, I have grown from believing that God *could* restore me to sanity, to believing that God *would* restore me to sanity.

Today my face glows with hope for the newcomers, and for 15 years, I have maintained a 100-pound weight loss. As our For Today states on page 221, “Compulsive overeating and hope are not compatible.” Hope is the key that unlocks the door of discouragement.

H – Higher Power

O – Overeaters Anonymous

P – Promises of the Program

E – Eating Sensible, One Day at a Time

If I do not eat compulsively today, I will keep my hope, and with hope, I have everything!

Lifeline Feb 1997 pg 2-3, Anonymous

Hope is the risk that must be run.
George Bernanos

Have I tried and failed? Try again. Big Book says, “If you have decided you want what we have and are willing to go to any length to get it—then you are ready to take certain steps.”

Going to any length means taking twelve specific steps, one day at a time, and never being finished. In the process, unity will be restored and abstinence will become a reality.

Hope and willingness are the springboards to recovery. The hope of being healed of my illness is a risk I’m willing to run today and every day.

For today: I have hope, or I wouldn’t be in OA. Do I have the willingness to take that leap into the steps, into abstinence?

For Today, pg 333



In The News



Please plan to use the following email address in the future to contact the Intergroup:

Detroit@region5oa.org



The following positions are open Greater Detroit Intergroup

Come join your Intergroup

Vice Chair

OPEN

Special Events (temporarily)

OPEN

If Not YOU, Who?

Greater Detroit Intergroup invites anyone who would like to attend the Intergroup meetings every

Second Tuesday of the month at the O.A.

Office at 7:00 P.M. and see what you can do to help O.A. get stronger ODAAT. Just bring your willingness and the rest will follow.

Committee Chairs are required to attend the monthly Intergroup meetings. Chairs are appointed for a 2 year period.

To help on a committee, attendance at the Intergroup meetings is not mandatory.

Any OA members interested in volunteering for a committee chair, please contact: Ann B. at 248-225-9259, email annb@prodigy.net or contact the OA Office at 248-559-7722. See vacant positions listed above.

Information about the responsibilities of the positions can be found in the OAGDI By-Laws which can be made available by contacting the OAGDI office at 248-559-7722 or via email at Detroit@region5oa.org.

New Meetings

7:00 PM, Mondays

The Shul Campus — Friendship House

6890 W. Maple Rd

West Bloomfield

Contact: Susie (248) 320-3105

7:00 PM, Tuesdays

Cross Current Church

4864 Lapeer Rd

Kimball Twp

Contact: Suzanne (810) 364-5649

Open O.A. Meetings

Fifth Saturday of the Month in 2008

10:00 AM

Meeting Dates: March 29, May 31, Aug 30, Nov 29

Renaissance Unity

11200 East 11 Mile Rd.

(I-696 Service Drive)

10:00 AM Saturdays

Sinai Grace Hospital

Young Steppers Meeting

5th Floor Room 542

6071 W. Outer Drive, Detroit

Lourdes Building

Cell number: Marsha (248) 225-4277

Kathy (586) 791-0809

The Intergroup Office has a "Service and Traditions Workshop Manual" which is a guide for planning and leading service and traditions workshops. Anyone interested in borrowing a copy of the manual should contact Ann B. at 248-225-9259.

Loveline



Intergroup Meetings

All Are Welcome

OA Office-25511 Southfield Rd. Ste. 127
Southfield, MI 48075

#877-244-4771

Every Second Tuesday, monthly, Jan. to Nov.

Intergroup Mtg. 7:00-9:00 PM February 12, 2008

Intergroup Mtg. 7:00-9:00 PM March 11, 2008

* 4th through 7th Step Workshop

OA Birthday Celebration

February 2, 2008

1:00 PM to 3:00 PM

OA Office, Suite 127

25511 Southfield Rd, Southfield MI

* Service & Traditions Workshop

OA Unity Day

February 23, 2008

9:30 AM to 3:00 PM

Renaissance Unity

11200 E. 11 Mile (I696 Service Dr)

Warren, MI

Open Speaker Meeting

March 29 2008

10:00 AM

Renaissance Unity

11200 E. 11 Mile (I696 Service Dr)

Warren, MI

* Spring Into Recovery

April 25, 26, 27, 2008

Retreat Center at St. John's

Plymouth, MI

John Carl 248 223-9929

* Flyers at www.region5oa.org

**If your meeting is having any upcoming events
e-mail to**

Detroit@region5oa.org

Or send info to the OA Office snail mail

Fliers will be put on website if sent to:

events@region5oa.org



Current Office Hours are:

PLEASE, ALWAYS PHONE FIRST



Mondays 10:00 - 2:00 (minimum)

Fridays Flexible, call first

Saturday 4:00 - 7:30 PM

The office may be staffed at additional times or may not be staffed because of individual circumstances

For latest office hours,

call Contact Person

Kathy D. 734 427-8612

Updated Meeting List

and

Newsletters

**Copies can be found at the
Website:**

[Http://www.region5oa.org/detroit](http://www.region5oa.org/detroit)

Write us your story!

Share your experience, strength, and hope. Your contribution might be just what someone else needs to hear.

Editorial Policy - Articles are welcome. All opinions expressed are of the writer and not OA as a whole. We reserve the right to edit all articles. Stay in the solution. Please be patient, your article may not be published right away. Send to carolu2u@isp.com with "Loveline" in the subject line, or mail to the Intergroup office in Southfield.



Greater Detroit Intergroup of Overeaters Anonymous

Toll Free #877-244-4771
25511 Southfield Rd.
Suite 127
Southfield, MI 48075

Loveline

www.oa.org

Meeting List For The World by
Country, State & City

www.region5oa.org

Meeting List for:
Greater Detroit by Day

Also city/county cross reference can be found
here

Intergroup Officers

Chairperson		
Ann B	248 932-2182	
Vice Chairperson	<i>Open</i>	
Treasurer		
Lynn H.	313 278-8754	
Recording Secretary		
Nicki T.	248 879-3879	
Corresponding Secretary		
Linda L.	586 776-6436	

Committee Chairpersons

Appointed positions

Office	Beatrice	248 557-8845
By-Laws	Judy D.	734 782-4212
Finance	Cynthia C..	248 380-0922
Helpline	Barbara	313 886-3533
Literature	Mike	586 445-0443
Loveline	Carol U.	248 624-2314
12 Step Within	Susie Y.	248 320-3105
Special Events		OPEN
Professional Outreach	Pamalar	313 522-6122
Speaker/Sponsor	Irene L.	586 773-1216
Computer / Communications		
Michael W.		248 770-3918

Delegates

Ann B	248 225-9259
Beatrice	248 557-884
Judy Ben	248 673-0723

There are 3 open positions

“The Following is the OA Preamble:

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop overeating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.”

Step 1 and Step 2 Prayers

Prayer for Step One

God, Creative Intelligence, Universal Mind, Spirit of Nature or Spirit of the Universe, my name is _____, and I'm a real alcoholic . . . and I need your help today.

(pg 46 & ch 3, Big Book)

Prayer for Step Two

God, I'm standing at the turning point right now. Give me your protection and care as I abandon myself to you and give up my old ways and my old ideas just for today.

Pg 59, Big Book

When I am hard on myself, or someone else,
 . . . I am not letting in a loving, gentle, forgiving
 HP.



Speaker/Sponsor List

GREATER DETROIT INTERGROUP OF OVEREATERS ANONYMOUS

Name	Step Sponsor	Food Sponsor	Speaker	Phone	Email	ID	Speaker Topics/Remarks
Angela			X	248/506-2507	alopez@freepress.com	CO	Recovery
Ann B	X	X	X	248/932-2183	annb712@hotmail.com	CO	Service/Abstinence/Steps/Recovery
Barb B			X	734/282-2227		CO	Recovery
Barabara D	X	X	X	313/886-3533	d-donald@sbcglobal.net	CO	Recovery
Bobbie			X	313/371-2371		CO/AC	Recovery
Bonnie L			X	519/839-5205	lewsaw@netcore.ia	CO	Steps/Recovery [Region 5 Vice Chair]
Carol K	X		X	248/547-6464	cek12step@sbcglobal.net	CO/B/AC	
Charlene L	X	X	X	519/322-2968		CO	Recovery
Cheryl	X		X	313/647-0755		CO	Relapse/Recovery [call 7p-10p]
Diane G			X	248/340-1965		CO	Recovery [call evenings]
Denise K			X	586/215-0258	dknop714@yahoo.com	CO	Big Book/Recovery/Steps
Deidre			X	201/601-6395	minerva18203@hotmail.com	CO	Big Book/Recovery
Elizabeth S	X	X		586/777-2515		CO	
Irene L			X	586/773-1216	eyreen@comcast.net	CO	Recovery
John Carl			X	248/223-9929	faustjc@juno.com	CO	Steps/Service/Abstinence
Judy B	X			248/884-1837	jben906994@aol.com		
Kathryn	X	X	X	313/737-1033	kabzelli@yahoo.com	CO/BC	Steps/Recovery
Lynn H	X			313/278-8754	lhendrickson2367@comcast.net		
Maureen	X	X	X	248/280-4521			Big Book/Recovery
Michael			X	248/770-3918		CO	
Pamalar G	X	X	X	313/522-6122	amadread2000@sbcglobal.net	CO	Recovery
Pam H	X	X	X	248/414-5261		CO	Recovery/Spirituality
Shari H			X	248/548-2519			
Suzie S			X	248/683-4354		CO	Recovery
Russ M			X	248/851-9660		CO	Recovery
Terry F	X			248/332-6630	tvf901@sbcglobal.net	CO	Call in the Afternoons or between 11p-2a

Compulsive Overeater=CO Anorexic=AC Recovery from Relapse=RR Bulimic=BC

Thanks to all who offer Service by being included on this list.

If you would like to be included on this list on the next revision, or your information is incorrect please contact Irene L at 586/773-1216 or eyreen@comcast.net