



Loveline

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Access Newsletter at www.region5oa.org

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Great News !!

Meetings in The Greater Detroit Intergroup Office have moved to a larger office in the same building. At the other end of the hall, still Suite 127

Amending the Amends

When I first read Step Eight it scared me (until I read Step Nine “Made direct amends to such people wherever possible, except when to do so would injure them or others”). “What have I gotten myself into?” I thought. “This program asks too much. I’m outta here.”

Fortunately, I had a sponsor who had more sense than I. She assured me that in Step Eight all I had to do was make a list, and we could go over it together. We might even decide some of the people or institutions did not belong on the list.

She also emphasized I did not have to worry about making any amends until I arrived at Step Nine. Since this is a one-day-at-time program, we would tackle that Step when I got to it, which would be in God’s time, not mine. I realized I was worrying about some amends that I might never need to make. This was a big relief.

I made my list, keeping in mind everything my sponsor had said. I prayed to Higher Power before each writing session, and before I knew it my list was ready. I was scared to meet with my sponsor because I definitely did not want to make certain amends.

Much to my relief, we scratched about half the names off the list. They were people whom I had not really hurt, who were nowhere to be found or who were dead; or to make amends would injure me or someone else.

I had not realized the importance of that part of the amends Step. We do not make amends to relieve our guilty consciences at someone else’s expense. It was a sort of spiritual awakening for me.

Since then I have revisited Steps Eight and Nine many times. They have never been the stumbling blocks they were the first time. To this day, I owe my first wonderful sponsor and this Fellowship a debt of gratitude.

Lifeline, August 2005, page 19

STEP 7

Humbly asked Him to remove our shortcomings.

TRADITION 7

Every OA group ought to be self-supporting, declining outside contributions.

STEP 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

TRADITION 8

Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers





Hi Everyone,

The physical move is complete to the new suite which is in the same building! Special THANKS to Beatrice (Office Manager), Ann (Chair), Geoff (Vice Chair), Larry (Judy B's hubby), and each one who helped in any way. The transfer was completed at 1:00 AM Sat., July 14!

The hallway entrance keys to the Meeting Room have been transferred. There are NEW Office Room keys -- contact Beatrice at 248-557-8845.

Thanks to EACH person who participated in this change -- "many hands make light work."

Judy B, Project Chair

July, 2007

At the September 11th Intergroup meeting, we will hold annual elections for Detroit Intergroup Officers. This year, the following elected offices are open: **Vice Chair, Treasurer, and Recording Secretary. I need your help in filling these positions, and ask that you spread the word among our membership to see if there is anyone interested in running for these positions.** To be qualified, an OA member must 1) have been a member of OA for at least 2 years, 2) be working the 12 steps of OA, 3) be abstinent by one's own definition, 4) be willing to give service, and 5) have given some service to the Intergroup sometime during the previous 12 month period. OA members interested in running for these positions are encouraged to come to the Intergroup meeting on Tuesday, August 14th, 7:00 p. m., at the Southfield office located at 25511 Southfield Road, Suite 127, Southfield, MI 48075. Members interested in running for office who cannot attend this meeting should indicate their willingness to be placed on the ballot in writing via email to Detroit@region5oa.org, or regular mail. Written nominations should identify the position being sought, include nominee qualifications for the position and why the nominee is interested in filling the position, and **must** be provided to the OA office on or before September 11th. An application for written nomination is on page 3.

In addition, we have some committees with either a vacant chair or where the current chair has advised me that they plan to step down. These committees are: **Help Line/Phone Line, Special Events, Region Rep/Delegate, and 12th Step Within. Once again, I need your help in filling these positions.** These positions are open to all OA members who are willing to give service to the Intergroup for the good of OA. Anyone who is interested in filling one of these positions or has questions about them should contact the Southfield office at phone number 248-559-7722 or at email Detroit@region5oa.org.

Ann B. Chair





APPLICATION FOR DETROIT INTERGROUP OFFICER

APPLICATIONS MUST BE RECEIVED BY September 11, 2007.

PLEASE MAIL COMPLETED APPLICATION TO:

Detroit Intergroup, 25511 Southfield Road, Suite 127, Southfield, MI 48075

FULL NAME: _____

PHONE: _____

ADDRESS: _____

CITY: _____ **ZIP:** _____

QUALIFICATION REQUIREMENTS: Must 1) have been a member of OA for at least 2 years, 2) be working the 12 steps of OA, 3) be abstinent by one's own definition, 4) be willing to give service, and 5) have given service to the Intergroup sometime during the previous 12 month period.

NUMBER OF YEARS IN OA: _____ **NAME OF HOME Meeting:** _____

OFFICE APPLIED FOR: VICE CHAIR _____

Indicate with an "X" **TREASURER** _____

RECORDING SECRETARY _____

1. BRIEF ACCOUNT OF O.A. STORY:

2. SUMMARY OF O.A. SERVICE:

3. WHY I WOULD LIKE TO BE AN OFFICER OF THE DETROIT INTERGROUP:

4. BUSINESS, PROFESSIONAL SKILLS OR OTHER EXPERIENCE AND SKILLS I WOULD BRING TO THE INTERGROUP:

DATE: _____ **SIGNATURE:** _____



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

<i>Recording Secretary</i>	<i>OPEN</i>
<i>Helpline / Phone</i>	<i>OPEN</i>
<i>12 Step Within</i>	<i>OPEN</i>
<i>Special Events</i>	<i>OPEN</i>

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 Meeting

12:00 PM, Saturday

Affirmations

290 W. Nine Mile, Ferndale

Gay, Lesbian GLBT friendly

Contact: Will (248) 765-4061

These Meetings Have Been Cancelled

in Northville Tues. 7 PM & Wed. 12:30 PM
in West Bloomfield Wed. 7 PM

Open O.A. Meetings

Fifth Saturday of the Month in 2007

10:00 AM

Next meeting: Sept. 29

Renaissance Unity

11200 East 11 Mile Rd.

(I-696 Service Drive)

Warren, MI

Sinai Grace Hospital
Saturday meeting 10:30 to 12:00 Noon

ROOM CHANGE

5th Floor Room 542

6071 W. Outer Drive, Detroit

Lourdes Building

Cell numbers: Connie 313 378-8229,

Marsha 248 225-4277

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 the Intergroup Office 1 877 244-4771



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 Aug 14, 2007
Intergroup Mtg. 7:00-9:00 PM Sept 11, 2007

* Open Speaker Meeting

Sept 29, 2007
10:00 AM

Renaissance Unity
11200 E. 11 Mile (I696 Service Dr)
Warren, MI

Young people, family & friends welcome

* Race for Recovery

October 19 to 21, 2007
Region V Convention
Louisville, KY
Jennifer E. 502 459-4518

* Back to Basics Retreat

October 26 to 28, 2007
London, Ont.
Lauri A. 519 438-2684

* A Spiritual Feast of Recovery Retreat

Oct. 26, 27, 28, 2007
Colombiere Center
Clarkston, MI
Linda L. 586 776-6436

* **Flyers at www.region5oa.org**

2007 WORLD SERVICE CONVENTION

Aug 29—Sept 1

"RING IN RECOVERY"
PHILADELPHIA
Loews Philadelphia Hotel
See flyer at: www.oa.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)

Wednesday 11:00 - 2:00

Thursday 11:00 - 2:00

Fridays 2:30 to 5:30 (flexible, call first)

1st Saturday 12:30 - 2:30 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.aa.org

Meeting List For The World by
Country, State & City

www.region50a.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
Geoff 734 287-8187

Treasurer
Lynn H. 313 278-8754

Recording Secretary OPEN

Corresponding Secretary
Linda L. 586 776-6436

Committee Chairpersons

Appointed positions

Office Beatrice 248 557-8845

By-Laws Judy D. 734 782-4212

Finance Karen T. 248 579-3434

Helpline OPEN

Literature Mike 586 322-1013

Loveline Carol U. 248 624-2314

12 Step Within OPEN

Special Events OPEN

Professional Outreach Pamalar 313 522-6122

Speaker/Sponsor Irene L. 586 773-1216

Computer / Communications
Geoff 734 287-8187

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 7 and Step 8 Prayers

Prayer for Step Seven

“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding.”

(Big Book pg. 76)

Prayer for Step Eight

“God, help me to become willing to sweep away the debris of self-will and self-reliant living. Thy will be done for this person as well as for me.”

(Big Book pg. 76)



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			
Storm S			X	248/344-1303	thetruestorm@sbcglobal.net		Recovery/Spirituality
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