



Loveline

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Announcements

Hello Everyone,

I am Carol U. the *Loveline* Chair. I have had the great opportunity to work on the *Loveline* for the last two years and it has been a wonderful experience. My Recovery has grown by searching 12 Step information and literature to use in the newsletter. However, it is time to give someone else the chance to do this service. I will share what I know of the Publisher program, if needed, with anyone who is interested. Please call Ann B. (Intergroup chair) at 248 225-9259 or Carol at 248 624-2314.

Susie Y. our 12 Step Within Chair is willing to conduct a “4th to 7th Step Workshop” to any group that is interested. Please call her at 248 320-2105 for more information. Also, let her know any other type of support your meeting would like.

Linda L. our Corresponding Secretary is in the process of updating the meeting list with “open” and “closed” meeting information. Meeting secretaries please call Linda at 586 776-6436 with this information

OA World Service has produced a DVD for doctors entitled “American Medical Review Profiles OA” It is available for \$20. There is also a CD available “OA ...It Works” for \$6

There are 2 positions open on the Delegate Committee. Call Judy B. (delegate chair) at 248 884-1837 for more information.

Step 3

Made a decision to turn our will and our lives over to the care of God as we understand him.

Tradition 3

The only requirement for OA membership is a desire to stop eating compulsively.

Step 4

Made a searching and fearless moral inventory of ourselves.

Tradition 4

Each group should be autonomous except in matters affecting other groups or OA as a whole.



A New Focus

Letting Go and Letting God can bring serenity and peace. This was brought home to me by something that happened recently.

I'm a full-time glasses-wearer. In addition to my regular pair, I have prescription sunglasses, I wear for driving. I had these on the other day when I was leaving my house. While packing the car, I put the case with my regular glasses in it on the roof, forgot them, and drove off.

After driving a few miles, I thought I heard something hit the car. I turned the corner and got out to inspect. The tires looked okay, and so did the side of the car. I continued on.

About ten minutes later I began to wonder if I had my glasses. I looked in my purse, Not there! Only then did I realize what happened.

Here's where my program kicked in. I didn't overreact or get upset. Before program, this calmness would have been foreign to me.

Instead of freaking out, I thought things through. I prayed and talked to God. Nothing I could do would change the situation. I'd just have to go through the foot-work and expense of getting new glasses.

I prayed for God's help, thinking maybe someone picked up the glasses. I'd seen some workmen by the side of the road where I thought I'd lost them. My neighbor had been driving behind me for a while; maybe he had rescued them.

I backtracked and found the case lying in the road—empty. Just as I was about to drive away, I noticed my glasses lying in the street. Unbelievably they were in perfect shape—no cracks, no scratches, no damage of any kind! To me, this was a miracle.

I learned from this that I can rely on God. Though prepared for the worst, I didn't get jittery or call "suicide prevention." I thanked God and was deeply grateful.

I know the outcome may not be as favorable the next time something goes wrong. But now I know that when I work the program and rely on God, God will see me through.

It's marvelous to be in a program that's teaching me to take life on life's terms, grow up, and be a saner, more rational, happier adult. God is doing for me what I couldn't do for myself.

N. S. Jacksonville, FL—*Lifeline* Jan. 1993 pg 14 & 15

Abstinence Prayer

GOD, today is a new day for me and with You it can be a day of abstinence.

With You I can handle anything.

I ask for your protection today from anyone or anything that may interfere with my abstinence.
I am asking now for your protection in case sometime during the day my desire to compulsively eat
becomes stronger than my desire to abstain.

I know I am powerless over food and my life can become unmanageable again.

I do believe that You will relieve my compulsion and restore me to sanity. Please help me to know

Your will for me today and give me the willingness to carry it out.

I turn my will and life over to You. Please guide me through another day of abstinence.

God I need YOU.

The *Butterflyer*, West Chicago Newsletter, March 2007, pg 4



The Archeologist

I always wanted to be an archeologist. I used to daydream about finding something wonderful, like the seven cities of Troy or King Tut's tomb.

In God's usual, offbeat way, God has fulfilled the dream. I am in the fifty year of my "dig," working in the second level of step four.

The work here is not easy. Something in me insists it doesn't have to be done, that I've found all there is, and isn't three years' work enough?

No, it's not enough. The first level was as far as I was capable of going during that time, which is fine. There were many discoveries to assimilate and learn to use in my life, all of which takes time.

Just as an archeologist returns to the dig when new funds are available, I go back and dig deeper as my inner resources grow and awareness of still unmet needs increases. Archeological digs take years, and so does fourth-step inventory if I want to unearth all the wreckage of my past.

I may shake in fear and my stomach may knot as I write, but it shows I'm hitting paydirt, uncovering shards of resentment, pain, anger, vengefulness and pride buried long ago in my soul. I hold them up to the light, then ask God to help me let them go. As they pass out of my life, I feel at peace with myself, better able to abstain under all circumstances, to serve, sponsor, encourage and reach out. I see a greater capacity for patience, humility, kindness and love. My value to OA and to the people around me increases as I continue to probe the deeper levels of my past.

Underneath it all is something more wonderful, more alive and more priceless than anything I could ever have dug up as an archeologist. It is a temple of God: the unique human being that is me.

July 1983, pg. 88

Step Four

I am Step Four, and of all the twelve steps, I seem to have the worst reputation around. Do you notice that too? People talk about me all the time. Members avoid me, skip me, and act like I don't even exist.

Some leave the program because they are afraid of facing me. It's not easy being Step 4, that's for sure! But I've seen miracles happen because of me, and that helps brighten my tarnished reputation.

Really I'm not all that bad! But, you have to give me a chance. I was designed to help you clean up your past. I help you face the truth about yourself and your relationships. You have to be ready for me, but my buddies Steps 1, 2, and 3 help with that job. I'm a lot easier to deal with once they are done.

To "work" me, all you need is a writing tool, some paper, and the principle of courage. There are different ways to work me—some use the questions in our OA workbook as a guide. Others use page 65 of the Big Book.

Some write on the various pieces in their life, such as work, family, or sex life. There are no wrong ways to work me—except of course to never work me at all.

Despite my bad reputation, once you work me, miracles start to happen in your life.

Relationships change, bad attitudes fade, and old resentments disappear. I've been around since the beginning of AA and know that the people who fully recover, don't avoid me. In fact, they work me over and over again as needed.

Try me! You will be pleased with the results!

Anonymous, *Heart2Heart*, Spring 2006



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>Vice Chair</i>	<i>OPEN</i>
<i>Special Events (temporarily)</i>	<i>OPEN</i>
<i>Loveline (Newsletter)</i>	<i>OPEN</i>
<i>Delegates (2)</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 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 (HOW)

First Baptist Church of Birmingham
300 Willits

Birmingham

Contact: Melissa (248) 471-7119

Open O.A. Meetings

Fifth Saturday of the Month in 2008

10:00 AM

Meeting Dates: 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.



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 April 8, 2008
Intergroup Mtg. 7:00-9:00 PM May 13, 2008

* Spring Into Recovery

April 25, 26, 27, 2008
Retreat Center at St. John's
Plymouth, MI
John Carl 248 223-9929

* 4th through 7th Step Workshop

May 9, 2008
7:00 PM to 9:00 PM
Providence Park Hospital
47601 Grand River - Novi, MI
Carol U. (248) 624-2314

* Open Speaker Meeting

May 31, 2008
10:00 AM
Renaissance Unity
11200 E. 11 Mile (I696 Service Dr)
Warren, MI

* Region 5 Assembly

July 10 - 11, 2008
Ft. Wayne Hilton
1020 S. Calhoun St.
Ft. Wayne, IN 46802
(219) 420 - 1100

* **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

Open

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 OPEN

12 Step Within Susie Y. 248 320-3105

Special Events OPEN

Professional Outreach Pamalar 313 522-6122

Speaker/Sponsor Nicki T. 248 879-3879

Information Technology Will R. 248 547-8848
(Computer)

Delegate Comm Judy B. (chair)
248 884-1837

There are 2 open Delegate 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 3 and Step 4 Prayers

Prayer for Step Three

God, I offer myself to Thee - to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!

(pg 63, Big Book)

Prayer for Step Four

When in Doubt: “I was to sit quietly when in doubt, asking only for direction and strength to meet my problems as He would have me. Never was I to pray for myself, except as my requests bore on my usefulness to others. Then only might I expect to receive. But that would be in great measure.”

Pg 13, Big Book

COURAGE is fear
that has said its prayers



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 Nicki T. at 248/879-3879 or ntravis54@comcast.net