



Loveline

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Access Newsletter at www.region5oa.org

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Great Recovery Tool !!!

*Region V
Tape / CD Library*

*Region V 12th Step Within Committee maintains this extensive library.
The catalog and request form are on-line at www.region5oa.org
From the main page choose Region 5 Business, then 12th Step Within
You can choose the Tape Library Catalog or the Region 5 Speakers List.
The tapes and CD are free
Postage charge each: \$1.00 for tapes, \$2.50 for CD's*

How I Quit Stonewalling Step Four

God must love the challenge of working with hardheads because so far, H.P. hasn't given up on me.

I spent my first year in Overeaters Anonymous and, before that, three years in Al-Anon stonewalling the suggestions that a written inventory would aid my recovery. During this rebellious period I took mental inventories in all kinds of places – for example, standing over the kitchen sink washing dishes. Then I conveyed them to my sponsor on a share-as-you-go basis. It seemed a fine system. I kept hearing “written” is best, but I clung to my own ideas.

Then I heard a gifted speaker sum up the underlying attitude of people who procrastinate in taking a written inventory: “Fear says I dare not; pride says I need not.”

Wrong, my head screamed. Sure, I had defects, but fear wasn't a biggie for me. Maybe a little pride, but certainly not the inventory-blocking kind. I laugh now at the con job involved in this thinking. The deception, of course, affected no one but me.

The “fear and pride” quote haunted me until I finally decided to write a fourth-step inventory and be done with it. Still, excuse after excuse delayed my acting on this half-hearted decision. I thought, “I'll never finish . . .Who'll have time to listen?”

Continued on page 2

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.



How I Quit Stonewalling Step Four

Continued from page 1

... It'll be too long ... Where should I start? ... What's the right way so I don't have to do it twice? ... Where shall I keep it? ... What if someone reads it?"

A small, quiet voice inside said, "It doesn't matter how. Just do it."

I took out my notebook and wrote, even though it wasn't what I thought I should write: no past history or list of defects, simply what was causing me anxiety at the moment. The next day I reread what I'd written and began again, this time putting down similar feelings and behaviors from the past. I learned a little about myself that day. I was encouraged and enthused as I glimpsed the benefits of inventory writing.

Quick thinking may be great in its place, but it is a handicap when it comes to in-depth inventory taking. Writing slows down my thought processes and enables me to backtrack over the thoughts I have expressed on paper. This increases my self-awareness far beyond what was possible over the kitchen sink. As I wrote, I could see threads weaving through my life, all connected to certain key defects. These defects were causing me a great deal of pain.

I learned the importance of taking a positive attitude when writing an inventory. It fosters humility to gain an honest understanding of myself – to see both my positive and negative sides and put the whole in perspective with God and the world around me.

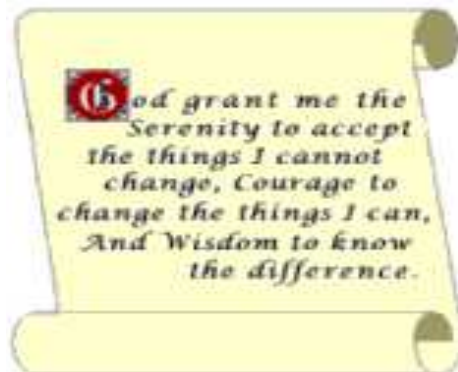
Since that first experience, much of my inventory writing has been a God-given accident. Often a letter to an OA friend turns into an inventory. I haven't lost a friend yet. On the contrary, it is through my friends' love and acceptance of me in spite of my "craziness" that I am able to love myself even when I'm feeling squirrely.

Amazement, gratitude and love overwhelm me when I think about what OA has done for me over the past eight years. Where it all began for me was with the decision to do without the excess food for just one day. It was the best decision I ever made. It wasn't easy at first, but looking and feeling as I did at 220 pounds wasn't easy either.

Today I see so many blessings in my life. I maintain a 90 pound weight loss. Food is no longer an obsession. My relationships with family, friends and co-workers keep improving.

I am so glad I didn't settle for half-measures and become a one-or-two-stepper. Instead, I use everything OA offers me to make my life better both inside and out.

Lifeline Sampler, pages 82-83





Representative - Delegate Report Region V Assembly

March 9, 10, 11, 2007

The Greater Detroit Intergroup (GDI) sent 5 delegates to the Region V Assembly. Those attending were: our Vice Chair Geoff (1st visit), Beatrice, Judy, Arnedo and Storm (committee chair). Our Intergroup was well represented with 3 voting reps and 2 non-voting.

The Assembly held a Mock World Service Business Conference (WSBC) Forum 7:30-8:45 Friday evening.

We discussed and voted on these proposed Amendments.

2 thru 6 were to amend by-laws language, making it possible to include Virtual Media into the service structure. These changes were adopted (22 pro/10 con).

#9 would amend the 12 Steps (articles 3, 7, 11) replacing "him" with "God". This was voted down (7 pro/29 con).

#A is for use of an outside agency to conduct a Public Awareness campaign. The initial cost would be about \$20,000.00. All individual groups could give a small donation to cover cost.

This Mock forum was very interesting, as it gave us an idea of how amendments are handled at WSBC levels. At 9 pm there was an intergroup sharing meeting. This is always very enlightening, as we get to see and hear how other intergroups are doing. One issue that came up for discussion was the cost of sending delegates to the different functions. It was suggested that our By-Laws could be amended to include specific allowances for travel. Example - \$40.00 per day for meals. It was also suggested that the GDI budget could be published in the *Loveline*. All in all it was a very nice & informative meeting.

On Saturday we started at 8:30 am with the Serenity Prayer, and we had roll call. There were 36 present and eligible to vote. There were 5 non-voting alternates & guests. In addition the Region Chair and Vice-Chair were present. The committee meetings began at 10 am till noon.

GDI delegates attended the following committees:

Arnedo - Professional Outreach; Beatrice - Finance; Geoff - Newsletter; Judy - By-Laws; Storm - Public Information; and Special Nominating committee (representing Michigan)

We had lunch from noon till 1:30 pm. Most of our group returned for a short afternoon wrap up with their respective committees. After a brief talk by the Parliamentarian (Dick Weber) we addressed new business.

Some of the things covered were:

1. The proposed By-Law and General Policies Amendments
2. Committee reports.

The Assembly was adjourned at 6:00 pm.

FYI's

1 Bonnie the Vice Chair reported that the rates have increased from \$11.00 to \$15.00 for meals.

2 It is strongly suggested that "Service and Tradition Workshops" be held at least every three years for intergroups. Region V Officers are available *at no charge* for this event. The group should plan at least a 4 hour session.

3 The Finance Committee Chair-also dealt with the increase in rates at the hotel. This resulted in a motion passed that now the rates for registration will increase to \$35.00 for voting delegates, and \$25.00 for non-voting delegates.

4 At the November Assembly (2007), we will be electing a Vice Chair and a Secretary. I sat on the Assembly's nominating committee, and I'm proud to say that I submitted one of our delegates to be considered for the Secretary position. The name was accepted for consideration.

5 World Service Convention from August 30 thru September 2, 2007 in Philadelphia, PA.

Race for Recovery Region V Convention, October 19 thru 21, 2007 in Louisville, KY. You will be able to register online as of April 1st.

Once again I want to thank the GDI for allowing me to be of service. Each delegate turned in individual reports at the Intergroup meeting held March 13, 2007.

Respectfully Submitted,

Storm S. - Chair Rep/Delegate Committee



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>Literature</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

7:00 PM, Wednesday starting April 4
Good Shepherd Methodist Church
1570 Mason St.
Dearborn
Contact: Kim (313) 585-4518

These Meetings Need Your Support

in Northville
Tues 7 PM, and Wed 12:30 PM
Club House at 43001 Northville Place Dr.
Contact: Storm (248) 344-1303

Open O.A. Meetings

Fifth Saturday of the Month in 2007
10:00 AM

Next meeting: March 31
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 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 10, 2007

Intergroup Mtg. 7:00-9:00 PM May 8, 2007

*** Spring Into Recovery Retreat**

April 27, 28, 29, 2007

Colombiere Center

Contact: John Carl 248 223-9929

Elizabeth 586 777-2515

Closed — Waiting List available

Dr. Bob's House Bus Trip—Akron, Ohio

Saturday May 5, 2007

\$40, Call Carol K. for more info

248 547-8229

*** Open Speaker Meeting**

July 12, 2007

7:00 to 8:30 PM

St. Athanasius

18720 E 13 Mile at Kelly Rd.

Roseville, MI

*** Race for Recovery**

October 19 to 21, 2007

Region V Convention

Louisville, KY

Jennifer E. 502 459-4518

2007

WORLD SERVICE CONVENTION

Aug 29—Sept 1

"RING IN RECOVERY"

PHILADELPHIA

Loews Philadelphia Hotel

See flyer at: www.oa.org

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

If your meeting is having any upcoming events

[Detroit@region5oa.org](mailto: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.region5aa.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 OPEN
 Loveline Carol U. 248 624-2314
 12 Step Within OPEN
 Special Events Carol K. 248 547-8229
 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
 John S. 248 683-3188
 Judy Ben 248 673-0723
 Storm (chair) 248 344-1303
 Arnedo (alternate) 248 569-9831

“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.”

(Big Book pg. 63)

Prayer for Step Four

“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.”

(Big Book pg. 13)



Coming Soon !!

A new Revised Speaker — Sponsor List

A Great Opportunity to do service !



Please call
Speaker / Sponsor List Chair
Irene L. @ (586) 773-1216
and add your name to the list

Suggestions for The Day

When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken.

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought - life will be placed on a much higher plane when our thinking is cleared of wrong motives.

Big Book, page 86