



# Loveline



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## Meditation

April 13, 2007 Thursday, I felt lonely and depressed, I went for a walk on a high mountain. While walking around feeling angry and upset with myself, I allowed myself to cry and shout. When I got tired of crying and shouting I sat down and relaxed under the big tree. After a few minutes a big red balloon came down from no where I took the balloon and gave it a hug. The balloon had comforted me. I opened up the balloon and blew it up to make it bigger and prettier. I wrote down a note. I wish I could let go of my resentment, anger, anxiety, hatred, fear, loneliness, jealousy, doubt, judgment, worries, hurts, past damaging memories, regret, defensiveness, and myself so that I can embrace God with peace and love. I tied up the notes in the balloon and I let it go. When I saw the balloon was departing and getting higher and higher, I pulled it back to me and hugged the balloon. I tried to let go of the balloon again for the second time but I cannot do it. I cannot let go of the balloon, I am attached to it. Now this is the third time, I have to let go of the balloon, I have to detach myself from this red balloon, I said to the balloon I like you so much but I have to let you go with my bad feelings and emotions. Now I let go of the balloon and my baggage that makes my life miserable. I saw the balloon go up high, becoming smaller and smaller until the cloud took my balloon. I was in tears looking at the sky. I felt free and at peace. Now I am ready to embrace myself, I am free to love everybody, and I am free to let God enter into my heart and soul.

*Coco*



### STEP 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

### TRADITION 5

Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.

### STEP 6

Were entirely ready to have God remove these defects of character.

### TRADITION 6

An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.



## *Twelve-Stepping a Problem*

This past summer I went on an OA retreat that introduced me to a new verb: Twelve-Stepping. This retreat taught participants how to work a single problem through all Twelve Steps. (Twelve-Stepping differs from Twelfth-Stepping, which is reaching out in service to others as I work the Twelfth Step.) Twelve-Stepping a key problem gives me freedom.

The workshop liberated me from several long-standing problems. I'm currently up against my latest demons after getting a new job; perfectionism, procrastination, and disorganization. How might I apply this process to these current issues?

First, I work Steps One, Two and Three. I admit that I am powerless over fatigue, fear and disorder in my new job due to procrastination and perfectionism. The exact wording doesn't matter so much here as that I make a start. Rule number one is write it down, and keep going.

I have come to believe, in Step Two, that a Power greater than me can restore me to sanity. Now I can make a decision to turn my will and my life over to God, as I understand Him. Again, I write out what I want to turn over my feelings of unpreparedness, not keeping up with demands at work and fear of failure. I pour out my complaints and feelings. I turn the whole issue over.

Step Four contains the heart of this magic. If I look at tonight's defects, I notice fear of failure; the fear of my new bosses disapproving of me; fear of letting God down; fear of being unable to progress in my life; self-hatred at not keeping up with others; and self-hatred at my own procrastination. These defects affect my self-acceptance, cause feeling of inadequacy, diminish my ability to find joy in life, as well as my trust in myself and others. I despair of ever doing well. I feel I will always fail, fall behind, put things off. I am trapped by my own habits, unable to change.

I explore these defects a little more closely. What are the pay-offs for these feelings and behaviors? If I give into my procrastination at work, I make matters worse, but that is the child's instinct – run and hide. If I hide, I can't be responsible. If I face my work, I must take credit or blame for what I do, thereby, owning my responsibility and humanity. This self-responsibility deflates my grandiose self-portraits, too.

So, in procrastination, I remain that familiar hybrid, the eternal child and the potential saint, setting myself up for self-disgust and dismay. Then instead of dealing with my work or my life, I just throw myself into the glorious mud of self-hatred. I don't have to expend energy on solutions. I just stay married to the suffering.

Our retreat leader cautioned us to think of pain in two ways. When something hurts you from the outside, when a tragedy – big or little – strikes you, that is pain. When you remain stuck in the pain, when you prolong it, that is suffering. And suffering is something you can change. It is appropriate to feel hurt, to feel pain. It is a choice to keep suffering.



## Twelve-Stepping a Problem

*continued*

I include in my inventory a look at positive alternatives to my defects. In this case I can lower my perfectionistic standards for myself and accept my own limitations as I enter a new workplace. I can't necessarily "unfear" myself, but I can turn my fears over to God each day. When I choose to share my inventory with God and another trusted person, I have completed Step Five.

With Step Six I am entirely ready to have God remove my defects. In Step Seven I humbly ask Him to remove them. I'm expressing here my willingness to own my problems and have God take care of them. I stop, pray and let Him lead me. If God is to remove these defects, what goes in their place? I read my positive list as God leads me in prayer. I humbly ask God for patience, tolerance of chaos, trust in myself and trust in my coworkers, rather than the need for approval and the fear of condemnation.

As I write, I also ask for quish grandiose goals for sim-joy may replace fatigue, and May celebration, praise and Step Seven by asking for trust



willingness to do the footwork and to relinquish ones. I ask that hope may replace fear, that I may find thanksgiving in my new work. gratitude replace demands and blame, I end in God. I discover I'm not alone anymore.

Step Eight usually brings me face-to-face with one of two options: the unwitting innocents I secretly have been blaming for my own misdeeds or, as in this example, myself, whom I have been beating with my hammer of self-judgment. I need to pray and check that I am willing to make amends to all persons I have harmed, even if the list begins and ends with me.

Step Nine means that I go ahead with those amends. In this case I must say my own name aloud, and that I forgive myself for the wrongs I have done myself. I pray to be able to accept myself not only as a person of limited abilities and insights, but as a person of faith, joy, and enthusiasm. I accept my good qualities as well as my bad.

I also accept that God gave me a brain and a will that I can use on His behalf. Thus I work Step Eleven, seeking to improve my conscious contact with God through prayer and meditation. This may include the simple words: "What now, God?" If I wait, He leads me.

Having had a spiritual awakening as a result of Twelve-Stepping this problem, I try to carry this message to compulsive overeaters and to continue to practice these principles in all my affairs. The next time a nagging resentment, a soured relationship, a burden of fear or a heavy disappointment weighs me down, I will lighten my load by Twelve-Stepping the problem.

M.J.C. *Lifeline* 3/1997 pages 18 & 19





## 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

*Recording Secretary*  
*Helpline / Phone*  
*12 Step Within*

*OPEN*  
*OPEN*  
*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](mailto: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](mailto: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,  
in West Bloomfield Wed. 7 PM

*See meeting list for locations*

### **Open O.A. Meetings**

**Fifth Saturday of the Month in 2007**  
10:00 AM

Next meeting: June 30  
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

#### \* Open Speaker Meeting

June 30 2007

10:00 AM

Renaissance Unity

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

#### \* 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

#### A Spiritual Feast of Recovery Retreat

Oct. 26, 27, 28, 2007

Colombiere Center

*More information soon*

#### \* **Flyers at [www.region5oa.org](http://www.region5oa.org)**

### 2007 WORLD SERVICE CONVENTION

Aug 29—Sept 1

"RING IN RECOVERY"

PHILADELPHIA

Loews Philadelphia Hotel

See flyer at: [www.oa.org](http://www.oa.org)

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

**[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](mailto: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](mailto: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](http://www.aa.org)

Meeting List For The World by  
Country, State & City

[www.region5aa.org](http://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 Mike 586 322-1013

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 5 and Step 6 Prayers

### Prayer for Step Five

“God, I thank you from the bottom of my heart that I know you better. Help me become aware of anything I have omitted discussing with another person. Help me to do what is necessary to walk a free man at last.”

(Big Book pg. 75)

### Prayer for Step Six

“God, help me become willing to let go of all the things to which I still cling. Help me to be ready to let You remove all of these defects, that Your will and purpose may take their place.”

(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