



Loveline



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Access Newsletter at www.region5oa.org

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Twelve Steps to a Better Holiday Season

1. We admitted the holiday season has a deeper meaning than devouring food.
2. We came to believe a power greater than ourselves could help us see and celebrate the true meaning of the season.
3. We came to believe our Higher Power could help us appreciate the joyfulness of the season, as we understand it.
4. We made a searching and thorough examination of our relationship with food during the holidays and other things we enjoy about the season.
5. We admitted to our Higher Power the exact nature of our food habits during holiday seasons past.
6. We became entirely ready to allow our Higher Power to remove our attachment to food as a necessity of the holidays.
7. We humbly asked him to remove our desire to partake of holiday treats.
8. We made a list of all persons whose presence makes the holiday season joyful for us and with whom we would like to share our joy.
9. We made plans to spend time with those people whenever possible, except when to do so would remove us from our primary purpose of abstinence.
10. We continued to enjoy the company of friends and family and other nonfood aspects of the season.
11. We sought through prayer and meditation to improve our appreciation of the season, praying for knowledge of its meaning and the joy we feel at this time.
12. Having realized that sharing the joy of this season with others far outlasts the fleeting pleasure of food, we gave ourselves the gift of abstinence throughout the holidays and gave others the gift of our full attention and appreciation.

Lifeline Nov, 2007

STEP 11

Sought through prayer and meditation to improve our conscious contact with God as we understand him praying only for knowledge of his will for us and the power to carry that out.

TRADITION 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

STEP 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

TRADITION 12

Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.



Retreat Reflections

Below are comments from some attendees at the *Spiritual Feast* Retreat in October, 2007 at Columbiere in Clarkston. Consider attending the *Spring into Recovery* Retreat in April, 2008 to enhance your Program!

The retreat was fabulous. There is nothing better you can do for your recovery. Each time I go to one I learn more valuable ways to work my program to further my recovery.

I've just attended the October Retreat which was a wonderful experience doing Steps 2, 3, and 11. Our program is a Spiritual Program and experiencing these steps in a group was validating, inspiring and uplifting. I recommend making these steps a fundamental part of your program. You will have wonderful life changing experiences along with the peace and serenity that will fill you up and sustain you in all your affairs.

I truly connected with my Higher Power and recommitted to my program. Made lots of new friends and reconnected with old ones.

The retreat is such a safe place to be for a whole weekend. I learned to train my mind to look for the simple answer. My Higher Power is always there.

At the Fall Retreat, Craig (main speaker) took us through Steps 2, 3 and 11. He showed us how important our spiritual life is in and out of program that includes prayer and meditation. We had great inspiration and instruction on both.

When I registered for the retreat it was in hopes that I'd get a "booster shot". Boy, did I!! There was so much good information, gentle suggestions and calling us/me to Action, Action, Action. Thank you so much and I'll definitely be back.

Sometimes I wonder how I can be part of OA for many years and not have it down pat. Craig's message opened my eyes and hopefully my heart to accept my human-ness. I learned to clearly see where and how to take action for a stronger connection spiritually, and continue abstinence on a daily basis. I am grateful.

The retreat was wonderful in October at Columbiere. It was very spiritual and we learned to get closer to our Higher Power and also closer to each other. I believe the Fellowship is one of God's greatest gifts to us. None of us can do this alone; we are all in it together. Only by sharing our experience, strength, and hope can we get abstinent and stay abstinent. Thank you Higher Power for this program.

This is my first retreat with OA. I didn't share but that's because I have so much going thru my head. I need to absorb it all! OA has changed my life and this weekend is a part of that. I had been doing very poorly for two weeks before this weekend. Now I feel renewed and able to find abstinence!

The weekend retreat was awesome. The sharing was excellent. I learned so much after only five months in program. I know I will go to many more retreats.





“Attitude of Gratitude”

Attending meetings reminds me of many things I am grateful for. Newcomers make me reflect on what life was like when I attended my first meeting. I was desperate, alone and almost without hope. That tiny flicker of hope got me into the rooms and kept me coming back. I am grateful for the hope I feel in my life and that I know for sure that OA can work for me. I’ve lived it.

Listening to the old-timers tells me that this is a life-long journey. I’m grateful that I keep coming back and that there will always be lessons to learn. I’m grateful that there are people in the rooms that have gone before me and can tell me where the difficult parts are and how they got through.

I am grateful that for today I am experiencing my life moment to moment. I Feel—good, painful or indifferent. I feel it as it comes. I don’t have to agonize over mistakes, nurse grievances or relive past glories. I am content. I take responsibility for my actions and take the consequences as they come.

Anonymous, *The Butterflyer* - Chicago Western Intergroup Newsletter pg. 3



The Gratitude Path

It seems to me that the antidote to negative thinking is gratitude. I tend toward negativity, especially when I’m confused or stressed. I find that if I substitute thoughts of gratitude, my thinking goes from being fear-based to being God-based. By thinking myself into a state of gratitude, I am freed of my negativity.

It doesn’t matter how childish or mundane my thanks are. I can begin with thoughts such as these: Thank you for the opportunity to serve. Thank you for new challenges. Thank you for guidance. These thoughts help me get out of my negative feelings and concentrate on that for which I am grateful. Then I end up in a spiritually high place, where I’m in a state of gratitude. Rather than taking all my blessings for granted, I feel the presence of a power greater than myself. I don’t feel alone, vulnerable, insignificant, or negative. Instead, I feel full of faith, safe, and confident that I’m on the right path. Louisiana USA

Seeking the Spiritual Path, pg 88. OA’s latest book



Unhappy is the man, though he rule the world, who doesn’t consider himself supremely blest. Seneca

The fact that I am here at all is a blessing. Would I have chosen not to be born? That is the alternative. The fact that I no longer have to compulsively overeat is a blessing indeed. Continuing the way I was going, I might not still be around today. That makes each day a gift.

The habit of complaining, of wishing things were different, is nothing more than a way of insuring depression and misery. As I expose this and other destructive habits to the twelve-step program, asking God to remove them. I can allow myself to be happy. I am coming to realize that it is not life that owes me something; it is I who owe something to life.

For today: To accept myself is to enjoy my life, and to feel supremely blessed. *For Today*, pg 174



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

Helpline / Phone
12 Step Within

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 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

6:30 PM, Tuesdays

First Baptist Church

1842 Pinecrest

Ferndale

Contact: Carol K. (248) 547-8229

Charlene (248) 245-1645

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 2007

10:00 AM

Next meeting: December 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 January 8, 2008
Intergroup Mtg. 7:00-9:00 PM February 12, 2008

*** Open Speaker Meeting**

December 29 2007

10:00 AM

Renaissance Unity

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

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.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		
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		OPEN
Literature	Mike	586 -445-0443
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
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 11 and Step 12 Prayers

Prayer for Step Eleven

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day “Thy will be done”

(Big Book pg. 87-88)

Prayer for Step Twelve

“Lord, make me a channel of thy peace-that where there is hatred, I may bring love-that where there is wrong, I may bring the spirit of forgiveness-that where there is discord, I may bring harmony-that where there is error, I may bring truth-that where there is doubt, I may bring faith-that where there is despair, I may bring hope where there are shadows, I may bring light-that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted-to understand, than to be understood-to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen.”

AA 12 & 12, pg 99



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	dknope714@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