



Loveline



INSIDE THIS ISSUE:

Service Opportuni- ties, Steps 9 & 10	1
Step 9 Story	2
Step 10, Service by Mail	3
In The News, Events	4
Office Hrs, More News	5
Contact Information, Preamble, Step Prayers	6
Speaker Sponsor List	7

Access Newsletter at www.region5oa.org

Thank You for your Service !!

Officers were elected at the September 11th Intergroup Meeting

*Geoff M, Vice-Chair
Lynn H, Treasurer
Nicki T, Recording Secretary*

Service Opportunities

Open the 7:15 pm Wednesday meeting at the Southfield office
Please contact Beatrice at 248-557-8845 for more information.

OA will have a table at the at Macomb County Community College
Health Awareness Week

Hall and Garfield Roads
Oct 15 to 18, 2007 - 11:00 am to 2:00 pm daily

Do **Service** by sharing your Experience, Strength and Hope
with people attending the Fair

Please contact Debra R at 586-612-8600 (cell)/586-739-3490 (home) or
Pamalar G at 313-522-6122 for more information

The Greater Detroit Intergroup will be celebrating

OA Idea Day on November 17, 2007

at the Intergroup office in Southfield

There will be back-to-back meetings all day

If you would like to be scheduled to **lead a meeting**

Call Ann B at 248 225-9259

STEP 9

Made direct amends to such people whenever possible, except when to do so would injure them or others.

TRADITION 9

OA as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

STEP 10

Continued to take personal inventory and when we were wrong, promptly admitted it.

TRADITION 10

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.



Step 9

I recently celebrated 4 years of abstinence, which I could not have done without OA and my Higher Power. I say this because I believe that practicing the steps is the key to my abstinence.

One of the things that encouraged me the most as I began the 9th step is the line in the AA Big Book that says (paraphrasing here) we will begin to experience the many promises of recovery before we are half way through the 9th step. Who doesn't want to intuitively handle situations that used to baffle us? Woohoo! Sign me up!

Another thing that stands out for me in my experience with the 9th Step is the transformation from dread and anxiety before I made the amends to the feeling of relief, and sometimes outright joy and gratitude that I experienced when it was done. No amend has been MORE difficult, while making it, than I thought it would be. Most have been easier.

I like the unexpected experiences I've had too. One of the ways my character defect of fear expresses itself is through negative predictions about the future. So, my faith in the goodness of life and of my Higher Power is reasserted each time something goes better than I expected, or goes in a way that I could not have predicted. In one recent amends, with a former friend who I had been hoping to never have to see or speak to again, such was my resentment and jealousy of her, I ended the conversation WANTING to be friends and feeling completely relieved of the shame I had had for my behavior. My jealousy of her life has gone from 98% to 5%.

The amends I have left are, for the most part, to people I cannot now locate. However, as I've made my amends, new eighth step items have continued to present themselves to my consciousness!

That brings me to one of the most interesting parts of the ninth Step experience, In my first eighth step, which I began in another 12 Step fellowship 16 years ago, I could not believe I owed amends to anyone! My only harm, I thought, was my codependency, and I could not even see how THAT had harmed others!

The blessing has been that having become abstinent in OA, without much effort on my part, the people and institutions, etc. where I have done harm have just come into my thoughts. Without that, I could not have worked a thorough ninth Step and could not experience the Promises I have in my life today! In addition, there seemed to be nothing I could do 16 years ago to identify my wrongs! (As an aside, my experience in stopping at the eighth Step all those years ago was that I came very close to picking up my addictive behavior again. I had not attended a meeting in two years and had fired my sponsor and all my sponsees. I had one friend in recovery that I maintained contact with. I believe that not completing my steps was the first step down that slippery slope. It's interesting that, by my memory, throughout the AA Big Book, Bill W. talks about the strong potential for relapse if we do not complete the steps and work them daily.)

Abstinence has so many gifts. When I came into OA, motivated primarily by my fear of gaining weight, I could not have predicted that it would lead to such a radical change in perspective on my life. Not to mention the experience of the Ninth Step Promises in my life and, by extension, in the lives of others. May we be willing to be willing, for today! Anonymous (Salt Lake City)

from *Utah Soaring* Newsletter 9/2006





*Whoever is aware of his own failings will not
find fault with the failings of other men.*

James Ross

Other people's faults invariably match my own. When I notice some particularly objectionable shortcoming in a person, I can generally be sure it is a defect I detest in myself.

Without self-awareness, the habit of finding fault is a distraction that keeps me from seeing my own mistakes. As long as I look at another's wrongheadedness, I don't see myself - the only person I can change.

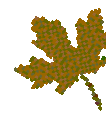
A daily tenth step turns my attention to myself so I will know what to do to put my life in order.

For today: I don't need to concern myself with other people's faults; I have all the detective work I can handle to ferret out my own.

For Today page 300



*Keep your Recovery
FIRST
To make it
LAST*



“Service-by-Mail” is OA’s official Pen-Pal program.

The Service by Mail/Email program helps OA members reach out to one another. Participating members correspond by mail or email to share recovery and to discuss working OA's Twelve-Step program of recovery with other OA members around the world. You can find an OA pen pal or a sponsor by mail or email, or you can sponsor another member by mail or email.

Also attend an online or telephone meeting to connect to the OA program of recovery.

For a fee of \$10 a year, you will receive a directory of persons wishing to correspond with other OA members. Register on line at www/oa.org or write to:

Overeaters Anonymous

PO Box 44020

Rio Rancho, New Mexico 87174-4020





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

Delegate

OPEN

Finance

OPEN

Helpline / Phone

OPEN

12 Step Within

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, Tuesday (begins Oct 2)
First Baptist Church
1842 Pinecrest, Ferndale
Contacts: Carol K 248 547-8229
Charlene 248 245-1645

7:00 PM, Tuesday
Cross Current Church
4864 Lapeer Rd, Kimball Twsp
Contact: Suzanne 810 364-5649

10:00 AM, Saturday (begins Oct 6)
"Young Steppers" for young people 11 and older
Sinai/Grace Hosp
6701 W Outer Dr, Detroit
Contact: Marsha B 248 225-4277
Kathy 586 791-0809



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

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 Oct 9, 2007

Intergroup Mtg. 7:00-9:00 PM Nov 13, 2007

* 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

* Region 5 Assembly

November 9 & 10, 2007

Ft. Wayne Hilton

1020 S. Calhoun St.

Ft. Wayne, Indiana 46802

PH:219-420-1100

“Holiday Gift Giving”

November 10, 2007

First Baptist Church

Ferndale, MI

Carol 248 547-8229

OA Unity Day

Service & Traditions Workshop

February 23, 2008

Renaissance Unity

* 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)

Wednesday 11:00 - 2:00

Thursday 11:00 - 2:00

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

Saturday 4:30 - 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
 Geoff M 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 OPEN
 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
 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 9 and Step 10 Prayers

Prayer for Step Nine

“God, give me the strength and direction to do the right thing no matter what the consequences may be. Help me to consider others and not harm them in any way: Help me to consult with others before I take any actions that would cause me to be sorry: Help me to not repeat such behaviors. Show me the way of Patience, Tolerance, Kindliness, and Love and help me live the spiritual life.”

(Big Book pg. 78 - 80)

Prayer for Step Ten

“God, remove the selfishness, dishonesty, resentment, and fear that has cropped up in my life right now. Help me to discuss this with someone immediately and make amends quickly if I have harmed anyone. Help me to cease fighting anything and anyone. Show me where I may be helpful to someone else. Help me to react sanely; not cocky or afraid. How can I best serve You — Your will, not mine, be done.”

(Big Book pg. 84 - 85)



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