



The Tiger Swallowtail

Newsletter of Greater Ann Arbor Overeaters Anonymous
The online version of The Tiger Swallowtail can be found on Intergroup website.

September/October 2010

P.O. Box 7836 Ann Arbor, MI 48109 ** OA Info Line 734-480-4556 ** www.washtenaw-overeaters.com

“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 eating compulsively. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.”

(preamble from Overeaters Anonymous)

There is a buzz in the air at our meetings these days. The word “convention” is floating around with a building excitement. In case you don’t know to what I am referring, it is the Bridge to Recovery Region 5 Convention.

I am excited that our intergroup is one of the sponsors. I am excited that it is just a few short miles away from Ann Arbor. I am excited that our intergroup is going to make a basket that will be raffled along with other baskets. I am excited that I will be doing service and strengthening my recovery.

I have never attended an OA convention before but I have heard so many stories about them and they are always stories of recovery. I decided that I would give myself the gift of this experience. I booked a room at the hotel as I don’t want to miss a single minute of this event. I sent in my registration and checked off those service boxes.

You can give yourself this gift also. You can attend the whole event or just one day if that is all you can do. If you can’t attend at all, you can still benefit by providing service before the event. Hope I see you there!



October 15-17, 2010

Doubletree Dearborn
5801 Southfield Freeway
Detroit, Mi 48228

Registration by mail or
online due August 31, 2010.
After this date, you **MUST**
register at the Convention.

More information at
www.region5oa.org

Service opportunities -
contact Frank at 734-426-0643.



The OA Promise

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams

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

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

Fruit: **Self discipline**

Promise: **Fear of people and economic security will leave us.**

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

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

Fruit: **Perseverance**

Promise: **We will intuitively know how to handle situations which used to baffle us.**

STEP NINE

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

The first time I did step nine I did not believe I had any amends to make to my former husband, the father of my children. After all, he left us. He was selfish and immature. He got married again as soon as he ran out of socks. He was probably having an affair with that woman before the marriage was over. He and that witch were mean to my kids and rude to me. He was an alcoholic just like his father and it was a good thing he left anyway. What a fool he was. After I got through taking his inventory it was clear I did not need to make amends to him. He had to make amends to me. If only I had made him go to AA before he left, I would have had my amends from him. Yeah that was it.

The second time I did step nine I realized that it had nothing to do with him. What I found out was that step was about me, not him. I am the one who is in recovery. I had the opportunity to get well from this chronic, sneaky and tricky condition. The trick is when you forgive the person who has harmed you then the healing begins. The way I had to do that was to try to see how it was for him in our marriage. What was my part that made us both unhappy? That was a bitter pill to take. I wrote several pages without editing and with condition that nobody would read it. I then edited it as if only he would read it. I edited again as if my adult children would read it. (Bad idea about the kids reading it) I went back to edit number two and took all the parts that even remotely sounded like I was blaming him or that I was giving either one of us an excuse. Then I took out the drama. Then I took out the gory details. I went back to it several times over several days. It became smaller, more honest and more to the point.

I carefully considered how I could get this letter to him without his wife knowing. I was pretty sure that it would cause a problem if she found out that he had a letter from me. I found out that she did not read his emails. I sent the letter by email and asked him to delete it after reading it. I also told him it did not require a response. I printed the email, tore it into little pieces, deleted it from my send box and from my "recycle bin". I then burned each little piece of the letter one at a time in the fireplace. All the resentment went up the chimney. Really.

That was two years ago. I never got a response from him. I didn't expect that I would. I did get a response, instead, from my higher power. I did not expect that either.

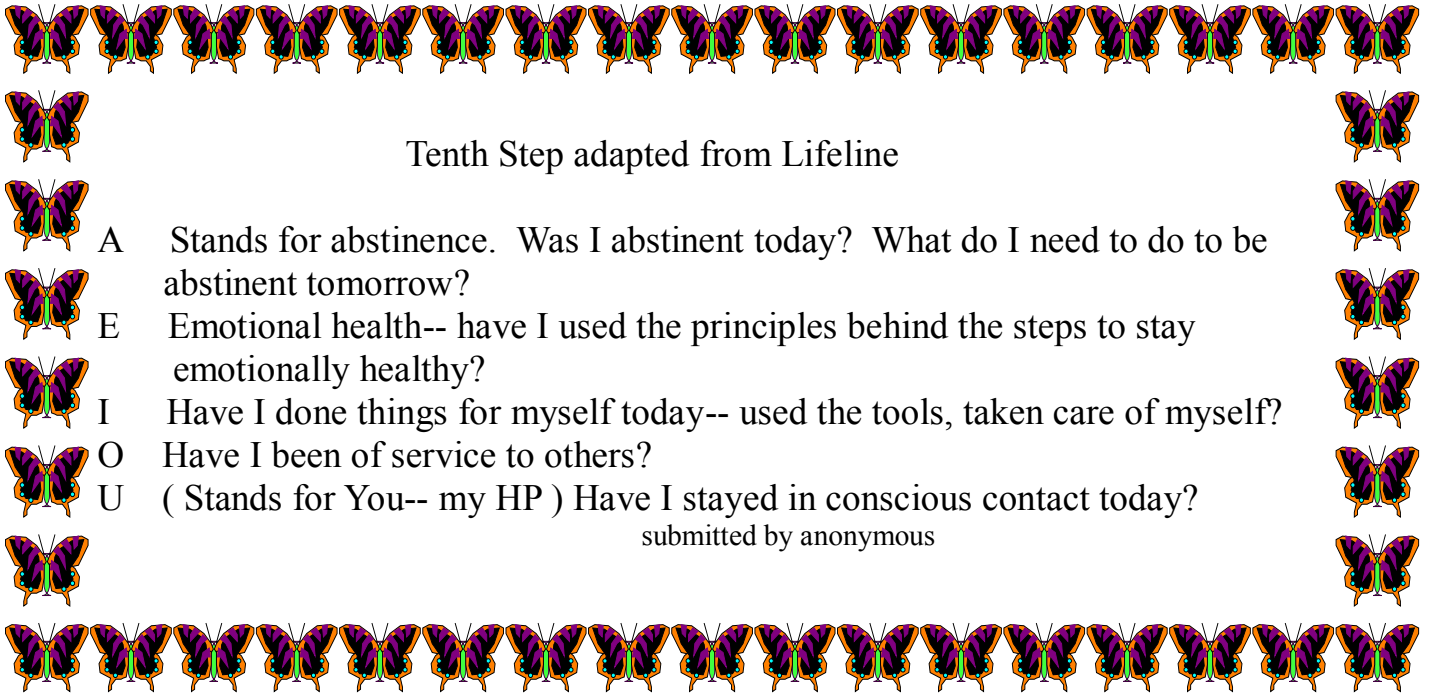
— anonymous

“Our lives are changed, our broken relationships mended, and the ill will which poisoned our hearts for years is washed away.”

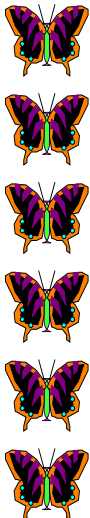
pg 75, The Twelve Steps and Twelve Traditions of Overeaters Anonymous

“As we have dealt lovingly with every person in our lives, our spiritual awakening has become a reality.”

pg 81, The Twelve Steps and Twelve Traditions of Overeaters Anonymous



Tenth Step adapted from Lifeline



- A Stands for abstinence. Was I abstinent today? What do I need to do to be abstinent tomorrow?
- E Emotional health-- have I used the principles behind the steps to stay emotionally healthy?
- I Have I done things for myself today-- used the tools, taken care of myself?
- O Have I been of service to others?
- U (Stands for You-- my HP) Have I stayed in conscious contact today?

submitted by anonymous

Service Alert

Sheila has been our literature contact for the last 2 years. It is time for someone else to have this service opportunity. Contact Sheila for details 734-845-0963.

Lifeline

Lifeline, OA’s international magazine, serves as an indispensable “meeting-on-the-go.” Since 1962, when the first issue debuted as the OA Bulletin, Lifeline has offered encouragement and hope to thousands of readers. Tucked in a purse, a suitcoat pocket or a lunch bag, *Lifeline* accompanies members around the world, ready to provide inspiration and support when needed. (taken from OA website <http://www.oa.org/lifeline-magazine/>). You can subscribe to Lifeline at this website or by calling our Lifeline Intergroup Rep Ellen at 734-995-1835.

Support these meetings and keep

OA strong in our area. The following meetings need support: Brighton Monday 7pm and Thursday 7pm; Tecumseh Monday 6pm; Ann Arbor: Sunday 7pm, Wednesday 12:10pm, Thursday Men’s Focus 7pm.

Intergroup Rep needed for the Ann Arbor Wednesday 9:30am and Thursday 7pm meetings. Intergroup meets once a month for one hour. Come and join in on the excitement.

The Greater Ann Arbor Overeaters Anonymous Intergroup hopes this newsletter will strengthen your recovery and allow you to maintain or attain your abstinence from compulsive eating. Your contributions are welcome. Please note that contributions or editorial opinions expressed are those of the writer and do not necessarily represent OA as a whole.

Steps 11 & 12 will be featured in the next issue. Tell us about your experience, strength and hope around Steps 11 & 12 or any other topic that interests you. Email your contributions to superiordogs@yahoo.com.

Deadline for the next issue is October 1, 2010.



Greater Ann Arbor OA Meetings

September/October 2010

CITY	DAY	TIME	DUR	LOCATION	TYPE	CONTACT
Ann Arbor	Sun	1:00PM	1 hr	Ann Arbor Church of Christ, Neighborhood Church, 2500 S Main St, Ann Arbor, Mi 48103. (just south of Busch's, towards Briarwood).	S,BF	Jewell 734-883-4812
Ann Arbor	Sun	7:00PM	1 hr	King of Kings Lutheran Church, 2685 Packard Rd, Ann Arbor, Mi 48104.	R,BF	Martha 734-663-7933
Ann Arbor	Mon	7:00PM	1.5 hr	Temple Beth Emeth/St Clare Episc. Church, 2309 Packard Rd, Ann Arbor, Mi 48104. NEWCOMERS MEETING	O	Lea 734-945-7699
Ann Arbor	Tue	12:10PM	3/4 hr	West Side Methodist Church, 900 S. 7th St between Pauline and Liberty Sts, Ann Arbor. (park in back, enter back door, library down stairs).	BF	Katlyn 734-426-4743
Ann Arbor	Tue	6:30PM	1 hr	West Side Methodist Church, 900 S 7th St. between Pauline and Liberty Sts, Ann Arbor. (Park in back, enter back door, room next to library).	BF	Joyce 734-747-9831
Ann Arbor	Wed	9:30AM	1.5	Bethlehem United Church of Christ 423 S 4th Ave, Ann Arbor, 48104. (Enter rear door to 2nd floor youth room).	BB, BF	Dorothy 734-930-1972
Ann Arbor	Wed	12:10PM	1 hr	1st Congregational Church 608 E William, Ann Arbor, 48104. (enter Maynard Street).	BF,L	Paula 734-678-2353
Ann Arbor	Wed	7:00PM	1 hr	King of Kings Lutheran Church, 2685 Packard Rd, Ann Arbor, 48104	BB, BF	Lois 734-218-2220 Patty B 734-255-3987
Ann Arbor	Thu	5:30PM	1.5 hr	First Baptist Church, 517 E. Washington St, Ann Arbor, 48104. Between Division & State Sts. Memorial Room in basement. (ABSOLUTELY no parking in church lot. Park on Washington St). All are welcome. Please respect special focus.	H	Maria S 734-417-0755
Ann Arbor	Thu	7:00PM	1 hr	Friends Meeting House 1420 Hill St, Ann Arbor, 48103. (Park on Oliva, enter house from rear). All are welcome.	M,BF	Eric 734-480-4351
Ann Arbor	Fri	1:30PM	1 hr	Covenant Presbyterian Church, 5171 Jackson Rd, Ann Arbor, Mi 48103. (West of Ann Arbor between Wagner & Zeeb Rds).	S,BF	Ellen 734-995-1835
Ann Arbor	Fri	5:30PM	1 hr	St Joseph Mercy Admin. Services Bldg. 5305 Elliott Dr, Ann Arbor 48104. (Parking lot P, second floor, room 6).	A, BF	Lynn R.734-994-6009
Ann Arbor	Sat	10:00AM	1 hr	St Joseph Mercy Admin. Services Bldg. 5305 Elliott Dr, Ann Arbor 48104. (Parking lot P, second floor, room 5).	S, BF	Christen 734-663-1605
Adrian	Sat	9:00AM	1hr	Siena Heights University, Dominican Hall, Rm 203, Adrian, Mi 49221.	V	Meg D. 517-266-2960
Brighton	Mon	7:00PM	1 hr	St George Lutheran Church, 803 W Main St, Brighton, Mi 48116. (in the building to the left of the church from the parking lot)	S	Liz D. 734-904-0694
Brighton	Thurs	7:00PM	1 hr	Brighton Area District Library, 100 Library Dr N., Brighton, Mi 48116. (usually room 104)		Laura 313-909-0673
Dexter	Mon	6:00PM	1 hr	Foggy Bottom Coffee Shop, 7065 Dexter Ann Arbor St, Dexter, Mi 48130.	BF,SB	Ellen 734-995-1835
Grand Blanc	Sat	10:00AM		Complete Care Center, 8401 Holly Rd, Grand Blanc, Mi 48439	BB	Ellen 810-260-1553
Manchester	Tue	7:30PM	1 hr	Meeting in private home. 11702 Ella Drive, Manchester, MI. (Turn onto Pleasant Shore Drive, directly across from Pleasant Lake School and it is 1st cottage on the right).	S	Liz P. 734-665-3487
Tecumseh	Mon	6:00PM	1 hr	Tecumseh United Methodist Church, 605 Bishop Reed Drive, Tecumseh, Mi. 49286.	BB	Carol T. 517-423-5080

INTERGROUP MEETS THE 3rd SATURDAY OF THE MONTH AT 11:30 AM, FOLLOWING THE 10:00AM MEETING, ALL ARE WELCOME. KEY; A Abstinence BB- Big Book BBL- Brown Bag Lunch BF- Barrier Free H- HOW, M- Men's Mtg R-Release S- Step Study T- Tradition Study O-Open to the public * Needs support SB- Spirituality Book L- Literature V-Varies

Newcomers are always welcome at all meetings. Monday Temple Beth Emeth/St Clare Episc is the only meeting open to the public. All other meetings are restricted to those who desire to stop eating compulsively (OA members and others who think they may have a problem with food). Meetings change from time to time—newcomers are asked to call the contact person or the OA Answering Service 734-480-4556 prior to attending meetings to be sure location is current. Thanks.

The Tiger Swallowtail newsletter requests contributions or corrections be emailed to June at superiordogs@yahoo.com by the first day of the month BEFORE the newsletter comes out. The newsletter will come out at the IG meeting in Feb, Apr, June, Aug, Oct, and Dec.

This thought brings us to Step Ten, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. *We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness.* This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.

-A.A. Big Book p.84