



The Transformation

Newsletter of the Central Ohio Service Intergroup

Suggested Donation \$0.50

November 01 Newsletter

STEP ELEVEN

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

Step 11 says that we should try to improve our conscious contact with a God of our understanding. It further states that we should only pray for knowledge of God's will for us and use some mysterious power to carry out that will.

What I never understood until coming to OA was what was meant by "Will". Didn't I have pretty good will power on my own. I mean I gained and lost a lot of weight prior to OA. And I did it with my will. I don't think the concept of "Will" really came to light until I started reading the AA Big Book and working the 12 Step program of OA.

How is God's will for me different than my will? How do I know if I am doing God's will? Those two questions haunted me because I thought I had to do Step 11 right or perfect. Even though the Big Book says that we won't be right all the time I thought that since I really didn't know what intuition or as I sometimes think of as a "God thought" was. How do I really know if it's God's will for me or just my ego getting in the way one more time?

I guess the best way to explain God's will for me is to think about what the presence of God is and how I feel that presence inside of me. I believe God is absolute love and acceptance. When I feel that love and accep-

Solitude is bearable only with God.

Andre' Gide

TRADITION ELEVEN

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.

There is a fine line between attraction and promotion in OA. I've worked with the public information committee for some time now and I heard a good rule of thumb test for whether we're promoting OA to the community. Simple put - are we spending too much energy trying to get the word out?

The Big Book has many stories on how newcomers were attracted to the program. In all cases that person had to be willing to change their life and to allow the program to flow through them. No amount of promoting by either family, doctors or OA members could bring that person into the fellowship.

(Continued on page 2 Traditions)

Note to myself:

Holiday Potluck Meeting

When: Monday, December 10th
@ 6:00 pm

Where: St. Matthews Episcopal Church
233 S. State St. Westerville, OH

Notes: Bring food dish with label of ingredients used.
Potluck starts at 6:00 pm.
Families welcome.

Special Thanksgiving Sharing Meeting

Where: Northwest Christian Church
When: Thurs., 22nd Nov.
At 9:30—??
Contact: Lea—451-1281



Intergroup Phone Numbers

Chairperson

Amy H. 263-3462

Region V. Representative

Terri F 580-2990

Treasurer

Barb R. 882-1751

Secretary

Open

Literature Coordinator

Terri F. 580-2990

Public Information Coordinator

Open

12 Step Within

Mike A. 299-6902

Special Events Coordinator

Open

Transformation Editor

Craig R. 882-1751

Rramsey@ee.net

Telephone Coordinator

Landia 519-5109

Fundraising Chairperson

Open

Meeting List Coordinator

Cecilia 895-1827

Bylaws Chairperson

Open

Retreat Chairperson

Open

Editorial Policy: *The Transformation is the monthly newsletter of the Central Ohio Service Intergroup of Overeaters Anonymous. We welcome contributions from members, but material cannot be returned, nor can payment be made. All letters to the editor must be signed, but names will be withheld upon request. The editor reserves the right to make editorial changes. Other anonymous groups may reprint without permission. The opinions expressed herein are those of the writers, and not of COSI or OA as a whole. Please address correspondence to: The Transformation, Room 20, 1561 Old Leonard Ave, Columbus, Ohio 43219.*

(Steps Continued from page 1)

tance then I am starting to feel God within me.

If I take those feels one step further and ask for guidance in my prayer and meditation time I can know if I am doing God's will by how I feel when I meditate. Am I feeling negative feelings or restless? Do I feel centered and focused on God with a sense of love and acceptance of myself and the situation I am meditating on?

What I have learned is that God can answer me in three ways. The answers are YES, NOW and WAIT. The last one is the hardest to deal with. But what I have found is that when there is clarity in my meditation, even when God is saying wait, I know that that is the direction I should go. I do a much better job of following God's will for me because I have a much better trust in the process of meditation.

I recently presented a spirituality workshop at the Region V Convention. I thought it might be helpful to include some of the suggestion I presented to the audience in this article.

- Create a sacred or special place in your house.
- Start by using guided audio tapes.
- Try meditating for 5 or 10 minutes to begin with.
- Be regular—develop consistent practice. You are worth it!
- Check your posture. Use props or pillows to help maintain good posture.
- Try chanting, singing or reciting uplifting prayers.
- Try meditating with a group of more experienced meditators.
- Breath
- Use affirmations
- Don't give up. No matter where you are in your practice keep moving towards knowing HP better every day.

Meditation is a powerful tool for dealing with my busy schedule. It keeps me abstinent and free from the frustration and anger I had prior to coming into program. OA is a spiritual program and without a spiritual practice I know I would relapse back into the food. My challenge to all of you is to try a little meditation and prayer every day. Be regular about your practice for a month. After a month check your serenity and see if you haven't made tiny steps in moving towards acceptance of yourself and a better knowledge of that Power greater than yourself.

(Traditions Continued from page 1)

In the book "Beyond our Wildest Dreams" by OA's cofounder the early chapters talk about how the fledging group tried to get the word out that there was hope from compulsive overeating. One particular time a member appeared on a TV talk show full faced.

Of course today all members know this is a break of OA's tradition 11 because it breaks our anonymity.

But that early period getting the name out was more important. Members learned by that experience and never again was an OA member shown full faced because it placed one member above another in program.

There is an obituary of Bill W. on the wall at Central Office. That was the first time his full name was used. He was in AA for over 25 years but his anonymity was still protected! Anonymity protects our newcomers just like it did Bill W's and gives everyone an equal playing field from the very beginning.

A few years ago a local newspaper asked two of our PI committee members to be interviewed in response to some new wonder drug that was going to change dieting forever. The interview was done with the stipulation that only first names be used. Both members were very careful not to talk about outside issues.

Two members met with the report because this practice is recommended by the AA Big Book. The chapters on working with others and to the family are important chapters for practicing Tradition 11.

Reports



Treasurer



Central OH Service Intergroup Treasurer

10/6/01 Through 11/10/01

11/9/01

Page 1

Description	Memo	Category	Amount
BALANCE 10/5/01			1,224.59
Ameritech		COSI:Utilities:Phone	-33.18
Recovery Alliance		COSI:Rent	-137.00
Deposit	anonymous	Donations	50.00
	Tuesday Grove City	Donations	49.00
	Barb B.	Transformation Subscriptions	10.00
	Mike A.	Transformation Subscriptions	10.00
	Terri D.	Transformation Subscriptions	10.00
VOID			0.00
Deposit	Monday Westerville	Donations	21.00
	Saturday Morse Road	Donations	32.28
	Thursday Northwest Chris...	Transformation Subscriptions	30.00
	Saturday Morse Road	Literature Income	203.34
	Terri F. collection	Literature Income	360.29
Craig R.		Trans. Expense:Printing-sta...	-100.52
World Service Organization		Literature	-295.07
Terri F.		COSI:Supplies	-7.60
Craig R.		Trans. Expense:Printing	-62.61
	pin payment from Dayton	Region 5 Income:Reimburse...	-170.00
	international postage and ...	Trans. Expense:Postage	-63.60
Deposit	anonymous	Donations	50.00
		Ohio Day of Sharing Income	42.25
		Fundraising	57.75
	Terri F. collection	Literature Income	41.50
Craig R.		Region 5:Reimbursement	-25.00
Ameritech		COSI:Utilities:Phone	-33.06
Recovery Alliance		COSI:Rent	-137.00
Deposit	Monday Westerville	Donations	37.80
	Saturday Morse Road	Donations	19.94
	Saturday Morse Road	Literature Income	219.13
TOTAL 10/6/01 - 11/10/01			179.64
BALANCE 11/10/01			1,404.23
TOTAL INFLOWS			1,244.28
TOTAL OUTFLOWS			-1,064.64
NET TOTAL			179.64

Intergroup Literature Report 2001

1/1/01 Through 10/13/01

11/9/01

Page 1

Date	Num	Description	Category	Amount
2/8/01	DEP ...	Deposit	Literature	93.52
2/10/01	1173	Terri F.	Literature	-7.79
3/4/01	1176	Overreater Anonymous	Literature	-698.88
3/7/01	DEP ...	Deposit	Literature	56.75
3/27/01	DEP ...	Deposit	Literature	166.29
			Literature	136.55
5/31/01	1198	World Service Organization	Literature	-295.67
6/4/01	DEP ...	Deposit	Literature Income	65.00
			Literature Income	48.72
			Literature Income	20.00
			Literature Income	78.48
6/4/01	1202	Terri F.	COSI:Literature	-111.09
6/9/01	DEP ...	Deposit	Literature Income	64.60
			Literature Income	10.00
			Literature Income	18.88
			Literature Income	57.52
6/26/01	1206	Terri F.	COSI:Literature	-103.27
7/14/01	DEP ...	Deposit	Literature Income	14.50
			Literature Income	70.00
			Literature Income	45.92
8/10/01	DEP ...	Deposit	Literature Income	24.50
			Literature Income	32.42
			Literature Income	78.21
8/11/01	1214	Terri F.	COSI:Literature	-114.40
10/12/01	DEP ...	Deposit	Literature Income	203.34
			Literature Income	360.29
		TOTAL 1/1/01 - 10/13/01		314.39
		TOTAL INFLOWS		1,645.49
		TOTAL OUTFLOWS		-1,331.10
		NET TOTAL		314.39

Do you know of changes to the IG meeting list?



Contact
Cecilia 895-1827

Tradition Four states that each group is autonomous. It is each groups responsibility to ensure that information about the meeting is current with WSO and the Intergroup.

SECRETARY

Central Ohio Service Intergroup

October 13, 2001

The meeting opened at 11: 15 Am with the 3rd Step Prayer. Introductions were made. Diane read the traditions. The 7th tradition basket was passed.

Those in attendance:

Amy H. -Chairperson

Terri -Literature

Eileen -Region 5 Rep. and Retreat Committee chair

Leah -Thursday Rep.

Nancy -Filling in for Secretary

Diane -Thurs. Rep.

Cheryl -Weds. Night rep.

Balinda -The Bylaw Bubble Bear

Agenda -was amended to reflect -Public Information Night. Eileen moved to approve as amended. Leah seconded.

Reports:

Chair -Amy: Update letter- re: Representation from all groups. Letters taken to meetings by reps.

- Spring retreat will be moved due to Easter. There was a caution regarding Mothers day weekend and the end of the month for graduation. Amy will call for options.
- Still working on Fund Raising. There will be tables at the Region 5 convention. "Supplies" were given to meetings as Fundraisers -such items as 3rd step prayer bookmarks, painted items etc.

Secretary -Position is open.

Treasurer -Barb: Sent a report in her absence.

- Literature monies not reflected on report.
- Our 71h tradition is lacking -may be due to Sept. 11 tragedy. World Services recommends incorporating the term "It Takes Two" at all meetings -\$1.00 does not make it anymore. We will address suggestions to place in the TRADITIONS Newsletter .
- Everyone in attendance received a copy of the treasurer's report. Amy reviewed with attendees. Eileen moved to accept the report. Diane seconded -so moved.

Region 5 Convention -Craig: absent

- Committee chairs are asked to arrive at convention between 12-2 PM.
- There was a thanks to Barb for the Banner that was at the Potluck.
- Need volunteers for welcoming at the convention -Call Terri (614) 580-2990

Region 5 Rep -Terri:

- Terri is not able to go to Chicago -the papers were turned over to Amy for a future rep to go.
- There will be Elections for the Region 5 Treasurer and Secretary .We will need to discuss whom we want to vote for .
- Big thanks to all the hard work done on the convention

- Eileen suggested an application of requirements for the Reg. 5 reps -for instance -length of abstinence, service, and meetings, sponsoring etc. This is a two-year term.
- Discussion: We will need a description of the position. Eileen volunteered to work on the application.

Literature -Terri:

- Money went to barb, not yet reflected in the Treasurer's report.
- The New "Brown Book" has been ordered.
- We need new envelopes for the new-comers packets Literature order forms have been passed out to the groups. Future orders will be delivered With a new order form attached.

Special Events -This position is Open.

- Craig wants to coordinate and event on Nov. 17th - "IDEA DAY" (International Day of Abstinence). Place and time to be determined.
- Eileen would like to host a Potluck with a speaker in Late Nov -Early December. Possible subject is " Ab-staining through the Holidays.

Phone coordinator -Landia -Absent

- Amy will call for an update
- A thank you to Landia for all her hard work.

OLD BUSINESS

A.) Bylaws review continued.

Review:

Vice Chair

Amend D.) Wording "Shall be.."

Added G1.) " May serve two consecutive terms."

Eileen made a motion to change Article 5 Sec. 2 D.) to read as previously stated, and to add G1. Terri seconded Balinda the Bubble Bear celebrated.

Secretary

Has been approved with the following exception D.) Postponed for further clarification of job descriptions.

Eileen moves to accept C.) As worded, Leah seconded. Balinda the bubble Bear celebrated.

NEW BUSINESS

- Public Information Night -after the Holidays re: a Knox County meeting.
- Franklin County asking for support and encouragement. Needing those who will make a six week commitment to the 7:30 Tues. Meeting. Amy is willing to help. Please talk to Mike for more info.

ANNOUNCEMENTS

- Thanksgiving Meeting at the Northwest Christian Church on Fischer Road. 9:30 am -10:30 am

The meeting closed with the Serenity Prayer

I attended the November 2001 Region V assembly in Chicago. I did not pre-register because I could not find the registration form at Central Office. Because of other time commitments on Sunday I flew the Chicago and stayed at the Days Inn Hotel, where the assembly was located. I attended the newcomer's orientation Saturday morning and attended the convention committee meeting during the morning session.

My expenses were:

<i>Item</i>	<i>Expenses</i>
Registration	\$ 25.00
AA Service Manual	\$2.00
Airline Ticket	\$199.00
Parking (2 days at airport)	\$10.00
Hotel (2 nights)	\$198.48
Meals	\$13.35
Total amount	\$447.83

The following items were discussed at assembly:

We had elections for secretary and vice-chair. Diane was re-elected secretary and Marilyn was re-elected vice-chair.

- We had a session on Roberts Rules or Order with the Parliamentarian. His main emphasis was on keeping your handbook up to day and in following directions.
- All the committees gave their reports.
- a. IG outreach – Committee contacted all 102 unaffiliated meetings in our Region area. Asked if they needed help and if the group was viable. Do they want to join a Region V intergroup?
- b. HIPM – Focus was on academic community. They drafted letter which each IG will receive making suggestions about HIPM activities. Wants to provide scholarship money to IG's for purchasing the service manual.
- c. Convention – I presented Barb's, Amy's and my report to the committee. Becky and I debriefed the committee on convention 2001. Financial totals not complete. We expect approximately \$1000 each profit for Dayton and Columbus.
- d. Newsletter – Budget of \$800. Change of personnel in committee. New members now working on "Freedom

From Bondage." Need articles from IG's. The topics of next four issues are:

- e. Bylaws – Committee in process of simplifying the by-laws.
- f. Finance – Committee reviewed proven reserve. Budget was submitted. Allocated \$3000 for APA convention. We need help in manning the booth. More on this at March 2002 assembly.
- g. PI – Nobody responded to the committee's media blitz handout. They suggest IG's keep their meeting lists up to date so newcomers can find active meetings. Provide PI all year long.
- h. 2 Step Within – Passed budget of \$700. Want to provide and mail 12 Step within pamphlet to each IG in region. Drafted a cover letter to be included in mailing. Suggested we qualify at meetings to show our physical recovery. Stressed we make physical recovery an important part of recovery.
- i. Vice Chair – All assemblies in 2002 in Ft. Wayne at Hilton. Room rates are \$79.00.
- j. Secretary – Policy and Procedure manual \$12.00. Everyone needs update copy so we are all working on the same page.
- k. Treasurer – Put name, address and group # on all donations. Send new meeting lists back to board with group #'s on them. We have reached our budgeted donations for year.
- l. Chair – Wants to author Region V book similar to the Brown book of OA. Stressed qualifying at meeting. Encouraged members to serve at groups, IG and region level. Please speak up when you see a tradition break.
- m. Trustee – Region V is alive. Has money to travel and give workshops. Use her as a resource. Stressed to get OA's name out in the public. WEB site now www.oa.org. Lifeline now online. Save \$2.00.

Respectfully submitted,

R. Craig Ramsey (Region V Rep)

Newsletter Issue	Topics
November 2001 (due Dec 1 st)	Willingness, Steps 8,9
March 2002	Steps 10,11 and Surrender
July 2002	Steps 12 & Service
Nov 2002	Tradition 1 & Acceptance
Submit articles to: Rochelle K. 1936 N. Clark St. #407 Chicago, IL 60614 Email: Kramer_Rochelle@hotmail.com	

Have you shared your recovery with others lately?

How about writing an Article in the Transformation?

Calendar of Events

<p>Next Intergroup Meeting Saturday, December 8th @11:15 am Central Office 1561 Old Leonard Ave, RM 20 Columbus, OH 43219 (614) 253-2492</p>	<p>Holiday Potluck Monday, 10 Dec. 6:00 pm St. Matthews in Westerville</p>
<p>Thanksgiving Sharing Meeting Thursday, November 22nd 9:30 am—?? Northwest Christian Church 1340 Fishinger Rd. Lea 451-1281</p>	<p>10th Annual Central Indiana Spring Retreat April 26th-2002 Contact: Linda E. 317-861-0608</p>

Any changes to this list?

COSI Temporary Sponsor List

Name	Phone	Sponsor	Speaker
Amy H.	614-263-3462	X	
Craig R.	614-882-1751	X	X
Maria	614-267-6881	X	
Molly M.	614-262-6562	X	
Jim M.	614-476-3932	X	X
Mike A.	614-699-6902	X	X
Laura B.	614-784-1821	X	X

• Add your name to this list! Call/email Craig R.



Surrender

Surrender. Surrender is one of those vital concepts to this program and one of my ongoing challenges. I am grateful for my continued improvement and the resultant deepening of my relationship with my Higher Power.

When I left for the Region V Convention, I could feel my struggle. I knew I was struggling with work and some issues. I recently started seeing a therapist to help me decipher some of my challenges and find a renewed momentum to make changes I feel directed to make.

But the struggle ran deeper. I felt that my abstinence of 22 months was slipping. And I had that soul-rattling fear that the loss of my abstinence wouldn't be easily regained. I felt like I was spiraling out of control and away from sanity.

The first speakers of the convention hit me hard. I walked away with the feeling that I wasn't enough. I didn't do enough, I didn't try enough and I didn't work hard enough. I eventually realized the truth of those feelings. What I invest in my program reaps rewards proportionately. My sponsor relationship had changed, my food wasn't as clean, my outreach was minimal. I was continuing to spend time with my Higher Power each morning and continuing to pray for His will for me and the power to carry that out.

During the weekend, I spoke with people who had the message I needed to hear. As always. I spent some time writing, listening and connecting.

Sunday night, I hit another bottom. I always thought there was only one bottom. I find that there are more "bottoms" and each one brings me a renewal of commitment to my program and to my Higher Power. I sought the comfort I find on my knees in prayer. In the living room in the dark I prayed and cried in surrender to God. Just help me. I cannot do it alone. I cannot do it anymore. Whatever "it" is. Food. Work. Relationships. I felt renewed and committed when I arose.

The next morning, my meditation (something I am learning and committing some time to each morning) was peaceful and connected. I had breakfast and opened a daily spiritual guide to read "surrender to God and you will be transformed." Throughout the day, this affirmation repeatedly returned to me. Work was amazingly peaceful. Food was back in its rightful place and I felt my abstinence was renewed.

In one of my meetings, I frequently sit in front of a slogan that says "if God seems far away, who moved?" As I reviewed the week and the weekend, I realized that I had moved. I was still taking action, but my persistent self-will blocked my Higher Power. My tight grip and control kept me from hearing direction and guidance from God and those around me.

I am grateful for the Convention and those who worked hard to make it happen. Thank you to the speakers. You all connected with one person. Me.

Overeaters Anonymous Meeting List (Spring: 3/18/01)

Region V Treasurer
 PO Box 516 Kouts, IN 46347-0516

World Service 6075 Zenith Ct. NE
 Rio Rancho NM 87124-6424

Sunday 4:00p Varies, W
 St. Luke's Methodist Church
 1150 W. 5th Ave. Back Basement
 Columbus, OH
 Jamie (614) 442-6918

Tuesday 7:00p OVaries
 1st United Methodist Church
 504 Glynnwood Rd.
 Wapakoneta, OH
 Gretchen (419) 738-9394

Saturday 9:30a Step/Disc N,1,4
 N. Community Lutheran Church
 114 Morse Rd.
 Columbus, OH
 Molly (614) 252-6562

Sunday 7:00p Disc. S
 Grace United Church of Christ
 1185 Pleasantville Rd.
 Lancaster, OH
 Jennifer (740) 689-0828

Tuesday 7:30p Varies W
 St. John's Lutheran Church
 3220 Columbus St.
 Grove City, OH
 Barb (614) 539-9380

Saturday 10:00a Big Book
 Good Samaritan Hospital
 730 Larel Ave.
 Zanesville, OH
 Mary Ann (740) 828-3675

Monday 9:30a Big Book 1
 Northwest Christian Church
 1340 Fishinger Road
 Upper Arlington, OH
 Bette (614) 451-0699

Wednesday 12:00p Disc N,1,3,4
 All Saints Lutheran Church
 6770 N. High Street
 Worthington, OH
 (contact person needed !)

Saturday 6:00p Open 1,4
 St Paul Lutheran Church
 6th & Center
 Ironton, OH
 Janet (606) 836-8303

Monday 12:00p Step 3,4
 All Saints Lutheran Church
 6770 N. High Street
 Worthington, OH
 Arla (614) 447-1358

Wednesday 7:00p Disc N,1,2
 Overbrook Presbyterian Church
 4131 N. High St.
 Columbus, OH
 Rachel (614) 266-5493

2nd Saturday 11:15am
 Intergroup meeting
 OA Central Office
 1561 Old Leonard Ave.
 Room 20 2nd floor
 Columbus, OH 43219
 Amy H. (614) 263-3462

Monday 1:00p OVaries 1,4
 St Paul Lutheran Church
 6th & Center
 Ironton, OH
 Janet (606) 836-8303

Thursday 9:30a OVaries,1,4
 Northwest Christian Church
 1340 Fishinger Rd.
 Upper Arlington, OH
 Lea (614) 451-1281

Monday 5:30p OVaries E,1,4,
 Salvation Army Building
 221 Dewey Avenue
 Cambridge, OH
 Ester (740) 432-3338

Thursday 7:30p Big Book N,1,4
 Overbrook Presbyterian Church
 4131 N. High St. basement
 Columbus, OH
 Mike (614) 299-6902

Any changes please call:
 Cecilia (614) 895-1827

Monday 7:00p OVaries N,1,4
 St. Matthew Episcopal Church
 233 S. State St.
 Westerville, OH
 Diane (614) 898-5447

Friday 1:00p OVaries 1,4
 St Paul Lutheran Church
 6th & Center
 Ironton, OH
 Janet (606) 836-8303

Tuesday 6:00p Varies
 Pleasant Grove Un Meth. Church
 400 Pleasant Grove
 Zanesville, OH
 Barb W (740) 452-5350

Friday 7:00p OVaries 1,4
 Grace United Ch. Of Christ
 1185 Pleasantville Rd.
 Lancaster, Ohio
 Jennifer (740) 689-0828

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. 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.

List of Abbreviations

N - North	1 - nonsmoking
S - South	2 - baby sitting
E - East	3 - Lunch okay
W - West	4 - parking avail.

O = Open	Big Book = A. A.
Step = Step study	Blue Book Study
Disc = Discussion	? - couldn't confirm

Transformation Subscription Form

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Telephone:	
Individual Subscription:	1 year, \$10
Group Subscription: (Specify Quantity)	20 copies, 1 year \$120* 10 copies, 1 year \$ 60* 5 copies, 1 year \$ 30* *partial payment plans available
Send check or money order payable to Central Ohio Service Intergroup to:	
~Please mark check memo "Transformation."	



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Columbus, Ohio 43219