



# The Transformation

Newsletter of the Central Ohio Service Intergroup

Suggested Donation \$0.50

September 2001 Newsletter

## STEP NINE

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

The process of making amends to people was not difficult but it was lengthy. When I started thinking about writing something for this step I realized the things I thought important three and four years ago are still important today regarding working step nine.

The most difficult aspect of step nine for me was that there was no easy way for me to make amends to myself. There was no path I could take to eliminate the pain I had inflicted on myself over the years.

With amends to other people mustering the courage to make the amends and then following through with the actual amends is fairly straightforward and well documented in both the Big Book of AA and the OA 12 and 12.

I have a plan for amends to others but how do I make amends to myself? Making amends means that I have

*(Continued on page 2 Steps)*

**Region 5 Convention Info meeting/  
Potluck and fellowship get together**

**Where: North Community Lutheran Church  
When: Saturday, October 6th  
Time: 11:00 am -1:00 pm  
Contact: Mike A.  
299-6902**

## TRADITION NINE

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

I learned about tradition nine very early on in program because I was asked to attend Intergroup and became active shortly after I started attending. Intergroup is a powerful place to learn how to work with people. It also revealed many of my character defects which related to how I work with people.

The act of starting a committee was very difficult because I did not know how to begin and being fairly shy I didn't like to ask questions or rock the boat.

It took a long time before the committee was productive. During the process I learned why this tradition is important. This tradition combined with tradition four gives all the power to

*(Continued on page 2 Traditions)*

There are innumerable definitions of God, because His manifestations are innumerable.

I can see that in the midst of darkness light persists. Hence, I gather that God is Life, Truth, Light. He is Love. He is the Supreme Good.

*Mahatma Gandhi*

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## Intergroup Phone Numbers

**Chairperson**

Amy H.  
263-3462

**Region V. Representative**

Eileen C. 268-0500

**Treasurer**

Barb R.  
882-1751

**Secretary**

Open

**Literature Coordinator**

Terri F.  
580-2990

**Public Information Coordinator**

Mike A.  
299-6902

**Special Events Coordinator**

Open

**Transformation Editor**

Craig R.  
882-1751

Rramsey@ee.net

**Telephone Coordinator**

Landia  
337-0369

**Fundraising Chairperson**

Open

**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)*

somehow forgiven myself. I don't beat myself up for making mistakes—for not being perfect. It's intertwined is how I work ALL the steps because my character defects affect my awareness of my actions and my perceptions of how others treat me.

That process is not easy and is certainly not written about much in OA approved literature.

What I have found is that the process of working the steps opens up a new awareness of my life and my actions. I know see myself from a different perspective and am much more aware of how I interact with others and to myself.

For example, in the past I have used the words "Could of" and "Should of" to shame and blame myself and prove to myself how bad a person I really was. Making amends says that I no longer say these untruths to myself because they are hurtful and keep me from knowing my real God given self.

But there in lies the problem. How do I acquire this newfound awareness of my actions and interactions with others?

For me I found that it came slowly as I asked for guidance and direction from HP in daily meditations. God I don't want to criticize myself anymore—teach me to be loving and accepting of myself no matter what comes into my life.

Yes, I make mistakes like anyone else. Learning not to be critical of myself under those circumstances isn't easy and I still, at times, struggle with doubting my relationship with God and truly expressing God's love in myself.

What I know though is that this, like all other parts of the steps, is a process and that I am better today at loving myself than I was a year ago. No matter what action I take or how many mistakes I make being critical of myself doesn't give me serenity. I know I am doing the best I can in life and daily trying to know God's will for me.

In reading the AA Big Book the truths of the promises only come true when we are half way through with working step nine. I think the promises are really all about how I handle fear in my daily life, Do I allow God to flow through me or am I stubbornly holding onto something that prevents me from knowing God's love for me?

The process of working the steps has changed my life forever. Even in the worst of times I don't have to eat over being angry at someone or myself. I can use the tools and find recovery in my life for today.

*(Traditions Continued from page 1)*

the group provided it doesn't affect any other group. No one can tell the group what to do or how to operate if they are not a member of that particular group.

What I learned was that when someone criticized the way the group operated but was unwilling to join the group I didn't have to take that personally. My level of acceptance could be much higher for that person. We are all sick people, right (from AA Big Book)? So I learned about acceptance and found out how to work the serenity prayer.

The second part of tradition nine tells us that the group or committee needs to be responsible to those they serve (the intergroup or other operating board). I think that is important because it shares the group's group conscience with all OA and particularly functions as a reporting mechanism.

One example of how this part of tradition nine works is when we attend region assembly. Yes going to region is important and the committee or region rep is an important link with other program people. But it is also important that a report be made to Intergroup regarding the money spent and the activities performed so that all OA's in our Intergroup area can know what the money is being used for. That is directly reporting back to the people they serve.

I learned this tradition through trial and error. I hope my experiences is helpful to you too.

# Reports



# Treasurer

## Central Ohio Intergroup Treasury Report

8/11/01 Through 9/15/01

9/14/01

Page 1

Date	Account	Num	Description	Memo	Category	Clr	Amount
			BALANCE 8/...				1,536.39
8/11/01	Fifth Third B...	1214	Terri F.		COSI:Lit...		-114.40
8/19/01	Fifth Third B...	1215	Office Max		Trans. Ex...		-66.52
8/30/01	Fifth Third B...	1216	Camp Akita		Retreat E...		-200.00
9/14/01	Fifth Third B...	1217	Recovery Alli...		COSI:Rent		-137.00
9/14/01	Fifth Third B...	1218	Ameritech		COSI:Util...		-33.18
9/14/01	Fifth Third B...	DEP	S Deposit		Donation...		86.80
					Donation...		50.00
					Donation...		120.00
					Donation...		8.50
					Donation...		104.00
			TOTAL 8/11/...				-181.80
			BALANCE 9/...				1,354.59
			TOTAL INFL...				369.30
			TOTAL OUT...				-551.10
			NET TOTAL				-181.80

# SECRETARY

## August 11, 2001

- We opened the meeting with the 3rd step prayer; made introductions; read the 12 traditions; approved the agenda; and passed the 7th tradition basket.
- Those in attendance were:
 

Amy H—Chair	Dianne Mc—Secretary
Barb R.—Treasurer	Craig R.—Transformation
Dave—Sunday 4 pm rep	Sharon F.—Wed 12 rep
Cynthia—Saturday Rep	Steve B.—At Large
Mike A.—12 Step Within	
- Reports:
  - Amy—Reviewed the letter she sent out in January. She is preparing to send out a follow-up letter to all our groups in our intergroup. We have met some of our goals such as increased attendance at IG; getting more group reps to attend IG. She would like to have at least 16 people at each IG
  - Question—How do we get more people involved? Maybe approach people individually. Do outreach to teens. Complete bylaws.
  - Amy did attend part of Region Assembly to represent us at convention. She passed around pictures of the costume she will use at convention. Would like to divide up the fundraising items that she has left and take them to all the meetings.
  - Retreat location—move it to more central location. She made contact with camp Akita (Rt 33 in Lancaster). In order to get food service, we would need to use the lodge and not the cabins. The weekend available is March 29th-31st, 2002. We

originally had camp Wilson reserved for April 5th. Talked to chef at Camp Akita. She thinks she can accommodate us (ie: salad bar, sugar free items). Quoted 2 nights lodging in the lodge, 4 meals is \$57/person. Sleep 2-4 people in each room. She would like to approve this location and send in \$500 deposit. It will be a little less expensive than Camp Wilson was last year. Amy will try to negotiate a less expensive down payment. Deposit is non-refundable. Propose to vote now, tentatively, that it meets our needs before signing a contract. There is a lake, canoes, fishing, basketball court, nature hiking. The drawback is that the lodge sits on a hill—the lake and activities are below. Find out if there are any rooming restrictions. Motion made to accept Camp Akita pending further investigation—motion passed.

Dianne—Minutes passed.

Barb—Treasury report for 6/10—8/12 2001. Inflow was \$988.33. Outflow was \$1060.36 for a -\$72.02 loss. Group 60-30-10 has been generous. Thank you everyone. Current balance is \$1536.39. \$200 was allocated for Region V assembly and \$37.88 of it was returned.

The second report was literature focused. Inflow for year is \$1081.86 and outflow was \$1216.70 for a net -\$134.84.

Craig—Region V assembly: He and Terri were actively involved in the convention planning. The PI Committee had a

(Continued on page 5, Secretary)

### Top Ten Excuses to Not Attend Region V Convention

- It is too expensive.

We are 70 days away. Committing \$1.50 a day covers full registration and dinner dance along with 2 shared hotel nights. The Central Ohio Service Intergroup and the Dayton Intergroup are both sponsoring scholarships for those needing assistance.

- I don't have time to commit a whole weekend.

I can't imagine a better treat for myself and my program than a weekend devoted to recovery.

- The dinner dance costs way too much.

The dinner dance includes a wonderfully planned abstinent meal, a DJ with risk-free dancing and a speaker. Sounds like a bargain! (also, the convention room rates are based on the number of meals sold, so these dinner sales are important!)

- Dayton is too far away.

The convention is held in Fairborn, which is only 50 minutes west of Columbus on I-70. It is easy to find and on the outskirts of town.

- I am worried that my food plan will suffer.

There are a variety of dining places in the vicinity to provide for any plan of eating or choice.

- I won't know anyone there.

Columbus hopes to send a large contingent since we are co-hosting the event. The World Service Convention proved to some of us what we already knew: that we are all alike no matter where we go in the Fellowship.

- I don't have a roommate.

Columbus will orchestrate a signup and the Region V Website has opportunities/needs posted.

- I am new to the Program and this feels like too much.

Wow. What a great way to start off! Immerse yourself in the Experience, Strength and Hope of the OA Fellowship. Share abstinent meals with friends. Learn about people and find a sponsor.

Learn the Tools of the Program.

- I need to focus on my issues and I can't do it amid so many people.

The topics include everything from abstinence, the road to recovery, body image, and relationships, the Steps, to the tools of the Program. There is time for solitude, but great opportunity for sharing and finding solutions to the challenges we share.

I hope you clear your excuses and register today!

See you in October at the Region V Convention

□

### Calendar of Events

#### Convention Informational Meeting/Pot Luck

October 6th 11:00 am at North Community Lutheran Church

114 Morse Rd.

Columbus, OH 43214

Contact: Mike A. 299-6902

#### Next Intergroup Meeting

October 13th @ 11:15 am Central Office  
1561 Old Leonard Ave, RM 20  
Columbus, OH 43219

(614) 253-2492

IG Chair: Amy 263-3462

#### Recovery Odyssey 2001

#### 20th Annual Region V

#### Convention

October 26-28th

Holiday Inn Fairborn, OH

Becky C. (937) 299-1732

Craig R. (614) 882-1751

Registration Deadline is 1 Oct.

 **REMINDER** 

**It's still not too late to register for convention 2001. Please talk to your IG rep or board member about attending the convention.**

 **REMINDER** 

(Continued from page 3, Secretary)

public service announcement. At assembly there are many different committees. Each committee has a discussion then formulates a report that is presented to the whole assembly in the afternoon. Craig as given IG guidelines—general operation of how IG works and how we work with Region and how we work with the groups within our Intergroup. He got to witness motions that were made to change bylaws. He would like to continue to go to Region V assembly after he hands off his convention duties in November. He only charged IG for meals and mileage. Representation at Region Assembly is based on how many groups each IG has under them.

Craig—Transformation: Didn't do the transformation for summer. The next one will be sent out next week.

Craig—Convention: Showed us his t-shirt with the logo and also the lapel pins. The pins are available for sale at \$5.00 each. Breakeven point is 108 pins. Bought 300 pins—we will be sharing the cost and the profit with Dayton. The total cost of the pins were \$577. We will make almost \$3.00 profit on each pin. He is working on the final stages of the convention. There are flyers now available. Oct 1st is the deadline for registration for convention. The cost of the meeting rooms will be based on the number of meals that we sell. Cost of the convention is \$40, \$25 for the meal (\$20 for meal and \$5 for tip). We need to sell 200 meals to get our meeting rooms free. If we don't sell those 200 meals in advance, we will go ahead and sell them individually on the day of the convention. If they are all sold out, we will not buy any extra meals.

Region gets there profit first and what is left we will split with

Dayton. It will be a good money maker for us. There is still a lot of service positions open. Dayton is selling t-shirts for \$12 each. Since Craig designed the logo we will get 35% of there profit. Cost of the hotel room is \$83 and can have up to 4 people per room. \$10 extra to add cot. Have group reps collect the registration forms at there meetings would make it easier for people to send in their forms. There is no refund on registration. Craig made 500 copies of the convention flyer for \$56.

Motion made and passed to have 2 scholarships available for people in financial need in exchange for 2 hours of service at the convention. The scholarship is for registration and dinner. Total cost to IG is \$130. We ill put names in a hat and we will draw 2 names for the scholarships.

Amy wants to have an organizational meeting for general members to pass along the convention info and get more people involved in convention.

Landia—Need to include the Ohio Day of Sharing and the Convention on the phone message here at Central Office.

Old Business—Ohio Day of Sharing: Columbus in charge of doing a 5 minute skit on 'a plan of eating'. At lunch time during the Ohio Day of Sharing, there will be a meeting about the convention. Ohio Day of Sharing has a \$5.00 donation charge but no one will be turned away. Talk up the ODS at our groups. You can come for part or all of the day. There will be a lot of recovery there.

Change the next IG meeting to Sept 15th since ODS is on the 8th.

- Encourage everyone to make contact with their buddy group.
- Close the meeting with serenity prayer.

**Coming in November:**

**IDEA day (International Day of Abstinence) is Saturday, November 17th**

**Central Ohio Service IG will host a workshop in preparation for the upcoming holiday season.**

**More Next Month**

<b>COSI Temporary Sponsor List</b>			
<i>Name</i>	<i>Phone</i>	<i>Sponsor</i>	<i>Speaker</i>
Sarah W.	614-798-9484	X	
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
<ul style="list-style-type: none"> <li>• Add your name to this list! Call/email Craig R.</li> </ul>			

*Editors Note: The following article was written by an OA member and does not reflect the views of OA as a whole. Portions have been edited to insure no endorsement of an outside enterprise.*

### Report on UNDERSTANDING CRAVING Seminar By Wendy W.

I had the privilege of attending a seminar. There were some interesting things that I learned from the presentation that really helped me to understand Compulsive Overeating that I wanted to share. These are some ways that you can dramatically improve your chances of recovery.

**Exercise** – Studies show a recovery rate of 45% higher in people who exercise at appropriate heart rate levels for around 50-90 minutes per week. (If you are a compulsive exerciser you will need to consult your therapist).

**Medication** – There is a strong correlation between compulsive overeating and depression. Studies have shown differences in neurotransmitters in the brain's chemistry, which can be helped with anti-depressants. According to a known author: *Antidepressants do not keep you from bingeing if you wish to; they facilitate binge control by making the urge to binge less intense and more manageable*".

**Therapy** - This is a very important component in your recovery plan. Be sure that your therapist specializes in eating disorders. This will help you to treat the behavioral aspects as well as the psychological aspects of compulsive overeating.

**Support** – This is where OA comes in. It helps to be able to talk to other people who have and are going through what you are going through. Each of the 12 steps has a proven therapeutic value which works to change the conditioned way your brain has of reacting to stress by replacing eating as a stress control method with healthy ways of coping with stress.

In the end recovery is left to you and your higher power. We have to do the footwork like read the literature, journal, attend meetings, call other members and develop a plan of healthy eating. It is strongly recommended that each person consult your personal physician to learn how many calories are healthy for our lifestyle and what types of exercise and how much is recommended for each individual. Keep in mind that we are suffering from a disease, which distorts our ability to judge these things adequately. Professional advice can help us to put things in proportion.

### Lifeline topics for 2002

- *January*—Living the Steps.
- *February*—Higher Power and the Spiritual Path: Surrendering to HP.
- *March*—What Brought Me Back to OA.
- *April*—How OA changed My Life.
- *May*—Global Views (Regional focus).
- *June*—Service: It Begins with Me.
- *July*—"Act as If" Success Stories.
- *August*—Generally Speaking.
- *September*—Removing Character Defects and Overcoming Perfectionism and Procrastination.
- *October*—Quitting the Debating Team.
- *November*—Serenity Prayer.
- *December*—Unity with Diversity.



# 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**  
 1<sup>st</sup> 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  
 6<sup>th</sup> & 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) 268-5493

**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  
 6<sup>th</sup> & 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  
 6<sup>th</sup> & 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

<b>Name:</b>	
<b>Address:</b>	
<b>City, State, Zip:</b>	
<b>Telephone:</b>	
<b>Individual Subscription:</b>	1 year, \$10
<b>Group Subscription:</b> (Specify Quantity)	20 copies, 1 year \$120* 10 copies, 1 year \$ 60* 5 copies, 1 year \$ 30* *partial payment plans available
<b>Send check or money order payable to Central Ohio Service Intergroup to: Transformation-COSI Room 20, 1561 Old Leonard Avenue, Columbus, OH 43219</b>	
<b>~Please mark check memo "Transformation."</b>	



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Columbus, Ohio 43219