



Your Greater Cincinnati InterGroup Needs You! By Matthew H.

Your Greater Cincinnati InterGroup needs you and I mean you for the good of our fellowship. Recently, we did an inventory of our InterGroup and found that we had several strengths going for it. We are seeing growth with the addition of three meetings last year and two possible ones this year. Yet, we do really need some more involvement from you. We currently are without a secretary to take down our minutes and help with the membership committee and that position requires one year of abstinence and one year of prior service to an InterGroup. We are also in need of people to help with spreading the message of recovery in Overeaters Anonymous.

The HIPM committee is the committee that spreads the information to our healthcare and professional members of our area with the message that OA works. We currently have four meetings in hospitals in our area and last year our InterGroup gave several *Lifeline* subscriptions to hospitals and we need to do more this year. World Service and Region 5 have pamphlets filled with helpful information that just needs some people to put it together and get them to these places. The Public Information committee is the committee that lets the public outside of OA such as newspapers, television, radio etc. know about our meetings and events in our area. Currently this committee has provided area libraries with our OA literature and updated newspapers of our meetings. We have a website that

currently needs someone with some computer skills to help us update it. We are on cable television with announcements and we are in the Cincinnati Bell phone directories. But there is more that could be done through the use of Public Service Announcements that could be sent to local radio and television stations that we can get from World Service and Region 5. Just imagine how you found out about Overeaters Anonymous and realize that the work of this committee had something to do with it.

The Social committee planned a weekend at Hueston Woods and a night at a musical as well as nature hikes and pilates/yoga classes in the winter. This committee is what helps us connect with each other and get us out of our isolation. It provided a safe environment for us to fellowship together. The Twelve Steps Within committee is the committee that helps us stay connected to those in the fellowship through practicing our 12th Step of carrying the message to those who may have been struggling or in need of encouragement.

The Ways and Means committee is the fund raising part of InterGroup which includes the tee shirts and totebags from this convention. Yet with an active committee there is no telling what ideas may come up. The funds raised go to help our fellowship through sending of delegates to Region 5 Assemblies and to World Service Business Conferences. (cont. Page 4)

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Coming Soon:

- Check out the Butterfly on the Region 5 Website:
www.region5OA.org
- Plugging Into the Program Retreat on September 10, 11, & 12, 2004

Sweet Addiction by Jennifer P.

We have all experienced it....we may be in the throes of it right now...as we are battered by the tidal waves of life...for some of us earlier in life than others...we seek solace in our sweet addiction. One bite leads to the whole candy bar...one cookie leads to the entire package, one slice leads to eating the entire cake. Let's face it...sugar is our drug of choice. It's the pick-me-up when I'm tired. It calls my name for breakfast, lunch and dinner. Does my overeating sugar constitute a mere failure of will power or does the sugar's sweet lure have me hooked? Do I experience similar withdrawal as the drug addict from morphine? Depression, shakes, cravings, bingeing when withheld?

Nearly 25 percent of Americans are classified as obese. Obesity is a contributing factor in the deaths of 280,000 Americans each year. Excess weight and obesity contribute to the risk of many serious health problems including heart disease, high blood pressure, diabetes, stroke and certain cancers.

Let's look at heart disease, which includes heart attacks, stroke and other disorders of the heart and blood vessels. When the blood vessels [coronary arteries] that carry oxygen and nutrients to the heart muscle become narrow,

the blood supplied to the heart is decreased and the oxygen needs of the heart are not met. This oxygen deprived tissue causes a type of pain called angina, described as heaviness, or tightness in the chest which is usually felt after some type of exertion, and is usually relieved with rest. When the blood vessels are completely obstructed, and blood flow is completely cut off, death to the heart muscle results in a heart attack.

"One bite leads to the whole candy bar...one cookie leads to the entire package, one slice leads to eating the entire cake."

Steps to Decrease the Risk of Heart Disease

Be honest about the problem...we are a compulsive overeater... powerless and life is unmanageable
Be open to a new way of thinking...there twelve steps, which can restore us to sanity
Be willing to put down the fork and take up the twelve steps...one foot, one step at a time.

Sweet Addiction: We have all experienced it ... for some it comes earlier in life than for others...we do share one commonality...solace in that sweet addiction. One bite can lead to the whole candy bar, the entire box of cookies, the whole cake. Let's face it...sugar is our drug of choice. It's that quicker-pick-me-upper at breakfast, lunch, dinner and in-between. Is it a lack will power or self-discipline or does sugar's sweet lure have me hooked? Is there an answer to my problem? H.O.W. can I do this? What can I do? Where do I start?

I can be a winner...I can follow a healthy plan of eating and work the steps each day. [Voices of Recovery, p258]



*What Can I Do?
Where Do I Start?*

Attend a minimum of three meetings a week
Ask some one with 30 days of abstinence to sponsor you
Refrain from sugar, white flour and your binge foods
Weigh and measure your food
Write what you plan to eat and eat what you write
Commit your food plan to a sponsor
Make four phone calls a day...one to your sponsor and three outreach calls
Read the Big Book and the 12 and 12
Read, meditate and write
Work the steps, one day at a time
No half measures
Believe in the promises

Submission vs. Surrender: I had thought it was me by Ellen B.

It happened at Thanksgiving, 2001. As though I were in the elevator at the Empire State building on the top floor, I heard the cable snap and the car start to fall. I was 61 years old and after a lifetime battle with food and weight, my ability to begin again on some new diet or plan was just kaput and I knew it. I simply could not stop eating pumpkin pie. On the third day it was obvious to my innermost self that I would now begin to gain with no breaks on. I knew I would become increasingly irritable, dysfunctional, unemployable, depressed, obese, sick—and pretty soon, dead.

I “crawled” into O.A. that Sunday and, thanks to Spirit and all of you, I have been abstinent ever since, nearly two years as I write. Now here’s what I want to tell you: when I heard about submission and surrender read in the Hyde Park Friday morning meeting last week, especially when I heard “*Surrender...is not willed by the individual*” I suddenly understood that for all these months I have been taking personal credit for my total surrender.

What that meant for me, for one thing, was

relative intolerance for friends in the program who experience repeated slips. I imagined that could not receive the grace of abstinence because their surrender was incomplete, and I felt judgmental. Listening to the excerpt from “A Disease of the Body” by Dr. Lindner I suddenly knew: my surrender was a gift. I did not do it. For 61 years I resisted. Today I thank the Holy One for the profound gift of surrender to my deepest unconscious self, which has given me my precious abstinence.

May you, too, be given this priceless gift, and may you find peace.

“In submission, an individual accepts reality consciously, but not unconsciously. ... ‘there will come a day when I will be able to handle my problem on my own.’ “Surrender, then, is an unconscious event. It is not willed by the individual.”

Overeaters Anonymous pg. 192

Eighteen and in O.A. by Lyonel P.

My name is Lyonel and I am a compulsive over eater. Over the past three years I have struggled even to allow myself to make that statement. Acknowledging that I lack control in area of my life was (and sometimes still feels) unacceptable. Food was something I believed should be eaten and left at that. I had no qualms about serving size or eating sugar or white flour; I ate what I wanted to and as much as I wanted to, when I was hungry. However, in retrospect, as my development progressed from early adolescence to late adolescence, I became hungry more and more often. I was eating the equivalent of six full size meals a day, and yet I was still hungry. I began to eat when I felt sad, depressed, angry, bored, or lonely. This slowly progressed to an even worse phase; I began to eat when I felt anything. No matter what the feeling, I found a food to eat while I was experiencing that feeling.

I have not been an overeater for quite as long as most of you have been. But in that

small time I come to wits end regarding any solo solutions to my disorder. Starving hasn’t worked, dieting hasn’t worked, and excising, relative to my food intake, hasn’t worked. All that I have tried hasn’t come close to the results, physically, psychologically, and emotionally, that I receive from the OA program. I am young and I haven’t experienced all that I could have if I did not find this fellowship. I see that as a blessing; because of OA I have been given the gift of bypassing extreme obesity, and heading straight for the recovery.

I am eighteen and I am in OA. I am a compulsive overeater who, without this program, is headed inevitable to total self-destruction and death. The minute amount of grace and serenity I have received through my limited experience in program has more than outweighed the pain and depression of being completely out of control. I am eighteen and I am in OA and by God’s will I will be staying.



The Blessings of the Program are endless.

Greater Cincinnati InterGroup Overeaters Anonymous

P.O. Box 222
Cincinnati, Ohio 45201-0222

Phone: 513-921-1922
Email: Region5OA.org



Overeaters Anonymous
Cincinnati InterGroup

InterGroup Needs You Continued from Pg. 1

Lastly, the Butterfly always needs contributors, writers, people who do layout and design etc. Yes, you too can be published. We are now a quarterly newsletter and distributed freely within the fellowship and on our website www.Region5OA.org.

Anyone is welcome to attend any of our InterGroup meetings as several meetings could use representation and keep in mind that every meeting is allowed 2 delegates. Also several committees need chairs as well as committee members. The point is that there is plenty of places for you to plug into InterGroup and practice the tool of service. We are not a governing body and we are there only to serve the good of Overeaters Anonymous in our Greater Cincinnati area. Just remember that YOUR INTERGROUP NEEDS YOU!

Stop Eating Altogether? By Ellen B.

Who says we can't be totally abstinent from our addictive substance! People say, "Those alcoholics are lucky. They can forswear alcohol completely, but we have to have our substance three times a day." Well I'm here to say I don't agree. For me, eating is the response to hunger and/or desire. Then it is chewing and swallowing until a point of satisfaction is reached. I submit that this is entirely different from the activity I call "planned taking of nourishment". The whole stimulus-response chain is entirely different.

If you are having trouble resisting the temptation to wander from abstinence, consider whether in fact you might not be trying what Bill W. calls "controlled drinking". We read in the Big Book about experiments with drinking "just one", or only drinking beer, or only drinking on a full stomach etc. etc. We can see so clearly how this form of consumption just keeps alive the addictive craving for the alcoholic. The drinker must completely shut the door on all alcohol, period. Only when the alcoholic is willing to admit that even one drink is disastrous can the intolerable craving and irresistible temptation be removed.

Perhaps some of us have difficulty receiving the blessed gift of

abstinence because we have not seen that we must and we can give up all "eating", and so we are using the tools, but still engaging in food behavior out of an inner prompting of desire or hunger; perhaps consciously or unconsciously consuming food *with the purpose of achieving a level of satisfaction.*

But for us, the desire-satisfaction mechanism is irreparably broken! Busted. Kaput. As I heard in a meeting years ago, "Once you have become a pickle, you can never again be a cucumber." Consider this: perhaps it is not the ingestion of nourishment that is our addiction, but rather the desire for food satisfaction.

I don't go there today. I don't eat. I never eat. Instead, I plan my nourishment; and at prescribed times, I take that nourishment. This is what I do in the place of "eating". I just don't eat. I can't eat. And the miracle is that the compulsion and the craving have been lifted away. Honestly. I get to have the body I have always wanted, I am free from constant preoccupation with eating, and I even enjoy my meals.

May you be blessed today with relief from this fatal compulsion. Together we can do what none of us could ever do alone!

A Prayer by Mary Ann P.

God, today is a new day for me and with you it can be a day of abstinence. With you I can handle anything. I ask for your protection in case some time during the day, my desire to eat compulsively becomes stronger than my desire to abstain. I ask for your protection today from anyone or anything which threatens my abstinence. I know that I am powerless over food and my life is unmanagable. I know that you will restore me to sanity. Please show me your will for me today and give me the willingness to carry it out. I gladly turn my will and my life over to you today. Please guide me through another day of abstinence. God I need you. Amen.



"Please Guide me through another day of Abstinence."