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## To the Newcomer

I welcome you to Overeaters Anonymous. I've been a member for over 15 years, and still remember how I felt coming to my first OA meetings. I was so defeated by food-chocolate was ruling my life. I was eating non-stop. I hated myself. I thought I was a failure because I couldn't control my food. I was afraid. I was desperate for I had tried a million diets. I was scared of the people at meetings, but I came. I was hopeless.

The most important thing I found as a newcomer was hope. It was wonderful! I no longer had to suffer alone. People understood me. People listened to me. People accepted me. I started liking myself. Food no longer ruled my life.

My message for anyone new is to keep coming back. Give the program a try. Show up. Listen. Share. Participate. I believe that if Overeaters Anonymous worked for me, it can work for you too!

Welcome to OA!

- Di

## Honesty as a Newcomer

As a relative newcomer to OA, I have been learning about honesty. I've always considered myself to be very honest with people. As the weeks and months go by, I'm learning more and more about the lies I've told myself in regards to food. I've lied about what my binge food are, about the quantity I've been eating and my powerlessness over the food. Being totally honest with myself is turning out to be the most difficult. I struggle with wanted to lie to myself about my compulsive eating and addiction to stuffing myself. If I drank, like I ate, I'd call myself a periodic drinker (eater). I will do fine with eating for extended periods then struggle miserably.

I find or am finding that being connected to my Higher Power does make the difference between periods of controlled eating.

I've lost 25 pounds and kept it off since last May. For that I am grateful.

- Anonymous

## In Memoriam

Maureen Z., age 65, passed away Monday, March 13, 2006. We will remember her with love.

"You always help me, keep me on the right path, and always told me that I wasn't in charge. God was..."

- As printed in the Autumn, 2004 Heart2Heart



*"We admitted we were powerless over food, that our lives had become unmanageable."*

## Taking The First Step

The first step was such a struggle for me. To admit that I was powerless over food and that my life was unmanageable. I know that my life was unmanageable. What I had a difficult time admitting was that I was powerless over food – any food – that was on my plate. After I was in program for a while and was gaining the weight back that I had lost, my new sponsor said to me that she wanted me to admit my powerlessness over food. I couldn't do it. She had me reading about the first step and powerlessness,

writing about it, and listening to tapes. Finally, I was able to admit to her that I was powerless over whatever food entered my mouth. This was really the beginning of recovery for me. I am so grateful to her and my Higher Power that she kept pushing me because without this first step I would never have been able to go on to work the rest of the steps.

- J.M.  
Wednesday, Medina

## Step One: Two Parts

The first part of Step One is admitting my powerlessness over food. I've had twenty-five years of compulsive overeating history. I didn't have to look to far back in time to be reminded of all of the crazy things I did with food: all the diets I was on or off, growing in and out of clothes, constant up and down the scale, and all of the wasted time, energy and money spent on food.

I am very grateful for this program. My compulsive overeating has been arrested with abstinence and a plan of eating. With the help of my Higher Power, food no longer rules my life. I refrain from my binge foods one day at a time. I try to seek help with uncomfortable feelings

rather than running to the comfort of food. I can't be in touch with God and be compulsively overeating. When I'm in the clutches of my disease, food becomes my god. Only by putting the fork down do I have a shot at life.

The second part of Step One is about recognizing my life as being unmanageable. I can easily admit life was unmanageable before program, but even today? YES! Living life on life's terms is still difficult no matter how long I've been in program. But, I learn from others how to live life in a sane and abstinent way. I'm reminded what works for others can work for me. I become more aware when those character defects rear their ugly heads. I am honest about who I really

am today. I try to be gentle with myself, especially when I make mistakes. I try to acknowledge my assets. I like myself more since program. I try to replace negative voices in my head with positive affirmations about myself. I try to make time daily for my Higher Power.

Overeaters Anonymous is my classroom. I continually learn about others, my Higher Power, and myself. The steps are my daily lesson plan. Step One is my first class of the day. I'm doomed if I skip my first class- by thinking I am not powerless over food, and forgetting my life is unmanageable, I will only fail miserably.

- Di

## Steps 1, 2, and 3

**I Can't** I got really upset today over something at work that is not supposed to transpire until Monday. I found out about it at the end of the day and sent actually two emails back to find out more information, which was really fruitless, because of course everyone else had gone home, so I was really powerless to do anything more about it.

**He Can** until Monday, but I was still upset! I was very frustrated and left work in a bad place mentally and emotionally, ruminating over it, and just had to forcefully remind myself that my Higher Power WILL take care of me, and has never failed to do so yet! As I replayed the possibilities in my head, I realized how silly the whole thing seemed, and what an ideal opportunity this was to work steps 1, 2, and 3!

### I Think I'll Let Him

I am clearly powerless, was letting the situation make my life unmanageable, but I was remembering that I have a Higher power that could restore me to sanity, and I could turn my will and my life over to that Higher Power, or at least this situation, which for some reason I had decided to handle on my own.

Thanks to OA, I have a personal relationship with my HP today, and I can even give him the silly stuff.

- Tina R.

## Living the 3<sup>rd</sup> Step Prayer

I've been involved in this program for more than a year now. It's been fascinating to me how the steps, the literature, the leads and the meetings provide me with various and timely interpretations and insights even when the material covered is the same material I've heard and read for months. When I first came into this program, simply memorizing and reciting the steps to myself and at meetings was helpful. Then as I read the literature attended meetings and worked with a sponsor, the words took on a different and deeper meaning.

Take step three for example. At first the part that stood out for me was the phrase "as we understood him". I learned that God was not confined to the narrow definition of a specific religion that I had once rejected. God is a higher power for my life and me. I've learned that my higher power does not have to fit into a rigid box nor do I need to completely understand God. Upon further

study, I implemented the phrase "turn out lives and our will over to the care of God".

Each day I say the step three prayer with humility and sincerity and offer my life and will to God. What a difference this has made! And now I'm focusing on the first part—"made a decision". I saved the first part for last because decision making has always been a struggle for me. I'm learning that each and every day; I must decide my behavior, my attitude and my thoughts. God's will shall always lead me where I should go but I must decide daily to accept his will. This God given program allows me to see something new, necessary or revealing just when I need it and that is truly a blessing.

- P.H., Wellington



*"Came to believe that a power greater than ourselves could restore us to sanity."*

*"Made a decision to turn our will and our lives over to the care of God as we understood him."*



## On Being a Sponsor

Overeaters Anonymous promises that what I give, I get back ten-fold. Sponsorship is proof of that theory. I am taught that being a sponsor is one way to be of service in OA - to give back what has been so freely given to me. I do not seek, find, or ask women if I may sponsor them, instead, through working Step 11, I simply ask God to help me be of maximum service to Him and others.

In my experience, several women have asked me to sponsor them, and always at a perfect time in my recovery. Some occasions they are only in my life for a few months, other times for years, and I never know what I am to give them... the answers just unfold in time. My responsibility is to honestly seek His will for us. I may be in a person's life for a particular reason... only God knows. As a sponsor, I do not judge, blame, or tell what she should or should not do. I only share my experience relative to the situation being discussed.

Kristin and I met a few years ago at the Saturday night Lakewood meeting. I loved her enthusiasm

and zest for OA and for life... her youth and beauty attracted me. Unfortunately our paths did not cross again for a year or so until she called me to ask me to sponsor her - immediately I said yes. My attraction to Kristin was merely her desire to work the program... not perfect, but to the best of her ability.

In the past 9 months that I have been Kristin's sponsor, I have watched her grow and grow, both emotionally and spiritually. However, the real transformation has occurred not in what I did for her but what she has done to me. In my experience being Kristin's sponsor, I have learned more from her than I could have ever imagined. She has given more to me than I could have ever expected. I recently went through a huge change in my life and it was Kristin's love, understanding and service that walked me through. At the end of the day, for me, being a sponsor is the greatest gift for me. Thank God for OA !

- Kati

## On Being a Sponsee

In the past two years, I have had a few sponsors. Each of these wonderful women has shown me how to live life on life's terms, to lean into the program when the going gets tough and to be the best person I can be. I would not have stayed in this program if it wasn't for these great teachers.

I am always comforted by the fact that my sponsor has a sponsor. It allows me to be a little selfish and focus on myself. Now, I look at this as taking care of myself - whereas in the past, I would have been too concerned about what the other person is thinking.

I am so grateful to have Kati as my current sponsor and guide as I trudge this road. I know I'm not alone and most of the time, the things I'm facing she's dealt with before in some way or another. She's real.

My schedule is hectic - and Kati is always available. We talk often - sometimes several times a day - depending on the day :) I never feel like I'm interrupting her or that I'm secondary to whatever she is doing when I call. Whether I call her to share good news or in tears over the latest crisis at work, she listens and never minimizes my emotions. We don't spend much time in the problem. She helps me move quickly toward the solution.

I have learned so much through working the steps together - especially steps 6 and 7. Kati and I go to a 12 and 12 discussion or a big book meeting once a week, which really has focused my program and brought us closer together.

I'm truly blessed to have a sponsor that can relate to me on all levels.

- Kristin

## Sponsorship

It's having someone to listen to me, really listen. It's letting someone know the real me. It's having a conversation with someone about all the little things in my life regarding me and my family then when there is a crisis, my sponsor will know who and what I'm talking about without having to explain when I am emotionally overwrought.

It's having someone to pray with me or to pray for me and my loved ones when there's nothing to do but pray. It's having someone is able to remind me of what the Big Book says about certain problems or situations. It's someone who has taught me how to give this program back to others. It's someone I can work the steps with. It's a beautiful and very necessary part of the program.

- N.B.  
Wednesday, Medina

## Meetings

Meetings—a breath of sanity in a crazy life. For me, meetings are an easy part of the program that I am struggling to work. I want meeting to be the answer – come once or twice a week – then I will be good for the week. Oh would it be so nice? Why do meetings help and why do I keep coming back when I have not worked the steps and use some of the tools some of the time?

Here, I know that I am not alone. I am with others who have or are going through the same struggles and avoidance that I am.

At meetings, I see the successes and am encouraged when I hear that they had the same struggles. At meetings, I pick up ideals to make my life better, to make progress in turning my life over to my Higher Power.

I have gone to several meetings and need to explore more meetings. Each meeting and each person at each meeting is unique, wonderful, and helpful. I keep searching for the person whom I will click with and help me through the steps. Maybe I am seeing that person or persons who will be the one to help me to the next level and I realizing it. I do know that if I do not come to the meetings, I will never meet that person.

- M.B.

## Principles: Honesty, Hope, Faith

I have recently faced honesty, hope, and faith head-on. I lost my abstinence, but did not admit it to myself until I was at a Big Book study a few days after it happened. We were reading about the alcoholic sitting back in the bar, banging his fist on the counter, shaking his head in disbelief, wondering how he started drinking again. I left that meeting facing the truth about myself; I was just like that alcoholic. I could not dispute that at all. So, I had honesty with myself first, and then my sponsor,

when I called her on the way home to tell her what I had realized. Then hope came; in the form of my sponsor's gentle words, and also in knowing that I am not alone. As I thought about the reading from the meeting, I felt connected to that alcoholic, and knew that there were thousands more just like us. We are not alone, and we can get better. There is a solution. That is where faith comes in. Believing that this program will work for me, if I follow the directions, and I can continue to recover. Faith in a Higher

Power that had me at that meeting to hear what I needed to hear. Faith that He will help me if I just ask. Anytime I have picked up the food, I did not consult my Higher Power first. Anytime I have asked for help, the help came. I am abstinent today, and have been since that meeting. I continue to honestly face the truth about my disease, I have hope to stay in recovery, and I have faith that God will do for me what I obviously cannot do for myself, if I just ask.

- Michelle V.

## A New Awakening

I am in a very exciting time in my OA life! I've just completed the Back to Basis series at Bay Presbyterian Church and feel I have a new awakening to OA. We worked the 12-Steps in 5 weeks and I am still working with my sponsor on steps eight and nine. This means I've done another fourth and fifth step. I was encouraged to go over my life just to see if I had any more cleaning up to do. I did. I am experiencing a lightness and joy

and eight days of abstinence at this writing. I've learned again how important it is to focus on my side of the street. I've learned that searching out what needs to be changed in a process that gives immediate and long-term relief (like some pain relievers - imagine!) I've learned that OA-ers really understand my messes and still love me. Most of all I know my H.P. permeates my being and my life - - like air to me or electricity to all of my appliances.

Some changes I've made are 1) to follow my sponsor's directions. So I brush, floss and rinse after meals and make an OA phone call. 2) I say the third and seventh step prayers when I roll out of bed. 3) For mental healing, I read pages 85 - 88 everyday to get focused. And I'm learning I need to be glued at the hip to my H.P.

- Anne W.  
Wednesday, Medina

## Honesty

For sometime now I have been having trouble with abstinence. I may again, God only knows. But I first achieved it in '99 and it was such an easy thing then. "There was absolutely nothing that tasted as good as abstinence felt." Slowly that began to disappear somewhere beginning year 3 - 5. Here it is almost seven years since I began and I have been struggling daily able to put two to three days together at a time. Feeling so angry that this is even an issue, being furious that I can't just occasionally overeat like a "normal person" and then eat normally again. And then being angry at myself for even wanting to overeat. I want that compulsion to be lifted as it once was. I want recovery to come, to feel like it once did. But, what I am seeing now is that it is different this time. Maybe it's like trying to recapture that first love feeling again that sweet, overwhelming, innocent, puppy love joy that takes your breath away.

What I'm called to today is the smart, steadfast maturity of unfailing love. Just for today I am abstinent and grateful. I give up the old dream for the fresh reality.

- Anonymous

## Little By Little

Many times each day my denial about what I eat, how I feel and why others needs come before my needs kicks in.

As I continue to work on an OA program my denial becomes more clear to me, little by little. Recently I have over-scheduled and created frantic days in an attempt to keep my schedule. I am now thinking that I do this as an excuse to eat. I "need" something extra to calm

down before bed or I am going to "need" something extra to get up the energy to keep going past what is a comfortable energy output.

I am grateful to be taking time tonight to write out these thoughts. My Higher Power is always at work in my life showing me the truth when I am ready.

- Linda O.  
Wednesday, Medina

## "Gut Level" Honesty

Honesty is something I have to work at. There are different "levels" of honesty. There is honesty that is a black or white answer to a question. That level of honest is more on the surface. There is "gut level" honesty. For example if someone I love and trust asks you how I am doing, "gut level" honest answers truthfully. If the person asking the question is not someone I have a close relationship, I usually just that I'm doing ok because I am a people pleaser at heart. Another level of honesty is honesty to myself and God. Since God knows me better than anyone else, I can't lie to him. When God challenges me to choose honesty in a situation, only He and I know which way to choose. In other words, when only God is watching, how is my behavior? I've been working on practicing honesty with the people in my daily life.

- Denise D.

## My OA Program Needs Balance

The three-legged stool is a nice visual. It is very important for me to have balance in my life.

First and foremost, my OA program needs to be balanced.

Physically, it's not just following my food plan, but also getting some regular physical activity. Also, when my food choices aren't the best (maybe if I eat eggs, bacon, and toast instead of oatmeal), I need to remember to not get into "diet mode", beat myself up over it, or throw my abstinence out the window. This isn't a diet anymore; it's about eating without overeating.

Emotionally, it's not only important for me to be fairly "even keel" on a daily basis, but also to stay calm and react in healthier, more rational ways to crazy family members or in times of crisis. And I am not perfect (yet!), so I need to remember that if I do react in my old ways or get in "bad mood", I have tools to help me out of the funk, and worst case scenario, I have Step 10. I can pick myself up in the middle of a "bad day" and try again; I don't have to wait until tomorrow, or

until my self-centeredness causes some real drama. Things don't have to get that bad anymore.

Spiritually, I have to connect with God daily, and not just in times of need. I feel good talking to God in formal prayer on my knees, but if I forget or don't make the time, I need to remember that there is no reason why I can't just start talking to God in the car, shower, or at work. My efforts to connect with Him don't have to be perfectly ceremonial all the time; the efforts to connect with Him just have to happen. My Higher Power wants to be with me all day, not just when I'm on my knees next to my bed. Also, if I do find myself reaching out only in a time of need, I have to remember to not feel guilty about that. Guilt was associated with the God of my childhood; my Higher Power today is always waiting for me, and does not get mad. From time to time, I have to remember and reinforce the qualities I found in this new "God of my understanding."

Secondly, this all leads to my life being balanced overall. OA has become such a part of my life, that if my program is balanced, most of the rest of my life is as well. However, I do

need to balance work with play, family commitments, time for myself, and time for my friends and social events. I recently re-evaluated my job situation, and decided to resign one of my three jobs (yes, three jobs!). I have come to a point now that I need more time for myself, my husband, and our desire to relax and travel. This decision was difficult, as I liked the job I resigned from, and also because the unknown causes fear. There are fears of financial insecurity for instance. But, I used the tools of this program as well as prayer to search for God's guidance, and I was able to make a decision that I feel comfortable with.

It is a good feeling today to have balance in my life, and to have a program of recovery in place to help me recognize when something is getting off balance. I have tools to fix things before they get too "out of whack." I am a healthier person today. I was insane before program, always swinging to extremes, especially emotionally. Today, I feel peaceful and serene, calm and balanced. For today, I am living life sitting evenly on the stool.

- Anonymous



*"It is a good feeling today to have balance in my life, and to have a program of recovery in place to help me recognize when something is getting off balance."*



*"The spiritual aspect of recovery is not last, rather it supports and is indestructible. Without this "leg" there can be no real physical or mental progress. The spiritual recovery must come first."*

## The Sturdy Three-Legged Stool

A three-legged stool, in the 19th century, could have meant, a stool for milking a cow. Indispensable. In 12<sup>th</sup> step jargon it stands for the words 1. meetings 2. activity and 3. prayer. Also it can stand for Recover: Physical, Mental and Spiritual in Overeaters Anonymous.

I have the character defect of comparing and criticizing myself in the physical part of my recovery. I do not abstain the "right way. I, too many times, put myself down in this area, instead of endorsing for what I do do.

What I do know is that, if I had continued to eat today, as I did in the seventies, I would be at least 400 lbs. Today, I would be diabetic; also, my joints would not be able to support me. For that, I would be restricted as to where I could live—Probably, in a nursing home.

The mental recovery is, for me an ongoing vigilance. After a very serious mental setback, I realize how precious individual freedoms are. I also must set aside any notions about rage, scissor mouth, resentment and anger in any form. As it says in the Big Book [the above]... cannot be a part of the recovering alcoholic's

(CO's) regime of life. There can be no real recovery for a person who delves in the afore-mentioned habits. Peace of mind and serenity are the precious assets—for those who choose it.

The spiritual aspect of recovery is not last, rather it supports and is indestructible. Without this "leg" there can be no real physical or mental progress. The spiritual recovery must come first.

Taking time out to do spiritual reading, meditation (yes, it is imperative); journaling, having an attitude of gratitude.

Recently I have added a gratitude list to my evening prayers.

Yes, I pray every morning and throughout the day (like doing this). Every night page 86 in the Big Book literally puts me to sleep. Along with brushing (and flossing!) my teeth, I read and apply: "When we retire at night, we constructively review our day..."

It works for me, that sturdy 3-legged stool. Thanks, Higher Power!

- K.M.K.

## For Today, Am I Willing?

Being aware of the need to continue to be on alert when the food gets in the way of one of the legs of the stool. If I do not make a conscious effort to work on all three – my abstinence becomes difficult and the struggle begins!

Please God help me to know what is standing between you and me today. When I speak my truth the food is less of a struggle – my truth need no cause pain – mine or others. My truth requires acceptance. That I am a compulsive overeater and balance of Physical – Emotional – Spiritual opens to his will for me – and courage to carry it out! They will Lord not mine be done. For today am I willing?

- Anonymous

## Physical, Emotional and Spiritual Recovery

I came in for *Physical* recovery. I began to grow with *Emotional* recovery. I found the miracle with the *Spiritual* recovery. I never imagined where my journey was heading when I entered these rooms nearly 17 years ago. I was down and out. I was suicidal and alone (or so I thought). I didn't know it then but my Higher Power led me to these rooms. I came in with so much self will run riot. I talked the talk but wasn't willing to walk the walk. The blessing was that I never left the rooms. I listened to the experience, strength and hope that I heard at the meetings. I didn't realize that I was growing in all three areas. In my years of recovery,

One very special story sticks out in my mind that was a turning point for me. I was going to dinner with a friend I hadn't seen in several years. She hadn't seen me since I had lost the 75 pounds. I was a bit anxious and excited to see her. I dressed up nice and was

looking pretty good. We spent about two hours talking and sharing stories. We had a great time. One thing stuck out, she never mentioned anything about my weight loss. She never said I looked good. However, what she did say was how nice it was that I was present at dinner. Not distracted. Able to listen. Able to just be!! Wow, that may sound insignificant but it meant more to me than talking about the physical part. It was the first time that I really noticed that my life had changed in so many ways. I saw that I had truly grown emotionally and spiritually. I felt so blessed and still do today.

Each and every day I see the promises coming true in my life on all three levels. I pray that my experience, strength and hope can reach others so they too can grow to see all the miracles that are waiting ahead.

Karen B.

## Change Is Necessary

When I first came to Overeaters Anonymous I was told a change must take place in me. For me to change is very difficult. But necessary.

There is a possibility of change within each of us. We all have many things small and large we would like to change about ourselves. It is very hard to bring about some of these changes. We must have the desire and hope we will be able to get rid of bad habits and replace them with good qualities.

However, sometimes we don't change. We keep doing the same thing over and over expecting different results. We don't believe we can change so we don't put any effort into it.

First in changing is "prayer" – it will do many things. When we pray, we allow Higher Power to enter every part of our lives. With Higher Power as our companion and guide we can move forward in life.

At a meeting recently it was said Higher Power does not make junk. Needed to be reminded of that. With abstinence anything is possible.

Norman

**Upcoming Event: April 21-23, 2006**

**PASS-IT-ON MARATHON "Extreme Makeover, Recovery Style"**

**A Weekend Retreat at the Holiday Inn Holidome Sandusky, Ohio**

Presented by: The Cleveland Central Intergroup Of Overeaters Anonymous and the "Design for Living" Team

**Please send submissions to:****Address**

Heart2Heart  
 c/o Kristin Hill  
 21808 Addington Blvd.  
 Rocky River, Ohio 44116

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## CCI Announcements

### Wanted: Intergroup Office Manager

Must have at least two years in OA and one year current continuous abstinence. Phone, office and computer skills a plus. Approximately 15 – 24 hours per week. Please send your resume to:

Cleveland Central Intergroup Office  
 3030 Euclid Avenue, Suite 401  
 Cleveland, Ohio 44115

### Now Accepting Articles for the Summer Heart2Heart!

The Heart2Heart is Cleveland Central Intergroup's quarterly newsletter where all members are encouraged to share. Consider writing this year. Your voice is important to the fellowship.

Articles Accepted until June 1, 2006

Available at the CCI Intergroup Meeting on June 25, 2006

Topics include:

**Steps and Traditions:** 4, 5, 6

**Tools:** Writing, Anonymity

**Principles:** Courage, Integrity, Willingness

**Absolute:** Unselfishness

**Focused Topics:** *One Day At A Time:* What do I do each day to maintain my abstinence? How does One Day At A Time help me in my program? What other slogans strengthen my program? *The Serenity Prayer:* What does it mean to me? How do I use it to get through difficult situations?

Guidelines:

- There is no abstinence requirement to submit articles to the Heart2Heart.
- Articles can be typed, legibly handwritten or called in to the Editors.
- All articles will be accepted.
- Articles will be reviewed in accordance with the OA Traditions.
- Consider the Heart2Heart a "paper meeting" where suggestions like "no cross-talk or advice giving" apply.
- Positive pitches requested; share your experience, strength and hope with each other.
- No article is too small—share as the spirit moves you.

### Thank You!

The first issue of 2006 was a success thanks to those of you that wrote articles, provided ideas, and made it your own!

Special thanks to: Jenn H., Michelle V., Allen B., Joanne M., Maureen Z., Jacki G., Jesse B., Grace P., Bonnie, Mollie P., Connie, Mark K., Judy, Lorriane E., Mike W., Mary Ellen F., Shirley F., Regina M., Alison, Sharon, Sandi M., Pam P., Mary Ann K., Donna T., Sue M., Patsy W., Tina R., Diane M., Donna P. and anyone else we forgot to mention... for their help in administering the Heart2Heart Newsletter Survey.

Thanks also to Medina Wednesday Night for incorporating the Heart2Heart into their meeting.

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#### We're on the Web!

See us at:  
<http://www.region5oa.org/cleveland/newsletters.html>

# Overeaters Anonymous 216-391-6664

## Winter 2006 Meeting List - East

Cleveland Central Intergroup ~ 3030 Euclid Avenue #401 ~ Cleveland, OH 44115

Office Hours: Days and hours vary, please call first

Monday	1:30 pm	Big Book	Lyndhurst	#48422	Lyndhurst Community Presbyterian, 5312 Mayfield Rd.	440-248-3488 Donna 440-449-5020 Sue M.
	7:15 pm	A	Maple Heights	#05937	Maple Heights Library, 5225 Library Lane	216-766-8663 Andre
	7:00 pm	A	Ashtabula	#04216	Eastside Presbyterian Church, 3440 Edgewood Drive	440-997-5509 Bonnie
	7:30		Mentor	#30614	Mentor United Methodist Church, 8600 Mentor Avenue, Room 109	440-257-4781 Cynthia
	7:30 pm		Chesterland	#29990	Mayfield Church, 7747 Mayfield Rd.	440-729-2835 Tina 440-338-8027 Mary
Tuesday	10:00 am	Children Welcome Format Varies	Bedford	#32438	United Methodist Church 79 Warrensville Center Road	
	7:30 pm		Middlefield	#30615	First United Methodist Church, 14999 South State Avenue	440-632-0372 Charlene 440-632-5219 Nancy
	7:30 pm	Men	South Euclid	#20456	St. Gregory Church, 1545 South Green Road, Mary room	216-932-4225 Bill
	7:30 pm		Willowick	# 05387	Shoregate United Methodist Church, 30500 Bayridge Boulevard Across from Willowick City Hall	216-289-0121 Audrey 440-918-1318 Eleanor
	8:30 pm	Women	Cleveland Hts.	# 45890	Kaiser Permanente, 10 Severance Circle, 1st floor ENT Section	216-397-8996 Julia
Wednesday	9:30 am	Babysitting	Euclid	#30617	Eastshore Methodist Church, 23002 Lakeshore Boulevard	440-449-7528 Bonnie
	5:15 pm		South Euclid	#47489	Workmans Circle, 1980 South Green Rd.	216-383-1314 Sharon
	7:00 pm		Cleveland Hts.	#37227	Church of the Redeemer, 2420 South Taylor	216-321-2727 Tracy
	8:00 pm		Cleveland Hts.	#08600	Club 24, 1635 Lee, at Mayfield	440-646-9610 Marla
	8:00 pm		Macedonia	#16144	Our Lady of Guadalupe, 9080 Shepard Road	330-274-2086 Ann
Thursday	9:05am		Cleveland Hts	#47705	Church of The Redeemer, 2420 South Taylor Rd.	216-321-4871 Elizabeth
	10:00 am	Babysitting	Mentor	#01041	United Methodist Church, 8600 Mentor Avenue	440-255-0298 Ellen 440-257-5895 Donna
	11:45am	2nd&4th Thurs only	Mentor	#48983	United Methodist Church, 8600 Mentor Avenue	440-968-3519 Joyce L.
	7:00 pm		Cleveland	#47134	Bright Star Day Care Center, 13405 St. Claire Avenue	216-932-9931 Shirley
	7:00pm	Varies	South Euclid	#49451	Church of the Master, 4050 Monticello Blvd.	216-571-0267 Maureen
	7:30 pm	A Format Varies	Bainbridge	#05488	Lord of Life Lutheran Church, 17989 Chillicothe	440-564-2288 Jim
	7:30 pm	Acorn	Painesville	#39027	St. James Episcopal Church (Library), North State & Phelps	440-350-9517 Jackie
Friday	10:00 am	Discussion	Lyndhurst	#07447	Lyndhurst Community Presbyterian, 5312 Mayfield Road Between Richmond and Brainard, Church Office Entrance	216-691-1237 Janet 216-591-0375 Sharon
	6:00 pm	12 & 12 Disc.	Cleveland Hts	#23332	St. Paul Episcopal Church, 2747 Fairmount (at Coventry)	216-288-8308 Rachel
Saturday	10:00 am	Big Book	Bedford	#19937	United Methodist Church, 79 Warrensville Center Road	440-542-0206 Christie 440-786-7090 Connie
	10:00 am	Big Book	Euclid	#26274	Masters Church, 771 East 260th Street	216-731-8091 Sharon 216-289-9055 Trish
	3:00 pm	Format Varies	Pepper Pike	#05141	New Directions, 30800 Chagrin Boulevard	330-463-0270 Barbara
Sunday	10:00 am	A Lead	Mayfield Heights	#25004	Meridia Hillcrest Hospital, 6780 Mayfield Road, Atrium - Basement	440-392-2101 Bill
	7:00 pm		Painesville	#40943	Lake County Memorial Hospital East, 71 East High Street	440-352-4614 Doris
	7:00 pm	Discussion	Shaker Heights	#40211	First Baptist Church, 3630 Fairmount Boulevard	440-442-4169 Mary Ann

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Overeaters Anonymous Meetings are open to all:

- ~ compulsive overeaters
- ~ bulimics
- ~ anorexics

And those desiring to know more about the OA 12 Step Recovery Program

Revised March 19, 2006

# Overeaters Anonymous 216-391-6664

## Winter 2006 Meeting List - West

Cleveland Central Intergroup ~ 3030 Euclid Avenue #401 ~ Cleveland, OH 44115

Office Hours: Days and hours vary, please call first

Monday	9:30 am	A	Parma Heights #02612	Parma Heights Library, 6206 Pearl Road 885-5594	Elaine	440-884-9028	Rosalie
	5:30 pm		Mansfield #24954	Linden Rd. Presbyterian Church, 160 S. Linden Rd		419-756-2837	Marjorie
	7:30 pm		Elyria #00915	First United Methodist Church, 312 Third Street (Park behind church)		440-322-3031	Lorraine
	7:30 pm		Lakewood #36793	Cove United Methodist Church, 12501 Lake Avenue (Cove & Lake)			
	7:30 pm		North Royalton #46541	NEWCOMERS at 7:00 pm North Royalton United Methodist Church, 13601 Ridge Rd. Corner of Ridge Rd. and Rte. 82 (Royalton RD.)		440-884-0788	Karen
						440-823-7242	Kelly
Tuesday	9:30 am		Lakewood #22635	Lakewood Methodist Church, 15700 Detroit Road		440-777-7647	Grace
	10:00 am		Brunswick #16720	United Methodist Church, 1395 Pearl at Route 303		330-723-1444	Nancy B.
	7:30 pm	A Lead	Amherst #04243	Heritage Presbyterian Church, 515 Leavitt Road (Routes 58 & 2)		440-988-9843	Rosalie
	7:30 pm		Cleveland #11253	Brooklyn Presbyterian Church 4308 Pearl Rd.		216-741-8128	Patti
	7:30pm	BIG BOOK	Bay Village #	Bay Presbyterian Church 25415 Lake Rd. Room 204 216-351-0232 Nancy		201-280-6609	Allen
Wednesday	10:00 am	A	North Olmsted #08503	John Knox United Presbyterian Church, 25200 Lorain Road		440-234-0007	Pat
	11:30 am	A	Ashland #25507	NEWCOMERS meeting immediately following Ashland Library, 224 Claremont Street		419-289-2054	Jessie
	7:00 pm		Lakewood #46692	St. Peter's Episcopal Church, 18001 Detroit Avenue		216-398-9042	Meg
	7:30 p m	Men	Rocky River #47848	Rockport United Methodist Church 3301 Wooster Rd	440-835-1373	Hugh / 216-228-8898	Tony
	7:30 pm	A	Medina #02169	St. Paul Episcopal Church, 317 Liberty Avenue		330-723-4524	Denise
			Parma Heights #14271	Church in the Woods, 11001 Ridgewood Drive		440-570-1962	Jim
Thursday	7:15 am		Lakewood #47137	Detroit Cook Bldg., 14900 Detroit Ave. #200		216-252-3279	Patrick
	9:45 am		Elyria #38181	St. John Lutheran Church, 1140 West River			
	7:00 pm		Mansfield #24954	Little Washington Congregational Church, 2323 Washington S. Rd.		740-507-7822	Marlene
	7:30 pm	A Lead	Cleveland #35869	Brooklyn Hts. United Church of Christ, 2005 W. Schaaf Rd.		216-749-7396	Diane S
Friday	8:00 pm	Varies	Seven Hills #04811	St. Peter United Church of Christ, 125 East Ridgewood Drive		440-884-0788	Karen
Saturday	10:00 am	A Big Book	Olmsted Falls #15272	St. Andrews Presbyterian Church, 23114 West Street		440-235-9195	Brenda
	7:00 pm		Lakewood #40463	Lakewood Baptist Church, 14321 Detroit Road (Use Door on Lincoln)		216-228-4060	Jean
Sunday	10:00 am	A	Westlake #22079	St. John's Westshore Hospital, 29000 Center Ridge Road Medical Arts Building, Auditorium B		216-741-0508	Bill/Lynn
	7:00 pm	Lead	Lakewood #13089	Lakewood Baptist Church, 14321 Detroit Road (Use Door on Lincoln)		440-331-4451	Mike W
	7:00 pm	Big Book	Cleveland	Archwood United Church of Christ, 2800 Archwood		216-749-7396	Diane S

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