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Keep Coming Back!

What do I do each day to maintain my abstinence?

Being newly abstinent, almost a month now, after a long period of struggling with abstinence, I find myself with a new stronger commitment to the program.

First, thing daily I ask H.P. for help with abstinence and continue to do so during the day. Beginning with page 86 "on awakening..." I read and meditate from parts of the Big Book, especially reading the twelve steps. This reading gets my day off to a serene start.

"God directs our thinking..." I find comfort and hope in the Big Book and steps.

When decisions need to be made, I draw from my morning readings. Self pity has been one of my biggest character defects, which has been starting to slowly melt away with daily reading and working the program.

I've begun writing again and am beginning another 4th Step inventory – more will be revealed I am sure.

Plans for more meetings and service are also part of my agenda.

My life is going much better than I could plan for myself. Keep Coming Back.

- Alice O.
Rocky River

Tool: Writing

It is always an effort for me to use this tool. I believe it has something to do with the fact that if I write some thing down on paper, it really becomes real. It's coming face to face with myself; which of course, is something I try to avoid.

Right now there are many problems within my family that sometimes make me feel ill. I have been talking to my sponsor about them but have not been able to put them in writing. Does that make them more real?

I know from past experience that writing really helps me to see a situation more clearly and what my role is in it. That self awareness then helps me know what action to take or not take, with my sponsor's help.

As I write this, I'm able to see that FEAR has kept me from doing anything much in dealing with these issues; fear of doing the wrong things has kept me from doing anything.

I give thanks to our program chairman ton9gh who won't let me leave here without writing something. Oh, Recovery! Isn't it wonderful?

- Nancy B, Medina

The Gift

To be in O.A.
A challenge, day by day.
One has good days galore.
If he/she is willing to do more.
More, you say, what do you mean?
Some of us also give up tonic and gin!
But the average O.A.'er has a calculated time
To spend spreading the worked without asking a dime

- Karen

Tradition 5

Tradition Five: *"Each group has but one primary purpose - to carry the message to the compulsive overeater who still suffers."*

The AA Twelve and Twelve says about this tradition: "The very life of our Fellowship requires the preservation of this principle... It is the great paradox of AA that we know we can seldom keep the precious gift of sobriety unless we give it away... For us, if we neglect those who are still sick, there is unremitting danger to our own lives and sanity."

Tradition Five says that carrying the message of hope and recovery of OA is the responsibility of *each group*; therefore, it is also the responsibility of *each member* of the group. How do we do that? By working the Twelve Step program of recovery ourselves, we experience a spiritual awakening that enables us to live free of the mental obsession and physical compulsion to overeat, restrict, binge or purge one day at a time. Then we share the solution that has worked for us with other people who are still suffering in and out of the rooms of OA.

We bring a message of hope that we are uniquely qualified to offer because we have been in their shoes! We have been through the physical discomfort, emotional pain and mental torture of this disease. We

have experienced the miracle of recovery as a result of putting the Twelve Steps into practice in our lives. We admitted and accepted the fact that we had an incurable disease of mind and body which we could not control. We proved to our innermost selves that nothing we tried that had been humanly inspired had been able to make us eat like normal people. Finally, we came to the conclusion that only a spiritual solution would work - the Twelve Step program of OA.

And it did! We fearlessly took inventory of our personalities, behavior, emotions and thinking; we shared our results with God and another person, we became willing to have our character defects removed and asked our Higher Power to take them away when it was the right time. Then we made a list of the people we had harmed and proceeded to make amends to them all. As it says in the Big Book, "If we [were] painstaking about this phase of our development we [were] amazed before we [were] halfway through." The Promises have come true in our lives as the result of "clearing away the wreckage of our past."

How often do we seek out the newcomer, to share the miracle of recovery? Have we

experienced the miracle of recovery? Have we had a psychic change? How often do we instead only seek out our friends? Our primary purpose in the rooms of OA IS NOT to make friends (although we do make many lifelong friends here)! Our primary purpose is to share with others the solution we have found, thereby keeping abstinent ourselves, so that we can keep sharing the solution with more people through sponsorship. The people we sponsored would carry on with others and more and more would recover! Do we offer ourselves as a sponsor for someone new? All that is necessary is that we are abstinent, working the Twelve Steps and are a little further along than they!

If we ALL were actually following Tradition Five, OA would be as well-known a solution to the problem of compulsive eating to the world as AA is a solution for alcoholism. We would truly be attractions for those who are suffering. We would be examples of recovery from the disease of compulsive eating. We would be happy, joyous and free!

Let's do it together!

- Mollie P

"Each group has but one primary purpose—to carry the message to the compulsive overeater who still suffers."

Traditions 4, 5, and 6

How autonomous are the groups I attend? Are they so autonomous that no one can find us? We are fortunate there in the Cleveland and surrounding area that we have someone to keep track of our meeting and print them out for us. I know a woman in Nevada who lives one hour from the closest meeting and sometimes she is the only one there. Sometimes I think I take for granted the meetings we have here. We have many different groups; however the ones I attend follow the traditions. We have step meetings, Big Book study meetings, lead meetings and tradition meetings. Don't know that we have any ongoing Lifeline meetings; I know I use to attend in Phoenix. I think we keep Tradition Four by also having group conscious meetings to help us keep on the straight and narrow.

Tradition Five talks about our primary purpose. The primary purpose is to carry the message to the compulsive overeater who still suffers. That can be the newcomer of anyone else in the room. Do

I go up to newcomers and speak with them? Do I look for folks who look like they are isolating? Do I make a point to go up to a returning O.A. member and welcome them? And do I talk to them about program not what's going on at the ball park? How well do I carry out our primary purpose?

Tradition Six suggests that though we all have outside interests (thank heavens), they do not belong in the O.A. rooms. I remember years ago when Dear Abby gave a check to O.A. for (I believe) \$2,000.00, we could not accept it as it was from a person outside of O.A. I also remember a woman (I thought was a newcomer) who came to a meeting I attended in the 90's and wanted to speak with me after the meeting. Guess what? She wanted names as she had some sort of business (and it was hard for me not to laugh). So we just have to be on our toes at all times. Just a few examples... plenty of them out there.

- Anonymous

Step 4

I am Step Four, and of all the twelve steps, I seem to have the worst reputation around. Do you notice that too? People talk about me all the time. Members avoid me, skip me, and act like I don't even exist.

Some leave the program because they are afraid of facing me. It's not easy being Step 4, that's for sure! But I've seen miracles happen because of me, and that helps brighten my tarnished reputation.

Really I'm not all that bad! But, you have to give me a chance. I was designed to help you clean up your past. I help you face the truth about yourself and your relationships. You have to be ready for me, but my buddies Steps 1, 2 and 3 help with that job. I'm a lot easier to deal with once they are done.

To "work" me, all you need is a writing tool, some paper, and the principle of courage. There are different ways to work me- some use the questions in our OA workbook as a guide. Others use page 65 of the Big Book.

Some write on the various pieces in their life, such as work, family, or sex life. There are no wrong ways to work me - except of course to never work me at all.

Despite my bad reputation, once you work me, miracles start to happen in your life. Relationships change, bad attitudes fade, and old resentments disappear. I've been around since the beginning of AA, and know that the people who fully recover, don't avoid me. In fact, they work me over and over again as needed.

Try me! You will be pleased with the results!

- Anonymous

"Made a searching and fearless moral inventory of ourselves."

A Scheduling Challenge

My fifth step was an interesting experience. I decided to “give it away” to my counselor of 8 years. She knew all the players and I knew I would feel comfortable sharing everything I had uncovered in my 4th step. The problem: She was only available in 90 minute increments at a time. With both of our busy schedules—work, meetings, family—the entire process ended up taking 6 weeks! It was like laying my guts out on the table for 90 minutes, trying to shove them back inside and doing it all over again the next week.

I believe that this experience really allowed me to feel the impact of the things I had done. I had to sit with some pretty uncomfortable feelings (without the food) before getting to 6/7 where I could let them go. It's a lot like work or family situations when things something comes up and I need to just “Be” and not cushion the blow with food. I'm grateful that with my HP's help today, I can do this.

- Anonymous

Entirely Ready...

Daily, I am reminded that MORE is my drug of choice, and not just with food. As I was postulating about what topic to write on for the Heart To Heart / Summer edition, my thoughts immediately began to strategize how I could compose a masterpiece that incorporated the litany of suggested topics... in one editorial of course! Well... I will spear you the jabberwocky and try and keep it simple!

The true nature of recovery begins with the steps. The twelve steps are provided as a tool to recover from the root of my troubles... that is, my selfishness and self-centeredness. Specifically step six invites me to embark in the process of change by becoming entirely ready for God to remove these defects of character.

So what does it mean to become entirely ready? Well, it helps me to think of this step as if I were getting ready for everyday life, such as being *entirely ready* for a new day, a job, a trip, a newborn, a graduation or a move - as I would for a *removal* (of character defects). As I begin to think of these commonplace external occurrences, I can apply them internally as well.

There are a several common threads that I can embrace internally as I do externally, I will mention only a few. You can think of a litany of ways to be entirely ready for the examples listed above; for instance, dusting off and packing your luggage for a trip, picking out colors and a crib for the nursery for the birth of a newborn, or planning

a menu for a celebration. It is obvious then that preparation is key.

What about preparation for “being entirely ready” for removal of a character defect? First, I *prepare* by hitting my knees in the morning not specifically in askance of removal of a certain defect but by offering that “I am suited up and ready for duty” for the day... whatever it be. Maybe it is in that day that I need to walk with my defect with maturity, integrity and humility before it will be removed.

Next, I use one, two, or several of the program suggested tools. I may call my sponsor to honestly share my thoughts and feelings, I take calls from sponsees to try and LISTEN to someone else rather than keep the focus on me, or, I may go to a meeting or read some literature so that I can remain teachable.

Lastly, I do not plan the outcome, at the same time, not give up in the process, it has been said “faith without work is dead.” Just as I could not expect the outcome of a vacation or the future of my newborn, I can not expect when a certain defect removed. It is my job to become ready by staying diligent - and trusting that God does will remove them in His time. It is here where I gain a true friendship with my Higher Power by giving time and accepting and walking with my imperfections.

- Kati

Step 6

I just recently finished the “Back To Basics” in five weeks and just this weekend did my sixth step. As I struggle with perfectionism, it has always been difficult for me to look at my defects of character. Since this is also the sixth month of the year, I have been fortunate to attend several meetings where we have read and discussed the sixth step in the *Twelve Steps & Twelve Traditions of Overeaters Anonymous*. This has helped me a lot to better understand this step. As I was doing my sixth step this time I took each defect of mine and wrote a short paragraph on it what it does for me and what it is doing to me. In some ways I found that I wanted to hold on to the defect but just not suffer the consequences of it. It also helped me to look at the opposite of the defect, what Higher Power would want me to do. This made it so much easier to finally do the seventh step and humbly ask Him to remove these defect with a willing heart.

- J, Medina

Courage, Integrity, Willingness

Courage – being able to be brave enough to tolerate some pain and sadness of my life without an addictive substance: especially food that my body doesn't tolerate. Acceptance of life as it is and gratitude for all my blessings.

Integrity – following through on my promises and being honest about my abstinence. Honesty with others saying no and the consequences that follows when I am unable to do things for others they ask for. Money to my daughter, babysitting when I am too tired. Asking for help with work I can't do anymore by myself.

Willingness – Letting go of the "why" questions about faith and acceptance. Seeing how I can accomplish the changes in my character with God's help. Meditating to the willingness can come into my mind and body. Staying quiet long enough to hear God's answers.

What do I do to maintain abstinence each day? Talk to sponsor, plan my food plan and shop for food I need. Try to keep food out of the house that triggers problems. Attend O.A. meetings face to face and online. Read literature everyday.

- Phyllis M.

Willingness To Be The Best Person I Could Be

Change, change, change, willing to change is willingness. Willing to think positive, be open-minded, stay on a food plan, make phone calls, and make amends when necessary. You know when you have to make amends it just doesn't feel right inside your gut. You know that gut feeling. That is God telling you don't go down the cookie aisle, don't bake for a church funeral, take bread and milk. Don't buy those chips for the picnic that you are going on. Just the willingness to change old habits is very hard. I'm sure everyone can relate to my habits and my willingness. Don't set myself up to fail. Willingness to listen - you know my feelings use to get hurt real easy. I was so busy thinking about the advice I was going to give someone: I never even listened to them. I had to be willing to quit being the center of the universe and ask God to help me to be willing and Thy will not mine. It takes practice, patience, and willingness One Day At A Time.

- Jeanie, Medina

Courage and Willingness to Walk the Walk

Hi Everyone, I have been helped many times as I've read articles from many of you in Heart2Heart. And for your willingness to give of what you have in recovery, I am MOST grateful. And so... when I heard that Heart2Heart was in dire need of articles, I looked over the topics and saw some things that are pertinent to my recovery right now and thought I would share the simplicity of these as they relate to my story. Simplicity... and yet life saving, abstinence saving.

I am about 6 ½ years in program. Because of "Back to Basics", I am working the steps in a more conscious manner. At one of the marathons someone was selling keys with the word 'Willingness'. I

bought one and kept it out and as the days have gone by I've often prayed for willingness. I've done this, because at this time in my program I am being presented with more and more of my character defects. You see, a mirror is being put in front of me as I talk to my sponsor and go to meetings and hear from many of you. It is not easy to see these defects so blatantly. I believe that it takes courage to walk on and to know that I am not the defect. It takes courage to realize that my HP allows these defects to surface because my HP knows that I am ready to deal with them. My HP believes that with my HP's help, I can walk through them to a freer self.

I was talking to someone the other night about some of these things and the person asked how long I had been in program. When I said about 6 ½ years, the person commented that years 5,6,7 and 8 can be difficult years. This person encouraged me to continue walking the walk and doing the work. Yes, this is what I need to do. Where else can I go? As I write this, I notice that I said that this person encouraged me. Yes, my OA friends, we can put the courage back into the hearts of each other. I am so grateful for the person who did this for me. I am grateful that one day at a time, my HP with encourage me to be willing to do those things that will make me joyous, happy and free as I trudge the road with all of you.

- JMP

Having the Willingness to Will

Before program, if anyone mentioned the word willingness to me I would have no idea what that meant. Now being in program that is my motto. I pray every morning and night asking my higher power for the willingness to will. I realize that it only takes a small amount of willingness. Having the tiniest amount of willingness has kept me from my binge foods and the desire to overeat today. Willingness has become my security blanket, because it brings me closer to my higher power and my program.

During the time in my program I have had many ups and downs, having the willingness carried me through all those times. It takes away the fears,

worry and anxiety that may keep me from moving forward. When there is ever a time where I am scared or afraid to do something I say a silent prayer to myself about having the willingness and then I feel a sudden urge of confidence. That confidence keeps building and building every day. The feeling is indescribable.

There used to be a barrier in front of me, which did not allow me to see clearly. I never had faith in anything or anyone. I never wanted anyone to see the true me. In fact, I myself never knew the true me! Today I can say the barrier is coming down! It is the greatest feeling in the world. I can be myself in front of people and not have to feel shame all the time. I am learning so much about myself. I

love it! I listened to people when they said it does get better and trusted in that. I had the willingness to keep moving forward in program even though I had no clue on what I was doing.

I have so many things to be grateful for today. I am so grateful for my seven months of abstinence. I am truly grateful that I now have the willingness and that I never have to feel that remorse, shame and guilt ever again. And it all started with just a little willingness.

Vicki Hoyt
Compulsive Overeater

Courage After All

I never thought I had courage. In my mind I conjure up images of people facing horrible diseases, major catastrophes, and life-threatening situations. Those folks have courage. They are brave beyond anything I can imagine. I couldn't live through or face what they do.

But wait a minute...

I confront the horrible disease of compulsive overeating everyday. I have to own up to and clean up the wreckage and the catastrophes that my actions have caused while in the grips of this disease. I daily make decisions whether or not to work toward physical, spiritual, and emotional recovery or to give in to life-threatening compulsive behaviors.

Maybe I do have courage after all.

- MEM, Medina

Courage

Have been in program over twenty years and am amazed at the new info that keeps popping up! After doing a series of "Back To Basics," found the courage to complete the process by doing a fourth step according to the Big Book - Wow! What a difference this has made in my life.

Praying for willingness, courage, and strength on a daily basis has been so rewarding.

I make an honest effort to do the steps as to the corresponding month and I have all of June to read, pray, and work step six.

What are character defects anyway? Am I willing? Am I fearful? Who will I become if I change?

I have come to realize that it happens so slowly. God takes them one at a time and allows me to live my life with the changes.

I am no longer afraid to change. Thank you God!

- Anonymous, Medina Group

The 3rd Step Prayer:

"God, I offer myself to thee, to build with me and do with me as thou wilt.

Relieve me of the bondage of self that I may better do thy will.

Take away my difficulties, that victory over them may bear witness to those I would help -of thy power, thy love, thy way of life.

May I do thy will always. Amen."

The 7th Step Prayer:

"My creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."

The Serenity Prayer"

"God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Amen."

One Day At A Time Means Everything

What does "One Day At A Time" mean to me? Everything! I was in program about six years when one evening at the close of a meeting we were saying the Lord's Prayer and I got it, "Give us this day..." Although I had been saying this prayer for many years, it never hit me until that minute what "One Day At A Time" meant. I spent so much of my life before program living in the regrets of the past or what am I going to do tomorrow... where I will go, what I will wear and certainly what will I eat. The ten years prior to coming into O.A. were the worst... the road became narrower and I had food thoughts all the time.

It is so refreshing and free not to have food thoughts all day long today. I am very grateful. To continue to stay in the day, One Day At A Time, I begin my day with my morning readings: two pages out of the *Big*

Book. I have all four volumes so I go through each one, one at a time. I also read the page of the day from *For Today* and *Voices Of Recovery*. Each year I read another, different program book. This year I am reading a page a day from *As Bill Sees It*.

I journal each day and it may just be a sentence. I write my food down in my journal and practice moderation. I exercise three to four times a week. I attend two - three O.A. meetings per week. I have a sponsor and I sponsor. I do service, make phone calls. I do what I need to do on a daily basis to keep in fit spiritual condition, as it tells me in the Big Book of A.A. For if I do that then I can do anything that I need to each day thankfully today not perfectly.

-Anonymous

One Day At A Time

This simple concept helps me not only in program, but in my life. I have been going through some pretty trying times at home. I tend to futurize and wonder how things will turn out years from now. All this accomplishes is more worry. And what do I want to do when I worry? I'm a COE, so I want to eat. I've learned to stop these thoughts by focusing on the here and now. I take One Day At A Time, but usually it's one moment, one hour, or one meal at a time. I try to do what I need to do for today only.

By implementing this philosophy in my life, I'm able to stay abstinent, sane, and balanced. I can focus on the joy of the present day.

Things that were once overwhelming don't seem so bad if I take it one day at a time. I'm truly grateful to have learned this life lesson in O.A.

- Amy, Medina

Unselfishness

As we have worked through the steps in "Back To Basics," and praying the third step and seventh step prayers daily, I have become aware of my self-centeredness and selfish motives. (Ouch!)

The third step prayer says, "Relieve me of the bondage of self." I used to believe that meant my bondage to compulsive eating. Now I'm beginning to see that it means much more than that. It means being willing to give to others without any expectation or hope of getting something in return. It means being willing to go outside my comfort zone to help someone, not just doing what is easy or convenient for me.

The seventh step prayer states, "I pray that you now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows." Obviously, I can't be useful to God or others when I am looking at my selfish motives or "what's in it for me?"

When I was new to O.A., I had to learn how to put my needs on the list of important stuff. Now I need to learn how to put God and others there without removing myself. Always something new to learn! What a great program.

- Anonymous

Please send submissions to:

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CCI Announcements

The Geauga Day of Sharing: Saturday July 29, 2006

A Day Of OA Fellowship and Recovery
3 Leads, Ask-it-Basket, Panel Discussion

Lord of Life Lutheran Church
17989 Chillicothe Rd. Bainbridge, Ohio
Registration Begins at 8:30 ~ Program 9:00AM – 4:30PM
7th Tradition Donation

For More Information, Please Call Jon at 440-487-4925 ~ or ~ Tina at 440-537-8476

Brown Bag Or Lunch On Your Own At Area Restaurants
Coffee, Tea, Water & Pop Available
Wheelchair Accessible

Now Accepting Articles for the Fall 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 **September 1, 2006**

Available at the CCI Intergroup Meeting on **September 17, 2006**

Topics include:

Steps and Traditions: 7, 8, 9

Tools: Literature, Phone Calls

Principles: Humility, Love, Justice

Absolute: Love

Focused Topics: 1. How has my life changed since coming to OA (Food plan, relationships, thinking, behaviors, career)? 2. How to I reward myself in a non-compulsive way?

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!

Thanks to those of you that wrote articles, provided ideas, and made it your own!

Thanks again to Medina Wednesday Night for incorporating the Heart2Heart into their meeting. Consider utilizing the Fall topics at *your* next meeting!

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

A = Access for Disabled

**Please copy meeting lists for distribution at meetings.
Group Secretaries - Please report any meeting changes to the Intergroup Office**

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

The Cleveland Central Intergroup of Overeaters Anonymous is interested in making the recovery experience at the Pass It On Marathon, our spring retreat, a valuable and memorable experience for all.

Please assist us by completing and returning the following questionnaire:

PASS IT ON:

1. I have ___ have not ___ attended the Pass It On Marathon in the past 3 years.

2. If not, why?

___ Too expensive

___ Too far away

___ Scheduling conflict

___ Not interested in weekend events

___ Other: _____

If you have attended the Pass It On Marathon in the past 3 years, please tell us about your experience:

HOLIDOME SANDUSKY:

5- Excellent

4-good

3-Fair

2-Poor

1-N/A

3. ___ The quality/comfort of my sleeping room.

4. ___ The quality/comfort of the meeting rooms.

5. ___ The quality/comfort of the common areas and hotel facilities

6. ___ The usefulness of the sessions/meetings to my recovery.

7. Comments: _____

For future planning:

8. How far would you be willing to travel to experience a weekend-long OA recovery event?

___ 30 miles

___ 50 miles

___ 70 miles

___ 90 miles

9. ___ I would not attend a weekend event regardless of how close it was.

10. ___ I prefer to stay for the day and not stay at an event overnight.

11. Other comments/suggestions: _____

THANK YOU FOR YOUR HELP AND INPUT!

Please return your completed Survey to your Intergroup Representative or to:
3030 Euclid Ave., Room 401, Cleveland, OH 44115

