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## P's Of The Program

The December 7th Voices of Recovery writer talks about the "P's of the Program" including Practice, Prayer, Patience, Perseverance and Progress. After reflecting on this for awhile, I thought of a few more:

### **A Practical Program Plan:**

Prayer, Plan of Eating, Participation at Meetings, Performance of Service, and Partnership with a Sponsor.

Plus: Practice, Patience and Perseverance produce Proper Eating, Positive Thoughts, Peace, Purpose and Prosperity ... Promise!!!

- Anonymous

## I'm Anonymous

You don't know me yet because I don't know me either.  
Do I belong here?  
Do I fit in here?  
Who am I?  
Who are you people?  
So much swirling around inside my head.  
I don't speak your language.  
I don't have the right vocabulary.  
All I want is to lose weight and be happy.  
I don't want to be part of your cult.  
I don't want to be powerless; I want to be tall and thin and powerful  
I don't want you to come close.  
Don't hug me or be friendly to me.  
I might cry.  
Then I will be weak.  
Besides, I don't believe you really mean it.  
I think I will remain back here in the obscurity of the shadows.  
I will remain anonymous awhile longer.  
I hope you're there if I come out.

- Anonymous, Medina

## Heard at a meeting

I heard this at a meeting last weekend, during a discussion about why is the first bite that you have to watch out for:

"If I get run over by a train, it's not the caboose that's going to kill me, it's the engine".

# Working It Out With The Principles

Reprinted in its entirety. Our apologies to the author for printing only part of the article in the last issue.

It's 5:30AM. I've been sitting here in the Emergency Room with my parents since about 1:30. That's when the squad brought in my 97 year old grandmother. We think she's dying. I don't want to be here. It starts me facing and thinking through my feelings for this woman. Maybe I'll try writing an article for the Heart 2 Heart to keep my mind busy.

"Do I love you, Gramma? You hurt me very badly when I was a child. You let other people hurt me too. How can I possibly love you?"

"You're supposed to love her. She's your grandmother. And she's 97 years old." I think I used to try to love her. But I was generally uncomfortable and frightened around her.

Now I pray that her Higher Power provides her with what she needs. And I pray that my Higher Power will guide my actions and words around her. I don't wish her any harm or ill will. This is the best I can do as far as love for this woman.

"This is more than you could have done when you first came into OA. Your Higher Power will guide you. Just be open to the direction." I also think about justice. In her delirious state Gramma asks several times "Why do I have to suffer so much?"

"Why shouldn't you suffer after what you put me through?!"

The nurse keeps giving Gramma morphine to ease her pain, to help her rest, to keep her calm.

"Hey!! No more morphine! Let her suffer like I did. She never stepped in to ease my pain or to calm my fears during those terrible ordeals. She watched from the background. It's not fair!!!"

Still, I know in my imperfection it is not my place to determine what is or is not just. I don't administer justice. Thank you OA and HP for helping me to see the difference between me wanting vengeance (but not taking it) and HP deciding cosmic spiritual justice.

The medical team doesn't think she's going to make it. Am I sitting here waiting for her to die? Dad is taking it rough. Mom looks stoic. I pull out a crossword puzzle to occupy my mind.

It's 7AM. Gramma is in a room. Mom and Dad had to leave to get some sleep and put in an appearance at work. I'm here sitting with Gramma, by myself. Yes, I'm sitting here to comfort and to reassure a woman who hurt me so much and who I don't remember ever comforting me. We still don't know if she will live or not. But her vital signs seem to have stabilized. She is breathing better. At present she is quiet and sleeping. I can't sleep.

For some reason that I don't understand I am humbled and honored to have this time alone with Gramma when she might be dying.

"You can say to her whatever you want. She won't know. Everything that has been bottled up inside for so long. Just let it out."

Humility -- accepting myself, others, the world, this situation, and even Gramma exactly as it all is today, in this moment. I will not forget the past. But it will do no one any good now to dwell on it. HP brings this thought into my awareness and I am ready to accept it. There is nothing I need to say to Gramma at this time.

And I feel a sense of honor that HP helped work things out so that I would be here in this place with this person now. I think I have a new respect for death and the dying process even though in this situation the process is short. I am honored to witness this. I realize that without the OA program and the assistance of my Higher Power and the recovery that I am learning, I would never have been able to deal with this.

"I still don't like her."

No, I may not like her but I can sit in the same room with her and not feel uncomfortable or repulsed. I don't feel that anger inside me right now. I think I might be feeling a sense of peace.

I don't know how this day will end. For the moment Gramma is quiet and stable and I am going to close my eyes and try to rest. God, thank you for the serenity to accept this situation and this moment just as it is.

Gramma died peacefully that night.

- Anonymous

## Perseverance: Stay Until the Miracle Happens

"Perseverance, Stay until the Miracle Happens" This is what I heard when I first came to meetings 18 years ago and I know it is true. For two and a half years I couldn't get abstinent, but I kept coming back. That was perseverance. It was only when I took sugar out of my food plan that I was able to get abstinent and eat three meals a day. My main focus was on the physical recovery and that got me in trouble when problems came along in life. I went back to the sugar and lost my abstinence. Like it says in the big book, "All went well for a time, but he failed to enlarge his spiritual life." But I persevered. I kept coming back and listened.

Some meetings that I went to had a lot of recovery. What were these people doing that I wasn't and was I willing to do it. The ones with the most recovery had a sponsor and were calling them daily. They were writing their food down and committing it to their sponsor. They were reading the literature, writing and working all the steps. Many of these things I wasn't doing consistently. Again like it says in the big book. "At some of these we balked. We thought we could find an easier, softer way." But I couldn't find an easier, softer way so finally I was willing to do what those with lots of recovery did and then I found the miracle. Keep coming back.

- Anonymous

## Service

Service, like OA members, comes in all shapes and sizes. I am asked to do what I can when I can to help OA to continue. Service can be done on personal, group, intergroup, or world service levels. No service is ever too small--the goal is to help the still suffering compulsive overeater to achieve recovery. Service gets me out of my self to help another. I strengthen my own program by helping someone else.

Some examples of service include: making a phone call, setting up literature, chairing, writing for the Heart to Heart, being a sponsor, leading when asked, being an intergroup rep or serving on the board.

I'm definitely grateful to those who were there for me when I came into OA. Service is my chance to give back to OA-a way to say thank you for the new life I have been given.

- Anonymous

## Perseverance

To me, perseverance means working my program at all times and in all areas of my life. I am not guaranteed recovery. But, it is available to me when I am willing to take the necessary actions.

Perseverance means trudging the road whether I "feel" like it or not. This disease will kill me. I am only granted "daily reprieve based on my fit spiritual condition." It really doesn't matter what I did yesterday-today is all that counts in my recovery program.

- Anonymous

## Spirituality

Spirituality is the difference between OA and a diet club. It's the thing that keeps me here.

My favorite line of the big book is in Appendix II (page 569) that talks about the spiritual experience...

"He finally realizes that he has undergone a profound alteration in his reaction to life, that such a change could hardly have been brought about by him alone."

- K.H.

## Step 11: Conscious Contact

AT the IDEA meeting I met with the group on Higher Power. One person shared that this is the most important part of her program – conscious contact with God – talking with H.P. all day long about everything.

This year my program has been invigorated through the Back to Basics and Into Action Big Book Studies. I thought after going through the steps and really studying not just reading the first 164 pages that God-consciousness, turning my will and life over to his care is what changes my life around. I was afraid to do this because I was afraid of what he would ask me to do – maybe be a martyr. However, the first step says I turn my will AND my life over to the CARE of God.

My concept of God, my emotional “place” for meditation is like being with my best friend, which in my case happens to be my sponsors. They give me ideas and make even the amends do-able. So, in the words of Forrest Gump, my HP is my most good, best friend.

One of the best parts is my HP is available 24/7 and loves me more than I love my grandchildren. They add a whole new dimension to unconditional, wonderful love. All I need to do is gently turn and ask for what I need to serve which inevitably makes me happy.  
- A.W.

## Step 11: His Will

"...praying only for the knowledge of His will for us and the power to carry that out."  
I have been doing this as these past 10 months. It all started during the "Into Action" meetings, where the words in the Big Book started touching my heart. I began hearing things and actually seeing things I never knew were in the book before. Oh, I read them, but never really read them before. (Those who have had this experience will understand!)

I thought I knew how to pray, but suddenly, I learned how to really pray. Pages 86 to 88 helped me a lot in this area. I look at the 24 hours ahead of me and I ask "How can I best do His will?" I ask my HP to direct my day - quite different from telling him what I want to happen! I always asked God for things --to wake up thin, to find me a job, to keep my car running. Today I say: "OK God, YOU are now running the show. I'm in this world to play the role you assign."

Since I've changed my prayers, I have a much better connection with my Higher Power. I'm asking for strength and direction and getting it. I am in some uncharted territory right now, but HP is showing me how to live in it without the need to pick up excess food. I can get through challenges and feel like we (HP and I) are a team. My day starts off much different when I ask: "What is your will for me today, HP?"

Try it--you might be pleasantly surprised!

- Anonymous

## Tradition 10

I'm really glad that OA "has no opinion on outside issues." We are all here to recover from our food addiction. This is our common bond. Discussions about politics, religion, or the state of the country can divide us. Outside matters need to stay outside. OA is what we all need to agree on in the rooms.

- Anonymous

*Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.*

## Step 12

"Having had a spiritual awakening as the result of these Steps we tried to carry this message to other compulsive overeaters and to practice these principles in all our affairs."

The principle behind step 12 is SERVICE. When I thought about writing an article for H2H I was not sure what to write on and then looked at the topics and the topics renewed what is basic to me which is Service and step 12. With out the H2H, meetings, someone opening the doors, sharing, I would not have the opportunity for recovery. For me I need to give back what as been so freely given to me.

Service is a basic component of my program. When I stop relating and believe I am unique is when my program and sobriety is in trouble. In 2006 this lesson became very apparent to me. I was celebrating 13 years of abstinence skating along in my program until I started to take the program for granted, started to believe I had this down, stopped talking at meetings, stopped sharing what was going on with me, stopped signing up for service and started to become invisible in the program. What happened was a night of what I thought was a justified change in my food plan to be reclassified as a break in abstinence. After 13 years I broke my abstinence because I thought I was justified - I was unique and deserved this food item.

What I learned was a painful lesson of humility and working through various character defects. It is a lesson of staying visible in the program, sharing what is going on with me, relating instead of thinking how different I am. The greatest service I can give is sharing what I have learned and am learning in this program so that others don't feel alone. That is the difference for me of the OA program instead of a diet is learning how to live life through others, how to be present and of service and how not to use food to cope. I am grateful for OA and those that share their program with me so that I can remain abstinent.

- P.

## Getting Through the Holidays with Steps 10, 11 & 12

If I do a 10<sup>th</sup> step each day, use prayer and meditation and then serve others, it should keep my head clearer and my activities simpler. I tend to get too complex and grandiose otherwise. For example - Questioning how my meals I serve to company should be --- 2 meats instead of one, two vegetables, are two enough? OR Questioning my choice of presents: Is it the most DEFINITIVE gift? What if they don't like it? Should I just be safe and give money? Everyone questions these things to some extent, but to they lose sleep over them or overeat? This can happen to me if I'm not very careful.

Steps 10,11,12 daily can help ground and center me. Working with others (Step 12) keeps me honest with myself. When they share their difficulties about the holidays, etc. it keeps me feeling that I'm not alone and TOGETHER we can get through this month. These steps remind me to: Keep it simple, One day at a time, and to remember to ask God's direction and not go flying off on my own.

## Tradition 12

- Anonymous

That reminds me to "place principles before personalities." I have to remember this tradition quite often. Personalities differ, people come and go, and everyone has an opinion. But, the principles of OA are constant. That is what I need to focus my program on.

- Anonymous

*Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.*

## My Holiday Feast

Another year has gone by -- consisting of many "one day at a times". Each and everyday I feel very grateful but at this time of the year, I seem to feel it a bit more. I often think of holidays of the past. What I remember is celebrating with the food. We would go to various relative's homes and eat. I really don't remember much else from those times. The food has taken so much of my memories away. I don't have to be there today. Today (and every day) I have so much more. Today I can live and enjoy. I don't have to look for love in all the wrong places. Food has been put in its proper place allowing other, more important things to fill that space.

Today I can be with myself. I can enjoy time with family and friends. I can see the holiday decorations and enjoy the holiday music. I can share all of my many blessings with those that are less fortunate than I am today. For me to be able to do all of this, I must do what I always do. I have to continue to work my program -- utilizing all the steps and the tools. I must continue to pray and have frequent contact with my Higher Power. If I continue to do this, I will be able to continue my recovery -- physically, emotionally and spiritually through these holidays. I recently heard something very wise at a meeting which I plan to do. This holiday "I will feast on Family, Friends and Fellowship"!

- K. B.

## Plan for the Holidays

There is so much temptation at this time of year and without the OA program I know I would be out there eating everywhere I turn. But since I have OA, the struggle is so much less. I am going to attend more meetings and keep in regular contact with my sponsor (talking over with her all the feelings I am having -- especially with my children coming home for the holidays -- with a houseful of people and extra food). I plan on spending each morning giving some extra time to "conscious contact" with my Higher Power. It is through this spirituality that helps me not to take those extra bites of food. Writing is also a great too to help me sort out why I may be feeling hungry or to work out a problem that has been mulling around in my head. I will also keep in touch with the people that I sponsor. Giving service in this way helps me maintain my abstinence and has the added benefit of keeping and strengthening my program.

- Anonymous, Medina

## Abstinent Through The Holidays

I plan on following my food plan, praying, calling my sponsor -- basically what I do every day, except it's Christmas. I once heard someone share that I plan on being abstinent on Christmas but the only thing I have is my abstinence today. That makes sense to me. If I work my program today, that's the best plan for getting through to the next day abstinently.

It's not only about what I'm eating... it's about what's eating me. That's why I have to maintain my spiritual program. So that I don't let my emotions lead me to overeating.

Turning everything over to God and living as He would have me live for one day, that's the goal. Facing the fears, stress and everything else that's out of my control can only be done with total surrender to God. And trusting that He has a plan for me that can get me through each and everyday, without turning to the food for comfort.

That's my plan for today, tomorrow, and the holidays -- God willing.

- D. D.

## Mark Your Calendars

**Cleveland Central Intergroup of OA  
2<sup>nd</sup> Annual New Year's Day Marathon  
1/1/2007  
Start 2007 with Recovery and Fellowship**

Come for an hour or stay all day

From 9am – 4pm  
A Lead Every Hour

Hillcrest Hospital  
6780 Mayfield Road  
Atrium Basement  
Mayfield Heights

7<sup>th</sup> Tradition Donation

Brown Bag Lunch, Hospital Cafeteria, or Area Restaurants  
Water and Pop Available

For more information, call Mimi 216.228.8898 or CCI 216.391.6664

**Unity Day  
Out of Diversity  
Unity of Purpose  
February 24, 2007**

Registration 8:30  
Program from 9am to 4pm

\$8.00 Suggested Donation

John Knox, United Presbyterian Church  
25200 Lorain Road  
North Olmsted

Brown Bag Lunch or Area Restaurants  
Coffee, Tea Water and Pop Available

For more information, call Mimi 216.228.8898 or CCI 216.391.6664

## I am grateful for...

My abstinent life; Family and friends; The joy I have in my grandchildren; Sunshine; My health and that of my husband; The snow we don't have yet; The Christmas season with the lights and carols (I'll probably be sick of them in a few weeks, but I'm enjoying them now); The OA program which helps me deal with the big and little problems in life; My sponsors and sponsees.

- J.

## Gratitude: Spiritual, Physical, Emotional

So much to be grateful for. First of all, God has given me a strong spiritual life. He does 99% of the work and I do 1%. But, without my footwork in the 1%, there would be no spiritual progress.

Second, I am blessed with good health. In fact, I have never been healthier. It seems to me that I am living my life in reverse. My twenties were awful. As I got older, I got better. As I approached on, things really started looking good.

Today, with the help of my sponsor, my dietician and my primary care physician, the weight is coming off again.

Mentally, I am making great strides. My mind is more focused and perceptive. I am able to think more clearly. The reason that I am elated - I have been dealing with problems in this area since 1963. God truly has blessed me greatly with a sound mind, a sound body, and a spiritual life that is the catalyst for change, whenever change is needed.

K.M.K.

## Plan of Eating

I have been in OA for 23 years and my plan of eating has changed several times in those years. At first, I tried what everyone else did. I was a vegetarian for 3 months. I counted carbs and fats. I skipped meals. I ate only fat and no carbs. You name it I have done it. But what works for me might not work for someone else.

Recently, I had a physical exam and my blood pressure was up a bit and so was my cholesterol. So, the Doctor put me on a 1500 calorie diet. No white flower no sugar. Eight to 10 glasses of water a day. One cup of coffee with caffeine in it. One diet drink a day. One of the musts was 2 cups of vegetables and 3 fruits a day. I never ate 3 fruits a day before. I am slowly losing weight. I am full and I feel good. Also 30 minutes of exercise a day 6 days a week. So this is a workable plan for me. I can have one sugar free pudding a day if I like. It is a balanced food plan and I am enjoying food again instead of being afraid of food. My attitude has changed and I feel free of compulsive overeating. I also have to write my food down every day.

Now I have heard of this food plan lots of times before. The food hasn't changed. I have changed.

- J, Medina

## Grateful For Life

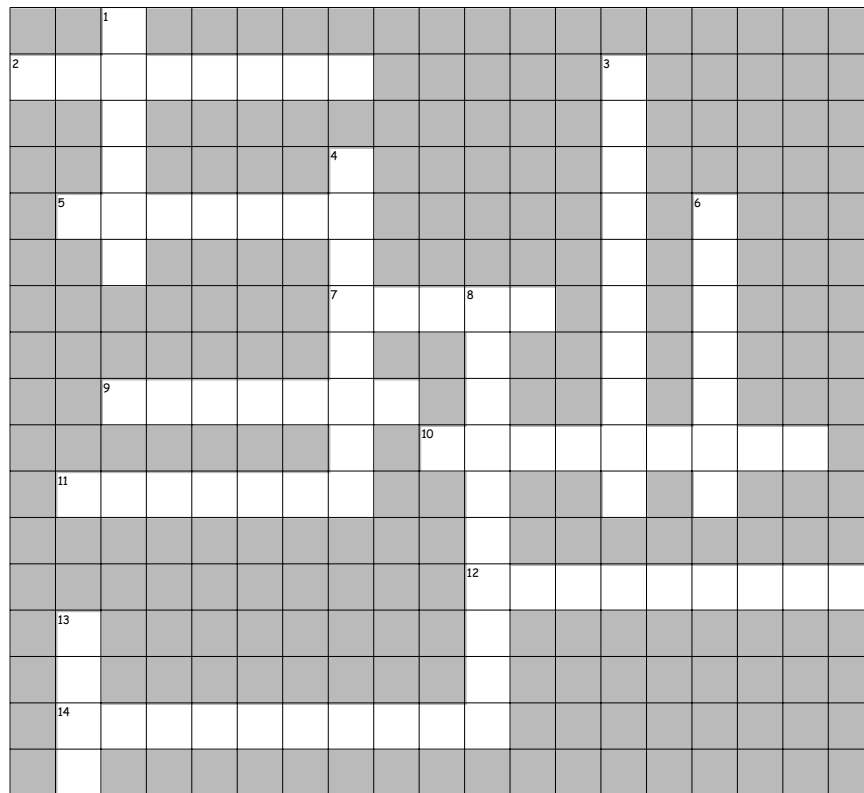
It's very easy for me, in this holiday season, to get caught up in all the things I like to have. I'd love a new house, a vacation, to never eat compulsively again. Program is teaching me to look at things differently. I've always thought I was a glass half full type of person, but I really only saw the half empty version. By working the steps and staying abstinent, my perspective begins to shift.

When I'm feeling particularly ungrateful, it helps me to make a gratitude list. What do I have in my life? Like they say, "It's not having what you want, it's wanting what you've got". When I think I about it like that, I have to admit that I've got a lot.

I have a husband that makes enough money to afford me the opportunity to be at home with my two beautiful and healthy boys. I have many wonderful friends. Most importantly, I have OA. OA has given me a whole new outlook on life. I honestly believe that if I hadn't found program, I would have eaten myself to death. My life is certainly something to be grateful for. I am just beginning to realize how truly blessed I am.

- A.M.

# A Serenity Puzzle



Created with EclipseCrossword — [www.eclipsecrossword.com](http://www.eclipsecrossword.com)

## Across

2. That feeling of inner-peace
5. Act of doing something for the group. For example, chairing, putting away literature,
7. What we can pick up instead of the food
9. Picking up pen and paper and airing our feelings
10. People attending a meeting for the 1st, 2nd or 3rd time
11. Catch phrases in program
12. One of our tools... "Dialing for dollars."
14. The act of refraining from compulsive eating.

## Down

1. One of the ways we communicate to our HP
3. One of the ways we listen to our HP
4. A place we go where we can listen, and share our experience, strength and hope
6. Trudging along with no "graduation" or destiny expected.
8. Voices of Recovery, For Today, pamphlets are all wonderful examples of this tool.
13. When one member shares experience, strength, and hope with a group of members.

- L.A.S.

*The answers will be printed in the next issue...*

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

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

**Phone**

Kristin: 440/552.8220  
 Kati: 440/292.6059

**E-mail**

oaheart2heart@hotmail.com

## CCI Announcements

### Help Needed

The 12 step within committee of CCI is looking for someone with the ability and machinery to dub audio tapes to CD. Many people have commented that their car does not have a tape player but a CD player. They would like to be able to listen to the OA message in their car on the commute to work or on long drives. Please contact Pat at 440-234-0007

### Seventh Tradition Donation Reminder

It's suggested to divide your group's Seventh Tradition donations in the following ways:  
 60% Cleveland Central Intergroup (Attn: Treasurer 3030 Euclid Ave. #401 Cleveland, OH 44115)  
 10% Region V (Attn: Treasurer PO Box 428633 Cincinnati, OH 45236-8633)  
 30% World Service Office (Attn: Treasurer PO Box 44020 Rio Rancho, NM 87174-4020)

### Consider attending the Intergroup/Board Meeting

The next Board meeting is January 4<sup>th</sup> at 7:00 PM (Room #401)  
 The next Intergroup meeting is January 21<sup>st</sup> at 2:00PM (Basement)

Both meetings are held at the CCI Office at  
 3030 Euclid Ave

### Now Accepting Articles for the Spring 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 March 1st, 2007

Available at the CCI Intergroup Meeting in March.

Topics include:

**Steps and Traditions:** 1, 2, 3

**Tools:** Sponsorship, Meetings

**Principles:** Honesty, Hope, Faith

**Absolute:** Honesty

**Focused Topics:** What are your favorite program slogans and why?

Share about the OA prayers: Serenity Prayer, 3<sup>rd</sup> Step Prayer, Rosanne's Prayer, 7<sup>th</sup> Step Prayer, 10<sup>th</sup> Step Prayer

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.

***NEW! All articles will be printed with first and last initials ONLY per the CCI Board.***

### Thank You!

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

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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 2007 Meeting List - West

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

Office Hours: Days and hours vary, please call first

<b>Monday</b>	9:30am A	Parma Heights	Parma Heights Library, 6206 Pearl Rd.	440.885.5594, Elaine	440.884.9028, Rosalie
	5:30pm	Mansfield	Linden Road Presbyterian Church 160 South Linden Rd.	216.587.5757	Marjorie
	7:30pm	Elyria	First United Methodist Church 312 Third St. (park behind church)	440.322.3031	Lorraine
	7:00pm <i>Newcomers</i>	Lakewood	Cove United Methodist Church 12501 Lake Ave. (Cove & Lake)	440.884.0788	Karen
	7:30pm	Lakewood	Cove United Methodist Church 12501 Lake Ave. (Cove & Lake)	440.884.0788	Karen
	7:30pm A	North Royalton	North Royalton United Methodist Church, 13601 Ridge Rd. Corner of Ridge Rd. and Rte. 82 (Royalton Rd.)	440.823.7242	Kelly
<b>Tuesday</b>	9:30am	Lakewood	Lakewood Methodist Church, 15700 Detroit Rd.	440.777.7647	Grace
	10:00am	Brunswick	United Methodist Church, 1395 Pearl at Rte. 303	330.723.1444	Nancy B.
	7:30pm A, Lead	Amherst	Heritage Presbyterian Church 515 Leavitt Rd. (Rtes. 58 & 2)	440.988.9843	Rosalie
	7:30pm	Cleveland	Brooklyn Presbyterian Church 4308 Pearl Across the street from the Cleveland Public Library at the corner of Pearl and Spokane	216.351.0232, Nancy	216.741.8128, Patti
	7:30pm Big Book	Bay Village	Bay Presbyterian Church, 25415 Lake Rd.	440.871.7166	Allen B.
<b>Wednesday</b>	10:00am A	North Olmsted	John Knox United Presbyterian Church, 25200 Lorain Rd. Newcomers meeting immediately following	440.234.0007	Pat
	11:30pm A	Ashland	Ashland Library, 224 Claremont St.	419.289.2054	Jessie
	7:15pm NEW TIME	Lakewood	St. Peter's Episcopal Church, 18001 Detroit Ave.		
	7:30pm Men	Rocky River	Rockport United Methodist Church 3301 Wooster Rd.	440.835.1373, Hugh	216.228.8898, Tony
	7:30pm A	Medina	St. Paul Episcopal Church, 317 Liberty Ave.	330.723.4524	Denise
	7:30pm	Parma Hts.	Church in the Woods, 11001 Ridgewood Dr.	440.570.1962	Jim
<b>Thursday</b>	7:15am	Lakewood	Detroit-Cook Bldg., 18001 Detroit Rd., Ste. 200	216.252.3279	Patrick
	9:45am	Elyria	St. John Lutheran Church, 1140 West River		
	7:00pm <i>New Meeting</i>	Mansfield	Little Washington Congregational Church 2323 Washington S. Rd	740.507.7822	Marlene L.
	7:30pm A, Lead NEW LOCATION	Brooklyn Hts.	Brooklyn Heights United Church of Christ 2005 W. Schaaf Road	216.749.7396	Diane
<b>Friday</b>	8:00pm Varies	Seven Hills	St. Peter United Church of Christ 125 E. Ridgewood Dr.	440.884.0788	Karen
<b>Saturday</b>	10:00am A, Big Book	Olmsted Falls	St. Andrews Presbyterian Church, 23114 West St.	440.235.9195	Brenda
	10:00am Big Book	Medina	First Christian Church, 4797 Sharon-Copley Rd.	330.722.6313	Jane
	7:00pm	Lakewood	Lakewood Baptist Church 14321 Detroit Rd. (Use door on Lincoln)	216.228.4060	Jean
<b>Sunday</b>	10:00am A	Westlake	St. John's Westshore Hospital 29000 Center Ridge Rd. Medical Arts Bldg., Auditorium B	216.741.0508	Bill/Lynn
	7:00pm Non-smoking	Lakewood	Lakewood Baptist Church 14321 Detroit Rd. (Use Door on Lincoln)	440.331.4451	Mike W.
	7:00pm Big Book	Cleveland	Archwood United Church of Christ 2800 Archwood	216.749.7396	Diane S.

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

# Overeaters Anonymous 216-391-6664

## Winter 2007 Meeting List - East

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

<b>Monday</b>	1:30pm	Big Book	Lyndhurst	Lyndhurst Community Presbyterian 5312 Mayfield Rd.	440.449.5020	Sue M.
	7:15pm	A	Maple Hts.	Maple Hts. Library, 5225 Library Lane	216.587.5757	Andre
	7:00pm	A	Ashtabula	Eastside Presbyterian Church 3440 Edgewood Dr.	440.997.5509	Bonnie
	7:30pm		Mentor	Lighthouse Community Church 7550 Bellflower Rd. Mentor, Ohio	440.257.4781	Cynthia
7:30pm	A	Chesterland	Mayfield Church 7747 Mayfield Rd. Chesterland, OH	440.729.2835, Tina	440.338.8027, Mary	
<b>Tuesday</b>	10:00am	Children welcome, Format varies	Bedford	Bedford Christian Church 98 Warrensville Center Rd.	440.632.0372, Charler	440.632.5219, Nancy
	7:30pm		Middlefield	First United Methodist Church 14999 S. State Ave.	216.932.4225	Bill
	7:30pm	Men	South Euclid	St. Gregory Church 1545 South Green Rd. Mary room	216.289.0121, Audrey	440.918.1318, Eleanore
	7:30pm		Willowick	Shoregate United Methodist Church 30500 Bayridge Blvd. Across from Willowick City Hall	216.397.8996	Julia
	8:30pm	Women	Cleveland Hts.	Kaiser Permanente 10 Severance Circle 1st Floor ENT Section	440.449.7528	Bonnie
<b>Wednesday</b>	9:30am	Babysitting	Euclid	Eastshore Methodist Church 23002 Lakeshore Blvd.	216.393.1314	Sharon
	5:15pm		South Euclid	Workmans Circle 1980 South Green Rd.	216.321.2727	Tracy
	7:00pm		Cleveland Heights	Church of the Redeemer 2420 South Taylor	440.646.9610	Marla
	8:00pm		Cleveland Heights	Club 24, 1635 Lee, at Mayfield	330.562.3389	Ann
	8:00pm		Macedonia	Our Lady of Guadalupe 9080 Shepard Rd.	216.321.4871	Elizabeth
<b>Thursday</b>	9:05am		Cleveland Heights	Church of The Redeemer 2420 South Taylor Rd.	440.255.0298, Ellen	440.257.5895, Donna
	10:00am	Babysitting	Mentor	United Methodist Church 8600 Mentor Ave.	CLOSED	Joyce L
	11:45am	2nd and 4th Thursday Only CLOSED	Mentor	United Methodist Church 8600 Mentor Ave.	440.729.1826	Joyce H
	1:30pm	Big Book Study	Wickliffe	Covenant Baptist Church 28930 Ridge Road, Rte 84	216.932.9931	Shirley
	7:00pm		Cleveland	Bright Star Day Care Center 13405 St. Claire Ave.	216.571.0267	Maureen
	7:00pm	Varies	South Euclid	Church of the Master 4050 Monticello Blvd.	440.564.2288	Jim
	7:30pm	A, Format Varies	Bainbridge	Lord of Life Lutheran Church 17989 Chilliocothe		
<b>Friday</b>	10:00am	Discussion	Lyndhurst	Lyndhurst Community Presbyterian 5312 Mayfield Rd. Between Richmond and Brainard. Church office entrance.	216.691.1237, Janet	216.591.0375, Sharon
	6:00pm	12 & 12 Discussion	Cleveland Hts.	St. Paul Episcopal Church 2747 Fairmount (at Coventry)	216.702.2115	Rachel
<b>Saturday</b>	10:00am	Big Book	Bedford	Bedford Christian Church 98 Warrensville Center Rd.	440.542.0206, Christie	440.786.7090, Connie
	10:00am	Big Book	Euclid	Masters Church, 771 E. 260th St.	216.289.2329, Beverly	216.731.8091, Sharon
	3:00pm	Format varies	Pepper Pike	New Directions 30800 Chagrin Blvd. Please use side entrance.	216.381.3871, Barbara	216.291.2510, Doreen
<b>Sunday</b>	10:00am	A, Lead	Mayfield Hts.	Meridia Hillcrest Hospital 6780 Mayfield Rd., Atrium - basement	440.392.2101	Bill
	7:00pm		Painesville	Lake County Memorial Hospital East 71 E. High St.	440.352.4614	Doris
	7:00pm	Discussion	Shaker Heights	First Baptist Church 3630 Fairmount Blvd.	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