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## Courage, Integrity, and Willingness

These principles meant different things to me when I first came into the OA rooms almost 25 years ago. It took courage for me to be vulnerable enough to walk into a meeting and let people know my name and that I had a problem with food. I had to be willing to make myself vulnerable to others and to let people close enough to get to know me. It took a lot of willingness on my part to act "as if" when all I wanted to do was to isolate.

Today, I understand that the principle of courage as it relates to the 4<sup>th</sup> step means that I have to honestly and openly inventory what goes on inside my head. The act of listing my resentments, real or imagined, and then being honest enough to look at what I did to contribute to the situation or perpetuate the negative feelings took a lot of courage.

Integrity as it relates to the 5<sup>th</sup> step guides me to be honest and open with myself, my Higher Power and another human being. I did this by reading my 4<sup>th</sup> step to another trusted OA person. In doing so, I saw patterns arise that until then I did not know were powerfully running my life. It took a commitment or integrity to my program, because I wanted that freedom from compulsive overeating – to expose myself and trust that I would be protected.

Then I had to be willing to humble myself to my Higher Power and expose my character defects and be willing to have them lifted. I never saw the principles of courage, integrity and willingness as actions, but they certainly are. Today, I have relationships with those people in my life who I carried a life-time supply of anger, pain and resentment towards. Today those relationships are rewarding and fulfilling. A true miracle has happened. But it all started with Courage to face myself and the Integrity and Willingness to trust another human being and my Higher Power.

I have learned that I used to eat over what was eating me. Today I walk in courage, driven by integrity and humbled by willingness to do what I need to do to ensure that I have no reason or excuse to overeat. This is the definition of walking in the Spirit – a spiritual awakening was promised to me if I just put down the food and took the steps, and that promise is alive in my life today. "Together we can do what we could never do alone."

- B. B.

Editor : Kristin H.

In working the Fourth Step, we were practicing the principle of **Courage**.  
In working the Fifth Step, we were practicing the principle of **Integrity**.  
In working the Sixth Step, we were practicing the principle of **Willingness**.

## Writing

Writing – Interesting that I have been planning to submit an article to the Heart to Heart all month but have been putting it off. When I looked at why the delay, I realized that I really don't like to write. My HP works in mysterious ways. When I reviewed the topics for this edition – wow, writing is a topic. I realized that my HP is talking to me. Writing has been one of the tools of the program that I have struggled with utilizing on a routine basis. I have been blessed with abstinence "One Day at a Time" by following the suggestions of those who have "trudged this road of happy destiny" before me. I have been told to get out of my head – a dangerous place to be. Through my recovery, the tools have been a savior to me. This disease of overeating can keep me trapped within myself. Not believing that I am worthy of being "a part of". Writing this down without thought or hesitation of what ends up on the paper is freeing. I may not like or even understand what comes out in the writing. Sharing the writing with my sponsor or others helps me weed out the confusion or fear. I can then begin to determine a plan of attack to continue the *Awareness, Acceptance and Action* of any issues/concerns that may allow my disease to return. Today I am so blessed with so many miracles in my life. I do not want to go back. I am grateful for today that I have been given the willingness to do this writing. It has allowed me to look at the use of the tools in my recovery. For today, I pray for the willingness to continue utilizing the tools of the program so that I can continue to be blessed with another day of recovery.

-- Anonymous

## Looking for Service Opportunities?

The Cleveland Central Intergroup (CCI) Board has several positions available. Elections will be held in November. All positions are a two-year commitment and regular attendance at the monthly Intergroup meeting. CCI board positions require regular attendance at the monthly Board meeting. If you are interested in any of these positions, please contact Sandy M. at (330) 274-2086.

### CCI Board Positions

- Vice-Chair
- Secretary
- Delegate

Eligibility Requirements are: 1 year of continuous abstinence; 2 years of service above the group level.

### Other Positions

- Heart2Heart Editor

Eligibility Requirement is: 1 year of continuous abstinence

-OR -

### Consider attending a CCI Board or Intergroup Meeting

All CCI meetings are held at the CCI Office at 3030 Euclid Ave., Cleveland, OH 44115  
These meetings are open to all members.

The Board meetings are at 7:00 PM (Room #401); The Intergroup meetings are at 2:00PM (Basement)

The meeting dates for the remainder of 2007 are as follows:

**Intergroup Meetings:** June 24<sup>th</sup>, July 22<sup>th</sup>, August 19<sup>th</sup>, September 16<sup>th</sup>, October 28<sup>th</sup>, November 18<sup>th</sup>, and December 16<sup>th</sup>

**Board Meetings:** July 5<sup>th</sup>, August 2<sup>nd</sup>, September 6<sup>th</sup>, October 4<sup>th</sup>, November 1<sup>st</sup>, and December 6<sup>th</sup>

## Journey of Life

In trying to focus on obtaining my goals of losing weight and being abstinent, I had to reflect on what I was doing. Was I rushing and becoming single minded and being too obsessed with meeting a goal? Was I missing steps because I was trying to hurry?

Things in life that are worthwhile have to be worked on—sometimes taking years of plodding along with one foot moving ahead of the other.

When I was going to nursing School, I put a lot of effort into doing well in school even though I struggled in some subjects. I kept trying to go along and focus on what I was doing without thinking so far ahead that I would be afraid to take the next step.

Looking too far ahead could be scary. Looking back made me focus on how much I had already accomplished.

The important thing is trying to enjoy the journey. Enjoying the pathways so we do not become frustrated or worried is important. The old saying of stopping to smell the roses is so true. Sometimes we just need to be still and savor the moment. If we don't quiet ourselves down we may miss something important. Goals can be important but not the priority. Doing the steps, reflecting on where we were can keep us moving along our journey of life, enjoying the insights along the way.

- J. O.

## Some Days Are Diamonds

There's a song written by John Denver called "Some Days Are Diamonds" which expresses how I feel about my experience of being abstinent. Some days, because I don't feel serene or because of factors like HALT, or -- maybe just because -- I experience food obsession. I might think too much about what will be available at an upcoming meal, or I might be trying to manipulate circumstances so that I can end up at a certain place to eat what I "really" want for an abstinent meal. Ha! By the grace of God I can often turn that over and say "of course I think that way, I'm powerless over food, remember?" and then stick to my food plan. Some days I experience compulsion -- I'm not even remotely thinking about overeating, but then out of nowhere I will see something and want it - or want lots of it. I don't have to act on that either, by the grace of God, and the self-forgiveness for thinking that way because I am, after all, powerless over my thinking about food, works for me. I don't have to act on the compulsion.

Once in a while I have both obsession and compulsion. Those are rough days, white knuckle days, worrying too much about how to "control" the amount I eat especially in situations where I've overeaten before, like at my in-laws for a holiday meal. Sometimes it helps to "spot pray" in a bathroom somewhere, and it always helps to talk to someone about it. But on a lot of days, in fact most days, I experience no obsession and no compulsion. Those days are wonderful, because I'm not even thinking about food, and when it's meal time, I'm satisfied with moderate portions. That's what makes me think... "some days are diamonds"... and some days are just dogs. The good thing is, experience shows me "this too, shall pass". I only have to worry about abstaining one day at a time - this day. I am so grateful for the mental freedom abstinence brings most of the time so I can feel good about myself and also so that I can concentrate on doing other things, like my work.

-- Anonymous

## Upcoming Events!

### **August 30 – September 2, 2007**

#### **World Service Convention**

Ring in Recovery: Declare Your Freedom from Compulsive Eating"  
Located in Philadelphia, Pennsylvania at the Lowes Philadelphia Hotel

Registration begins on Thursday, August 30<sup>th</sup> at 1:00pm. The Grand Closing begins at 10:00am on Sunday. In between, there are a lot of recovery meetings, workshops, general sessions and marathons!

Room reservations at the Lowes Philadelphia are \$139.08 (including tax). Rates are available from August 23 – September 5. To make a reservation, contact 215/627-1200 before **August 6, 2007** in order to receive the group rate. Each room can accommodate up to 4 guests.

#### **Convention rates are:**

\$79 for Pre-Registration (before July 2)  
\$99 for Pre-Registration (after July 2)  
\$99 for Onsite Registration  
The Saturday banquet is \$50.00 (or \$10 for just the dance)

Additional information is available online at: [http://www.oa.org/ws\\_convention.html](http://www.oa.org/ws_convention.html)

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### **October 19 – 21, 2007**

#### **Race for Recovery**

#### **Annual Region 5 OA Convention**

Located in Louisville, Kentucky at the Galt House Hotel and Suites  
(<http://www.galthouse.com>)

Hotel Reservation **deadline is September 18, 2007**. Call the hotel directly for reservations. Ask for the Overeaters Anonymous group rate.

#### **Convention rates are:**

\$55 for the Full Convention  
\$75 for the Full Convention with Banquet  
**Pre-Registration deadline is October 5, 2007** after this date, you must register on-site.

A copy of the registration form is available online at:  
<http://www.region5oa.org/events/2007KYConvention1.pdf> and  
<http://www.region5oa.org/events/2007KYConvention2.pdf>

Registration form and check should be sent to:  
OA Region V Convention  
c/o Vicki Smith  
11213 Finchley Road  
Louisville, KY 40243

Any questions should be directed to OAVICKI@yahoo.com

# Mark Your Calendars!

## **Geauga Day of Sharing**

**Saturday, July 28, 2007**

**9:00AM – 4:30PM; Registration at 8:30AM**

Great News! The Geauga Day of Sharing is coming soon!

This yearly OA event is at the Mayfield United Methodist Church  
7747 Mayfield Road, Chesterland, OH 44026

The theme will be on 3-fold Recovery: Physical, Emotional, and Spiritual, and we are planning to have a speaker focusing on each, two in the morning and one in the afternoon. The day will close with a panel (ask-it-basket) on the Tools of OA Recovery.

Beverages will be provided for cost and there are restaurants nearby or participants may want to bring a brown-bag lunch.

The facility is fully accessible and air conditioned.

Cost: 7th Tradition Donation

## **An Announcement From: The Sunday Evening OA Meeting**

**At Archwood United Church of Christ 2800 Archwood Avenue in Cleveland**

**Starting Sunday July 15,2007**

Come join us as we read and share about the 12 Steps of recovery from our "OA 12 & 12".

The meeting time will remain 7:00 - 8:15 PM

**Meeting Format:** We will read from the book The Twelve Steps and Twelve Traditions of Overeaters Anonymous for approximately 10-15 minutes, so to complete one step each week. There will then be a 3 minute meditation to reflect on what was read. The chairperson will then share for approximately 10 minutes on what was read. The meeting will then be open to sharing from the floor.

**Note:** Please bring your "OA 12 & 12", if you have one. If not, there will be some to share!

For more information or directions please call: Michelle 216-201-0913 or Gail 440-885-2762

## **The All Ohio Day of Sharing (An event sponsored by Ohio OA Intergroups)**

**Saturday, August 18, 2007 from 9:00am – 4:00PM**

This event will be held at North Community Lutheran Church, 114 Morse Road, Columbus, Ohio 43214\* Each Intergroup is bringing a raffle basket and a speaker.

Suggested Donation: \$5.00

Contact: Karen B. at 614-836-2708 or Erica B. at 614-537-4244

\*Directions: Take Route I-71 to the Morse Road Exit. Turn west. The church will be approximately two miles down on the right. If you hit High Street, you went too far.

Please send submissions to:

**Address**

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

**Phone**

Kristin: 440/552.8220

**E-mail**

oaheart2heart@hotmail.com

## CCI Announcements

### 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 45242-8633)

**30% World Service Office**

(Attn: Treasurer PO Box 44020 Rio Rancho, NM 87174-4020)

Please make all checks out to Overeaters Anonymous and be sure to include your full mailing address and group meeting number so a receipt can be sent out and your group properly credited.

### 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 1st, 2007

Available at the CCI Intergroup Meeting on September 16th.

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 do 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.

***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

## Summer 2007 Meeting List - West

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

Office Hours: Days and hours vary, please call first

216.391.6664

<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
	7:00pm <i>Newcomers (full meeting follows)</i>	Lakewood	Cove United Methodist Church 12501 Lake Ave. (Cove & Lake)	440.884.0788	Karen B.
	7:30pm	Lakewood	Cove United Methodist Church 12501 Lake Ave. (Cove & Lake)	440.884.0788	Karen B.
	7:30pm	Elyria	First United Methodist Church 312 Third St. (park behind church)	440.322.3031	Lorraine
	7:30pm A	North Royalton	North Royalton United Methodist Church, 13601 Ridge Rd. Corner of Ridge Rd. and Rte. 82 (Royalton Rd.)	440.237.9157	Joan
<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	440.884.9528, Rosalie	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.	419.565.7978	BJ
	7:15pm	Lakewood	St. Peter's Episcopal Church, 18001 Detroit Ave.	216.228.8898	Mimi
	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>	9:45am	Elyria	St. John Lutheran Church, 1140 West River	440.365.3082	Lynne M.
	7:00pm New Meeting	Mansfield	Little Washington Congregational Church 2323 Washington S. Rd	740.507.7822	Marlene L.
	7:30pm A, Lead	Brooklyn Hts.	Brooklyn Heights United Church of Christ 2005 W. Schaaf Road	440.570.1962	Jim M.
<b>Friday</b>	8:00pm Varies	Seven Hills	St. Peter United Church of Christ 125 E. Ridgewood Dr.	440.884.0788	Karen B.
<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	440.835.1373	Hugh
	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	440.652.6130	Michelle V.

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

## Summer 2007 Meeting List - East

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

Office Hours: Days and hours vary, please call first

216.391.6664

<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
<b>Tuesday</b>	7:30pm		Middlefield	First United Methodist Church 14999 S. State Ave.	440.632.0372	Charlene
	7:30pm	Men	South Euclid	St. John's Lutheran Church 4386 Mayfield Road	440.461.9170	Joe N.
	7:30pm		Willowick	Shoregate United Methodist Church 30500 Bayridge Blvd. Across from Willowick City Hall	216.289.0121, Audrey	440.918.1318, Eleanore
	8:30pm	Women	Cleveland Hts.	Kaiser Permanente 10 Severance Circle 1st Floor ENT Section	216.397.8996	Julia
<b>Wednesday</b>	9:30am	Babysitting	Euclid	Eastshore Methodist Church 23002 Lakeshore Blvd.	440.449.7528	Bonnie
	5:15pm		South Euclid	Workmans Circle 1980 South Green Rd.	216.408.4459	Sharon
	7:00pm		Cleveland Hts.	Church of the Redeemer 2420 South Taylor	216.321.2727	Tracy
	8:00pm		Cleveland Hts.	Club 24, 1635 Lee, at Mayfield	216.873.0611	John
<b>Thursday</b>	9:05am		Cleveland Hts.	Church of The Redeemer 2420 South Taylor Rd.	216.321.4871	Elizabeth
	10:00am	Babysitting	Mentor	United Methodist Church 8600 Mentor Ave.	440.392.2847	Dianne
	1:30pm	Big Book Study	Wickliffe	Covenant Baptist Church 28930 Ridge Road, Rte 84	440.729.1826	Joyce H
	7:00pm		Cleveland	Bright Star Day Care Center 13405 St. Claire Ave.	216.932.9931	Shirley
	7:30pm	A, Format Varies	Bainbridge	Lord of Life Lutheran Church 17989 Chillicothe	440.564.8108	Jon
<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)	216.932.9931	Shirley
<b>Saturday</b>	10:00am	Big Book	Bedford	United Methodist Church 79 Warrensville Center Rd.	216.382.9070, Halle	216.526.3651, Nancy
	10:00am	Big Book	Euclid	Masters Church, 771 E. 260th St.	216.289.2329, Beverly Mc	216.731.8091, Sharon
	3:00pm	Format varies	Pepper Pike	New Directions 30800 Chagrin Blvd. Please use side entrance.	440.543.6507	Patty
<b>Sunday</b>	10:00am	A, Lead	Mayfield Hts.	Meridia Hillcrest Hospital 6780 Mayfield Rd., Atrium - basement	440.392.2101	Bill C.
	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

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