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Drop the Rock

I have been inspired. Inspired by a story. I'd like to share it with you.

A boat was headed to the island of *Serenity*. A man who desperately wanted to reach the island missed the boat. Literally...

Some of the people on the boat noticed him standing on the dock and encouraged him to jump in and swim to the boat so he could reach his destination. He jumped in and tried to swim to the boat. Unfortunately, he realized that he had a huge rock tied around his neck and he began to sink.

The folks on the boat called out to him, "Drop the Rock! Drop the Rock!" He realized that the rock was made up of his resentments, fears, dishonesty, and other character defects that he had been clinging to. Struggling to stay afloat, the man considered letting go. But how could he let go of the things that practically defined him—made him who he was? Hearing the voices of the people on the boat, he finally became willing... He asked god to help him "drop the rock". Letting go, he quickly swam to the boat and was welcomed aboard with open arms. He did it – but not without the encouragement of those that were already on the boat, and the help of his HP.

Soon enough, the man looked back to the dock and saw that someone else was bobbing in the water, trying to swim to the boat with a rock around her neck. The man was the first person to the rail yelling, "Drop the Rock!"

- Paraphrased from: "Drop the Rock: Removing Character Defects, Steps Six and Seven" by Bill P., Todd W., Sara S.

This story inspires me on a daily basis as I work to become the person that I want to be—my future, healthy self. I look to this person today for guidance, inspiration, hope, and encouragement. I sometimes ask, "How would *she* handle this situation?" and I then try to **act as if**.

Letting go of my "rock" hasn't been easy. It is definitely a process. But, the good news is, I don't have to do it alone today. I can talk to others that have been to *Serentiy* island—have already dropped their own rocks along the way—and I can learn from them. I can look to my higher power and ask for the strength to walk through uncomfortable situations without picking up my rock again.

By doing this, I'm slowly realizing that I'm *already* the person I want to be.

"Editor : Kristin H.

- Anonymous

Heard at a Meeting...

"Eternal vigilance is the price of freedom."

"Prayer is a dialog with the Divine."

"I cannot make amends unless I have already forgiven the person beforehand."

"Expectations prevent me from surrendering."

"It doesn't matter what I think, only what I do."

"Courage isn't the absence of fear, it's walking through it."

"I'm surrounded by people that are striving to be the best they can be."

"I have a responsibility to share my opinion, even if it is not the popular opinion. My other responsibility is to let go of the outcome."

"Once we get abstinent, we're in a race with our disease."

"If you fail to plan, you plan to fail."

"I wake up abstinent every morning. What am I going to do today to keep it?"

"I am a comfort junkie—physically, emotionall and spiritually. Today it's ok to feel uncomfortable."

"I'm a **real** Compulsive Overeater."

"Without the steps, OA is just a diet club."

- Overheard at the 2007 World Service Convention, Philadelphia, PA

D.'s Abstinence Absolutes

1. **No spontaneous eating.** Plan ahead; know parameters of what I am going to eat.
2. **Plan** program activities during week; put them in my planner. Plan activities around meetings with my sponsor, sponsees, and regular program meetings, rather than the other way around.
3. Nurture **memories of what happened** when I was out there compulsively overeating. Tell my story. Remember how it was. Don't let the horror of when I was actively in the disease be forgotten.
4. There are **NO "SPECIAL" DAYS!** For example: what do I call Thanksgiving? "Thursday". There are no special events connected or celebrated with food in my life today.
5. **Wait 10 seconds** before eating it. Often that is just enough time for me to come to our senses before taking what might be the first compulsive bite.
6. **Keep Coming Back!**
7. **Be tough** on myself. The pity party can get me in big trouble.
8. **Honor my body.** Exercise within reason, drink water, and get enough rest. No negative self-thoughts. Listen to what I say about myself.
9. **Ask** for what I need. People cannot read my mind.
10. Ask G.O.D. daily if I can **walk with Him** instead of asking Him to walk with me.
11. Keep my **OA bank account in the black.** If I know I am going to be missing a usual meeting because of travel or work or other obligation, attend an extra meeting or two that week, or the week(s) before or after.
12. **Don't let service replace recovery activities.** Even though I am doing service for my group and above group level, I still have to be working my steps and actively using all my tools, and connecting with my higher power daily.

- Overheard at the 2007 World Service Convention, Philadelphia, PA

Cross Talk: What Is It? Why Does It Hurt?

Webster says that crosstalk is "interference in one track of a tape recording caused by another track." In OA the term "crosstalk" is used to describe various forms of "interference" in meetings. OA'ers speak of crosstalk with reverence or vehemence, but there is confusion about its actual definition in the fellowship.

To get help, I called World Service. They had no single, approved definition, saying, "It's a gray and fuzzy area." Their suggested guidelines are:

- The only appropriate comment about anyone's share – a speaker's or another member's – is "Thank you for your share."
- Any comments, negative or positive about another's share, experience, life, program, or remarks are crosstalk – that is, interference.
- A member may talk about his or her own experience, as it relates directly or indirectly to another's share, but should not refer to that person's share. Even comments such as "When you talked about...it reminded me of my own experience," are possibly in appropriate.
- Any form of interruption, (remarks, side conversations, gestures, laughter, and extreme facial expression, or a spontaneous outburst) – is crosstalk.
- Any advice given during the meeting – whether asked for or not – is crosstalk. If advice is requested, it can be offered after the meeting or by phone.

Why does OA strongly discourage crosstalk? There are several reasons:

- We need to feel safe about expressing our experience, strength and hope without fear of direct or indirect response ('indifference'). For many members, OA is the first place they've felt safe speaking about their experience.
- Crosstalk is frequently judgmental, expressing an opinion of the person's share. Being judgmental is a character defect many of us are trying to let go of.
- Crosstalk can break a person's anonymity by introducing information not mentioned in the person's share, revealing relationships outside the meeting.

Avoiding crosstalk helps us guarantee safety, protect privacy and ensure anonymity for all of us. World Service recommends that each meeting do two things to help eliminate crosstalk: 1. Define crosstalk in a group conscience at a steering committee; and 2. Include the definition and the prohibition of crosstalk in the format at the opening and the closing of the meeting.

Avoiding crosstalk in our meetings should not discourage anyone from sharing, but rather guarantee that each member speaks just about his or her own experience, strength and hope.

- Reprinted from *The Bridge*
May-June 1992

In working the Seventh Step, we were practicing the principle of **Humility**.

In working the Eighth Step, we were practicing the principle of **Love**.

In working the Ninth Step, we were practicing the principle of **Justice**.

God is On My Side

Since coming to OA about 5 months ago, my life has changed drastically. I meditate daily in the morning before my feet hit the ground my knees touch the floor and I welcome God into my life and ask his guidance for that day. I pray the 3rd and 7th step prayer and serenity prayer. I read from my daily devotionals of OA. To me, meditating is everything. If I don't start my day with God, my days are long, tedious, and usually unbearable. At first and for the longest time, I thought, "This is not working" because I couldn't see any change. But my life has been changing all the while. I now have a sponsor, a food plan, I exercise. Everything is falling into place. It didn't happen miraculously. It happened "one day at a time" and each day brought new beginning in every area of my life. I wake up each morning now with a clear mind ready to go with God on my side.

- J. N.

Thank you HP and OA!

Before OA, my husband told me I needed to change my life. I was very angry with him because I was in denial. Yet I knew I wasn't happy and DIDN'T KNOW WHAT TO DO about it. He went for treatment and at "Family Day", I heard the Twelve Steps for the first time.

When I came to my first meeting, I knew I was home. Here, I found an unending supply of answers and living examples of how to clean up the messes of my past.

I realized I was accepted and eventually got to feel unconditional love. My Higher Power is multi-faceted and touches my heart and mind through the fellowship and nature as well as through my spiritual experiences.

I have learned that I'm not expected to know everything; I can say "I don't know" or "I'll check into it."

I have learned that I'm not expected to fix anybody but myself. I've it said that our God is codependent—someone who really CAN fix EVERYTHING and EVERYONE—even me.

I have a good plan that keeps me healthy—blood pressure, cholesterol, triglycerides—all healthy. I am so grateful to program!

I have tools to use when my disease acts up. Quite often, it's difficult to find and face the truth, through literature, writing, phone calls, meetings, and sponsor; I can get through my disease of craving extra food.

Recently, I was asked by a fellow OA if I was happy. After checking inside, I answered honestly, "Yes, I am."

Thank you HP and OA!

- A.W.

My Life Has Changed

To say that my life has changed completely since coming into OA 18 years ago is an understatement!

Food Plan: Before OA—what food plan? Today, I am eating healthier than I ever have. My good plan has evolved over the years. Today I eat three meals a day with no sugar. This has kept me sane.

Relationships: The relationships in my life are more real today because I am more read—willing to express and feel those feelings that I kept hidden inside me which only caused me to want to eat more.

Thinking: Getting out of the “sugar fog” has helped clear my mind and thoughts. I can “think” before I “act” which helps me to avoid problems not only with food but in ways of behaving also.

Career: Since coming into OA, I have gone back to school and completely changed what I do for a living.

Higher Power: My spirituality since coming into OA has been a complete turnaround. I have truly come to believe that HP is doing for me what I could not do for myself—although I tried for many years.

I am truly grateful to the OA program and all the wonderful people I have met. I look at my life today as an adventure and a gift.

- Anonymous, Medina

Three Miracles And Counting...

Being a newcomer to the program, I am already amazed at how God has been working in my life. There have been significant changes since I went to my first meeting just a few months ago. Although I am still trying to find my way while the fog starts to clear, I am so grateful to finally be facing my problems and not covering them up by compulsively overeating.

When I became abstinent, all of a sudden there was this ability to slow down my racing mind and get in touch with my Higher Power through prayer and writing. Journaling had been suggested to me by multiple people prior to OA, but I could not and did not want to slow down to get in touch with my feelings. I was determined to keep running from them. Now, I am able to sit and write and pray and this boggles my mind. What a gift!

Another miracle was becoming abstinent and not eating the foods that I was highly addicted to. Never before in my wildest dreams did I think this was possible. I thought that I was going to live the vicious cycle forever, keeping my secret hidden while slowly dying inside. God has truly done for me that which I cannot do for myself.

Lastly, my career and work-life are more balanced that they've ever been. I used to avoid starting a task because either I was afraid of failure, I didn't want to do it if I couldn't do it perfectly, or I worried too much about what other people would think. Now, those fears are subsiding and I'm able to get to work knowing that I WILL make mistakes, I am NOT perfect, and that is OK. Now, I focus on what God's will is for me instead of whether other people will approve. Gaining this serenity is a miracle.

- N. K.

Life Can Be Rewarding...

I reward myself in a non-compulsive, food free way by doing the following:

- | | |
|--|--|
| 1. Go for a walk | 19. Paint and color in a coloring book and make collages |
| 2. Watch a favorite show | 20. Paint my nails |
| 3. Walk the dog | 21. Play with my dog |
| 4. Exercise | 22. Play with grandkids |
| 5. Take a nap | 23. Come to meetings |
| 6. Look at the intricacies of leaves or bugs through a magnifying glass | 24. Play with my kids' bunny |
| 7. Play the piano | 25. Play scrabble |
| 8. Take an hour to sit down and read | 26. Watercolor |
| 9. Make phone calls | 27. Make a date to play with grandkids |
| 10. Get a massage | 28. Get a pedicure |
| 11. Have a cup of tea, sit down and read a book or do a puzzle | 29. Shop in resale shops |
| 12. Walk in the woods | 30. Let someone at the mall do my makeup |
| 13. Watch HGTV design shows | 31. Go down a different street and really look |
| 14. Be available to neighbors to get out of myself and be there for someone else | 32. Take a ride in the country |
| 15. Watch a good movie | 33. Garden |
| 16. Scrapbook – take time | 34. Go to an open house |
| 17. Enjoy my children | 35. Entertain company |
| 18. Watch a sunset or sunrise and realize how remarkable my H.P. is – suck it all in | 36. Decorate my home for the seasons |
| | 37. Take voice lessons |
| | 38. Knit scarves (or anything) |
| | 39. Sew (for home or self or others) |

AND 40. After being in program and realizing how healthy, I don't have to reward myself. It's choosing to be healthy – and that's the reward!

- Anonymous

What The Program Means To Me

When I first came to program I didn't know what to expect. I had been through many diet programs and plans. The weight came off – the weight came back. I was constantly embroiled in a multitude of business and family problems. I thought I was always right and everyone else was wrong. I was in counseling, but had no idea what the point was. I just plain felt bad.

After I entered the program at the behest of my sister who is in OA in Israel, I found a different life. It was not overnight. At the second meeting I attended a member said, "It's not what we are eating, it's what's eating us." To me that was a statement that took a long time to sink in. My whole life had been me, me, me.

Now after about 22 years in program I see the connection. Whatever is happening in my life affects what I am feeling. In the past my feelings were what I ate in. I try not to act on my feelings now with eating. Now I attempt to accept what I am feeling and try not to act on it, but to acknowledge why I am feeling that way and try to move on—to believe that there is a God (Higher Power) who I can turn to—who will help me if I will ask.

- L.

Literature Is the Key

Our **literature** has been the backbone of my recovery. It settles my thoughts down, helps me to direct my thinking on a higher plane. This higher plane helps me to act with more forgiveness and loving kindness to others, mainly my immediate family.

The literature tells me “God is my Employer now. I am no longer directing the show.” This is humbling to me because I thought I was great at that job but was unappreciated by others. Now, my humility allows me to sit back sometimes and let others shine.

The literature tells me to have a plan of eating and to eat only what I’ve planned each day. Humility comes into play when I follow that plan and not think I can eat whatever I wish, whenever I wish. It settles the dispute in my head about this subject, and helps me maintaining a steady, healthy weight. At one time, I thought this was impossible.

The literature has taught me a few prayers to say when the words just won’t come.

The literature tells me of so many others who have had my same problems and walk this path of recovery with me. I am not alone or feel isolated any more.

My life has changed for the better in many ways, but especially with more peace of mind.

- N.B.

Keeping Connected

The tools help me connect with the OA program on a daily basis. They are the life line to keeping my program alive.

The **telephone** is the tool I use most often. I call my sponsor almost daily. Even if I get voicemail, I commit my food and working my program for that day. When I am lucky enough to connect with another OA, I share where I’m at mentally for that day. Sometimes it’s tears, sometimes it’s status quo, but it’s always a day at a time.

The phone has helped me reason out difficult situations. Sometimes just knowing that someone is listening to me, is enough. Sometimes it’s my turn to listen to someone else. I try to remember not to give advice or judge, but just to offer my experience, strength, and hope.

I think the greatest gift we can offer one another is the gift of hope. This gift is passed along to me from my fellow OA members through our tools.

Please don’t be afraid to pick up the phone and use it along with our other tools. Our tools are what allow us to work our program.

- D. D., Medina

Phone Calls

Compulsive Overeating—a disease of isolation. Cunning, Baffling and Powerful! It loves when I stay in my head. It loves when I try to do it all on my own. It doesn’t want me to reach out. This is how I die—a slow, sad death. This is where my disease has taken me. Today I don’t have to do this. I have the tools of recovery at my disposal. I am blessed because not everyone with a deadly disease has a chance for recovery. I can be isolated in a room full of people or by myself in my home. Both are sad and scary. Today I don’t have to be there. The tool of the **phone** allows me to get out of myself. It allows me to share my experience, strength and hope with others. It allows me to also share my pain, fears, and resentments. It allows me to get out of myself.

- Anonymous

Remembering the Traditions

Here are some questions to ask myself when considering the traditions

Tradition Seven: Every OA group ought to be fully self-supporting, declining outside contributions

- Honestly, do I do all I can to help OA (my group, my central office) remain self-supporting?
- Could I put a little more into the basket on behalf of the new guy who can't afford it yet?
- How generous was I when shopped for food?
- Is it more important to get a big OA collection from a few people, or a smaller collection in which more members participate?
- Is a group treasurer's report unimportant OA business?
- How does the treasurer feel about it?
- How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

Tradition Eight: Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

- Is my own behavior accurately described by the Traditions?
- If not, what needs changing?
- When I chafe about any particular Tradition, do I realize how it affects others?
- Do I sometimes try to get some reward - even if not money - for my personal OA efforts?
- Do I try to sound in OA like an expert on compulsive Overeating?
 - On recovery?
 - On medicine?
 - On sociology?
 - On OA itself?
 - On psychology?
 - On spiritual matters?
 - Or, heaven help me, even on humility?
- Do I make an effort to understand what OA employees do?

Tradition Nine: OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

- Do I still try to boss things in OA?
- Do I resist formal aspects of OA because I fear them as authoritative?
- Am I mature enough to understand and use all elements of the OA program - even if no one makes me do so - with a sense of personal responsibility?
- Do I exercise patience and humility in any OA job I take?
- Am I aware of all those to whom I am responsible in any OA job?
- Have I learned to step out of an OA job gracefully - and profit thereby - when the time comes?

"Every OA group ought to be fully self-supporting, declining outside contributions"

Mark Your Calendars:

New Back To Basics Meeting starting September 17, 2007

The **Monday Evening Chesterland Meeting of Overeaters Anonymous** will be hosting a 5-week "Back-to-Basics" Meeting, from Monday, September 17th to Monday October 15th.

Open to anyone seeking a spiritual awakening!

Held on 5 consecutive Monday evenings from 7:30 to 9:00 PM starting September 17, 2007 at Mayfield United Methodist Church, 7747 Mayfield Road, Chesterland, OH 44026

For more information or directions or questions on the Back to Basics program, Call Meg (440) 995-5066 or Patty (440) 729-2438.

21-Week Big Book Study starting October 7, 2007

Come join the **Sunday Evening Into Action Big Book Meeting** at Archwood United Church of Christ for a 21-week study of the first 164 pages of the Big Book!

Starting Sunday October 7, 2007

Meeting time is 7:00-8:15 PM

Archwood United Church of Christ, 2800 Archwood Avenue in Cleveland

Meeting Format: We will read a selected portion from the Big Book of Alcoholics Anonymous for approximately 10-15 minutes. There will then be a 3 minute meditation to reflect on what was read. The lead will then share for approximately 10 minutes on the reading. The meeting will then be open to sharing from the floor. *Note:* Please bring your Big Book, if you have one. If not, there will be some to share!

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

Upcoming Events:

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>

Any questions should be directed to OAVICKI@yahoo.com

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

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.

Consider running for a CCI Board Position: Eligibility Requirements are: 1 year of continuous abstinence; 2 years of service above the group level.

- Vice-Chair
- Secretary

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: October 28th, November 18th, and December 16th

Board Meetings: October 4th, November 1st, and December 6th

Now Accepting Articles for the Winter 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 December 1st, 2007

Available at the CCI Intergroup Meeting on December 16th.

Topics include:

Steps and Traditions: 10, 11, 12

Tools: Service, Plan of Eating

Principles: Perseverance, Spirituality, Service

Absolute: Purity

Focused Topics: How do I plan on getting through the holidays abstinently?
What am I grateful for?

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!

We're on the Web!

See us at:

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

Overeaters Anonymous 216-391-6664

Fall 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

Monday	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
Tuesday	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.
Wednesday	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
	7:30pm	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
Thursday	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.
Friday	8:00pm	Varies	Seven Hills	St. Peter United Church of Christ 125 E. Ridgewood Dr.	440.884.0788	Karen B.
Saturday	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
Sunday	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

Fall 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

Monday	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	216.866.8663	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
Tuesday	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
Wednesday	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
Thursday	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
Friday	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
Saturday	10:00am	Big Book	Bedford	United Methodist Church 79 Warrensville Center Rd.	440.542.0206, Christie	440.786.7090, Connie
	10:00am	Big Book	Euclid	Masters Church, 771 E. 260th St.	216.289.9055, Trish	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
Sunday	10:00am	A, Lead	Mayfield Hts.	Meridia Hillcrest Hospital 6780 Mayfield Rd., Atrium - basement	216.382.9070, Halle	216.526.3651, Nancy
	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
- ~ anorexics

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