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Honesty, Purity, Unselfish Love

The five absolutes were practiced by the new AA members long before the 12 steps were evolved.

How do I practice honesty in my life as a longtimer? Physically, I have to remember that I cannot and do not work a perfect program in regard to food. Another longtimer said to me: "Everyone who has a perfect abstinence is a perfect liar". This does not mean that I practice gluttony; simply, it means that, for me, I need a gentle abstinence, an abstinence that is flexible. An abstinence that bends like a willow. It is not unyielding. If a particular problem comes my way. Does this mean that I can revert to eating more, with every problem, every headache? By all means, no. But allowing flexibility in my food plan saves me from "scratching my nails on the chalkboard" in regard to food. In the Big Book of Alcoholics Anonymous (p. 87), it states, "We relax and take it easy. We do not struggle. We are often surprised how the right answers come after we have tried this for awhile."

I choose not to strain my brain with struggle. I cannot. Or I die. Physically, mentally, and spiritually. Do I really mean that? Thirty one + years say, "Yes. Definitely, yes. I need my Higher Power to guide me in right food choices, in right life choices

Thank you, Lord, one day at a time.

K.M.K.

Live in the Present

Recovery includes learning the difference between "planning" and "projecting", which is trying to control the outcome... And the difference between "reflecting on the past" as apposed to dwelling on it. Very helpful for me as guidelines for living in the present moment but knowing there is also a healthy way to responsibly handle the future and to acknowledge the past.

- Anonymous

Heard at a Meeting...

"Imperfect action is better than perfect inaction."

I am really trying to let that one seep into my head so I can do better at accomplishing what I want to, what I mean to do, and what I say I will do, but don't actually do—A pattern that seems to be running me right into shame on a daily basis. I pray for willingness to go ahead and do "something", even if it is an imperfect action. That feels better than analysis paralysis or "waiting until it feels right".

- Anonymous

On the First Three Steps

I had struggled most of my adult life to either get down to or maintain an "ideal size." However, that "ideal" meant different things at different times in my life. At one time "Twiggy" or model skinny was my goal. Having it all. That was the myth back then. Thinking I could have my cake and eat it too, in more ways than one, was the insanity from which I came. All semblance of balance was gone. Thus started the purging and laxatives alternating with bingeing on high salt and sweet treats when my body was starving for real nutrition.

Mine was a life of extremes; a life so out of balance that suicidal desperation had dressed itself in the cushioning of compulsive overeating. Battle-weary, my life had become totally unmanageable. I came into OA because at that point I was grossly obese. I never realized it was a symptom of the insanity that I was practicing.

Unaware of how alone I had felt, I came into meetings and discovered people who listened and cared. I remember the reading of "How it works" at the beginning of every meeting. With the help of rigorous honesty and the twelve steps I learned to ask for help of a sponsor, to not only hope, but to trust. My relationship with my God changed.

I changed. I found balance in my life choices and relationships, miraculously, even in my food choices and amounts. A body with which I am happy, relatively good health and healthy food choices have become the norm. Most importantly, I believe I have found healing of my soul sickness. I have found a new freedom and a new happiness in OA. I am so grateful.

- M.

Keep Coming Back!

When I first entered OA, I often wondered why people stuck around for so long. Why do people "Keep Coming Back"? Today I value its importance. I'm amazed by the lessons I continue to learn about compulsive overeating, my relationships, and my Higher Power. Graduation is not an option for only by "coming back" do I have a shot at life!

Physically, I struggle with moderation and making healthy food choices. Right now, I have a large body as the result of poor decisions. But, by "coming back", I hear what works for others, their ideas, and their willingness. I have hope that I can change too.

Emotionally, I am more aware of bad attitudes and character defects that rear their ugly heads. I am willing to see myself for who I truly am, and try to live according to the twelve step principles.

Spiritually, because I keep coming back, my relationship is stronger with my Higher Power. I trust more and doubt less. I am more connected. I ask to be given the next right thought or action. When I keep coming back, it is much easier to say: "Your will not mine".

Keep coming back assures me help with my compulsive overeating. There is a fellowship of people who understand my compulsion. Because I come back, I hear messages of strength, hope, and recovery.

D. S.

Upcoming Events!

June 1 – 3, 2007

Big Book Study Weekend for Overeaters Anonymous

Sponsored by the Madison Area Intergroup (Madison, Wisconsin)

Located at Redemptorist Retreat Center in Oconomowoc, Wisconsin

(<http://www.redemptoristretreat.org>)

The Madison Area Intergroup has made arrangements for an experienced presenter of OA Big Book studies to come to Wisconsin for a weekend of learning about recovery from compulsive overeating. The speaker came to OA in 1979 and has lost about 500 pounds since the beginning of his OA journey. His opinion on the Big Book is that it has given him a life beyond his wildest dreams.

Registration begins Friday at 5pm. Program begins Friday at 7pm and ends Sunday at noon. The cost is \$185 for the weekend. Some singles are available, however if you select a roommate, you must send your registration together. All meals on Saturday and Sunday are included in the registration cost.

Registration **deadline is May 15, 2007**. If you register before April 1st, you will receive a free study edition copy of the Big Book, which includes the first 164 pages of the big book with lined pages opposite text for note taking.

Make checks payable to Madison Area IG and send registration and payment to:

Leslie Ptak

4801 Splint Road

Madison, WI 53718

For more information about the retreat, contact Leslie at 608-838-2274 or Leslie63@tds.net

A printable flyer is also available at: <http://www.region5oa.org/events/MADBBStudy6-07.pdf>

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 30th 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

Mark Your Calendars!

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

Consider attending the Intergroup/Board Meeting

All CCI meetings are held at the CCI Office at 3030 Euclid Ave., Cleveland, OH 44115

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:

Board Meetings

April 5th

May 3rd

June 7th

July 5th

August 2nd

September 6th

October 4th

November 1st

December 6th

Intergroup Meetings

April 15th

May 20th

June 24th

July 15th

August 19th

September 16th

October 28th

November 18th

December 16th

These meetings are open to all members.

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

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 Summer Heart2Heart!

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

Articles Accepted until June 1st, 2007

Available at the CCI Intergroup Meeting on June 24th.

Topics include:

Steps and Traditions: 4, 5, 6

Tools: Writing, Anonymity

Principles: Courage, Integrity, Willingness

Absolute: Unselfishness

Focused Topics:

- 1) What are some things that you do to "step up" your program a few notches? Do you participate in a step study group? Do you meet with your sponsor or other program people on a regular basis? Do you share your morning meditation or evening 10th step with someone?
- 2) Share something with us that you've heard at a meeting recently—a quote from the Big Book that was used or a slogan or phrase and how **you** could identify, relate or apply to your program.

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

Winter 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
	7:30pm	Elyria	First United Methodist Church 312 Third St. (park behind church)	440.322.3031	Lorraine
	7:00pm <i>Newcomers (full - 7:30pm 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 A	North Royalton	North Royalton United Methodist Church, 13601 Ridge Rd. Corner of Ridge Rd. and Rte. 82 (Royalton Rd.)	440.823.7242	Kelly
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	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.
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.	419.289.2054	Jessie
	7:15pm SUSPENDED until after 4/8/07	Lakewood	St. Peter's Episcopal Church, 18001 Detroit Ave.	440.476.2626	Vicki H.
	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 NEW LOCATION	Brooklyn Hts.	Brooklyn Heights United Church of Christ 2005 W. Schaaf Road	216.749.7396	Diane S.
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	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
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	216.587.5757	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
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	440.646.9610	Marla
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.	440.255.0298, Ellen	440.257.5895, Donna
	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	440.487.4925	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.	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.	216.381.3871, Barbara	216.291.2510, Doreen
Sunday	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

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