



What's Inside...

CCI Announcements	1
Step 11	2
Sponsorship	2
Updated Meeting List	3 - 4

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We're on the Web!

See us at:

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

2006-2007 Editor: Kristin H.

Thanks to those of you that wrote articles, provided ideas, and made the Heart2Heart your own! It has been a pleasure to serve as your editor for the past two years.

Loyally, Kristin

AND Introducing the...

**2008-2009 Editors: Tricia P.
Tina R.**

Holiday Meeting Updates:

- Monday Night, Cove United Methodist Church in Lakewood /S meeting on both Christmas Eve, December 24th and New Year's Eve, December 31st.
- Monday Night, Mayfield United Methodist Church in Chesterland will NOT meet on Christmas Eve, December 24th or New Year's Eve, December 31st.
- Tuesday Night, Brooklyn Presbyterian in Parma will NOT meet on Christmas, December 25th or New Year's Day, January 1st.
- Tuesday Night, Bay Presbyterian in Bay Village will NOT meet at the church on Christmas, December 25th or New Year's Day, January 1st. HOWEVER, the meeting will be held at Allen and Beverly B.'s home at the normal meeting time. Please call 866-722-4243 for more information.

The 3rd Annual New Year's Day Marathon

This event will be held at Hillcrest Hospital in Auditorium A & B. Registration begins at 9:30. Lead meetings will be held every hour (on the hour) from 10:00am - 3:00pm, with the last lead beginning at 2:00pm. Please come for all or part of the day.

Save the Date: Pass It On Marathon - March 14-16

Stay tuned for more information...

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, 2008

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:

- **Step 3:** 'Made a decision to turn our will and our lives over to the care of God as we understood him'... share how you work this step one day at a time. How can we simply become willing to make this step a part of our daily lives?
- **Sponsorship:** Share a sponsor/Sponsee story. How did you find your sponsor and how do you keep an open line of communication with him/her? Sponsors, how do you help your sponsee focus on the solution when they are in the midst of chaos?
- **We are not a glum lot:** Tell us about a funny situation where you had to be honest and how program helped you through that situation with humor.

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.

Step 11: The Source in Me is Mature

I heard from an unknown source that Spirituality is where you and God meet and what you do about it.

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

The purpose of Step 11 is three-fold: **1.** to build awareness of the evolving understanding of my Higher Power, **2.** to ask and listen to His plan for me in my life, and **3.** to practice it in the material world. In my experience, Step 11 is ONLY possible after working the first 10 steps and is cyclical in nature:

- 1. The Source:** I look directly in to my inner self to discover my needs, *the hole in my soul* and draw upon a source to live there or "fill that space." This source is an amalgamation of perfect ideals and principles that describes a *God of my understanding*. To illustrate; the feeling one receives from the unconditional love of "parents", a hug from a "best friend", a lick from a "loyal puppy", a hand shake from a "proud boss", a smile from a "forgiving sibling", an exchange with an "honest customer", a touch of an "infant's innocence", the smell of fresh flowers, the smooth sound of a waterfall, and the sight of the sunset.
- 2. In Me:** I realized that the plan can only be heard in the silence of my mind. I move "out of myself" and know that though I am part of the puzzle... I am only but one small piece. Although I am often emotionally attached to a single situation in life, there are many, many students.
- 3. Is Mature:** My word must be conveyed with conviction and measured in a manner of developing strength. "Dear God, I am ready for duty; Thy will not mine be done!" I am open to the following feelings of joy, pain, anger, fear, frustration, or hopelessness as opportunities to continue to improve my conscious contact with God as I understand Him.

- K. H.

Afraid to Sponsor?

Are you afraid to sponsor? I know how you feel. I felt the same way too. This is what happened to me when I finally humbled myself to give what I believe is the most powerful form of service.

I know today that I cannot work the program alone. I did not always know this however. I tried to do it alone for many years, and for many reasons – "I do not know enough about the Program to sponsor." "I am too busy." "I need to lose more weight before I can sponsor." "I am afraid I will lose my abstinence if I have to hear what other people are eating every day." "Who would want ME for a sponsor?" My disease had me living the life of an egomaniac with an inferiority complex, and I was in constant battle with myself, even after putting the food down. I had no clue how to travel the road of spiritual development, even though taking that journey is the only way to recover from this disease.

The Big Book emphasizes that in order to stay Abstinent (physically, emotionally, and spiritually) I have to WORK WITH OTHERS. The Big Book does not use the word "sponsor", which for me had so many connotations. Today I help guide those "willing to go to any lengths," with finding a plan of eating (another tool) that works for them and then getting on with the business of developing spiritually. The Big Book promises that if we enrich our spiritual lives we WILL recover --- not be cured, but be recovered, "one day at a time." That is my experience, and today I continue to travel "the road of happy destiny" by grabbing as many hands as I can.

In the preface to the Big Book it states that this book is a *textbook*. Therefore, when I work with others, we read and study the textbook called *Alcoholics Anonymous together*. I am getting so much from doing this. I learn that I do not have to be less than or greater than anyone. "Working the steps," once an elusive concept, came to life in the pages of the Big Book. We are all on the road to recovery together. All I have to do is share this Program with another person. The answers are all right there.

My prayer is that you all find someone you can work with. Don't be afraid, just trust that your Higher Power will show you the way. "Faith without works is dead." Working with another, gives Faith a path to follow, through both of you, ensuring exponential growth and health. "Together we can."

- B. B.

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
	7:15pm CLOSED	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
Thursday	7:30pm	Parma Hts.	Church in the Woods, 11001 Ridgewood Dr.	440.570.1962	Jim
	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
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

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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	216.587.5757	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
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.	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
Sunday	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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