

THE SANCTUARY

Serving Your Needs With A Wink And A Smile :-)

"SERVICE"

A LITTLE INSURANCE AGAINST THE NEXT BITE



Greater Dayton Area Intergroup of Overeaters Anonymous

P.O. Box 1919, Dayton OH 45401-1919

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EDITOR'S NOTES

Fall is in the air my friends. I can't believe that the summer is almost over. I have yet to take a vacation, but I am hoping to take one in the fall. I am hoping to go to California and do some sightseeing. I am so excited by the idea of having the opportunity to do it. I have to say that I owe it this program and to one special person who believed in me before I could believe in myself.

The story is very sentimental to me. One day I was eating dinner with two very good OA friends. One was my sponsor. I was in a very desperate situation. I was in the middle of a bankruptcy and feeling quite down. I hadn't worked in a very long time and I was going to need to go out and get a job. I'd been a stay-at-home mom for many years. I thought I had no talents or experience.

This person did not see it that way. He said have you ever considered sales? Why no, I sure had not. Why would I? I used to be a factory worker building transmissions. Well his explanation was simple. He had watched me do some service in the OA meeting rooms as the PIC Chair. I walked around quite innocently rounding up people to be on the committee selling the positions right and left. I am sure some of you

remember. And I am sure many of you wanted to run when you saw me coming. "Oh no! Here comes Claudia--she's going to be recruiting me."

It was a talent I had and that I never realized that I had until I did the service. It brought the talent out, and it gave me a little place to begin to shine. There were other things I sold too, like the Ohio Day of Sharing skit parts. Ha! Many resisted, but few went without a food on their bods. Heck, even my sponsor was a cupcake that year, and he hasn't been the same since.

Whoops! I think I digressed, but heck, my sponsoree says that I'm tangential. I must live up to that.

So, anyway--my point is this. Through doing service I was noticed and given a chance to do some sales work. My friend believed in me before I believed in myself. For that I will always be grateful. As soon as I started the job, I knew that I loved it and it loved me.

I work as an independent sales consultant, set my own hours and do work that brings joy to me and to others. How can you beat being this happy and not have a donut in your teeth!!!! I don't know, but I do know this that service has been the one thing in this program that has saved my bacon on more than one dark and gloomy night. When I have done service by helping another compulsive overeater, gone to a meeting, set up chairs, written an article or shanghaied someone into dancing as a French Fry, I have taken out a little bit of insurance against that next bite. And for that I am grateful.

So, if you are out there and you are feeling a little bit down or feeling a little bit up and don't know what to do with that feeling, try a little bit of

service. You will receive a blessing that cannot be surpassed.

I have been the Editor of this paper for the past three years now. I've done it with my friend, Judy. We didn't know one another very well back then. I have come to know her and come to have quite a bit of fun with her when I am not standing behind her while she works on the paper with piano wire in my hand and the theme from the Godfather playing in my head. Just kidding Jude it was really string. She must leave the paper to start College in the fall. I will miss her.

I feel like I have done the paper for a really long time and I sure love doing it. I've gotten busy in the past three years with working full time and now raising a child or is it taming? Ehhhhhhhh. I also have started doing some other exciting service for my AA program.

Anyway, I think I should come to the point. I want someone to be able to do this paper, but want to selfishly keep the job for myself, too. So, in the spirit of Good Orderly Direction, I am putting the job up on the auction block. I know that one of you will do a fine job with the paper. Make it your own creation. So, I am saying okay to the idea, but still sad that I can't do it all.

I am wondering who will volunteer next. Put it out to your HP and your sponsor. Take it on with a buddy but by all means let the good times roll. They only wrong way to do service of any kind is to not do it at all.

I believe in this paper and hope to see it go on for many more years. Let me know if you're in the mood to give it a try.

You see as I reread this thing I started to cry. That's another thing that I am learning to do. I am not sure I am ready to quit, but am willing to do what ever HP has in mind for me next.

Addendum: Since writing this last night I talked with Ginger and told her of the open position straightening the paper and editing out the mistakes (Judy's former job). She volunteered to do it for us. She has been such a blessing in my life since coming to OA. She is always willing to lead a hand. Thank you Ginger!

Now we need someone to take over my job—writing and/or gathering articles. I ask that one or more of you step up and help so you can work on the paper with Ginger, Pat and whomever you are. Many parts make the whole.

WHO'S NEXT!!!!!!!

Love, Claudia

SERVICE

The aspect of service that has been the most rewarding to me has been sharing the message.

My name is Jerry and I am an Alcoholic with 20+ years of recovery from alcoholism; a drug addict who did three years in NA; a Codependent who did 8 years in CODA; a 7-year veteran in both OA and Al-Anon; three years in Adult Children of Alcoholics; a recovery Vietnam veteran of nearly 36 years; an incest survivor and a survivor of physical, psychological and spiritual abuse.

I began therapy in October of 1969, after a near emotional breakdown from a four way hit of some very fine LSD. The trip went on for about 24 hours and I finally began to see the Universe in terms of everyone and everything became a cartoon character. It was NOT a funny experience when it would not STOP. The therapy has been another aspect of my "recovery" as a damaged human being.

In the military, people who have been through various "campaigns" or "wars" or "conflicts" get ribbons that denote those specific periods of combat. In recovery, we get tokens from our various programs.

I have been scolded in nearly all these programs for bring all of that into some meeting or other.

"We don't talk about AA in here," NAers told me more than once. "We don't mention AA in here," Al-Anoners have told me, too. "If you are an alcoholic in recovery in AA we cannot let you chair an Al-Anon meeting." "Alcohol is just a drug, so don't single it out as any different," NAers have also said. "I don't think it is appropriate to talk about drugs while giving an AA lead," I've also been told.

Well, sorry, gang, but I got sober to become more integrated, not segregated in my recovery. I will not (notice I did not say, "cannot" since cannot implies I have no choice in the matter) separate these various aspects of my dysfunctionality/functionality in order to please a crowd. Remember that serious defect of character named: "people pleasing?"

So, sharing these various parts of the whole, which in fact, ARE the whole, has been very rewarding. I have certainly been in AA meetings and had men and women, some with much more time than I, ask: "Where are those OA meetings? I have a serious problem with doughnuts! I can't stop eating doughnuts!"

Or Al-Anoners ask the same. Or NAers ask: "Where can I get some recovery on Vietnam?" (Recovering 'Nam Vets AA Meeting, Thursday

night, 8 PM, Christ Episcopal Church, 1st and Wilkinson, Downtown Dayton). Same for incest survivors, or rape victims. Neither of which were Vietnam vets.

"Where is a good Al-Anon meeting?" OAers have asked. And by God, you can believe I tell them!

THIS part of service, sharing the WHOLE story, wherever I go, is the most satisfying. I stay ready to model myself as a 55-year old man who has learned a lot about life, recovery, being a decent human being, loving man capable of receiving and giving love, a man who has only in the last few months regained his body after 12 years of having debilitating Fibromyalgia. Sooooooo, folks, sharing the entire story of "what it was like, what happened, and what it is like now" means not slicing it into a dozen fine pieces.

Forgive me, but that was one of the ways I continued to feel schizophrenic!!! Duh!!

I have found a wonderful woman, an ex-twenty year therapist, who is not an addict, or alcoholic, but saw her little brother murdered by their mother, as in the Texas case of recent note. She has been working on her stuff for 20+ years, too. And we love each other as I have never loved anyone else in my life.

What's the point? Well, how about all of those programs dovetailing into a fairly functional relationship after years and years of disasters? If anyone thinks I could have learned ALL of that in AA alone, or OA, alone, you're sadly mistaken. It has taken an integrative approach to learning how to not be a: Barbarian; b. Savage; to understand how to live life. To eat to live, not live to eat. To attend to a new day with hope and joy, not despair and depression.

Every part of my recovery journey has helped all the other parts of my recovery journey.

I love that I am an eclectic, life-long learner, who also is a synergistic practitioner. I have learned to crossover lessons learned in therapy to sponsorship, or giving "leads" or understanding that it is o.k. to be "sick and tired" of meetings where everyone says the same thing and that I need to move on ... not out of disgust for the people, but because I need something fresh to enter my skull and bring about a new perspective on: working the steps; how the steps are different when it comes to food v. drugs; plan of eating is much, much different when I hear this man talk about it v. that woman over there.

The first person who "told my story" in AA was A WOMAN!! I related to her FEELINGS and

experiences. I could have said, oh, God, that must reflect on my sexual persuasion. Instead, already, therapy said: Jerry, you were acculturated by more women than men. And, my spiritual journey said: all men have a feminine side and all women have a masculine side. So, your feminine side was more attuned, in many ways, than your masculine, but it didn't mean you were or are "gay."

Recovery for me has to be balanced. I therefore resist the "hard core" factions of AA, Al-Anon, OA, etc. Here, in NM, where there are many more Vietnam veterans than Ohio, I presented the idea to a good AAer who is also Hispanic and a "Nam vet" the notion that in Dayton, we had a "Recovering 'Nam Vet" meeting. He didn't get it. Felt it was a curse and blight upon the integrity of AA. Shouldn't mix and have "specialized" meetings. Even though that is an Open AA meeting and we ALWAYS have taken the view, if a newcomer who is NOT a veteran of war OR abuse, comes and says: "I need an AA meeting!" that any Vietnam matters that affected our sobriety come SECOND to that newcomers needs.

So, hope this helps, Trixie! I have only ONE OA meeting a week here. None within a hundred or hundred and fifty miles from here, so One has to do. I carry the lessons Dayton OA gave me in my mind and heart and I hope that those of you, with a new beginning towards "abstinence and plan of eating" got something from this today.

Jerry E.

HC 68, Box 100

Gila Cliff Dwellings National Monument

Silver City, NM 88061

505-536-2261

Zennhead@gilanet.com

EMOTIONS

For many years I have repressed emotions relating to fear, grief, and sorrow. I traced the roots of this back to my childhood. As a young boy my father would always tell me not to cry, don't be a sissy, and act like a man. No doubt a common action of many fathers who want their boys strong and self determined, wanting to grow tough young men. I was somewhat clumsy and weak as a youngster, and something of a disappointment to my father.

We moved to southern Ohio for a time when I was twelve. I hated this move because I wouldn't be near my grandfather, my mother's father. He was my true father figure. I adored him, spent as

much time with him as possible and was quite upset about leaving him.

Just days after we moved to that place, my grandfather suddenly died. He had gone into the hospital for some minor surgery, which was successful, but had died unexpectedly in the night. I was devastated, crushed. The way I saw it, I left him so he left me, abandoned me forever! I broke down. For days I cried unable to control myself.

My parents were dumbfounded. They couldn't understand my "craziness" as my dad put it. He finally grew angry at my unreasoning grief and impressed upon me not to cry anymore. That statement was forcefully reinforced; that was the beginning of my retreat from emotions. For the next thirty plus years I would rarely cry or show any emotion associated with sadness or grief.

As time passed I grew harder and colder until I was grown and left home. My heart wanted to show compassion, sorrow, and other normal feelings, but my mind wouldn't allow me to reach out or honestly express how I felt. If I tried, others generally perceived it as disingenuous and contrived.

My slide into this cold, unfeeling state of mind was slowed by my grandmother, to whom I gradually became very close once we moved back to Dayton. While I couldn't seem to release any outward evidence of sorrow or grief, I slowly became able to smile and enjoy myself. This small bit of recovery was bolstered when I met the woman who would be my wife.

When I met Nancy, I couldn't believe my luck. Here was a woman who cared for me, as I was -- someone I could talk to about anything. She didn't try to change me, but change me she did. With her, I eventually learned to open up and express my true feelings, including sorrow and hurt. It wasn't easy; it took nearly a decade of marriage. She was patient, loving and the only one to whom I could really open up.

I opened up my "feeling self" only to my wife for many years; but as my addiction to compulsive overeating grew, I began to slowly revert to my former unfeeling self. At least that was the outward appearance. In reality, I was in utter turmoil; my guts churned with the anger, fear and grief I felt over my addiction and why I wasn't stronger. When I finally gave in and admitted to myself that I was powerless over food, my life was unmanageable and I had to have help, I cried for the first time in a long time. I was at work, in my office and had just hung up the phone after

enrolling in an eating illness support group. That first brief outburst was only the beginning.

At the support group, I often got choked up and teary-eyed from the emotions flooding out. I had repressed so much emotion concerning my illness (and other problems) over the years that sometimes grief, sorrow, shame and anger, all wanted to burst out at once. The grieving period, so essential for recovery, lasted months and has only recently begun subsiding. Grieving is a necessary initial element in letting go of my denial of the addiction holding me, thus allowing me to grab hold of recovery and begin to get better.

I am nine months in recovery, and I still find strong emotions welling up in me from time to time. Sometimes it happens at a meeting brought on by something spoken during a lead or a bit of honesty from another that brings up memories or similarities with my own life. Sometimes it's at church when a particularly poignant part of the service hits home.

I have shed tears more often in the last nine months than in the previous nine years. It is a very different place to be, but a good place. Because every time I cry, I am letting go of a little more of my illness. I am shedding a lifetime of shame, anger, fear, and regret. Each tear makes me a little freer, a little lighter, a little happier with myself and a little more confident where I am in this life. For that, I am eternally grateful.
Pat

A COMPULSIVE OVEREATER'S PRAYER God,

Today is a new day for me, and with you it can be a day of abstinence from compulsive overeating. With you I can handle anything.

I ask for your protection in case sometime during this day my desire to overeat becomes greater than my desire to abstain from compulsive overeating.

I ask for your protection from anyone or anything that would interfere with that abstinence.

I know that without you I am powerless over my compulsive overeating and that my life can become unmanageable again.

However, I (name) do believe that, on this day, you are relieving me of my compulsive overeating and that my life is manageable.

Please help me to know your will for me today and give me the power to carry it out.

I turn my will and my life over to you.

Please help me increase my consciousness regarding healthy food choices, and guide me

through another day of abstinence from compulsive overeating.

God I need You!

Thy will be done!

Anonymous

CLASSIFIED SECTION

Help Wanted:

PIC

Dayton IG is in need of Public Information Volunteers and a Chair for the position.

Experience is not necessary. Some aspects are getting info to doctors, the Military, advertising, faxing and e-mailing, speaking to groups.

Recommended time in program: 30 days.

Sanctuary

Editor and Chief needed to head up the paper and write articles and get others to do the same.

Someone needed who is willing to step up to the plate and take over the reins. No experience necessary. Call Claudia @ 298-8216

Hotline

Greetings All!

There are two nights open on the OA Hotline that we need volunteers to fill--Sunday and Monday. The OA hotline is a fun and easy service to do. All you have to do is call either the evening of your night or first thing the following morning to pick up messages that are left by people wanting to know more about OA. You can do this from the comfort of your own home at any time you choose. Then just return the phone calls answering their questions.

E-mail me at cmason236@hotmail.com or give me a call at 832-1695 if you are interested, and I know 2 of you out there are. (smile).

Thanks in advance!!!

DEAR FOOD,

I am really sick and tired of you raising your ugly head, trying to have total power over me, making me your puppet. No LONGER! I have had enough of you. You are not my "soother" any longer. You are a killer. You have taken the last toll on me. Believe this!!!!!!!!!!!!!!

No longer will I cower to you. No longer will you tell me what to do. I am in charge of my life, and I am never giving you this power over me again. My abstinence is first in my life, for without it I cannot have the kind a relationship with God or my family that I need. If I forget this for a minute, I know you are lying in wait ready to steal more life from me, and make me miserable.

OA has given me a sister. OA has given me hope for a better life. OA has given me tools with which to battle you. OA has given me an even closer relationship with my Savior. I will not give this up.

Take heed, Food. I am giving you notice. You are no longer of prime importance in my life. You are only a necessary evil. I will eat to live, and not the reverse. You are fuel for my body, and nothing more.

God will do for me what I have been unable to do all my life with food. God will put you into your proper place, which is a menial place with regards to all life has to offer.

Go find somebody else, because your stay with me is over!

Anonymous

COMMUNITY

Sitting in a church service on a recent Sunday morning, I listened to my pastor talk about the church as a community. He spoke of a community as a group of people with a common purpose, each part dependent on the others in some way. He defined the congregation as a community of children of God working toward the common goals of the church.

How interesting a concept! My thoughts drifted from the sermon to my OA fellows. This line of reflection stuck with me all day. I resolved to write something about this. My resolve quickly faded however, until a Saturday morning several weeks later.

My truck broke down on the way to the Saturday morning meeting at St. Mark's and I was forced to leave it on the side of the road. I started walking to the meeting when I was picked up by a woman who works in my building. Now I don't know her, other than to say morning greetings and small talk, but she recognized me by the hat I customarily wear in the summer months and stopped to offer help. This small help, this little favor from a virtual stranger brought back the thoughts of community that I had allowed to drift away.

I work in a government building with several hundred other people in various departments. We are a small community, though I had never really thought about it until that moment. We may not know everyone's name, but when one of us is in need there is always a significant response of caring and giving. I had taken that kind of attitude for granted until that morning when a small favor from a woman I scarcely know had

brought home the importance of community. But, the best came later.

I arrived at St. Mark's agitated that my truck was broken and my schedule was disrupted. I went inside and could not find a phone to call AAA to tow my truck home. Now I am very agitated, my truck is broken, I can't find a phone, and am late to the meeting (a cardinal sin for me). I really get worked up when events wrench away my control. Sound familiar? It's the kind of behavior that begins the insane thinking and acting that got me where I was one year ago.

This was a prescription for disaster! My compulsive self would have taken over a year ago, and I would have binged over these problems the rest of the day. Instead of heading for the food, I walked into the meeting room. The meeting had just started and one of my brothers was reading, "How it Works." I instantly began to feel better! I listened to the readings, "How it Works," "The Twelve Traditions," and "The Promises." I began to feel at peace. Talk about a sense of community!

Just being at a meeting, in the presence of my brothers and sisters in OA fellowship, brought me comfort and peace. It kept me sane, so that eating over my problems never came into my mind. I silently said a prayer of thanks to God for giving me this blessing. It is truly a blessing to be in a fellowship where the members accept me as I am and support me no matter what. I knew none of these people just a year before; they would have been strangers, not trusted fellows. People I would have been oblivious to, never noticing them while I was in my compulsive insanity. I thanked God for helping me find the path and thanked God that my OA brothers and sisters are there to support me when I am weak, cheer me when I am sad, listen to me when I need to talk, and guide me when I am lost.

As an OA I have this wonderful community of - fellows, men and women who share a common purpose--staying sane and abstinent. We are a community of individuals so very different, yet inexorably sharing love and acceptance in a way not commonly found outside the fellowship.

Was I lucky to find OA, lucky to see the truth and lucky to be able to begin to recover by associating with strangers, whom I would not ordinarily ever meet? No, it's not luck. Luck doesn't have anything to do with it. God brought me here. He led me to the truth and healing when I reached the point that my self-will was at an ebb point. Led me to the community of OA, a

community of which I am grateful and happy to be a member.

A DAY IN THE LIFE OF A REGION V REP

A primary task of the Region V Rep is to be the Intergroup's liaison between our meetings/Intergroup and Region V. I attend 3 Region business meetings per year and represent our Intergroup at the WSBC each year as Intergroup budget allows.

As a region rep, I participate on a variety of committees and make note of what other committees are doing to promote and enhance our OA recovery and report back to our Intergroup. This involves making sure our meeting lists are kept current and submitted to the Region and to WSO so that all records are accurate as to how to find meetings in our area. I bring back info on various events of other Intergroups in our region and important news from WSO. I particularly focus on Public Information and outreach efforts within our fellowship for ideas that we may find useful to further our recovery and presence in the Greater Dayton area.

I am available to assist OA members having difficulty in their meetings due to traditions breaches such as cross-talk/advice giving, bringing outside issues into OA and any meetings that would restrict any person from attending any OA meeting that qualifies as an OA member regardless of the focus or format of a particular meeting.

I make use of the knowledge and experience of our Region V Trustee and other board members in the region for matters that I do not have answers or solutions for.

I have had the opportunity to meet many other people in OA that I might otherwise have not met and gotten to know. All reasonable travel expenses are provided by Intergroup as the budget allows. I have found the position as Region V Rep to be vastly rewarding and has very much enhanced my recovery in OA.

Respectfully submitted:
Becky Cooney 7-20-02

The opinions expressed here are the opinion of the writers and not of OA, and are the individual's experience, strength, and hope. Permission to reprint is given to any 12-step member of any program. Thank you.

Greater Dayton Intergroup Minutes
Saturday July 20, 2002

Opening

George C. opened with the Serenity Prayer

Mike J. read the Purpose of Intergroup

Judy V. read the 12 Traditions of OA

Remarks

Nora D. thanked Ginger for being the temporary secretary at the last Intergroup meeting. Nora has recovered from the medical procedure and is back in the saddle.

Announcements

The 10-week "Sexuality in Recovery" workshop is nearly over. It has been attended regularly by between 5 to 7 people each week. There may be another Sexuality in Recovery workshop in the future, but nothing has been scheduled yet. Mike J. reported that nearly half of the rooms for the retreat are already taken, so if you want a room get your registration in ASAP.

Reports

- 1. Chair Claudia is in Michigan today. George C., the vice chair, lead the meeting in her absence. No report.**
- 2. Vice Chair George C. No report.**
- 3. Treasurer Nan is in Michigan today. Pat made a report in her absence. He provided a copy of the treasurer's report to each person in attendance. The report was reviewed and discussed. Pat reported that individual OA meeting donations are way down and sometimes non-existent. We are asking groups to check their prudent reserves to see if they could participate in 30/60/10 donations. If you are unaware of 30/60/10 contribution schedule, please ask an old-timer or get a pamphlet that describes donating from the OA bookstore. Nan is asking for Intergroup Committee Chairs and Officers to submit their budgets for 2003 well before the end of the year. Individual donations are up. Thank you.**
- 4. Secretary Nora D. No report.**
- 5. Bylaws George No report.**
- 6. Policies & Procedures George No report.**
- 7. Hotline Cheryl No report.**
- 8. Sanctuary Judy D. states that things are going well with the Sanctuary. They still need articles. Please don't be shy. An article is a.) based on your experience, strength, and hope; b.) a response you have to Lifeline article or a daily meditation reading. Ginger suggests each OA group submit an article. A question or topic will be posed both in the Sanctuary and by E-mail to encourage and stimulate people's participation.**
- 9. Bookstore Frank No report.**
- 10. PIC No report. No one has stepped forward to head up the Public Information Committee yet. Tim and Ginger agreed to contact local newspapers to see if they will accept E-mail announcements weekly from OA.**
- 11. Region V Becky submitted her Region V report. She attended the Region V Assembly meeting in Fort Wayne, IN on July 12 & 13, 2002. A motion was made and passed to require Region Reps to have 1 yr of current abstinence at the time of submitting their qualifications for Office. Exceptions to the abstinence requirement are to be referred to the Region V Board for consideration no later than 15 days prior to the assembly meeting. A forum handout from WSBC 2002 on "Creating and Maintaining Healthy Meetings" was used for discussion. Copies are available from Becky, posted on the bulletin Board in the OA main office and will be submitted to the Sanctuary. Consider using this handout as a basis of a discussion meeting you attend to emphasize the strengths of your meetings and to identify any weaknesses so that we have the healthiest meetings possible. It appears out meeting directory with WSO is outdated regarding current meetings and contacts. WSO sends our Intergroup a copy of the directory and is updating the**

list. Becky will submit all necessary changes to WSO by 8-1-02. Any meeting without a current designated contact person and phone number will have the OA hotline # as the contact number. WSO advises it can take up to 3 weeks after receiving the changes for the changes to appear on the WSO Website meeting directory. Out Intergroup has received the most recent addition of the WSO 12 Steps Within Handbook. 12 Step Within is service given to strengthen the recovery in our meetings and fellowship. A road-trip is planned for August 8, 2002 to attend the 7:00 p.m. meeting in Lima, OH. Anyone wishing to travel to Lima please contact Becky C. at 937-299-1732 or redshoes55@aol.com for more info. Our Region V Trustee will be chairing a Service and Traditions Workshop at the Drake Conference Center in Cincinnati on Sat. July 27 from 9 a.m. - 12 Noon. We can get PI flyers customized for our Intergroup through Kevin G. the Region V Webmaster. Becky is working with Kevin to develop one for our Intergroup. Ohio Day of Sharing is Saturday August 24, 2002 from 9 a.m. to 3 p.m. at North Community Lutheran Church, 114 Morse Road, Columbus, OH. Directions from Dayton: East on I 70 to Columbus, I 70 to North on I 71 in Columbus to West (left) on Morse Road.

12. 12 Steps Within Becky reports that she is planning to visit the OA meeting in Lima on Thursday August 8th and SHE WOULD LIKE OTHER OA MEMBERS TO JOIN HER. She will leave at 5 p.m. to attend a 7 p.m. meeting. The Lima meeting is feeling unsupported by Dayton OA and we want them to know we care. Tim H. suggested that there be an article in the Sanctuary regarding individuals and OA meetings making regular trips to other meetings they wouldn't normally attend. Ginger asked that 12 Steps Within consider putting on a "Sponsorship" workshop addressing how to go about sponsoring someone - sort of a sponsor training day. It was discussed and a tentative date was set for August 17th 10:30 a.m. to 12:30 p.m. in the OA main office at St. Marks, Woodman and Burkhardt, second floor.

13. Old Business Intergroup sponsoring start-up kits for new meetings. The topic was discussed thoroughly. Tim motioned that Intergroup fund the Start-up kits for new meetings at \$2 a piece. There was a vote and the motioned carried unanimously.

14. New Business Pat created a 12-slot mailbox for the Intergroup Office. It's a fine piece of wood craftsmanship. Thanks Pat! Becky suggested that we place the names of the committees or officers to receive mail in the slots rather than people's names. This would avoid the need for changes when the committee and officer positions are vacated or replaced. Nora asked about OA arranging to pay for the internet service that the OA computer will be using at her house. It was suggested that Nora contact Nan to make sure that we could budget for this and contact AOL to make sure that they would bill the OA phone for the charges. Becky shared her report: A Day in the Life of the Region 5 Representative. We enjoyed her enlightening report and we hope people reading the Sanctuary will, too. Marisa W. proposed that we review the tape rental process since there is sometimes no bookstore representative, but people still want to rent tapes. The topic was shelved until the next Intergroup meeting on Saturday September 21, 2002.

Minutes Respectfully submitted
by your Secretary in Service
Nora D.

GROUP DONATIONS

	4/30/2002	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	TOTAL
Sunday														
Might Fortress 7pm														
Wilmington 7pm					\$53.92									\$53.92
Monday														
Kettering noon						\$83.40								\$83.40
St Marks 7pm						\$150.00								\$150.00
Bellefontaine 7pm			\$77.32											\$77.32
Northstar														
St Pauls 7pm														
Tuesday														
Blufton 9am														
North Dayton		\$20.00		\$30.00			\$30.00	\$30.00						\$110.00
Northwest 11am					\$13.25		\$4.00							\$17.25
Oakwood 7:30pm						\$12.00		\$2.00						\$14.00
Wednesday														
St Marks 6:30am				\$3.00										\$3.00
St Marks noon				\$115.25	\$82.10		\$54.00	\$44.00						\$295.35
HOW 7pm		\$42.80												\$42.80
Thursday														
Lima 7pm														
St Tims 7:15pm														
Richmond 7pm								\$31.05						
Friday														
Wright Library noon					\$90.00	\$5.00								\$95.00
St Marks 6:30pm		\$28.00		\$65.10				\$43.00						\$136.10
Troy 7:00 pm								\$22.50						\$22.50
Saturday														
St Marks 9am			\$123.85	\$144.00	\$138.00	\$124.55	\$115.55	\$150.25						\$796.20
Intergroup		\$18.00		\$12.00		\$27.75		\$18.65						
TOTAL		\$256.80	\$201.17	\$369.35	\$377.27	\$402.75	\$203.55	\$341.45						\$1,810.84