

Transformation

A Monthly Newsletter of the Central Ohio Overeaters Anonymous Intergroup



Newsletter of the Central Ohio Service Intergroup of Overeaters Anonymous
P.O. Box 14268 Columbus OH 43214 614-253-2492
www.centralohiooa.org

November-December
2015

Decorate Your Life with the Step Principles!



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World Service Delegate

OPEN

Committee Chairs

Public Information

Steve B. 847-571-6173

Special Events

Jen M. 614-286-4292

Next Intergroup Meeting

**Saturday, January 16
11 am
North Community
Lutheran Church
Basement**

**All are Welcome!
Send your Rep!**

"It is in the OA message—in our Steps and Traditions—that we find solutions to our problems. Living by these principles has saved our lives." Twelve Steps and Twelve Traditions of Overeaters Anonymous, pp. 146-7.

"The principles of honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness, service, unity, trust, open-mindedness, responsibility, acceptance, equality, and fellowship are to be our focus. Our problems brought us to OA. OA brings us back to ourselves, to our fellow sufferers, and to God. We are more than our problems, and OA gives us a fellowship to learn this. Every day I have choices! Before OA I didn't feel I had any. All I need to do is work the program. Thank God for the people who have gone before me to help show me the way. Thank God I can now be useful to help someone else. Indeed my life has been saved, and I am a grateful recovering compulsive overeater. What principle will I practice today?"



How to Subscribe to the Transformation

To subscribe / unsubscribe to the Transformation Newsletter please email your name and email address to: transformation@centralohiooa.org

We need your inspiration, writings and articles. You may submit articles via email to: transformation@centralohiooa.org. Please sign your contribution, but you may request that it be signed "anonymous" when published.

Seventh Tradition Addresses

Central Ohio Service Intergroup of Overeaters Anonymous
P.O. Box 14268
Columbus OH 43214
www.centralohiooa.org for more information and contribution form

Region 5 of Overeaters Anonymous
P. O. Box 199223
Indianapolis, Indiana 46219
www.region5oa.org for more information and contribution forms

Overeaters Anonymous World Service Office
PO Box 44020
Rio Rancho, New Mexico 87174-4020
www.aa.org for more information and forms



Please include a contribution form with the donation and be sure to write the group registration number on the check so it can be accurately credited to your meeting.

Transformation Editor 2016

- Gathers, solicits and integrates new contributions, approved literature excerpts and announcements.
- Computer skills to compile contributions and artwork to make a pleasing newsletter.
- Newsletter currently produced in Publisher and emailed to IG Secretary for distribution.
- Basic knowledge of 12 Traditions to avoid conflicts.
- Coordinates information and announcements for the Intergroup as the newsletter is the official document of the Central Ohio Service Intergroup.
- Intergroup attendance ideal but not required.
- A great service and contribution to an abstinent life.

Interested? Call Eileen 614-595-5584

Editorial Statement

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Upcoming Newsletter Topics and Deadline for Submissions

Month	Theme 1	Step Principle	Theme 2	Step	Tradition	Deadline
January	Newcomers, Getting Started	Surrender	Unity	1	1	1/15/2016

You may email Transformation contributions to: transformation@centralohiooa.org
Share your articles, thoughts, favorite lines from approved OA and AA literature, or "heard at a meeting" thoughts that are meaningful to you and your recovery.

It is all welcome here to share.

Step Eleven: 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.

“It takes more than spiritual freedom, however, to establish and develop a relationship with a Power greater than ourselves. We have to take action. In step eleven we are challenged to actively seek to improve our relationship with our Higher Power in the same way we might develop any relationship, by taking the time on a regular basis to be with H.P. Most of us have found it necessary to set aside some time each day when we can be alone and undisturbed. During this time we will actively seek to develop a consciousness of our power source through prayer and meditation, and to do so with an attitude of complete trust, asking only for knowledge of the directions we are to take and for power to move ahead.” *Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 92.

“As with so many other aspects of this program, there is no one right way to do step eleven. “Keep it simple” is a good slogan to apply here. Remembering that our goal is to develop a closer conscious contact with God, prayer is simply what we do when we talk with our Higher Power, and meditation is simply a way of stilling our minds and opening our spirits to God’s influence.” p. 93

“Step eleven implies that through our practice of prayer and meditation we will come to know God’s will for us. Here the question arises: how, exactly, are we to know which thoughts are God’s directions and which are our own rationalizations? A communication from God might be difficult for us to recognize at first because it probably won’t come in audible words. Instead, it may come in the form of a new idea of concept, it may come as a change in our motives or attitudes, or it may simply be feelings we have that our energy has been renewed or our bad mood has lifted. We can recognize a communication from our Higher Power by the effect it has on us. If time spent in prayer and meditation makes us even a little bit saner or more loving, if it encourages or strengthens us even a tiny bit, we can be sure God has “spoken” and we have “heard.” p. 97.

“OAs who have made prayer and meditation a regular part of their lives have found a resource for healing and strength which cannot fail.” p. 98

Clearing a Channel

During the day, we can pause where situations must be met and decisions made, and renew the simple request “Thy will, not mine, be done.”

If at these points our emotional disturbance happens to be great, we will more surely keep our balance provided we remember, and repeat to ourselves, a particular prayer or phrase that has appealed to us in our reading or meditation. Just saying it over and over will often enable us to clear a channel choked up with anger, fear, frustration, or misunderstanding, and permit us to return to the surest help of all—our search for God’s will, not our own, in the moment of stress.

As Bill Sees It, AA World Service, p. 78

Eleventh Step Prayer

“Lord, make me a channel of thy peace—that where there is hatred, I may bring love—that where there is wrong, I may bring the spirit of forgiveness—that where there is discord, I may bring harmony—that where there is error, I may bring truth—that where there is doubt, I may bring faith—that where there is despair, I may bring hope—that where there are shadows, I may bring light—that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted—to understand, than to be understood—to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen.”

Twelve Steps and Twelve Traditions of Alcoholics Anonymous, p. 99.



[you may clip and save]

Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

Practicing Humility

Carrying the message of recovery from compulsive overeating is our responsibility pledge. Tradition Eleven gives us guidelines for carrying this message. OA is not a secret organization; we want to “sell” our message of hope to every compulsive overeater who wants to join us. We may use public media or any communication method to tell people what OA is, how it works for us and how to find our meetings, but we do not “sell” promises. We do not print before-and-after photographs, nor do we use celebrity endorsements. We may tell our personal stories in the media, but if we identify ourselves as OA members, we do not use our full names or show our faces.

This is another way of practicing humility, which is vital for our spiritual growth and personal recovery. Anonymity at the level of media protects the member’s recovery by preventing him or her from becoming a celebrity in OA. Such celebrity would eventually isolate the member and make it difficult to ask for

help. It also protects the public from identifying the program with certain individuals. The principle of our public information work is “principles before personalities.”

From Tradition Eleven I learned not to be condescending, not to advertise myself, not to brag about what I do or have done. Instead, I look for acceptance and appreciation because of the person I am and the way I behave. I am not your victim, and you are not mine. We are equals.

Reprinted in *Lifeline*, November 2000, p. 18
Originally printed in OASIS newsletter for OA Loners
[a program for geographically isolated members]



I'm good at making lists. Making a list helps me organize my thoughts and the things I have learned. Here is a list I wrote on "How I stay abstinent":

1. Stay away from my foods that trigger me or that are like alcohol to an alcoholic.
 1. No Sugar!!!
 2. No Empty carbs!!!
2. Plan my food and stick to it.
 1. Set the boundaries I need to stay within.
 2. Build an action plan and then take action.
3. Weigh and measure.
 1. Never guess! When I am unable to weigh and measure - I frame the food within the boundaries of a standard sized plate with no heaping amounts and no seconds.
4. Practice 301
 1. 3 meals a day.
 2. Nothing in between.
 3. One day at a time.
5. Keep my food simple and predictable.
6. Commit my food to another person every day and report how well I kept to the plan.
 1. Follow suggestions.
7. Pray and ask my HP for help every morning and thank him in absolute gratitude.
 1. Talk to my HP often
 2. Stop and Listen
8. Take care of my physical needs
 1. Breathe.
 2. Exercise (walk).
 3. Get enough sleep.
 4. Keep stress to a minimum.
 5. Go to the Doctor and Dentist
9. Use positive self-talk
 1. Slogans and phrases remind me what I need to be doing.
 2. Use affirmations every morning.
 3. Write down things I am grateful for every evening.
10. Build a list of things I can do "instead of" and then use my instead-of's when I need to use them.
 1. There is always something I can do instead of indulging in my disease.
11. Connect with others in recovery
 1. Call my sponsor every day.
 2. Get myself to OA meetings. When I can't, use phone meetings or call an OA friend or listen to an OA Pod Cast.

3. Remember Isolation is not healthy for me.
12. Give service when I can.
 1. Within reasonable limits.
 2. Be part of the community.
 3. Write and give contributions to the newsletter.
13. Work towards positive self-change
 1. Work the steps.
 2. Read the Big Book and other literature.
 3. Write down my feelings.
 4. Get therapy when I need to.
14. Practice:
 1. Honesty.
 2. Open-mindedness.
 3. Willingness.
 4. Self-Awareness.
 5. Acceptance.
 6. Low expectations.
 7. Tolerance and Empathy with others
 8. Unconditional Love.
 9. Forgiveness.
 10. Discipline.
 11. Faith.
 12. Generosity.

I've written many lists like this one. My goal is to stay abstinent for the long term. Reading this over or even recreating it from scratch helps me stay focused on what I need to do to achieve that goal. This is like a broad Action Plan. I do have a food plan. It contains specifics on foods to avoid and foods to limit. It also has limits as in specific weight and measures for various different kinds of foods. This is a lot like a general plan. So everyday I choose what I am going to eat tomorrow. I then commit those meals to my sponsor. My action plan contains my food plan and also has contingency plans for what I need to do when life throws me a curve ball and I need to adjust to stay abstinent.

These are all just different lists that I keep. It keeps my program black and white and doable. It makes it easy to think about and carry the plan out. I do a lot of thinking. When my thinking is all chaotic and impulsive, I'm in trouble. Lists help me keep my thinking organized and stay on track to meet my goal of staying abstinent for the long term.

--Joel I.

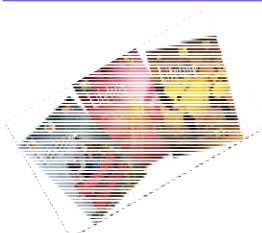


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Subscribe to print or online editions. Submit snippets, articles, thoughts, pictures, poetry, recovery lessons for publication. Use Lifeline as literature in meetings.

Be a Lifeline Rep for your group and encourage subscriptions. Carry the message of Lifeline!

More information at www.aa.org/lifeline-magazine



NEW!



A collection of stories from the pages of Lifeline magazine, *Taste of Lifeline* features more than 100 personal stories by OA members writing about their challenges and recovery and how they work the OA program. Included are stories for newcomers; stories about recovery from relapse; stories about long-term recovery; stories from international members; "Welcome Home!," OA's beloved story of outreach to compulsive eaters around the world; and many more. Also: *Taste of Lifeline* has journal questions to complement each chapter so you, your sponsee, and your group can use the Tool of writing to find and strengthen your recovery.

Also available as e-book on Kindle and Nook.

\$13.50 + shipping



Ring in Recovery

Supplement Your Program
Be Abstinent this Holiday

Support the Grove City Meeting
Tuesdays 6:30 pm
St. John's Lutheran Church
3220 Columbus St., Grove City

Speaker Meeting
Morse Road Meeting
Saturday December 26 at 9:30 am
North Community Lutheran Church
114 Morse Road, Columbus

See you there!

You are invited to Join
Our New Facebook Group
Central Ohio Service Intergroup

This is a safe private group for connecting with other OA members in Central Ohio. You can share your recovery, ask questions, and pass on important information to other members in our area.

To Join: Navigate to <https://www.facebook.com/groups/COSIG/>
Then click the "Join Group" button or link. Please be patient, the moderators have to approve your request to join.

Venue: Boston Marriott Copley Place, Boston, MA

Hotel reservations are now open. Rooms are available from August 23 to September 9, 2016. Room rate is \$145 USD per night, any occupancy (4 people max), plus \$20.95 USD tax, for a total of \$165.95 USD per night. Rate includes refrigerator and complimentary guestroom Internet.

Early bird registration open! \$109 for full registration to all sessions. (excluding banquet). Until July 1, 2016.

More information at www.oa.org



Step Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Am I Doing My Part?

During a discussion at intergroup today, I realized how intertwined are all aspects of recovery. Spreading the message is much more than just me telling you about OA.

Going through the treasurer's report during intergroup was troubling. Our intergroup has lately based its finances more on ways and means than on the Seventh Tradition. Our groups are sending in money, but the groups with attending members are small, so the Seventh Tradition donation are small. With no money coming in at all levels of OA (intergroup, region and world service), how will we spread the message? How will we buy literature? Where will the funds come from to staff the phones, answer inquiries and send out newsletters and bulletins?

How will we spread the message if we don't have people willing to do service? How effective are we at spreading the

message if we are leaving it to a few people within our groups? Who is going to hear about OA if we don't all do our part to spread the message? Am I telling people that I'm in OA? I know this is a program of attraction rather than promotion, but when others ask how I am losing weight, do I tell them I'm doing it through a Twelve-Step program? Am I a good steward of OA? Do I spread the message, or do I leave it to people who are a little more qualified?

Am I working a good Twelve-Step program? If I'm not working the Steps, I'm probably not in recovery, so how can I spread something I don't have? Have I worked through all Twelve Steps, including Step Twelve? If I've found recovery, how am I spreading this message? Am I doing service? Am I putting our chairs and literature at meetings? Am I leading meetings? Am I doing service at the intergroup, region and world service levels? Am I talking to people outside the

program about OA? Do I have a sponsor? Am I sponsoring? Do I talk to newcomers or write to long-timers who are no longer attending meetings? What I am I doing to make sure OA will be there for the newcomer, as others did before me?

I believe in giving back what I have so generously been given, but I cannot give what I do not have; therefore, I need to stay in a fit, spiritual condition. This comes to me through working a Twelve-Step program and finding a spiritual solution to my problems. I cannot do this alone, so I must ask whether I have reached out and touched another life today—in or out of the program. What am I willing to do with my Higher Power's direction? I can't do this. God can, and today I'm going to let Him.

D. H., Ottumwa, Iowa
Printed in *Lifeline*, December 2000, p. 19

Tradition Twelve: Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

Building Spiritual Muscle

"Anonymous" is an integral part of our name and a major reason why I've kept coming back since 1989. Anonymity is the spiritual foundation of my recovery. It creates boundaries, which in turn make me feel safe. No cross talk, feedback or advice giving allows me to share freely, knowing my emotions, feelings and decisions will not be judged. I sign the "We Care" book, trusting that it's used only for OA business. We have no last names or job titles to create real or imagined hierarchies. At any OA meeting, I'm just another bozo on the bus.

Anonymity extends to who my sponsor is and how many sponsees I have. It's none of my business who attended a meeting I missed. When someone asks if I saw "so and so" at Saturday's meeting, I say, "There were about a dozen people at the meeting." If asked again, I repeat my answer.

At one of my home meetings, we read and share weekly about the eight tools of recovery [*now nine*]. I've heard about anonymity every Friday for 19 years. I'm still hearing—or reading—something new in it. That tool is so rich.

Do I like every member, agree with every share, endorse every food plan or support every intergroup policy? No. Does it matter? I think not. We all have a right to be in these rooms, and it behooves me to remember that the tool of anonymity places principles before personalities. When the person I like least is the only other person at a meeting, I'm mighty grateful she's there.

Are business meetings always smooth? Not necessarily. Still, I am responsible for speaking up at my home meetings. I speak up about a Tradition violation, an outside enterprise or a meeting deviation such as cross talk. I can vote "no" on a format change, even when a friend votes "yes." Once the motion has been put to a vote, my job is to let go of the outcome. I need this meeting more than I need to be right.

Tradition Twelve give me freedom to grow. My Fourth Step inventory is locked in my former sponsor's heart. What I say in a meeting or what I tell my sponsor on the phone stays there. Trusting this, I will explore more, reveal more and learn more about myself. Tradition Twelve builds my spiritual muscle.

I start my day by writing out the first three steps about compulsive overeating and any other issue I might be having, substituting that issue for the word "food".

I read OA approved literature usually *Seeking A Spiritual Path*. (Even though I have read this book numerous times, there is always something new and pertinent I had not seen before waiting to enrich my life. So, I keep reading it over and over to discover what gem is there for me today.)

I spend time in prayer and meditation each day. The amount of time does vary from day to day.

I take a walk to become grounded and physically prepared for my day.

I eat an abstinent breakfast. I measure my food in order to add clarity to what a serving is. I have found these measurements in the OA pamphlet "Dignity of Choice."

I pack my lunch and dinner, again measuring my food. I pack two meals in case I am going to be out for the evening. If I end up being out past dinner, I have my meal with me. If I don't use

it, end up going home or out for dinner, I have one of my meals prepared for the next day.

I make outreach phone calls at least once a week. I keep a phone list by each phone in my house to remind me to do this on a regular basis.

I call my sponsor at least once a week and more frequently if I feel a need.

I build in attending meetings into my schedule. I attend on the average at least three meetings a week. (If things are exceptionally busy or I have a big event coming up, I attend as many meetings as I can.)

I sponsor others in the program.

I am beginning to use the 10th Step inventory at the end of the day.

I am so grateful.

Anonymous



My disease is one of lack. My feelings and beliefs of "not enough" play out over and over.

It is paradoxical and ironic to me that "not-enoughness" expressed itself in gluttony and obesity. Today I have a weighed and measured food plan that assures me every day I have enough, I have my share, I won't starve before the next meal, and I can rest without fear that I have not overeaten. The voices of my disease are silenced and I have great peace.

My lack shows in my relationships. I cannot do enough, be enough, give enough. My recovery, achieved through abstaining and working all 12 Steps, teaches me that I am "neither above nor below anyone on an imaginary ladder of worth." [Step 7 in the 12 and 12] Humility is a gift I have learned and it replaces the trait of humiliation which reflects lack and "less than" thinking.

With the clarity of abstinence and working the program I am blessed with presence in my relationships so I have real emotions and real

choices. What a gift my sponsor is to this process. Sponsors teach me to ask for what I need, and to be grateful. She taught me "there is never anything I could ever do to disappoint her." Like measured food, I can rest in the knowledge and faith that I am safe and full. My relationship with my Higher Power, whom I choose to call God, has been one of lack until recent years. I was fearful of not making enough effort and fearful of the power God would have if I truly I met Him. Today my relationship is one of grace and forgiveness. I allow time in the morning—again a measured time span—an allowance. I read and sometimes write and am still. Sometimes I am lulled to sleep. I accept that what occurs in this time is God's will, guidance and gift for me, and my gift for Him.

I am grateful to be transformed. I am enough. I am blessed by the gifts of this program.

Anonymous



Nutshell News from the Central Ohio Service Intergroup!

- Congratulations to Eileen C., re-elected Chairperson, Joel I, re-elected Secretary
- Congratulations to Steve and Joel for their election to serve as the representatives to Region 5 Assemblies
- Jen M. is the special events coordinator! Look forward to new workshops and events in 2016. Give her a call if you or your meeting have ideas or service offerings
- All proposed bylaw amendments passed so now all board service positions are two year terms.
- Give any board member a call or email (listed on the front of the Transformation) so you can volunteer service to our OA community.
- Watch for announcements for the Spring Retreat! Many hands will be needed to support this recovery event!

Dear Reader,

I started putting the newsletter together a year ago, one issue at a time. I never made a commitment to a year. . . just the next issue. And it has been a year! I can do for one minute, one hour, one day what I can never do for a long period of time. One meal at a time, one day at a time. I hope you have enjoyed reading what came as inspiration from my Higher Power to me. I have enjoyed the connection. Thank you for the opportunity to be of service,

Barb R.

Did you know the WSBC Ask-It-Basket questions are archived on the OA.org website?

Here is an excerpted question and answer from 2014

Question: SERVICE—ENCOURAGING OTHERS TO DO SERVICE How do you suggest we can incentivize and encourage members to do service beyond the group level?

Answer: Sponsors should encourage sponsees to do service. My sponsor set a good example by doing service at intergroup, and she encouraged me. That is how I started. Service should be fun instead of drudgery. If service bodies have fun, then its members will enjoy doing service and keep coming back. Carpool or give someone a ride to intergroup or region. This allows fun and fellowship on the way to and from the meeting. Listen to OA CDs (available in the bookstore at oa.org) on the way if you can't think of anything to talk about. Use the principles of the Steps, Traditions, and Concepts to solve problems that arise in service bodies, especially Tradition Twelve, which reminds us to "place principles before personalities." Do service at the group level. It isn't hard. Start small if necessary. Put out chairs. Be a Lifeline representative. Confidence at giving service in a group will give members confidence to do service beyond the group level. Ask someone to be a group representative. Don't wait for them to volunteer. Suggest someone who you think will be good at it. Have two group representatives from your group. Then the time commitment won't seem so bad. One can be a representative and the other an alternate. Or the two representatives can split the time. Practice rotation of service in the group, intergroup, and other service bodies. This gives others a chance to give service. Set term limits for group positions and other service body positions. This also gives people a chance and the same person doesn't do all the work or get burned out. If you are an intergroup or region officer, delegate responsibilities. Don't try to do it

all yourself. This gives others an opportunity to serve. Make an effort to create jobs that require different levels of commitment. Give the newcomer to intergroup something to do. This gives him or her a sense of responsibility and ownership and keeps the member coming back. Have many different jobs available at intergroup with different skills. If you are an officer, think about succession planning. Suggest and encourage certain people do certain jobs. Don't wait for them to volunteer. Some group representatives to intergroup don't have to be abstinent to serve. But other positions may require abstinence. This allows a newcomer to see what abstinence looks like and encourages them to "stick with the winners." Practice Step Twelve. Doing service is carrying the message. Service beyond the group level can reach even more people than being a sponsor. When my home group dwindled down to two members, I was afraid the meeting would close. One of the reasons I became active in intergroup was so I would have a meeting to go to, even if my home group closed. OA members attending business meetings (region and world service) should not have to pay for room, board, and travel expenses. If I had to pay for these things out of my own pocket, I probably couldn't afford it and wouldn't go. Intergroup is a fabulous arena in which to grow my program, learn new skills, strengthen my abstinence, and to carry the message among groups. Intergroup rep might be considered the first service position beyond the group level. But all service positions—group, intergroup, assembly, WSBC delegate, and even Trustee—are critical to our helping each other recover from our compulsive eating. Service keeps me abstinent. What more could I want?
—WSBC 2014 (Trustees answer questions)

Encourage Step work with the new [Importance of Working the Steps Workshop](#) which was developed as part of the 2015 [Strategic Plan](#) initiative to increase the focus on working all Twelve Steps. The workshop is a blend of readings, discussions, writing exercises, and more. Groups and service bodies as well as sponsors/sponsees are encouraged to use the new resource in their program work and to support threefold recovery by working all the Steps.

Use the new Board-approved Twelfth Step Within video to help members in relapse return to their program and abstinence. Free to download or stream, the [Breaking Out of Relapse](#) video is a resource for Twelfth Step service and outreach. Service bodies are encouraged to use and share the video.

Visit www.OA.org for more information on these new World Service offerings.