



NEW SERIES  
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 SPRING-SUMMER  
 2016

***A Happy Birthday in OA . . . . .***

This is the reading from my birthday from *Voices of Recovery*. It reminds me of my on-the-diet, off-the-diet mentality that has lost its place in my life thanks to what I’ve learned in OA.

“A poor choice or a slip used to mean, ‘I failed.’ Now I know that it’s just a poor choice, a slip or even the best I could do with the situation in front of me at that time on that day. It is not a door that opens to bingeing, guilt, shame or other self-defeating behaviors as it used to do. Grace and a healthy self-love have given me this blessing through the principles of OA and the 12 steps. And awareness of all of this came from using all the tools that are always accessible to me no matter where I am.”

– Marilyn D.

***Doing what works . . . . .***

After 27 years in OA I cannot stress enough the importance for me to do what works. For me that means continuing to surrender what I think food is for to my HP. It means to continue to weigh and measure my food. To be honest about why I eat what I eat. How much. And when. It means to continue to search out the causes and conditions that set me up to choose denial over honesty and courage to change the things I can. It means to continue to place principals over personalities in all my affairs especially with family and friends that do not choose to understand me and my needs. It means taking care of myself first. It means accepting that I am a compulsive overeater and no human power can relieve me of this condition. I will always have these warped tendencies where food and eating are concerned. FOOD is my drug of choice. Only through the OA fellowship – with meetings, sponsors, and all the other tools – can I recover and live happy, joyous and free.

– Becky C.

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## ***From your Intergroup Chair . . . . .***

I everyone! I hope this finds you spiritually strong in the program. My name is Rick and I currently serve the Greater Dayton OA Intergroup as both Chair and acting Region 5 Representative. I have been in program since March 12, 2012. My home meeting is the Wapakoneta, Ohio, group that meets both Monday and Friday each week. As I know I'm not unique, I came to OA after being in AA for several years but then couldn't abstain from compulsive eating behavior. But, with the help of the groups and OA tools, I am able to abstain from that chaos – One Day at a Time! I believe that 'being of service' has always been something I'm able and wish to do, and so my Higher Power has led me to this current service position. Some of my goals would be to continue to link the Greater Dayton groups through unity and expose each member that desires to walk this path to further experiences and challenges. I wish to keep the group's voice linked to Region 5 and the World Service Office through communications. I also plan on visiting the groups to meet and greet my fellow members and inquire of ways in which, not only me, but also Intergroup and its exciting Bookstore can serve them. Working together, we could create our own website and establish subcommittees to serve the local community. What do you think, friends? If I can be of service to you and your group, please contact me at: [handlebarick@yahoo.com](mailto:handlebarick@yahoo.com)

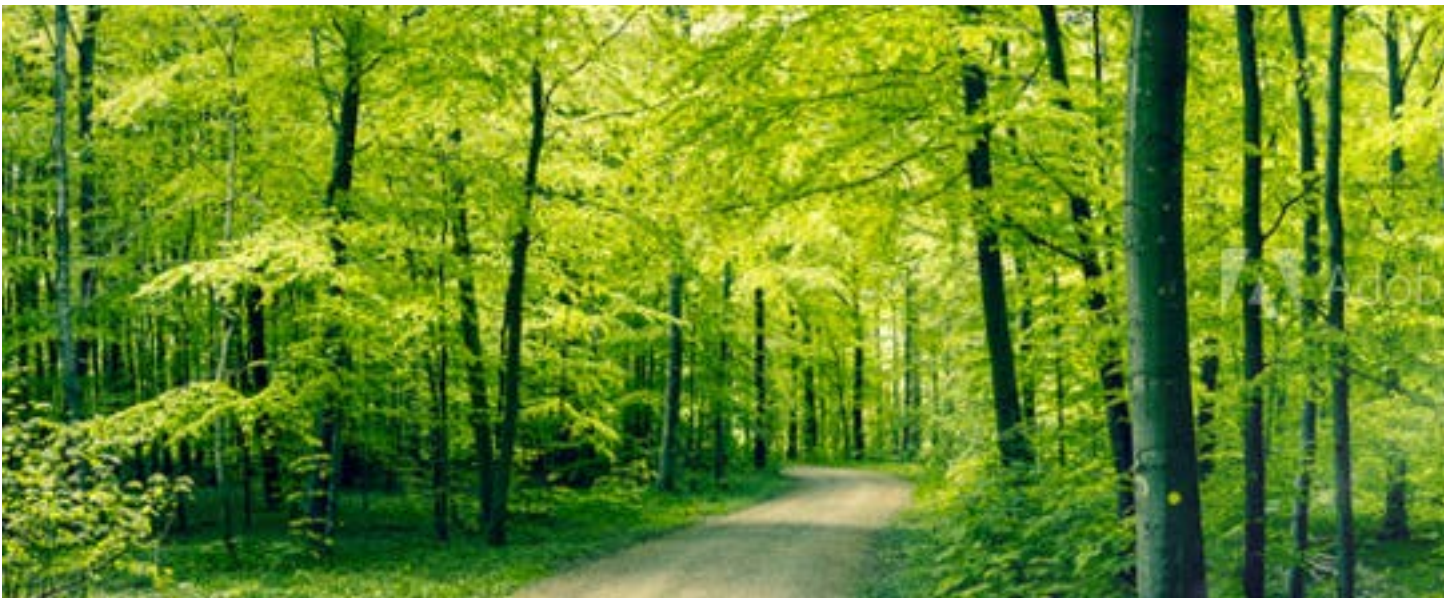
– Rick S.

## ***Coming back to Step One . . . . .***

For me, humility is the key to coming back. They say that pride always comes before the fall . . . In my case, that is the truth that I am historically too scared to face. I have a pattern of going to meetings, working the steps, then dropping it all when I think that I've got it all figured out. Except, I do not, and will never will have it all figured out; that is my pride talking, leaving out serving others and trust in my Higher Power.

It is when I humbly begin, starting back at step one (again and again if necessary) that I can return to the path to sanity. In writing this article, finding a meeting, and reminding myself to walk the walk, one day at a time, I am already feeling better. My life is currently unmanageable, but I know that with the help of HP and OA, I can come back & begin the journey to recovery. It is in acknowledging myself as a flawed being that humility comes into play; one cannot take this first step without it.

– Michele A.



## *Overeaters Anonymous Puzzle 2*

E T U A S L O O T X T M Q Y H  
 R I P S N K H D P X W X Z A U  
 U M L O P O W E R L E S S B G  
 T D H I V Y R W D T L C R S S  
 A A H A L E Z E U R V H O T S  
 R S C I N A R S X J E A S I U  
 E X G O G D U E E I S N N N O  
 T V B N M H W T A R A G O E M  
 I B U N I P E R I T V E P N Y  
 L I L E B T U R I R E I S C N  
 S G I W I N E L P T I R C E O  
 T B M W N C H E S O I P S E N  
 E O I A G A E Y M I W N S D A  
 P O C Y E N L S T Y V E G U P  
 S K E N O H P E L E T E R H J

HANDWRITING	ABSTINENCE	HIGHERPOWER	LITERATURE	SPIRI
POWERLESS	ANONYMOUS	ANOREXIA	OVEREATERS	MEET
BIGBOOK	COMPULSIVE	SERVICE	TOOLS	HELP
TELEPHONE	BULIMIC	SPONSOR	TWELVE	CHAN
NEWWAY	STEPS	BINGE	HUGS	ADMI

# DAYTON AREA INTERGROUP MINUTES

## January 16, 2016

Those in attendance were: Rick S. Intergroup Chair, Garwood F. Intergroup Secretary, Judy D. Intergroup Treasurer, Marilyn D, Vice Intergroup Chair, Amanda M. St. Marks Saturday AM, (Saturday Book Store Clerk), Debbie P. Richmond OA, John O. Wapakoneta Monday Night, Christi S. Wapakoneta Friday Morning, Dianne W. St. Marks Saturday AM

Rick S. opened the meeting with a brief introduction of himself as the newly elected Greater Dayton Intergroup Chair and Representative to Region 5 followed by the Serenity Prayer.

Christi S. read the Greater Dayton Intergroup Statement of purpose and the Twelve Traditions and Concepts of Overeaters Anonymous were passed around for shared reading.

Rick introduced Garwood F. as the newly elected secretary. He also mentioned that Judy D. was staying on as Treasurer and that Marilyn D. would be staying on as Vice Chairperson & Book Store Committee Chair and that Amanda M. would be serving as Book Store Clerk on Saturday mornings. Amanda will be opening the book store following the weekly Saturday morning meeting at St Mark's Episcopal Church 456 Woodman Dr. in Dayton. Rick mentioned that he had made himself known to the folks at the regional level and that Garwood would be doing the same when the minutes of this meeting are complete.

Minutes of the Greater Dayton Intergroup meeting held November 21, 2015 as prepared by Amanda who served as secretary pro-temp were presented and accepted as presented. Rick thanked Amanda for stepping up to prepare those minutes.

The treasurer's report was presented by Judy D. and unanimously accepted. Rick asked if there were any announcements with a comment that the date of this very meeting was the celebrated date of the birthday of Overeaters Anonymous. Garwood announced receipt of and passed out announcement business size cards for 2016 Region 5 Convention September 16 -18 in Detroit MI.

Rick commented that he had received an Email list with 104 names on it from Susan W. That by eliminating doubles and more he was able to get it down to 94. He said that as a result of sending a notice of today's meeting he has only been able to confirm twelve of those.

Book Store Report: Marilyn reported that she needed to inventory what we have and reorder needed supplies to get it to where it should be. Marilyn also mentioned that the book store was in possession of an O.A. Public Service Announcement and that she would bring it by WSW a local low power radio station that had played some in the past to see if they would be willing to give it some air time.

Rick commented that with Susan W.'s absence, there would be no report from the Sanctuary (the newsletter of the Greater Dayton Intergroup of Overeaters Anonymous) and that the future of the newsletter was uncertain at this time.

Old Business: There was discussion of a flyer that was claimed to have been circulated for a workshop that didn't happen. No source of the flyers origination could be determined and it was mentioned that the original conference call scheduled for planning the event and the event itself never happened.

New Business: Debbie P. brought up the fact that the Intergroup has a Google Voice phone number that is currently forwarding calls to her phone, that she wouldn't mind passing it on to someone but was ok with keeping it till a successor could be established.

Rick passed out information pertaining to Greater Dayton Intergroup (D.I.G.) and O.A. as a whole this included a meeting list, D.I.G. Standing Rules and Policies (1/19/02), By-laws of D.I.G. (9/15/16) financial information 1/15 to 11/15, Book store information 4/12 to 1/15, flyer for Region 5 Convention in Detroit, MI., O.A. Literature order form and price list, map of region in U.S. and Canada, the Courier O.A.'s newsletter to professionals, A Step Ahead O.A.'s newsletter.

Debbie P made mention of the fact that the O.A. meetings in Richmond Indiana were now being held at the 228 Club located at 228 S. Sixth St. in Richmond Rick commented about the little use the O.A. room at St. Marks was getting for the amount of rent we are paying. He also asked about the totes of stuff that were on the shelves in the room and was told that they had stuff in them from groups that had gone defunct.

The next regularly scheduled business meeting of The Greater Dayton Intergroup of Overeaters Anonymous will be on March 19, 2016

Garwood F, Secretary  
Greater Dayton Intergroup Overeaters Anonymous

# DAYTON AREA INTERGROUP TREASURER'S REPORT

## January 16, 2016

	Income	Expenses	BALANCE
December 2015			\$1,141.06
Group Donations			
Saturday St. Mark's	\$616.95		
Lima	\$50.00		
bank service charge		\$3.00	
			\$1,805.01
January 2016			
bank service charge		\$3.00	
			\$1,802.01
Current Balance			\$1,802.01
General Fund Balance			\$1,420.13
Bookstore Balance			\$381.88



## Overeaters Anonymous (OA) Meeting Schedule within the Dayton, Ohio Intergroup .....

# OA Hotline - Greater Dayton Area (937) 738-4333

To avoid disappointment when attending a new meeting, please call the contact person to make sure the meeting will actually take place at the time and location scheduled. Meetings may be canceled or moved due to inclement weather, building closings or group conscience. Thank you for understanding.

Day	Time/Format	City	Location	Contact
Sunday	6:30 PM O/S/HA	Kettering	Mighty Fortress Lutheran Church 2841 Dorothy Lane, Kettering, OH	Judy D., (937) 258-3242 <a href="mailto:msljudy1d@aol.com">msljudy1d@aol.com</a>
Monday	12:00 PM O/R/HA	Kettering	Fairmont Presbyterian Church 3705 Far Hills Ave., Kettering, OH	Tim H., (937) 298-3022
Monday	10:30 AM C/D	Springfield	Alano Club 1557 E. Main St., Springfield, OH	Veronica F., (937) 864-5360 <a href="mailto:eclectictwelve@woh.rr.com">eclectictwelve@woh.rr.com</a>
Monday	10:00 AM C/D	Bellefontaine	Hillcrest Baptist Church 1505 S. Main St., Bellefontaine, OH	Irene C., (937) 582-9007 <a href="mailto:jimjif@yahoo.com">jimjif@yahoo.com</a>
Monday	7:00 PM	Wapakoneta	1st English Lutheran Church 107 W. Mechanic, Wapakoneta, OH	Rick S., (419) 738-0171 <a href="mailto:handlebarick@yahoo.com">handlebarick@yahoo.com</a>
Monday	7:00 PM O/Lit	Lebanon	Lebanon Methodist Church Cherry St., Lebanon, OH	Connie P., (513) 933-9470 <a href="mailto:xercisechick@cinci.rr.com">xercisechick@cinci.rr.com</a>
Tuesday	9:00 AM O/D/HA	Bluffton	<b>Call contact person for meeting location</b>	Peg, (419) 358-8488 <a href="mailto:pemurphy@wcoil.com">pemurphy@wcoil.com</a>
Tuesday	7:00 PM O/S	Oakwood	St. Paul's Episcopal Church 33 W. Dixon Ave., Oakwood, OH	Becky C., (937) 572-8999 <a href="mailto:Redshoes55@aol.com">Redshoes55@aol.com</a>
Wed.	12:00 PM O/S/D	East Dayton	New Hope Church 536 Xenia Ave, Dayton, OH	Marilyn S., (714) 307-8525 <a href="mailto:marilyhappy@yahoo.com">marilyhappy@yahoo.com</a>
Thurs.	7:00 PM O	Richmond, IN	228 Club 228 S. Sixth Street, Richmond, IN	Carole, (765) 966-5581
Friday	12:00 PM O/BB/HA	Kettering	Fairmont Presbyterian Church 3705 Far Hills Ave., Kettering, OH	Tim H., (937) 298-3022
Friday	9:30 AM	Wapakoneta	1st English Lutheran Church 107 W Mechanic, Wapakoneta, OH	Rick S., (419) 738-0171 <a href="mailto:handlebarick@yahoo.com">handlebarick@yahoo.com</a>
Saturday	9:00 AM O/L	Dayton Bookstore open	St. Mark's Episcopal Church 456 Woodman Dr., Dayton, OH	Sherry D., (937) 669-3073 <a href="mailto:morninglori@copperpen.com">morninglori@copperpen.com</a>
Saturday/ 1st of mo.	10:30 AM Newcomers	Dayton	St. Mark's Episcopal Church 456 Woodman Dr., Dayton, OH	Sherry D., (937) 669-3073 <a href="mailto:morninglori@copperpen.com">morninglori@copperpen.com</a>
Saturday/ 3rd of mo./ odd months only*	10:30 AM Intergroup	Dayton	St. Mark's Episcopal Church 456 Woodman Dr., Dayton, OH	Len, (937) 252-4217 <a href="mailto:llkjr2@yahoo.com">llkjr2@yahoo.com</a>
Saturday	11:00 AM O/S/L/HA	Yellow Springs	Friends Care Center 170 Herman St., Yellow Springs, OH	Laurie D., (410) 948-2401 <a href="mailto:dreamspinner.crone@gmail.com">dreamspinner.crone@gmail.com</a>

\*A reminder that the Dayton Intergroup meets the third Saturday of every odd month (Jan., March, May, July, Sept., Nov.) at the St. Mark's Episcopal Church in the 2nd floor OA room. All Dayton area meetings are encouraged to have an Intergroup representative attend Intergroup meetings. In addition, all OA members are welcome to attend.

## ***OA Meeting Schedule, continued***

### ***Abbreviations . . .***

O	Open Meeting: Anyone can attend
BB	Big Book Meeting: Discussing the AA Big Book's text, as it applies to OA
C	Closed Meeting: Only OA participants can attend
CC	Chairperson's Choice: Chairperson decides the format for the meeting
D	Discussion Meeting
HA	Handicapped Accessible
H.O.W.	Honest, Open, and Willing: A structured approach to recovery
Intergroup	Bi-monthly business meeting of the Dayton Intergroup of Overeaters Anonymous
L	Lead: Speaker's Meeting
Lit.	Literature Discussion
R	Rotating Format: Format changes according to predetermined format of the group
S	Step Meeting: Based on the 12 Steps and 12 Traditions of OA or AA
Newcomers	Opportunity for new members to hear more about how it works and watch a short film
WR/SpT	Writing for Recovery/Special Topics

### ***Other Information . . .***

OA Bookstore	Located at St. Mark's Episcopal Church in the 2nd floor OA room. Open after the Saturday 9 a.m. meeting at St. Mark's
OA Hotline	(937) 738-4333
Dayton OA Website	<a href="http://www.region5oa.org/dayton">http://www.region5oa.org/dayton</a>
Region 5 Phone	(866) 268-2160
Region 5 Website	<a href="http://www.region5oa.org">http://www.region5oa.org</a>

### ***Intergroup . . .***

Chair	Rick S.	<a href="mailto:handlebarick@yahoo.com">handlebarick@yahoo.com</a>
Vice-Chair	Marilyn D.	<a href="mailto:mpdailey09@gmail.com">mpdailey09@gmail.com</a>
Treasurer	Judy D.	<a href="mailto:ms1judy1d@aol.com">ms1judy1d@aol.com</a>
Secretary	Garwood F.	<a href="mailto:garwoodarea56@yahoo.com">garwoodarea56@yahoo.com</a>
Sanctuary Editor	Sue W.	<a href="mailto:justfamily1952@hotmail.com">justfamily1952@hotmail.com</a>

*Next Intergroup Meeting: May 21, 2016*



## ***Overeaters Anonymous Preamble***

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

### ***The Twelve Steps of OA***

1. We admitted we were powerless over food — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. 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.
12. 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.

***Permission to use the Twelve Steps and Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.***

### ***The Twelve Traditions***

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. 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.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.



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## *Your participation is needed for this newsletter to continue:*

Share your experience, strength and hope in writing, and submit it for publication in future issues of *Lifeline* and *Sanctuary*.

## *Meeting Inspiration*

Share your favorite meeting moments and best ideas for meetings full of fun, love and recovery.

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## *Article about OA published in U. S. News and World Report*

- *To read the article, follow this link:*

<http://health.usnews.com/health-news/health-wellness/articles/2015/06/15/im-an-addict-a-food-addict>