

Spring
2009

Butterfly



Be Transformed and Shine A SUCCESS!!!

A HUGE thank you to all who made the Mini Convention April 24th-26th a wonderful experience! Our speakers, Allen & Beverly openly shared their recovery journey, bringing hope, enlightenment and entertainment during the weekend. The breakout session topics included Body Image Panel, How Do We Define Recovery? and Reliance Not Defiance. Many things were shared and learned...one being how essential moisturizing is! T-Shirts with the "Be Transformed and Shine" logo were available to purchase. There still a few available, if interested contact Sue C, 513-541-0174 SueC724@aol.com Thank you to all attended!

Intergroup is looking for a group to chair the 2010 Mini Convention. Please contact Rena H Rena H 513-984-0368 rlh1945@gmail.com if interested.

Intergroup

Officers & Committees

Chair- Tony A 513-702-6803

machboy@fuse.net

Vice Chair- Rena H 513-984-0368

rlh1945@gmail.com

Treasurer- Suzanne B

513-234-9207

sbertuleit@cinci.rr.com

Secretary- Sue C

513-541-0174

SueC724@aol.com

Region 5 Delegates-

Tony A, Rena H,

Suzanne B, Connie P

Budget- Suzanne B

Butterfly- Amy J 513-910-7032

thecincybutterfly@yahoo.com

By Laws/Policies- No Chair

Membership- Tony A

Professional Outreach- Connie P

513-933-9470

xercisechick@cinci.rr.com

Public Information-

Pat G 513-759-4242

Social- Mary Ann P

513-662-3249

Speakers List- Amy J

513-910-7032

doinwhatican@etczone.com

Special Projects- Rena H

Telephone Answering Service-

Janet L 513-381-1878

12th Step Within- No Chair

Ways & Means- No Chair

Tradition One- No Chair



ATTENTION WALKERS!!!

Do you like to get out and walk, but would like to have others to walk with? Mary Ann P is organizing groups of fellow OAers for "walking dates" at various locations and times. Walking and share your experience, strength and hope – a walking OA meeting! If you are interested, please give Mary Ann P a call at 513-662-3249.

Enjoying the ARTS

An OA outing to the Cincinnati Art Museum is being planned for a weekend in June. There will be a guided tour and time to meet other OA members while enjoying the beautiful artwork. If you are interested, please contact Mary Ann P. at 513-662-3249.



Am I in OA just to lose weight?

OR

Do I just want to eat as much as I can and not gain weight?

OR

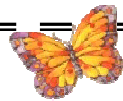
Do I want to stop eating compulsively?

There is something special waiting for you to do today that won't get done if you are flying around doing your own thing.



Intergroup Spotlight

Spring Steps



4. *Made a searching and fearless moral inventory of ourselves.* -Courage

My closets get cluttered and I must take a look at everything – what is useful and what is no longer needed, just taking up space, causing problems and needs let go of. I must be honest when I look at everything. The “junk” is what I eat over. At times I don’t even know what is in there, what is causing me to feel/act the way I am. Taking the inventory brings everything to the Light.

5. *Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.* -Integrity

I don’t like to admit to myself, let alone another person what I have done wrong. How is this going to help?! All the things I didn’t want to look at, and tried to hide from everyone are right there for everyone to see. I wear them. Saying them aloud makes them real and brings them to the Light once more. They are no longer secrets and I don’t have to keep trying to hide them with food.

6. *Were entirely ready to have God remove all these defects of character.* -Willingness

So, all of the things that I have used as “tools” to keep these secrets and to live the lie I wanted everyone to believe...am I ready to let them go? Do I believe there is a better way?

Spring Traditions

4. *Each group should be autonomous except in matters affecting other groups or O.A. as a whole.*

I am responsible for ME. I must mind my own business. If something is going to harm my family, I can get involved, but I have no right to tell you how you must live your life.

5. *Each group has but one primary purpose-to carry its message to the compulsive overeater who still suffers.*

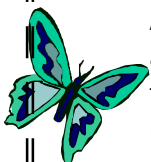
My job is to stay abstinent and work my program. This is the best thing I can do for me and everyone else. My actions, words, way I live are the outward signs the world sees. It makes a difference.

6. *An O.A. group ought never endorse, finance or lend the O.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.*

I must always watch my ego. Stepping into other people’s business, wanting them to have what I have and shoving it in their face is not what my HP intends for me to do. My ego leads me to “run the show”. My

abstinence is a precious gift that I must protect.

Allowing my ego to run wild threatens my abstinence. Awareness of those times helps me to step back and see it for what it is and remove myself from the situation.



The Greater Cincinnati Intergroup meets on the third Monday of each month in the Service First Classroom on the 11th floor of Good Samaritan Hospital from 7:00-9:00pm.

Each OA group is encouraged to have two representatives attend the Intergroup meetings. This is a wonderful opportunity to give service! INTERGROUP NEEDS YOU!!! There is NO ABSTINENCE REQUIREMENT to attend/participate at Intergroup. The more representatives we have at Intergroup, the more OA can do to reach the still, suffering compulsive overeater. As the Overeaters Anonymous Responsibility Pledge states: “Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.”

Committee Chairs Needed Filled:

By-Laws/Policies & Procedures

This committee keeps the by-laws/policies & procedures up-to-date and help ensure that Intergroup conforms to them. Each year the By-Laws/Policies & Procedures are reviewed and changes are presented to Intergroup for discussion and vote.

Tradition One

OA’s Tradition One says “Our common welfare comes first; personal recovery depends upon OA unity.” The committee seeks to promote unity by first recognizing the various approaches to the OA program of recovery exist and that it is our common ground and not our differences which bring us together. This is done by maintaining and distributing materials and information to Intergroup and OA meetings.

Twelfth Step Within

The twelfth step tells us to carry the message to compulsive overeaters. The primary purpose of the Twelfth Step Within is to carry that same message of recovery to those who still suffer within the OA fellowship. This deals largely with relapse and issues of membership retention.

Ways and Means

Fundraising activities to support the funding of the Delegates to Region V Assembly and World Service Office Business Conference is the main responsibility of this committee.

Speakers List

Maintains & distributes the Speakers List of those who are willing to attend various meetings to share their story. The list is updated twice a year.

Structure of OA



Individual members

OA's diverse membership consists of more than 6,500 registered groups in over 75 countries.

Groups

A group consists of two or more people. Each group practices the Twelve Steps and Twelve Traditions of OA. No member of a group is required to practice any actions to remain an OA member or to have a voice at a meeting.

Intergroups and Service Boards

Intergroups and Service Boards consist of two or more groups. Intergroups are usually formed of meetings within a general geographic area. Service Boards are service bodies that provide support for groups and/or intergroups that are not otherwise served within the existing service structure.

This includes national service boards (NSBs), language service boards (LSBs), and virtual service boards (VSBs). NSBs serve groups and intergroups that speak one language (usually not English). LSBs serve groups and/or IGs, usually in different countries, that share a common language. VSBs serve virtual groups (those that are linked via the Internet) irrespective of geographic boundaries.

Regions

OA has 10 regions worldwide that maintain direct communication with groups and intergroups. Regions sponsor local conventions and assemblies. Regional assemblies also nominate trustee candidates to serve on OA's Board of Trustees (BOT), whose members are elected at the World Service Business Conference (WSBC).

World Service

The WSBC, attended by delegates from around the world, meets annually each May to conduct the business of OA and to elect the 16-member Board of Trustees. The board acts on behalf of all members of the OA Fellowship. The World Service Office (WSO) works with the BOT to provide quality support and services to the entire OA Fellowship.

(Taken from www.oa.org)

Guidelines for The Butterfly submissions: There is no abstinence requirement. Submissions may be emailed to TheCincyButterfly@yahoo.com or given to the editor. Articles will be reviewed in accordance with the OA Traditions. Articles will be accepted until July 5, 2009.

Topics include: Steps & Traditions 7, 8 & 9.

What are some things you do to "step up" your program a few notches? Do you participate in a step study group? Meet with your sponsor or other program people on a regular basis? Share your morning meditation or evening inventory with someone? Share something you've heard at a meeting recently – a quote from the Big Book that was used or a slogan or phrase and how you could identify, relate or apply it to your program.

We needed to ask ourselves but one short question. 'Do I now believe, or am I even willing to believe, that there is a Power greater than myself?' As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built. - Pg. 47 - We Agnostics



Today I feel my entire body energized by my powerful positive, thoughts. I feel alive and full of joy as I feed myself with loving and positive energy. –Time For Joy

