

Butterfly

Overeaters Anonymous Greater Cincinnati Intergroup Newsletter



Intergroup Officers & Committees

Chair- Suzanne B.

Vice-Chair-Rena H.

Secretary- Sue C.

Region 5 Delegates-

Budget/Treasurer-Tony A.

Butterfly- Rachael W.

By Laws/Policies- Suzanne B.

Membership- Rena H.

Professional Outreach- Connie P.

Public Information- Pat G.

Social- (Open)

Speakers List- Diane R.

Special Projects- Rena H.

Telephone Answering Service- Janet L.

12th Step Within- Cheryl R.

Tradition 1- (Open)

Ways & Means- (Open)

Website- Lee S.

Tenth Step Prayer

God remove the Selfishness, dishonesty, resentment and fear that has cropped up in my life right now. Help me to discuss this with someone immediately and make amends quickly if I have harmed anyone. Help me to cease fight anything and anyone. Show me where I may be helpful to someone else. Help me react sanely; not cocky or afraid. How can I best serve You - Your will, not mine be done. AMEN

Gift of Sponsorship

Each sponsor I've had guides me through the steps and use of the tools. In that sense it doesn't matter who my sponsor is. But each person inevitably brings to the sponsorship relationship their unique personality and particular experience, strength and hope.

Honesty is the basis of my sponsorship relationship. For example, I'm honest with my sponsor right away if a behavior or food is becoming a problem. I am honest with her about what situations I must avoid. I also know what I **am** able to do. I am the only one who can say what situations cause me problems. If my sponsor **does** have an issue with a particular food or situation and it's in her abstinence list, but that situation does **not** cause me problems, my sponsor doesn't make the decision to eliminate it from **my** abstinence list. Although I talk everything over with my sponsor, my sponsor does not have the right to play God. It isn't healthy for her (ego inflation) and it isn't healthy for me (amplifies my defiance).

Through sponsorship I learn very clear boundaries. My ego is deflated by following my sponsor's guidance, and by being a humble sponsor.

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Steps 10, 11 & 12:

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.



Traditions 10, 11 & 12:

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.

Overeaters Anonymous is saving my life. I am convinced that my death would have already occurred except for the 7 years of abstinence I have been given. Had it not been for these traditions (all 12), I would not have been able to deal with OA. My religious and political beliefs are daily rejected in the media and generally in our culture. These traditions make it possible for me to treat my disease without compromising my beliefs. I am enormously grateful that OA has no opinion on outside issues.

Tradition 11 suggests that our public relations policy is one of attraction. Our abstinence is the most important service we can provide to those who still suffer from our disease. When you add up those who are overweight, obese, anorexic or bulimic there are nearly 1 ½ million people in our area who probably suffer from our disease. We've got a lot of attraction to do. Our abstinence, therefore, has consequences beyond our own recovery. Our weight loss and our change in attitudes and behavior are visible and attractive. Our slips and relapses send a message to those around us. It doesn't say OA works if you work it. Before taking that first compulsive bite we need to consider what we are telling our friends and associates. It is not only our own life or death at stake.

Tom Mc.

On Surrender

What is surrender? It is not a single event – once you've surrendered you can't check it off your list. Surrender is a day-by-day and moment-by-moment process. I seem to take 2 steps forward at times and then 1 step back. To me surrender means that with every ounce of my being, at this moment in time, I am turning my will and my life over to God, my Higher Power. There is no guarantee that I will be able to do it two hours from now. I simply seek to turn my life over for right now – THIS MOMENT! I am willing to be willing to be willing.

– Charlene R.

Spiritual Principles in the Twelve Steps . . .

Step Ten: Perseverance

Step Eleven: Spiritual Awareness

Step Twelve: Service

Pray and Meditate on how these principles can affect a change in our lives.



Gifts of Sponsorship (continued from page 1)

Being a sponsor myself has helped me stick to and strengthen my own program. My sponsorship of others helps to maintain my own recovery. I can't keep it unless I give it away. It helps my commitment to abstinence because if I lose my abstinence, I lose the honor and joy of witnessing first-hand another member's growth through sponsorship.

The situations, questions, issues that my sponsees present have an uncanny way of paralleling my own. Fortunately, I don't have to have all the answers and I can ask for assistance anonymously from my sponsor & others.

Sponsoring has helped me reach deep inside myself, to stretch, to relate my own experience. It helps me get more in touch with myself and my Higher Power. It's helped me become more conscious of my time by being available at our agreed upon times. And I learn to respect others' time by calling them on time and staying to the point so I'm done in the 15 minutes she has graciously given me each day.

As a sponsor, I consider my primary role to be a cheerleader. I cheerlead from the sidelines as the person goes through the steps. I don't play God, and I don't work harder than they do. But I do share of my own progress and recovery, to offer them hope and inspiration to keep going. I am also listener and a guide, but not a therapist. I am not responsible for their recovery. I sponsor those who are willing to do the work...the Steps and the Tools...consistently, and who are willing to be accountable...consistently.

Sponsoring has been gratifying. I celebrate every one of their successes. I celebrate their abstinence anniversaries. I commend their step work. I marvel at being able to help someone who wants to get better and who is willing to do what it takes to get there. It brings me joy to witness the new free, enriched lives they are leading.
Lia F.

ANNOUNCEMENTS:

Three popular OA publications are now available as downloadable PDFs through the OA bookstore. We are offering the **OA 12&12**, the **Twelve-Step Workbook** and the **Fourth-Step Inventory Guide**. Check them out by going to bookstore.oa.org and selecting "E-Books."

IDEA Day is coming up on November 20. The West Chester groups have volunteered to host the event, to be held at the Hyde Park Community United Methodist Church (1345 Grace Ave. at Observatory Ave., 45208) from 1-4 pm.

Remember . . .

The 9th Tool, "Action Plan" may be interpreted as you wish. The (World Service Business) Conference Literature Committee is currently working on wording for this Tool. If members of your group wish to send comments and suggestions, please urge them to send them to that committee at the OA website.

Spiritual Principle in Traditions

Tradition Ten: *Neutrality*

Tradition Eleven: *Anonymity*

Tradition Twelve: *Spirituality*

Please consider contributing an article to the Butterfly. Our recovery is a life and death matter and it is essential that members share their experience, strength and hope. Submit submissions to the email address below.



AA Addresses Changing Words

Numerous OA members have contacted the World Service Office to ask if it's acceptable to change the words "alcohol" and "alcoholic" to "food" and "compulsive overeater" when reading aloud from AA literature.

Below is an excerpt of a letter from the A.A. General Service Office (dated January 22, 2010) that addresses this question:

"Although the First and Second Editions of Alcoholics Anonymous are in the public domain of the United States, it has always been Alcoholics Anonymous World Services, Inc. ("AAWS") Board's position to request the cooperation of other Fellowships based on A.A.'s Steps, Traditions, etc. in protecting the integrity of the A.A. message as conveyed in Alcoholics Anonymous. AAWS has historically permitted the adaptation of the Twelve Steps and the Twelve Traditions by other Fellowships. However, when it comes to other A.A. materials, the Board does not feel that it is appropriate for other Fellowships to substitute any other words where the words such as 'alcoholics,' 'alcoholism' appear in the original text.

"Additionally, to permit 'adaptation' of portions of text material would tend to dilute the credibility of our literature. As may be the case with some of your own literature, A.A. material derives chiefly from experience, and, therefore, possesses a certain sense of authenticity and sincerity. If the very same material were to be published with word substitutions, depending on which Fellowship was publishing it, anyone having occasion to read two or more of these versions would have good reason to doubt the integrity of any of them."

The issue of whether to change words in oral readings is a matter of respecting OA's historical relationship with AA.

(This article appeared in the 3rd Quarter 2010 issue of the WSO newsletter, "A Step Ahead" and is currently available to download at the www.aa.org website; go to "Documents")

Eleventh Step Prayer



Twelve Steps and Twelve Traditions, p. 99

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

Twelfth Step Prayer

Dear God, My spiritual awakening continues to unfold. The help I have received I shall pass on & give to others, both in & out of the Fellowship. For this opportunity I am grateful. I pray most humbly to continue walking day by day on the road of spiritual progress. I pray for the inner strength & wisdom to practice the principles of this way of life in all I do & say. I need You, my friends & the program every hour of every day. This is a better way to live. Amen



Mark your calendar for these upcoming events:



OA Fall Ball

"Practice Your Plan of Action"

WHEN: Saturday ~October 30, 2010~ 8:00-11:30 PM

**WHERE: At the Lodge in Beautiful Swaim Park,
At Cooper Rd & Zig Zag Rd in Montgomery, Ohio**

COST: \$10.00 suggested donation ~ Kids 12 & under Free

- Dance instructions
- Prizes for Best Costumes
- Come early for best parking
- Bring a Date, Friends and/or Your Kids
- Cold Drinks

Saturday Morning West Chester Group

Presents :

IDEA Day-

International Day- Experiencing Abstinence

"Handling the Holidays"

November 20, 2010

Hyde Park Methodist Church

Grace & Observatory, 45208