



Twelfth Step Within Committee

No matter what your problem with food — compulsive overeating, under-eating, food addiction, anorexia, bulimia, binge eating, or overexercising — we have a solution.

Contacts:

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**Cleveland Central
Intergroup**

**800-511-9610
oacleveland.org**

The Public Information and Professional Outreach committees have recently merged with the Twelfth Step Within Committee with the goal to meet our primary purpose to share the message to the person who still suffers and to let people know there is a solution.

As we spread the message of overeaters anonymous, our hope is that individual meetings are strong and function effectively in order for people to keep coming back.

Please consider doing a group inventory at your OA meeting using the 13 questions attached. Groups may also add questions of their own.

These questions will help evaluate how well the group is fulfilling their primary purpose: to help overeaters recover through the twelve steps. This will be an honest and fearless discussion of the group's weaknesses and strengths.

Listed on the left are some contact names to reach for the any of the following reasons:

- If after doing the inventory, you find that your group is in need of some help or guidance.
- If you do not have a group representative. We are encouraging each group to have a CCI representative.
- If your meeting delineates a type of format. With the focus on strengthening meetings, we would like to invite you to add what type of meeting format your group uses and we will list that information under the topics on the meeting list.