

*We ask and we receive, first the
willingness, and then the ability.*

We can count on this without fail.

*-OA Twelve Steps and Twelve
Traditions, p.23*

STEP FOUR

*Made a searching and fearless
moral inventory of ourselves.*

Principle: Courage

STEP FIVE

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

Principle: Integrity

STEP SIX

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

Principle: Willingness

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In This Issue...

COURAGE • INTEGRITY • WILLINGNESS

COURAGE

Courage is resistance to fear, mastery of fear — not absence of fear.

—Mark Twain (as quoted in For Today, p. 86)

I was stopped dead by fear. Had so many fears when I came to program that I didn't even know I had them. Fear of new things, fear of not being able to learn, fear of new places, fear of people, fear of authority figures, fear of feeling or looking stupid... and on and on, not to mention fear of not being accepted or liked or included, or being lied to... of making commitments... I've got to stop there or I'll never get to courage. OA fellowship and 12 Steps have taken me a long way. Some of the fears are gone: fear of new places — gone; fear of people — gone; fear of authority figures — gone; some may always be with me, but are manageable. I do believe that courage isn't lack of fear but being able to face the fear. I know when I talk about it with someone else, the fear is lessened. Thanks for the opportunity to share. -Pat K.

INTEGRITY

The dictionary describes integrity as honesty, wholeness, or perfect condition. The spiritual principle of integrity in OA is tied to the 5th Step. "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs." When we take our 5th step with a sponsor, we break down walls. For years, most of us have been hiding behind our walls to protect us from others, from judgment, from our past. These walls that are meant to protect us instead only serve to take away our honesty, our wholeness, our otherwise perfect condition. As we share the exact nature of our wrongs, we continue a

SERENITY PRAYER

*God, grant me the serenity
to accept the things
I cannot change,
courage to change
the things I can,
and the wisdom
to know the difference.
Amen.*

process that began when we admitted we were powerless over food.

When I shared my 5th step with my sponsor, I realized that honesty was a relief. I no longer had to work so hard to try to protect myself. I could be loved and accepted despite my shortcomings and let them go. Since my 5th step, I have enjoyed a wholeness in my life that I never expected. With my Higher Power guiding me, I am learning to adopt integrity in all areas of my life. I am able to be honest with myself, my sponsor, and those around me without building walls of protection. Do I still have moments of dishonesty? Yes. But without those walls around me, I can be honest about my food, my emotions, and my actions and know that my Higher Power will always be there to support me and love me. It's as if breaking down those walls not only allows others to see me, but it also allows me to see my Higher Power.

-Julie M.

WILLINGNESS

Since these things have happened among us, they can happen with you. Should you wish them above all else, and be willing to make use of our experience, we are sure they will come. The age of miracles is still with us. Our own recovery proves that!

-Alcoholics Anonymous,

p.153

I cannot use my willpower to abstain from eating compulsively. As a compulsive eater, I don't have the ability to decide to abstain and carry it out consistently. I tried that when I dieted, and it never lasted long. Dependence on HP to guide me in my food choices, and willingness – not willpower – to enjoy the next abstinent meal in front of me, is the solution that works for me today.

In program, I grow to acknowledge that certain foods are truly as harmful to me as poison because of the aftermath that inevitably follows when I eat them. When I'm in conscious contact with HP, I surrender to seeing myself as HP does and treating myself as HP would. HP would never poison one of His children, just as I would never give my allergic son peanut butter. Even if he begs and insists that he wants to eat it, I know that for him, to eat that food would have disastrous consequences. And so it is with me and the first compulsive bite. I am accepting more and more that abstinence is not deprivation, not punishment for years of overindulgence, but rather the loving protection of HP who delights in me and longs to give me a life free from food obsession, free from the bondage of self, beyond my wildest dreams.

-Kathleen M

CCI Review Editorial Policy and Call for Submissions

We are seeking submissions on how the OA program of recovery is working in your life. Next quarter's newsletter will include OA members sharing on humility, self-discipline, and love for others.

Submission deadline for the July/August / September issue is Friday, July 15, 2016.

Submissions will be accepted via email to ccioa@onebox.com.

All editorial rights are reserved and submissions will be subject to editing.

Opinions expressed are those of the writer and not OA as a whole.

Thank you to all who share their experience, strength and hope by submitting these articles. Your generosity of spirit is appreciated.