

Juliette Here!

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.

Serve and represent the groups.
December, 2017

Dear CCI,

THE OFFICIAL 2017 UNITY TRAIN INITIATIVE PULLS INTO THE STATION!!!

Thank you thank you thank you for everyone who participated in going to meetings as groups (which took some planning and effort to coordinate) and solo train rides to strengthen our fellowship.

I was able to make 39 of our 50 meetings. WHOO HOO! Here is the breakdown of the last meetings I attended:

#35 Willowick Thursday 7:00pm: California style meeting. Before the recovery content of the meeting like the Big Book or 12 & 12 is discussed the members go around the table and check in with their recovery process. Very nice to share a bit of the day before diving in!

#36 Elyria Monday 7:30pm: I am struck by a newcomer entering our fellowship late in the life and how much hope I felt that it is never too late for any of us.

#37 Chesterland Monday 7:30pm: Back to Basics meeting on the 5th Step.*

#38 Willoughby Friday 6:00pm: So good to be sitting with COE's who I got abstinent with and how far back our histories go. Something about a meeting in a treatment center that makes me remember how debilitating this disease is.

#39 Hillcrest Sunday 10:00am: This meeting was bigger than most. I was so pleased to see many of us in one room and it wasn't an event. I heard strong recovery. If you are looking for a larger meeting, here is one to attend.

Meeting #40 was to be **Akron Saturday 10:30am** and luckily Jo was meeting me there. She made it and so made our Unity Train announcement. Our meeting list had the wrong zip code and my GPS took me all over Akron. I did not make it. This happened to me ONLY twice out of 40 meetings! Middlefield had changed their time and this had the wrong zip. Pretty darn good! But does stress the importance of our contact information for the new person. I informed TSW and the meeting contact person. Keep your meeting information up to date and correct with OA.org and TSW!

The board visited the other 11 meetings in my stead. Thank you, Pam, Kelly, Jo and Marilyn. Three of those meetings had a strong board presence and were not "visited" per se. Other meetings have created a Unity Train as a matter of practice for the homegroup members. Now that is amazing!

As we go into the New Year, let us think about our 2018 Initiative? If group conscience agrees to suspend business for January (except for the possibility of elections?), plan to have an HP led brainstorming and inventory taking session so that we might focus our efforts in 2018.

HAPPY NEW YEAR! (and see you at the New Year's Day Marathon!)

In abstinence,
Juliette
CCI Chair

*Please be aware that although meetings are autonomous, the voice and conscience of OA as a whole voted in the 12 Step Workbook and beginning in 2018, it should be the only study guide the fellowship uses for studying the 12 Steps.