
CCI REVIEW

A publication of the Cleveland Central Intergroup of
Overeaters Anonymous

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In This Issue...

MORE UNITY

An Amazing Ride

I am not a writer; reading and writing are my weaknesses. My easier, softer way is to talk and watch the film based on the novel. Books on tape are okay, too. That being said, with a nudge from my sponsor, it is an honor and a privilege to write an article about my experience aboard the CCI Unity Train 2017.

I loved this theme for our CCI from the very start. Going to meetings outside of my comfort zone and sometimes outside of my area code. I looked forward to reuniting with some familiar friends and finding new friends along the journey. What I didn't know, what I didn't see coming, was discovering the grace and beauty of this fellowship, the spiritual growth I would gain. I didn't know it would be this awesome. I really cannot explain why such an activity can be so powerful and overwhelming to one's recovery.

My friends, you are amazing! I love you all. You give me love and hope, and I cannot wait to keep on riding this train. I hope and pray for everyone reading this to climb aboard and experience the thrill and adventure as we ride the train to "happy destiny" TOGETHER! Love and peace to you.

-Marilyn D.

**"I have hope to share and love to give,
and I just keep going one day at a time,
living this adventure called life."**

-Alcoholics Anonymous, p.288

Last call to board the UNITY TRAIN!

Did you know that there are fifty OA meetings in the Cleveland Central Intergroup? And that each meeting, though autonomous, is a part of something much, much bigger? CCI continues to embark on a mission... the Unity Train! A campaign to cross county lines, to visit meetings all over the intergroup, and to be UNITED in fellowship with those whose paths we might not typically cross.

How about you? Are you on board? Have you thought about visiting another meeting to share your experience, strength and hope? Have you considered being UNITED to help carry the message?

The UNITY TRAIN will be pulling into the station as 2017 comes to a close. Your ticket? Your experience, strength and hope! Get on board. You'll reach new destinations in your recovery, and the journey will always be worth it! Together, we get better.

CCI Review Editorial Policy and Call for Submissions

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

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

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

Do you have experience, strength and hope to share? Submit a short article on how the OA program of recovery is working in your life. Submissions will be accepted for consideration via email to ccioa@onebox.com.

The Family I Always Wanted

Unity Train is the action of visiting other meetings with others from your meeting. I guess I did this myself, every once in a while, when my children were older. I called them “field trips.” Why did I start doing this? I had more free time on my hands and wanted to move away from a toxic family relationship. I wanted to see other meetings, and, most importantly, to get to know others with my disease. This helped me realize that there were others out there just like me. Others who were there to support me and love me until I could love myself. Others who valued me for me – something I didn’t at that time in my life.

The idea of Unity Train came at the perfect time, a time when the disease had started whispering those same ideas to me again. So I suggested the Unity Train at my meetings and rejoiced that there were others too who wanted to go. And so we started. At the first one, we were welcomed with joy, for it was a small meeting, and we doubled it. There was love and acceptance for me as I am, without masks or pretenses. What freedom, what joy, what a blessing!

And the same little band of OAers have continued monthly to attend a new meeting with me. I am blessed because during the ride and the shared meals, we strengthened our friendships with each other, while building new and healthy ones. The isolation of my disease has been broken, and at every meeting, I feel welcomed home. Thanks, OA, for being the family I always wanted.

So, if you have not yet experienced and participated in the OA Unity Train, I strongly urge you to do so. It will help you while you are helping others.

-Becky

“For, to these people, I am truly related. First, thorough mutual pain and despair, and later through mutual objectives and newfound faith and hope. And, as the years go by, working together, sharing a mutual trust, understanding, and love – without strings, without obligation – we acquire relationships that are unique and priceless.”

-*Alcoholics Anonymous, p. 276*