
CCI REVIEW

A publication of the Cleveland Central Intergroup
of Overeaters Anonymous

January • February • March • 2018

In This Issue...

Came to Believe

Came to Believe (Principle – Hope)

I felt completely hopeless the day that I came to my first meeting of Overeaters Anonymous. I knew nothing about the 12 Steps or the program of recovery, but I had no problem identifying with the addiction concept. I knew I was powerless over food.

I was embraced by fellow addicts and soon had the hope that I could experience the freedom and joy that I saw in them. I had no difficulty with the idea of turning my food addiction over to a Higher Power – I had just never known this was a possibility! Thank goodness the Second Step was suggested because surely I had not thought of it on my own. What a simple idea! Simple – not easy.

Learning to rely on a power greater than myself has been such a relief! Knowing I could not do this on my own, it has been a gift to trust the process. I believed and then I received. Sometimes quickly – sometimes slowly. It will *always* materialize if we work for it.

-Anonymous

“Yet it is our great hope that all those who have as yet found no answer may begin to find one in the pages of this book and will presently join us on the high road to a new freedom.”

-*Alcoholics Anonymous*
Forward to the Second Edition, p.xxi

1. We admitted we were powerless over food – that our lives had become unmanageable.

2. Came to believe that a Power greater than ourselves could restore us to sanity.

3. Made a decision to turn our will and our lives over to the care of God as we understood Him.

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

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

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

7. Humbly asked Him to remove our shortcomings.

8. Made a list of all persons we had harmed and became willing to make amends to them all.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

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.

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.

Recovery Is Possible

“Hopelessness served at one time, but I don’t need that device today. I have a HP that gives me everything I need.”

-For Today, p. 244

Hopelessness is a function of my disease, not my recovery. Before OA, I had fits of deluded self-confidence followed by wave upon wave of hopelessness that I used to justify my destructive eating patterns. Today, instead of hoping in the next quick fix to solve my problems, I can put my hope in a Higher Power. I can trust that not only is recovery possible, it is possible for me right now. All I have to do is put down the food, pick up the steps, and embrace the freedom. As I grow, so does my hope that what worked yesterday might just work again today.

-Kathleen M

“With each passing day of our lives, may every one of us sense more deeply the inner meaning of A.A.’s simple prayer:

**God grant us the serenity to accept the things we cannot change,
Courage to change the things we can,
And wisdom to know the difference.”**

*- The Twelve Steps and Twelve Traditions of Alcoholics Anonymous,
p. 125*