
CCI REVIEW

A publication of the Cleveland Central Intergroup of
Overeaters Anonymous

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In This Issue...

UNITY

Thoughts on the Unity Train Campaign

I have read and was taught that to maintain the Fellowship for present and future members, both individuals and groups need to follow the principles of the twelve steps and twelve traditions – to understand that what is best for the group is best for the individual. Our first tradition states, “Our common welfare should come first; personal recovery depends upon OA unity.” Unity is one of our greatest strengths and keeps us focused on carrying the message; it is a common theme that unites us. In the past, I thought that unity was mostly directed to the group, and that our challenge of the unity train was directed to CCI members or meetings. Today, I believe it is directed at me and each individual member to carry the message. I think about Bill and Bob. If they did not go out to carry the message, where would I have gotten the message? As part of the campaign, I have attended a number of meetings different than the meetings I normally attend. I found that almost every meeting is the same in that they are focused on recovery. Also, even after 25 years in program, there are many people in the Cleveland area I have never met. Attending other meetings gives me many blessings – hearing recovery from new people, getting out of my comfort zone, being of service to others and the program. One of my character defects involves comfort. I thought that food gave me comfort, that routine gave me comfort, but it really was the lie of the disease. The disease says, “Don’t branch out – stay locked in my little circle.” In recovery, branching out and being uncomfortable are part of my amends to myself. As part of my gratitude, I want to have my hand there for the still suffering overeater, whether they are in my group, another

“We have in common the peril of compulsive overeating and the common solution found in the Twelve Steps. That provides a bond different from any I have experienced before.”

-Voices of Recovery, p.108

group, another state or country. I owe my life to this group and am dedicated to help carry the message. So, I ask everyone to branch out and attend a new meeting. Meet new people. Carry your recovery to that meeting, and receive recovery from the meeting. Unity is our purpose.

-Pam P., CCI Secretary

Have you heard about the UNITY TRAIN? Are you on board?

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? After considering the importance of UNITY within the fellowship of OA, CCI has embarked 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 is still going strong. 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.

Unity... Together We Can

Together we can. We can recover from our dis-ease of compulsive overeating, anorexia, bulimia. The TRAIN, to me, is a journey. We are on a journey together. How many of us tried to go it alone prior to coming into OA! We tried so many things to lose weight, stop the binge eating... and failed. But we found when we got to Overeaters Anonymous that united – together – we could and would be able to have a reprieve from this deadly dis-ease.

From the Big Book, Alcoholics Anonymous, “We are like the passengers of a great liner...” (p. 17). We are a diverse group of people coming together, becoming united by the Twelve Steps of our program. Rarely would any of us have met one another prior to going to our first meeting. We came and found a common solution, so united we hopped on the train and began our journey. Those before us told us it was a simple program, but many of us (complicating most anything) struggled, got complacent, worked all the harder... and figured out that we are not in charge. We had to find a Higher Power to walk the journey with us and our fellow OAs. And so we do – we walk together on this journey, united. If and when we put our Higher Power first, we find we do get better. Let’s go together on this journey, this train ride!

-Anonymous

The Unity Prayer

I put my hand in yours,
and together we can do
what we could never do alone.
No longer is there a sense of hopelessness,
no longer must we each depend upon
our own unsteady willpower.
We are all together now,
reaching out our hands
for power and strength greater than ours,
and as we join hands,
we find love and understanding
beyond our wildest dreams.