

# Expressions of Unity

The newsletter of Unity Intergroup

[www.overeaters.org](http://www.overeaters.org)

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

Having a problem with food, weight or purging? Call our 24/7 hotline at **612-377-1600** and one of our volunteers will return your call.

### In this issue:

#### Step Three Articles

**Buffalo Retreat**  
March 31, Apr 1 & 2  
Early Bird Registration closes March 11  
**Sign up now!**

OA Quick Steps  
April 8 & 22

Sponsors– Service  
Opportunity

TSW Corner

Unity Intergroup News

## Surrender and Sobriety

I felt fat from the time I was in kindergarten. Though only slightly heavier than the other girls, I was obsessed by my size and daydreamed of returning from every summer vacation-- magically thin, and suddenly popular and beloved.

My disease morphed between binge eating, dieting, and exercise bulimia. It was an all-consuming cycle of trying to lose weight, bingeing, self-loathing, and self-punishment.

After 10 years of this hell, I found Overeaters Anonymous, and started the long journey of surrenders. It started with surrendering the idea that I could “get over” my food problem with a quick fix, and never have to deal with it again. It took a long time, but now I have no problem with the fact that I “have to” keep coming back. I *get to!*

Next, I needed to surrender my bingeing absolutely. I wanted to surrender my daily bingeing and the negative emotional and physical effects of bingeing. But I had to surrender the idea that I would ever binge again. After many, many starts, stops, and relapses, I learned I needed to *completely* surrender ever having the option to binge again. And for a time, I had to surrender certain foods that seemed to smooth the path that led to that destruction.

Once I surrendered bingeing, and became abstinent for 2.5 years, I realized there was yet more to surrender: my body. Having not suffered the pain of overeating or bingeing in over 2.5 years, I had thought I was in the clear! I was thinner than ever, and felt great!! But I was controlling my weight by micro-managing my intake. This was not compatible with the complete surrender and freedom my sponsor modeled. I would have to surrender all control of my body, weight, shape, and size to my HP. I accomplished this by giving up my bathroom and kitchen scales, and all controlling food behaviors. My weight is now in God's hands. I focus my energy on maintaining my sobriety from bingeing, overeating, *and controlling*, and I trust that my body will settle at the weight my HP has determined for me. It requires honesty and lots of willingness, but the freedom is beyond my wildest imagination. Our Invitation to You says it best: “the more total our surrender, the more fully realized our freedom from food obsession.” —submitted by F. H. N. Chippewa Falls

Do you LOVE to read inspirational OA literature?

Do you automatically proof read everything you read?

Then we have the job for you!!!! Join Unity IG and be our Newsletter Editor!

You need to have basic word processing skills (cut & paste) and the ability to use or learn Microsoft word & publisher) We will supply the software if necessary. You do not have to write the articles– they are supplied by our fellows. You will have access to our newsletter email, [expressionsofunity@gmail.com](mailto:expressionsofunity@gmail.com) so there is no need to use your personal email, and you can maintain your anonymity if you choose.

Contact us at [expressionsofunity@gmail.com](mailto:expressionsofunity@gmail.com)

Thank you!!!!!! The Unity IG Board

## Step Three – A Step in Time and a Step in Every Moment

A while back I went shopping for a new key chain fob. A collection of elegant, silver initials caught my eye and a quick spin of the display revealed that neither K nor H (my first and last) were in inventory. My eye dropped down to Y. That was the one for me.

Yours. This is my true identity. I belong to God. I am God's.

This awareness of my identity began back when I first took Step Three – when I blindly and naively offered myself to God, to do with me and to build with me as God willed. At that moment in time I considered the Step so easy! Besides, I'd already taken it years before being introduced to Overeaters Anonymous. (In the beginning all I ever exclaimed was "What an order! I already do all this!")



And then I learned for myself that "This was only a beginning" (Big Book, page 63). What I thought was true for me wasn't true at all, - I hadn't trusted God's care for me at all. I trusted my performance. I was full of a bold, yet anxious, confidence in my way and convinced that God did not care. I willed to measure up, willed to be good enough, willed to be loved, willed to matter, willed to have my well-intentioned way. Step Three was indeed but a beginning.

But I began. And thanks to God's grace discovered through the guidance of the next Steps, Step Three is now for me a daily meditation. It is for me an affirmation of who God is to me and who I am to God. I hold my key fob – my elegant, silver "Y" – and affirm, "I am Yours – You are building with me and You are doing with me as You will. You are relieving me of the bondage of self that I may better do Thy will. You are taking away my difficulties that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always."

This is how I was designed to live.  
Karen H. Chippewa Falls, Wisconsin

### Tradition 3: The only requirement for OA membership is a desire to stop eating compulsively.

This tradition allows everyone the choice of being an OA member. There are no dues to pay, no weight excess to have reached, nor any race/gender/education/rank or other outside requirement to meet.

There is no level of sickness or desperation that must first be met. We do not need to prove to anyone that we qualify as "compulsive overeaters" or any other label. No one can decide for another whether they belong in OA. It is entirely up to each individual to decide whether they desire to stop eating compulsively. If they have a desire to stop eating compulsively, they are welcome in OA. It is also worth pointing out that success is no determinant of membership. OA is for anyone with a desire to stop eating compulsively, no matter how long they have been eating compulsively, no matter how recently they've eaten compulsively, no matter how long they have gone without eating compulsively. That means that the sufferer who is still full from a binge - and wants to stop, and the member who has been abstinent for decades - and wants to remain abstinent, each meet the requirement for OA membership. I have been in both of those situations, and I am so grateful to be welcomed, embraced and encouraged to keep coming back!

I am a member of Overeaters Anonymous.  
Roxanne

## STEP INTO THE SUNLIGHT OF YOUR HIGHER POWER

2017 Buffalo Spring Retreat



MARCH 31–APRIL 2, 2017

REGISTER AT [OVEREATERS.ORG](http://OVEREATERS.ORG)  
FEBRUARY 1, 2017

CHRIST THE KING RETREAT CENTER  
621 FIRST AVENUE SOUTH  
BUFFALO, MN 55313

**Check in:** 5-7pm Friday 03/31

**Check out:** noon-1pm Sunday 04/02

Shared rooms:

\$178 by March 11th: \$198 after

Private rooms: are sold out

No lodging:

\$148 (Program, Meals) limited spots

**\*\*DEADLINE: MARCH 25th, 2017\*\***

**\*NEW\***

Meals included Friday buffet dinner (5-7pm)

Three meals Saturday, Sunday Breakfast

**Register on-line: [www.overeaters.org](http://www.overeaters.org)**

Partial Scholarships are available for shared rooms.

Reservations will be confirmed via email.

**If you must pay by check**, please follow these directions carefully: Make Reservation online (or complete a form) and mail check. **Checks MUST be received at the [address below](#) by March 1st to hold your space. Make check or money order payable to Unity Intergroup.**

**Mail registration form and check to:**  
**Buffalo Retreat Registration**  
**P.O. Box 6512, Minneapolis MN 55406**

**Questions? contact Sarah:**  
[oabuffaloretreat@gmail.com](mailto:oabuffaloretreat@gmail.com)

# SERVICE OPPORTUNITY

SPONSORS NEEDED!

For our Region 4 Sponsor List

All Formats

All Availabilities

All methods of sponsorship

Please consider adding your name to our list!

It is so easy to sign up – simply go to:

[http://oaregion4.org/?page\\_id=1315](http://oaregion4.org/?page_id=1315)

*Then fill out and submit the form!*

## “SPONSORSHIP SUCCESS” MARATHON

**Sunday March 12th 2-5:30 PM EST (6-9:30 PM GMT)**

Please join us for a worldwide “Sponsorship Success” phone marathon

Nine experienced OA’s from various regions will share their experience, strength, and hope about Sponsorship

**Topics will include:** what is a sponsor, why should I get a sponsor, why have a sponsor, why be a sponsor, sponsor “job description,” different sponsoring styles, working the steps/traditions, and more

There will be some time for open sharing after each speaker

Please share these details ....

**HELP SPREAD THE WORD about this event.**

Call in: Sunday March 12th 2:00-5:30 PM EST

Phone bridge – 641-715-3818 Caller Pin 925619#

(If you live in Canada and the above number does not work try:

Phone Bridge – 641-715-0890 Caller Pin: 925619#)

As part of OA’s 2016 strategic plan for carrying the message, the subcommittee on “Sponsorship Training” is holding this marathon to provide information about sponsorship in OA.

The Speakers will be recorded for later OA podcasts if you’re unable to “attend” the live event by phone.

## TSW Corner

Welcome to the **TSW Corner** – a forum to share inspiration, hope and ideas for all of us in OA, whether recovering, struggling, or both. Here you will find stories of hope, inspirational thoughts, and ideas for helping you work your own program and carrying the message to others. We invite you to contribute your own **Twelfth Step Within ...** because **'Together We Can Do What We Could Never Do Alone!'** For more information about **'Twelfth Step Within'** go to: <https://oa.org/groupsservice-bodies/resources/twelfth-step-within/>

**We welcome your story, thoughts and ideas. If you have something to share in this 'Corner', send it to Paul at [paulb.unityig@gmail.com](mailto:paulb.unityig@gmail.com).**

"Any form of service that helps a reach fellow sufferer adds to the quality of our own recovery." (from the OA Tools of Recovery)

One of the ways we can find help, help ourselves, and who knows...maybe help others too...is to heed this fundamental tenet of the OA program. 'SERVICE', of course, can be a very deep subject...I know when I first think of the word SERVICE, I tend to think of people like... St. Francis of Assisi...or another saint or great benefactor...and when you happen to tend to a false-perfectionism..( like some of us)...IE you don't try if it can't be perfect...and it won't be perfect.. so you don't try..... and instead you just give up, and maybe then...EAT or something.... then thinking about that kind of service probably is just a tad ambitious.....so how about.....for example... putting away a chair at a meeting!

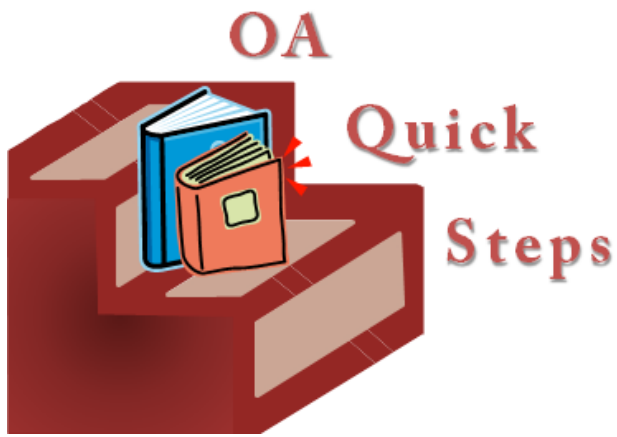
Here are just a few of the ways I know I have been of service when I ...put away a chair:

1. I actually did in fact go to a meeting (service)
2. I actually sat through the meeting (service)
3. I actually stayed after the meeting (instead of bolting) and put away the chair (service)
4. I almost undoubtedly had to say hi, or at least nod at someone, or smile, in the process of putting away the chair (service)
5. I might have even told someone to..."keep comin' back", however weakly or faintly, while I was putting away the chair (service)

And I know there must be even more ways I served, or very likely did, in the process of facilitating that very simple act. And here are a few more obvious ways I can participate in service, for the very direct benefit to my own recovery (and that of others too!)

Show up at meetings. Smile at someone. Say a kind word. Call someone on the phone for a hookup. Reach out to a newcomer in program. Go to an Intergroup meeting. Volunteer to write a piece for the Unity Intergroup newsletter. Volunteer to speak at a newcomers meeting. Agree to speak at a meeting other than your home meeting. Volunteer to speak at your own home meeting. Help out at an OA workshop or other event. Pitch at your meeting. Do a reading at your meeting. Bring a gift for someone celebrating a birthday of abstinence. Sign-on for a volunteer position at your home meeting (meeting manager, treasurer, Intergroup rep, book manager, etc). Greet newcomers at meeting. Warmly welcome a fellow coming back into program after being away. Reach out and be and friendly to people at meeting or OA events. Read OA literature, reflect on it and share your thoughts with others. Share an abstinent recipe with a fellow on a hookup. Ask a fellow for a favorite abstinent recipe of their own. Be a good listener for someone in program who needs to talk to someone. Share your experience strength and hope, or your honest efforts within your current struggles, with other fellows in program. "Be there" in whatever way you can currently manage, for your fellows in OA, and for anyone else within your life. Ask for help...you are doing service and allowing others to do service by doing so. Shake hands, Hug, Nod approvingly, Clap, Cheer. Hold hands. Say the Serenity Prayer together with your fellows.

We have above, of course, come nowhere near exhausting the ways one might practice service in program, for its own sake, and .... for the sake of our own recovery! And when we do serve, we have contributed! Yes we have.... we have contributed at least a few drops to that great big giant ocean of recovery we are all sailing on. And we can feel good about that!



**Are you new to OA or  
just need help getting  
through the Steps?**

**OA Quick Steps Workshop  
Saturdays 9:30 am to 12:30 pm  
April 8 and 22, 2017**

**One of the promises in the AA Big Book is that before you're done with Step Nine, the obsession is lifted. Increase your chance of success—join the OA Quick Steps series, get abstinent and work through the 12 Steps in**

**Location**

**St. Anthony Library**

**2941 Pentagon Drive, St. Anthony MN  
(located in the St. Anthony Shopping Center)**

To register, contact Gene O. at 952-835-0789 or [oaquicksteps@gmail.com](mailto:oaquicksteps@gmail.com). Registration is required as class size is limited.

You will need to have a sponsor who can help you through the 4th and 5th Steps.

There are no fees for this workshop, but we will be collecting a 7th Tradition donation.

Time commitment is two, three-hour sessions, plus homework. **Expect to be very busy** working on recovery for these weeks!

**The purpose of this workshop is to get people through the 12 Steps quickly, to help people obtain a successful, life-long recovery, and aid in retention and growth of recovered compulsive eaters in OA.**



## Expressions of Unity

The April *Expressions of Unity* will focus on Step Four: “Made a searching and fearless moral inventory of ourselves” and will be sponsored by the Saturday Morning 8 AM Roseville Meeting

Although one meeting or group generally sponsors each newsletter, we welcome articles from anyone. Please indicate if it is okay to print your name with your article and email your contributions by February 18th to [ExpressionsofUnity@gmail.com](mailto:ExpressionsofUnity@gmail.com).

All articles written are the opinion of the writer and not of OA as a whole or of the *Expressions of Unity* newsletter.

**Come and join Unity Intergroup in action.**

**All members of OA are welcome at Intergroup meetings.**

**March 11, 2017 12:30-2:30**

**Sumner Library**

**611 Van White Memorial Blvd.**

**Minneapolis, MN 55411**



## Intergroup Board

Chair—Mary T	612-940-7654	<a href="mailto:marytunityig@gmail.com">marytunityig@gmail.com</a>
Vice Chair—Jill S	651-739-0212	<a href="mailto:jshortreed@centurylink.net">jshortreed@centurylink.net</a>
Treasurer—Suzanne J	952-220-5358	<a href="mailto:SuzanneJ.unityig@gmail.com">SuzanneJ.unityig@gmail.com</a>
Secretary—Rebecca W	612-267-2460	<a href="mailto:rebeccawellikunityig@gmail.com">rebeccawellikunityig@gmail.com</a>

**Join Unity IG by phone!  
Conference Dial-in Number:  
(712) 432-0360**

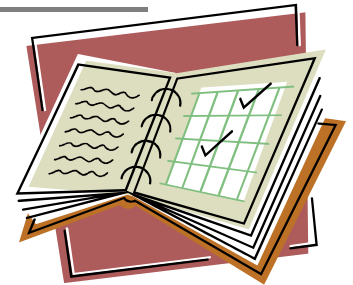
**ACCESS CODE:**

**468702#**



## Mark Your Calendar...

March 11	Unity Intergroup Meeting 12:30-2:30 p
March 12th 1:00-4:30 PM Central time	Worldwide “Sponsorship Success” phone marathon (see pg 3)
March 18	Newcomer Meeting 1:00-2:15p
March 18	Women’s Expo needs volunteers for OA Booth Contact Margie A wf0693@aol.com
March 31, April 1 & 2	Buffalo Retreat
April 8 & 22	OA Quick Steps— 9:30-12:30 St. Anthony MN (see flyer - page 5)



Web submissions are due the **first** Saturday of each month.

**Unity Intergroup** meets the **second** Saturday of each month at Sumner Library.

**Newcomer Meeting** is the **third** Saturday of each month at Sumner Library. All are welcome.

**Newsletter articles** are due the **third** Saturday of each month.