

Expressions of Unity

The Newsletter of Unity Intergroup

www.overeaters.org

STEP TEN: “Continued to take personal inventory and when we were wrong, promptly admitted it.”

Incorporating My 10th Step Throughout The Day

NEW MEETING

**Detroit Lakes
Meeting on
Sundays at 6pm**

**Community
Alliance Church
408 Elm St W.
Detroit Lakes, MN
56501**

**Contact Kate B.
for more info**

701-388-7128

HOT LINE

**Call our
24/7 hotline at
612-377-1600
and one of our
volunteers will
return your call.**

It didn't take a long time of being in OA for me to understand that the sayings that we've come to love are accepted because of their validity. One of those, for me, was "You can do any Step that starts with 1 anytime". I first heard this at convention last November, which led me to purchase a Region 4 Daily Journal and begin my daily Step 10 practice. In the ten months since I've been taking a daily personal inventory, some things have stayed constant throughout, while others have changed.

What has stayed consistent is that it is a daily inventory. Whether it's a normal weekend or a less structured weekend or vacation day, I take my inventory. Similarly, for me, it has habitually been a written inventory. I like the personal accountability that writing provides in addition to the documentation of how I've been living my program day-to-day.

A change that happened early on for me was that I moved my inventory from the end of the day to the next morning. I function better in the morning and found that my inventory was more complete when I could do it fresh. Additionally, the format of my inventory has changed five times in the ten months that I've been doing it. I used the format of the Region 4 Daily Journal to create my own in Word and then Excel. Most of the sections I kept, but I removed a few that I didn't seem to use. I also incorporated my personal and work to-do list as well as a list of the OA tools. This enables me to incorporate my 10th Step throughout my day as I always have it with me, meaning that as I notice a character defect or a needed amend, I can immediately note it so that I don't forget later.

I am grateful to those who developed the Region 4 Daily Journal as it gave me the structure to start my daily practice of doing a 10th Step inventory. Doing a written moral inventory continues to be part of my daily action plan because I've been open to changes in how I do it so that it best supports my program.

Anonymous

Courtesy, Kindness, Justice And Love

A few weeks after attending my first OA meeting, I called a member and asked if she would be my sponsor. She said, “Sure I’ll be your food sponsor.” I didn’t have enough experience to ask more questions, so I was basically sponsoring myself.

I read over the 12 Steps. I kind of whizzed through the first three steps, turning over my life and my food. My HP started showing me defects I had covered up with food. I made an appointment to do a 5th Step, but was anxious, thinking I might have forgotten something.

Then I thought of the 10th Step and reasoned that if I forgot something on the 4th I could pick it up on the 10th. As I continued to work the program, the 10th Step had value on its own – not as a stopgap for the 4th.

When I had completed the 4th Step and continued to work the program, I had serenity. It was very noticeable when I started to lose that serenity. The AA 12x12 calls it “stormy emotions”. Once having experienced serenity, I needed to know how to get it back. Doing a daily 10th Step can keep those stormy emotions away.

We can choose a time of day - the end of the day is suggested – and go over our dealing with others. We hope to have had courtesy, kindness, justice and love. When in doubt we say “not my will God, but thine be done”.. And ask ourselves, “Am I doing to others as I would have them do to me“– today. We also think of times we had acted or reacted in a negative way. And make an amend as soon as possible. These actions bring back the serenity and we can live in gratefulness.

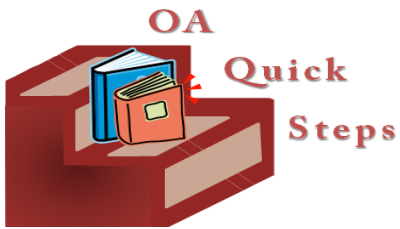
Dodee D.

Reflections On Step 10

The first thing in the morning I do my 10th Step in the context of my 11th Step. I take my daily journal and I look back over yesterday. I write out all that I did, thought and felt. With an objective and critical third eye, I ask my HP for wisdom, objectivity and the courage to change.

For example, when I have judged another person, I write out the situation and find the truth of what it says about me– my shortcoming, my character defect. If I need to make amends, I do so that day. If not, I reflect on my side of the street and wrestle with my own shortcoming. I do not beat myself up. I forgive myself. I write out a statement to myself to remember: I have unconditional, warm regard for all people at all times. I practice saying that statement to myself often. Now I am finished, so I take a deep breath, because I have found relief.

Marilyn M. Eden Prairie OA



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

**Completing this two-part
OA Quick Steps Workshop
may be just the answer.**

**Dates: Saturday, October 6, 2018
and Saturday, October 20, 2018**

Time:

12:30 pm — 4:30 pm

Location

**Christ the King Lutheran Church
222 Pfau Street
MANKATO, MN 56001**

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

To register, contact Kendra at LKYGRL61@yahoo.com or 952-270-5258. 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 Saturday 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.



Roadmap to Recovery!

An Overeaters Anonymous workshop sponsored by Unity Intergroup and Region 4

November 3, 2018

9:00 am – 3:30 pm

Evergreen Church

2300 East 88th Street

Bloomington, MN 55425

Registration begins at 8:30 am.

Please bring your lunch, snacks and beverages, as needed.

Attend in person or virtually via our Unity Intergroup conference line

Lead by our WSO Trustee with local speakers, writing activities, small groups, and fellowship!

Topics to include:

Acceptance Ascent · Honesty Odyssey · Willingness Walkabout · Meditation Meadow
Tools Trek · Plan of Action Pathway · Twelve Steps Safari · Higher Power Peak

Note: Due to room constraints, in-person participation is limited to 70 people.

Register by mail (using the form below) or online at www.overeaters.org.

MAIL-IN REGISTRATION FORM

\$25.00 (attending in person)

\$10.00 (attending virtually—materials will be emailed in advance)

Scholarships available online or call Bob for more information

Name:

Phone:

Email:

I will be attending (circle one): In person Virtually

Payment amount: \$.....

Send check payable to **Unity Intergroup** to:

Bob S.:

3855 123rd Avenue NW

Coon Rapids, MN 55433

Questions? Contact Bob S. at (763) 229-6196 or bonasachs@gmail.com.

Expressions of Unity

The November 2018 *Expressions of Unity* will focus on Step Eleven “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” Although one meeting or group generally sponsors each newsletter, articles from anyone are welcome. Please indicate if it is okay to print your name with your article and email your contributions by October 31 to ExpressionsofUnity2018@gmail.com.



Be part of Unity Intergroup in action!
The next meeting is on
October 13, 2018
12:30-2:30
All OA members are welcome to join us
—in person or on the phone.
Sumner Library
611 Van White Memorial Blvd.
Minneapolis, MN 55411
(515) 604-9700
Access code: 896976#

Intergroup Board

Chair - Cathy G.	612-867-9804	cathyunityig@gmail.com
Vice Chair - Betty C.	+1 (763)-535-3939	books1216@gmail.com
Treasurer - Paula R.	612-387-6970	PaulaR.UnityIG@gmail.com
Secretary - Corey H	952-994-3989	corey.unityig@gmail.com

New Storage Unit

Unity Intergroup has a new storage unit.

Lock Up Self Storage located at 701 North Seventh Street in Minneapolis, MN 554511.

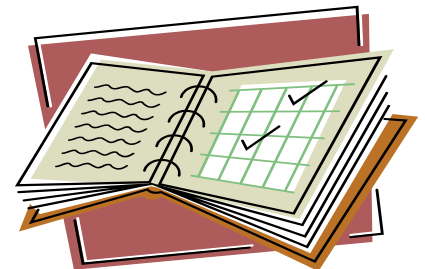
Contact Betty C. for more info

763-535-3939

Mark Your Calendar...for 2018

October 13	Intergroup Meeting
October 20	Newcomer Meeting
November	OA Quick Steps in Rochester

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



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 **week before the end** of each month if possible.