

# *Expressions of Unity*

The Newsletter of Unity Intergroup

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

**STEP NINE: “Made direct amends to such people wherever possible, except when to do so would injure them or others”**

## Changed By My Actions

Making direct amends to coworkers was something that I was unable to do. The harm went both ways, and I felt that admitting to some of the harms that I had done could cause more conflict in the future, or even jeopardize my job. This scared me to the point that I wouldn't do them.

My sponsor listened while I read my amends letters, and then told me that I can show how I have changed by my actions, if I cannot use my words with fellow employees. This is something I felt that I could do and have. I have actually become friends with a coworker, who I could barely stand to look at before. Isn't that amazing? God does work miracles and I am in awe of what he has done for me!

Wendy O.

## New Phone System

Breaking News - Unity Intergroup Gets New Phone System!

Unity Intergroup (UIG) will be introducing and testing its new conference call phone system at the September 8th Intergroup Meeting. When asked what the big deal was, a representative from UIG stated, "In order to be truly represented, every meeting in UIG needs to have the ability to attend. We have groups in southern Minnesota and Wisconsin for whom the drive to Minneapolis is generally too long and often unsafe too due winter weather. As it stands now, representatives from these groups have not been able to attend and have therefore been denied representation at our meetings. We have had phone systems in the past that just didn't do the job, because callers couldn't hear. There is an additional value to having a good working phone system, and that is that those from

### NEW MEETINGS

**Big Book Meeting**  
Thursdays at 7pm  
in Chaska.

**Minnetonka**  
**Meeting -**  
Tuesdays at  
7:30 am.

See flyer inside  
for more info.

### HOT LINE

**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.

this area who wish to attend but cannot because of sick kids, transportation issues, or anything else, can just call in to the meeting. Our belief and hope is that we can provide an effective means of attending our meeting virtually.”

She further stated, “I would like to also emphasize the value of attending the Inter-group meetings. There actually are many reasons, not the least of which is that some very cool, recovering compulsive overeaters can be found at these meetings and that new friends can be made.” Other things include learning about what is going on in our area, getting flyers hot-off-the-press, and having a voice in decisions that effect us all, such as whether to host a state convention. I have also heard from many people that doing service at this level is *really* good for recovery. Many have stated that they have discovered gifts that they didn’t know they had, just because they stepped up to do service beyond the group level. More than one has said that they have done service at the region and world levels as a result of attending UIG meetings, and that this service has enriched their lives and grown their recovery in amazing ways.

In her final statement, the UIG rep stated, “We would like to extend an invitation to all those interested or even curious to attend the next meeting, and those thereafter. Each group is entitled to two voting representatives, but any number may attend either virtually, or live and in person.” Unity Intergroup meetings are held the second Saturday of each month from 12:30 to 2:30pm at Sumner Library in Minneapolis. Sumner Library is located on Van White Memorial Boulevard, right off of Highway 55. If you wish to attend virtually, please call **(515) 604-9700** and use access code **896976#**. Detailed **Attendee Guide** [here](#).

Annette PR

## Of A Different Nature

*“Before starting out to make amends we must let go of any expectations we may have...”* The Twelve Steps and Twelve Traditions of Overeaters Anonymous

I am becoming increasingly aware of a lesson I am learning from working Step Nine. I used to feel disappointed if I didn’t gain a major insight, feeling of relief, or change in my life soon after completing a Step Nine amend. Now I see that the miracle of the work is often of a different nature. Sometimes it is right in front of me, operating daily in my life. I simply do not recognize it because I am so busy searching the heavens for a blinding revelation or at the very least, fireworks.

From Voices of Recovery

# Announcing!!!

Our new Unity IG meeting phone system  
Being launched

**Saturday, September 8, 2018 12:30 PM**

We are super excited about this new phone system because we believe:

- It will allow participation of all our Unity IG groups, not just those within reasonable driving distance.
- It will allow others with life circumstances which limit the ability to travel to still participate in our meetings.
- We need greater participation in order to serve our meetings in the best way possible for things such as:
  - Recovery events
  - Meeting lists
  - Monthly Newcomer meeting
  - Monthly newsletter with recovery articles and general communication to the fellowship in our area
  - Public Information and professional outreach events = new members

Besides, intergroup meetings are just an awesome place to be to be!!!!

## We want your feedback

So please help us try out our new equipment at that meeting by attending the September 8th Unity Intergroup meeting. We need people to both come **in person** at **Sumner Library in Mpls**, and **phone in** – Call **(515) 604-9700**, access code **896976#**  
Full **Attendee Guide** [here](#)

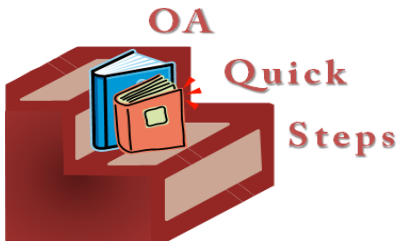
---

Please send feedback to: **Cathy G** – [cathyunityig@gmail.com](mailto:cathyunityig@gmail.com)

I was there \_\_\_\_\_  
                    In person      On the phone

My feedback: \_\_\_\_\_

---



**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, September 15, 2018  
and Saturday, September 29, 2018  
Time: 9:00 am to 12:30 pm**

**Location**

**Living Spirit Methodist Church  
4501 Bloomington Ave.  
Minneapolis, MN 55407**

**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 Lucinda at 952-451-9374 or choosejoy1600@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. (We can help you find someone.)

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.**

## Expressions of Unity

The October 2018 *Expressions of Unity* will focus on Step Ten “Continued to take personal inventory and when we were wrong, promptly admitted it.” 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 September 22 to [ExpressionsofUnity2018@gmail.com](mailto:ExpressionsofUnity2018@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.**

**The next meeting is on**

**September 8, 2018**

**12:30-2:30**

**Sumner Library**

**611 Van White Memorial Blvd.**

**Minneapolis, MN 55411**

## Intergroup Board

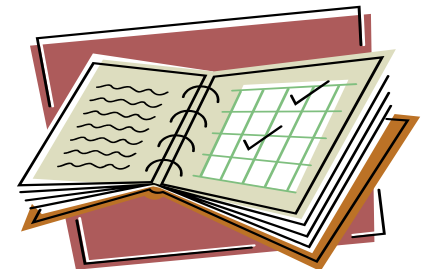
Chair - Cathy G.	612-867-9804	<a href="mailto:cathyunityig@gmail.com">cathyunityig@gmail.com</a>
Vice Chair - Betty C.	+1 (763)-535-3939	<a href="mailto:books1216@gmail.com">books1216@gmail.com</a>
Treasurer - Paula R.	612-387-6970	<a href="mailto:PaulaR.UnityIG@gmail.com">PaulaR.UnityIG@gmail.com</a>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

### Newsletter Coordinator's Note:

Thank you so much for the great contributions to the newsletter this month!! They are really appreciated and a great service to everyone in OA.

### Mark Your Calendar...for 2018

September 8	Intergroup Meeting
September 15	Newcomer Meeting
September 15 & 29	OA Quick Steps



**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.