

# *Expressions of Unity*

The Newsletter of Unity Intergroup

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

**STEP TWO: "Came to believe that a Power greater than ourselves could restore us to sanity."**

## The First Sign of Spring!!

### 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.

### Editor's Note

Thank you to  
everyone who  
submitted an article  
for this month's  
newsletter. It is  
greatly appreciated!

## 2019 Buffalo Spring Retreat - April 5-7

Please join us for this annual weekend of OA recovery and fellowship!! All members are welcome—newcomers, long-timers and everyone in between. Come experience "The Promises" brought to life through speakers, small group discussions, guided meditations and private time.

The Buffalo Retreat offers partial scholarships to anyone who needs them. Funding comes from money raised by the annual raffle. Wondering what to donate? Sky's the limit! A weekend at a cabin, gift certificates for a massage, baskets filled with spa products, program literature, measuring cups and spoons, blank journals, adult coloring books and pencils, and more.

If you or your meeting would like to donate to the raffle, please contact Lonna R. at 763-438-0596 or bring the item with you!

Register soon to take advantage of the reduced rates.

Download the flyer

Register online

**Shared rooms:** \$155.00 by March 15th. \$175 after March 15th.

**Private rooms:** Sold out

Includes two nights lodging, three meals on Saturday and breakfast on Sunday.

**Program without lodging:** \$120.00.

Check-in: Friday, April 5th at 5:00pm

Check out: Sunday, April 7 at 10:30am

**Christ the King Retreat Center, 621 First Ave South, Buffalo, MN 55313**

**Addiction**

**O.A.**

**Recovery**

**Today**

**Free**

Addiction

Avoid Pain

Numbing, dulling, desensitizing

Where's hope?

O.A.

O.A.

Food addiction

Like-minded

Identifying, crying, laughing

No more sugar

Recovery

Recovery

Self-honesty

Digging, exploring, sharing

Take the Steps

Today

Today

Open-mindedness

Willing, being, participating

Live my life

Free

Liz J. Minnesota

## Not Alone

The worst feeling is knowing you need help, yet thinking you are alone, that no one can help and no one can relate. Being fully aware that you don't know how to help yourself, is where I sat for over 15 years. I knew I wasn't like other eaters, but I thought I was the only one who struggled with compulsive eating behaviors.

It wasn't until eight months ago that I began my journey by attending my first OA meeting. After hearing about OA from my therapist, I decided to see what it was all about. When I walked in the room, I was greeted with warmth, smiles and immediate acceptance. For the first time, I didn't feel alone. And that was within just the first few seconds. As the meeting began and everyone introduced themselves, I was in shock that they were voluntarily, to other people nonetheless, announcing that they were compulsive overeaters. Hearing this vulnerability is what set me on the track to understanding my eating behaviors and realizing that I wasn't alone.

I have come to learn that I am far from being alone on this journey. Where I once thought no one was like me, I have filled that space with love and acceptance from other OA members, and from myself. While I know that I have a long way to go and that the journey will never be over, I have a new confidence in knowing that I'm not alone.

Katie W.

## Service Opportunity!

Are you looking for a new service opportunity?

We may have the right one for you if you:

- ◆ Have at least 6 months of abstinence
- ◆ Can work with either Word or Publisher
  - ◆ Enjoy creating documents

Region 4 is looking for an editor for our monthly newsletter **4 Thought**

- ◆ To view an issue, go to [www.oaregion4.org](http://www.oaregion4.org) and click on *Newsletter* at the top of the page.
- ◆ For more information, contact Annette

[apr.region4@gmail.com](mailto:apr.region4@gmail.com)

763-447-5688



The March 2019 **Expressions of Unity** will focus on Step Three: “Made a decision to turn our will and our lives over to the care of God as we understood him.”

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 February 28 to [ExpressionsofUnity2018@gmail.com](mailto:ExpressionsofUnity2018@gmail.com).

**Be Part of Unity Intergroup in Action!**

The next meeting is February 9th from 12:30-2:30 at the Sumner Library, 611 Van White Memorial Blvd Minneapolis, MN 55411.

All OA members are welcome to join us in person or on the phone

(515) 604-9700

Access code: 896976#

**Intergroup Board**

Chair - Cathy G.	612-867-9804	<a href="mailto:cathyunityig@gmail.com">cathyunityig@gmail.com</a>
Vice Chair - Betty C.	763-535-3939	<a href="mailto:books1216@gmail.com">books1216@gmail.com</a>
Treasurer – Sheila L.	612-845-3604	<a href="mailto:sheilaklawson@yahoo.com">sheilaklawson@yahoo.com</a>
Secretary – Lonna R.	763-438-0596	<a href="mailto:lonna.rubesch@comcast.net">lonna.rubesch@comcast.net</a>

**New Storage Unit**

Unity Intergroup has a new storage unit. Lock Up Self Storage located at 701 North 7th St. in Minneapolis, MN 554511.

Contact Betty C. for more info

763-535-3939

**Mark Your Calendar...for 2019**

February 2 & 16	Quick Steps Workshop
April 5 - 7	The Buffalo Retreat
May 17 - 19	The Big Book Workshop

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.