

# *Expressions of Unity*

The Newsletter of Unity Intergroup

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

**STEP SIX: “Were entirely ready to have God remove all these defects of character.”**

## **Entirely Ready**

**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.**

The first time through the Steps, there were a lot of character defects revealed that I was most eager to be rid of. They were “yucky” and I welcomed their removal. And God removed them. Amazingly so. Things that I had tried on my own will power to change in myself my entire life, without any success, were now removed by God. A miracle. For example, gossip, or more accurately in my case, talking ill of others behind their back. I had to put others down to lift myself up. I needed validation from those around me that I was “right” and others were “wrong”. God has removed this from me. When I am bothered by someone, I can now talk about what my part is. I seek my own part. I talk to my sponsor and I say the facts but I am not talking ill of someone for the sake of lifting me up. This is proof of God doing for me what I could never do for myself. Of course, I slip. The Big Book tells me not to be surprised when this happens, but I know Who to go to for help and I can make immediate amends when I fall short.

This time around, however, I am being challenged at a new level. And I have to say I don’t like it. Things about me that I have always thought of as assets are being revealed as defects. I am very scared to let them go. Who am I without these core things? The biggest example is giving. I am a “yes” person. I want to be there for others. I want to help. I want to volunteer. I want to give. AA’s 12x12 talks about how our natural instincts are good, but in us they have gotten out of control. My giving is out of control when it hurts me. When I give to the point that I am too tired (a point which I hate to say comes way too soon as I am aging),

then I put my recovery, my abstinence, my relationship with God in jeopardy. This is the defect I need God to remove. Under it, of course, you find the same basic defects. Self seeking—I want others to be able to depend on me, I want to “save” others, I want to be “the one” for others. Fear—I am afraid to see who I am without giving. Where is my value? Where is my worth? I am afraid of others’ reactions to my saying no and setting boundaries. This is a huge fear of mine!! Dishonest—well I think that it is obvious. I am not honest about my limitations. I am not honestly seeking God’s will when I overcommit. Selfish—I want what I want. I want to help. I want to not have limits. I want to give without counting the cost.

So here I am again asking God to remove my defects. And that part is also so important to remember. God is the remover. I cannot on my own remove these defects. I pray, “God remove my over-giving and direct me to what you would have me do or be.” Walking close to God every day will be the answer for me. Seeking His will above my own, consulting with Him before saying “yes”.

I am profoundly grateful to OA and these twelve precious Steps. My life is so much better than I ever could have dreamed or created on my own. God is good. Thank you my fellows for being here with me.

Dorothy A. Anoka

## Three Cheers for Service!

Anyone who knows me, knows that I love doing service for OA. It has been such a blessing in my life that I wanted to share some of the things I am learning and receiving from doing service.

- ◆ When I first came to OA, doing service made me feel a part of the group. And the first time I shared on a topic at a meeting and received positive feedback, my struggling waif of a spirit was uplifted and encouraged to try again. In this early stage, I learned that, as I’ve heard it said, the way to self esteem is to take estimable action.
- ◆ I learned early that to keep it, we have to give it away. For me, this initially meant not only sharing at my meeting, but going beyond the group level to expand my ability to give it away. When abstinence would once again allude me, I would leave service at the inter-group level, and focus on my own recovery first.

- ◆ I became our convention treasurer, because I knew it would give me a distraction from my personal issues at home.
- ◆ I am learning that I have an ability to lead, but that I also have much to learn about being in that role.
- ◆ I am gaining humility because I sometimes mess up that role. (Perhaps not my favorite result.)
- ◆ I am becoming more confident and less afraid to be in groups.
- ◆ Higher Power, is good at reminding me that I have not arrived, since the minute that I start feeling good about the job that I am doing in my current service position, something new comes at me to tell my otherwise (again not my favorite).
- ◆ As a result of doing service, I have gotten to visit places that I never would have been able to visit otherwise.
- ◆ I have made and continue to make many wonderful friends from doing service, and the joyous camaraderie we share is food for my soul.
- ◆ I am learning that we are all human, and we all make mistakes. Therefore, I am less apt to feel shame when I do. Additionally, I have learned that when admitting those mistakes, I have discovered that others have done the same thing too. How freeing is that?
- ◆ Life has become an adventure. I never know what blessing or challenge is coming my way. When it's a challenge, it inevitably becomes a blessing. When I go through, I grow through. Service gives me challenges and a safe place to use our wonderful program and to practice new behaviors.
- ◆ I used to go "fishing for compliments" because I had a constant need for approval. I have discovered that by being abstinent and doing service, the affirmation I previously chased after just comes to me. What a delightful surprise!
- ◆ This also taught me to joy of doing service without expectations.

So, I say, "Three cheers for service!" Hip, hip, hooray! Hip, hip, hooray! Hip, hip, hooray!



Join us for a Twelve Step Within workshop,  
sponsored by Unity Intergroup of Overeaters Anonymous

## RECLAIMING & RETAINING ABSTINENCE

If you are struggling with or wishing to strengthen your abstinence, this interactive workshop is for you! Includes speakers, small group discussions, and writing activities to create a personalized plan of action.

**Saturday, June 23, 2018**

**9:00 am–2:00 pm**

*Registration begins at 8:30 am*

**Valley Community Presbyterian Church**

**3100 Lilac Drive**

**Golden Valley, MN 55422**

Bring your lunch (and snacks, as needed) and writing materials.  
Coffee, water and tea will be provided.

Register by *mail* or at **[www.overeaters.org](http://www.overeaters.org)**

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### **MAIL-IN REGISTRATION FORM**

\$15.00 (attending in person)

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

Scholarships available (call Sheila for more information)

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

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

Payment amount: \_\_\_\_\_

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

Sheila Lawson

3334 Edgewood Ave N.

Crystal, MN 55427

*Questions? Contact Sheila L. at 612-845-3604 or [sheilaklawson@yahoo.com](mailto:sheilaklawson@yahoo.com).*



*Presented in the spirit of  
OA's 12 Steps and 12 Traditions*

# "Body Image: A Change in Time"

Being at peace with your body through physical, emotional, and spiritual recovery

½ Day Workshop

Saturday, August 11, 2018

**9:00 am–12:00 pm**

*Registration begins at 8:30 am*

Evergreen Church  
2300 East 86<sup>th</sup> Street  
Room 200  
Bloomington, MN 55425

**Suggested donation: \$15**

**Contact:** Bob at 763.229.6196 or [bonasachs@gmail.com](mailto:bonasachs@gmail.com)



We have the room until 3 pm, so bring your lunch and join us for small group discussions about body image.

## Expressions of Unity

The July 2018 *Expressions of Unity* will focus on Step Seven “Humbly asked Him to remove our shortcomings.” 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 June 23 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**

**June 9, 2018**

**12:30-2:30**

**Sumner Library**

**611 Van White Memorial Blvd.**

**Minneapolis, MN 55411**

## Intergroup Board

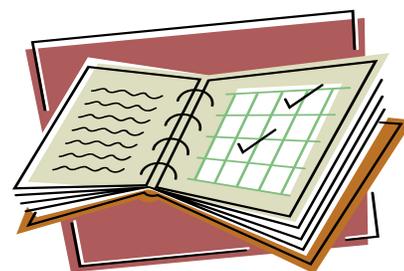
Chair - Cathy G.	612-867-9804	<a href="mailto:cathyunityig@gmail.com">cathyunityig@gmail.com</a>
Treasurer - Paula R.	612-387-6970	<a href="mailto:PaulaR.UnityIG@gmail.com">PaulaR.UnityIG@gmail.com</a>
Secretary - Corey H	952-994-3989	<a href="mailto:corey.unityig@gmail.com">corey.unityig@gmail.com</a>

### 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

June 9	Intergroup Meeting
June 16	Newcomer Meeting
June 23	Reclaiming & Retaining Abstinence



**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.