

Expressions of Unity

The Newsletter of Unity Intergroup

www.overeaters.org

STEP THREE: "Made a decision to turn our will and our lives over to the care of God as we understood him."

The First Sign of Spring!!

HOT LINE

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.

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

All We Need Is The Key...

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

Pondering this decision, I came across this explanation: “Practicing Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself, and looking through it, we shall see a pathway beside which is an inscription. It reads: ‘This is the way to a faith that works’.” (The Twelve Steps and Twelve Traditions of Alcoholics Anonymous, page 34)

Still I struggled. Who is this God, this Higher Power, to whom I should turn over my will and life? My experience with those in power over me had not been very positive. My father was a sick, abusive man. He was quick to criticize; I cannot recall receiving any positive reinforcement from him, nor do I recall him saying to any of us, his children, that he loved us. My mother, married as a teen, was overwhelmed with trying to care for the eight of us. I was probably in my 50’s the first time she gave me a hug and told me that she loved me.

The religious leaders I experienced growing up were more about keeping the rules than trying to help us understand a loving, helpful God.

Any number of bosses I had at work were more interested in “lording it over us” than trying to be mentors or role models.

These experiences made me reluctant to let go of my (supposed) control over my life. However, this is a step that must be taken in the program in order to progress. With help from sponsors, and sharing experiences with other OA members, I became willing to “give it a try.”

The OA program of recovery and the challenge of Step Three were a godsend to start me out of the trap of “poor me” and unto a quest for that God who cares for me. It took a few years of work and prayer, but I am at a point where I would not trade my relationship with my Higher Power for those olden days when I thought I could control my life, my compulsions, my unhappiness, by myself, if only

Today, even before I get out of bed in the morning, I turn my will and my day over to God and ask that He guide me. Then with my first cup of coffee I close myself in my office for an hour of prayer and meditation – I’m still learning to give more time to meditation (listening to God) and less time to my talking. Thank you, God, for teaching me; thank you AA and OA for the Twelve Steps; thank you my sisters and brothers in OA for your support.

Anonymous

Tuning Myself to Surrender

I am finding that I must surrender my will over to my Higher Power one day at a time. In addition, this is a step that I must take over and over. I must redecide, sometimes on a daily basis to give my will and my life over to the care of God because I often take it back. After all, I have been trying to run this show on my own for a very long time and this way of being is very engrained for me. I am coming to understand that this program is a living program, one we must put life and energy into on a daily basis. And for me the act of surrendering is also a living act.

I grew up playing the violin and it is a sensitive instrument that needs to be tuned frequently. In fact the instrument isn't much good if it isn't tuned. Sour notes hurt the ears yet clear and clean notes make a music possible that uplifts the soul. The act of tuning the violin takes effort, nuance and can be unpleasant sounding at first. The more consistently and often one plays a properly tuned instrument the easier it becomes to keep it in tune. In fact, a frequently played old violin in the right climate may hardly need to be tuned at all. The instrument's structure, wood fibers and strings will have relaxed into the state of being in tune. Life does not give us the perfect humidity and temperature however, so even for those of us who play our instrument often, can still become out of tune. Unfortunately there is no one-and-done tuning of a violin just as there is no one permanent surrender to God. So I must ask myself, did I tune my self-instrument to the will of God today, or am I trying to get away with trying to make music on an untuned instrument?

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 and click on *Newsletter* at the top of the page.
- ◆ For more information, contact Annette

apr.region4@gmail.com

763-447-5688

Unpacking Step Three

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

Step Three is about surrender. So what is Step Three telling us about this process? Focusing on interpretations of separate phrases in Step Three has helped me.

Let me begin by saying that it is important to have prepared oneself with Steps One and Two. If we do not truly accept that we are powerless, we won't be able to surrender control. If we haven't come to believe (at least on some level) that there is a power greater than ourselves that can help, who/what would we turn over our lives to? If you are having trouble with Step Three, you may find it helpful to review Steps One and Two with your sponsor.

“Made a decision to”: this Step doesn't say turn over our will and lives but says made a decision to do this. I like the analogy I heard from another OA member that Step Three is like making the decision to sell your house. It is a necessary beginning but is not the completion, there's more work to be done. The rest of the steps are the way in which we follow through with the decision. This realization made Step Three seem more doable for me.

“turn our will and our lives over”: It helps me to think in somewhat more concrete terms of my will being my thoughts and my life being my actions. The words “turn over” do not mean submission, we do not do this with a defiant, defeated spirit. We do it in the spirit of surrender, recognizing that we need help and reaching out to ask for that help.

“to the care of God”: This reassures me that if I turn over my will and my life, I will be cared for, that I can trust. This perspective made Step Three so much less scary for me.

“as we understood Him”: This is such a cornerstone concept for the effectiveness of the Twelve Steps. We can (and I think need to) construct an image of a Higher Power that resonates with one's self. For me, as an agnostic when entering the program, I began opening my mind to believe in a greater power by recognizing how many people have been helped by the Twelve Steps and realizing that there were times in my life that I felt I had a guardian angel. I built on this concept of a guardian angel by “acting as if” I could communicate with him/her. I began to practice prayer and meditation to develop more of a conscious contact and gradually began to feel a connection. A critical point in building how I understand God came for me when I realized that I did not have to have a well thought out theology. I only needed to see that putting trust in my developing concept of a Higher Power worked for me, gave me serenity and the confidence to keep going.

From my work on Step Three I've developed a mantra for myself that guides my life and leads to serenity: “Do the footwork and trust the outcome to God”. I am not defeated but I recognize that I cannot control the outcome. I know that I have my part in my life: doing the footwork, i.e. using the Tools and Steps to ask for help and guidance and to act on that guidance. Trusting the outcome to God (knowing that I will be cared for), frees me from obsession, gives me courage to do the next right action, and gives me serenity. The outcome is often better than I could have engineered or imagined.

Cecelia Bloomington, Tuesday



OA Unity Intergroup presents the
Buffalo Spring Retreat
Featuring:

“THE PROMISES”

April 5-7, 2019

*“Rarely have we seen a person fail who has
thoroughly followed our path”*

Location: Christ the King Retreat Center
[621 First Avenue South](#)
[Buffalo, MN 55313](#)

Shared Rooms:

\$155.00 by March 15th
\$175.00 after March 15th

Private rooms

SOLD OUT – Shared Rooms Only

Includes: Two nights lodging, All meals
Saturday and breakfast on Sunday morning
Program w/o lodging \$120.00

Times:

Check- In: Friday 5:00 pm
Check-Out: Sunday 10:30 am

*****Register online:** www overeaters.org/upcoming-events

OR

Register by Mail: using the Registration Form



Full Name: _____ Nametag to Read: _____
Address: _____ City: _____ State: _____ Zip _____
Phone: _____ Email: _____ Would you like your contact
information shared with other participants? YES (circle those to share) NO
Name Phone number Email Meeting Home meeting name _____
Roommate request (otherwise one will be assigned) _____

*If you require a handicap room, please contact Lonna R.

Special Accommodations: (circle) Vision Hearing Mobility Other _____

Service Opportunities: Circle all you are willing to do: Registration/Check-in Timer for
speakers Lead a small group Hear a 5th step Wherever needed

Partial Scholarship: Send requests to Lonna R. at oabuffaloretreat@gmail.com

Dietary Restrictions and Special Foods: Refrigerators will be available to attendees who need
to bring their own food, please plan ahead and bring what you need.

Mail registration form and check to:

OA Buffalo Retreat Registration
c/o Lonna R. 450 121st Lane NE
Blaine, MN 55434

Questions? Contact Lonna R. 763-438-0596 or email: oabuffaloretreat@gmail.com

Make Checks Payable to: UNITY INTERGROUP

Your reservation will be confirmed via email, unless you enclose a SASE for confirmation by US mail.



Unity Intergroup presents:

14th Annual Find Abstinence Through the Big Book Workshop & Webcast May 17th, 18th, & 19th, 2019

Augsburg University, East Commons, Christensen Center
[720 22nd Avenue South, Minneapolis, MN 55454](#) (Map Link)

Workshop Cost \$21 (early) or \$26, \$16 webcast

Books/Materials/Supplies available for sale

Register online at overeaters.org

Big Book Study Hours (Central Time):

Friday May 17th registration opens 6:00 p.m.

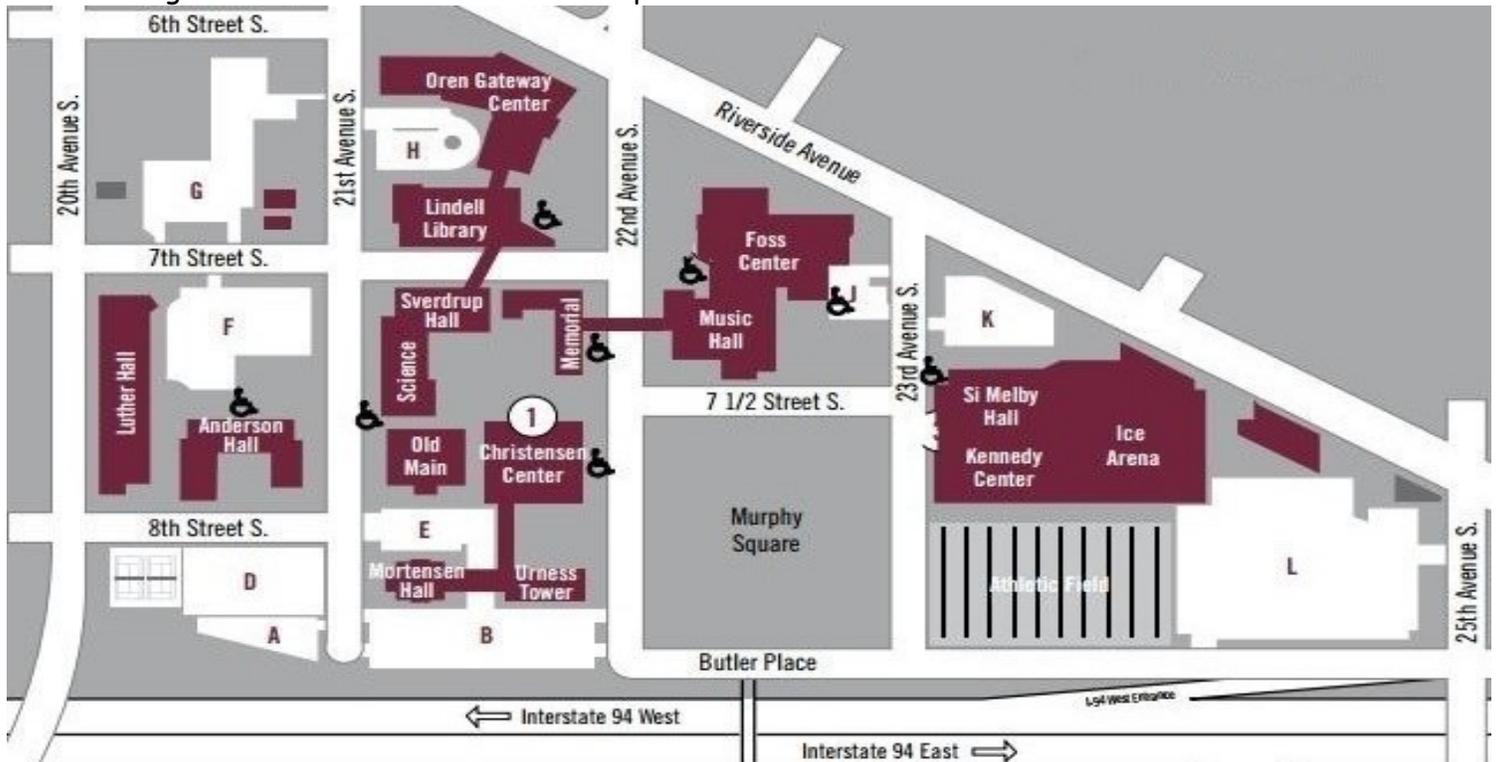
Friday May 17th Event 6:30 p.m. - 9:30 p.m.

Saturday May 18th registration opens 8:30 a.m.

Saturday May 18th Event 9 a.m. - 5:30 p.m.

Sunday May 19th Event 9 a.m. - 5:00 p.m.

- **New and exciting for 2019:** New centrally located Twin Cities campus, with easy access.
- **"I finally found abstinence after two years with the help of this workshop!" ~Anonymous**
- Our speaker will also go into detail on actively working all 12 steps. The Step 4 - 9 inventory process will be taught with hands-on real world examples.



• Speaker will be broadcast live in HD over the Internet	• Our FAQ is a must read – www.overeaters.org
• Near the Cool & Bustling U of M West Bank	• Historically and graphically rich presentation
• Click here for the full 2018 audio & video recordings	• Street parking and permits for paid registrants

Register online at overeaters.org or

Send form & check payable to Unity Intergroup:

Kari E, 1376 Langford Trail, New Prague, MN 56071

karihogen@hotmail.com

\$21 discounted registration ends May 11th

Name _____ Email _____

Address _____ City/State _____ Zip _____

Phone _____ Please contact me for service opportunities

Onsite \$21.00 Quantity Webcast \$16.00 Quantity Total Amount Enclosed _____

Overeaters Anonymous Informational Open Meeting

If you are interested in learning more about Overeaters Anonymous, if you want to support a family member or friend in OA, or if you would like to find out more about how OA works, please be our guest at this meeting.

Saturday, March 30, 2019 at 9:00 am at Pax Christi church.

This meeting is held at our regular meeting time (9:00 to 10:30 am) and features the following:

An explanation of abstinence and how it differs from dieting.

The tools we use to achieve and work the “program.”

Personal stories of recovery by working the 12 Steps of OA.

A time for you to ask questions and get answers about how OA works.

Our regular meetings are “closed” (open only to those who consider themselves to be compulsive eaters, the open meetings are for anyone who wants to learn more about OA)

**Eden Prairie Overeaters Anonymous
Pax Christi Church
12100 Pioneer Trail
Eden Prairie, MN 55343**

**For more information contact:
Jean 612-867-7458
odat0487@aol.com**

The April 2019
Expressions of Unity

will focus on

Step Four: "Made a searching and fearless moral inventory of ourselves."

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.



Be Part of Unity Intergroup in Action!

The next meeting is March 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. Vice	612-867-9804	cathyunityig@gmail.com
Chair - Betty C.	(763)-535-3939	books1216@gmail.com
Treasurer - Sheila L.	612-845-3604	sheilaklawson@yahoo.com
Secretary - Lonna R.	763-438-0596	lonna.rubesch@comcast.net

New Storage Unit

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

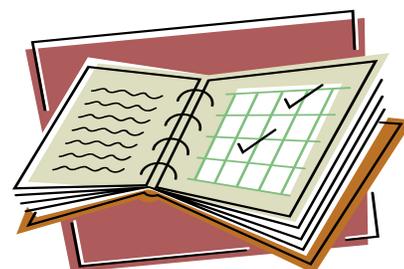
Contact Betty C. for more info

763-535-3939

Mark Your Calendar...for 2019

March 30	OA Informational Open Meeting
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.