

# *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”**

**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.**

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## **Reflections**

Reflecting on Step Two always brings me to thinking of the fellowship itself. And also then to think of the well known Bible verse, “Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me” (Mathew 25:40) (KJV).

There is something about this “Higher Power” thing that very much involves other people, as far as I am concerned. When I search for “a power greater than myself”, I need look no further than the power in a local OA meeting of fellows. Is that a denial of the truth of a genuine religious or spiritual connection? No, I think it is, rather, a validation of such, or of something that can help lead to such a connection. I don’t believe that is by any means the whole story, of course, but as far as I am concerned, and I have sources (read the above verse) to back it up, that it is a good part of the story. God works through us working together, serving and loving each other. So finding God in program, to me, very much involves finding these really wonderful people who share a common purpose with me, as I discovered through attending my first meetings.

The saying that “one arrow is easily broken, but a bundle of arrows wrapped together are not”, is one example of how to picture the power greater than myself in a very practical sense. For something less tangible or more ethereal than that, there is a sense of goodwill I feel in meetings that is very much like a kind of unconditional love and strength coming from or through this group of like-minded people.

I think many of us have prayed to our Higher Power in the past, praying that some way, some how we could some day control or destructive eating habits, our compulsion. But like so many examples in the personal stories of the Big Book, there came a time for the meeting up with those who really did understand and share our compulsion, those who could be committed to the same common purpose, and serve each other in the process. And through that meeting up, the transformation, sudden or gradual, begins for the addict, who finds his or her God or Higher Power again, or for the first time consciously.

So I came to believe that a power greater than myself could restore me to sanity. And in a relative sense, that at the same time is also a very real one, that higher power, is all of you. Thank you for your help in restoring me, and may we continue to progress in recovery together.

Anonymous



## OA-HOW Live Video Meeting is Here!

Every Tuesday evening at 7:00 PM Central Time

For info email: [mnhowlive@gmail.com](mailto:mnhowlive@gmail.com) or visit [mnhowlive.org](http://mnhowlive.org)

Valley Community Presbyterian Church, 3100 Lilac Drive, Golden Valley, MN 55422

## UNITY INTERGROUP SPEAKER LIST

Contact us for a list of local speakers willing to come share their experience, strength and hope at your meeting or recovery event!

We have 60+ meetings served by our intergroup!!

**This is a great service, especially to small and/or struggling meetings.**

Contact Melissa A at [melissa.aa.mn@gmail.com](mailto:melissa.aa.mn@gmail.com) or by phone at [651-307-2510](tel:651-307-2510) to request a copy of the list.

Send an email to [melissa.aa.mn@gmail.com](mailto:melissa.aa.mn@gmail.com) to add yourself to the list of available speakers.

## Expressions of Unity

The March 2018 *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, we welcome articles from anyone. Please indicate if it is okay to print your name with your article and email your contributions by February 24th 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.**

**February or March 10, 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 - Pat W.	612-804-4563	<a href="mailto:Godhpandme@gmail.com">Godhpandme@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>

**Join Unity IG by phone!  
Conference Dial-in Number:  
(515) 739-1034**

**ACCESS CODE:**

**468702#**



## Mark Your Calendar...for 2018

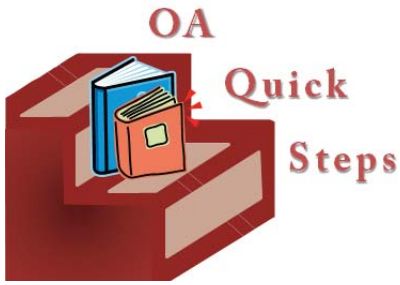
February 10 and March 10	Unity Intergroup Meeting 12:30-2:30 pm Sumner Library MPLS
February 17 and March 17	Newcomer Meeting 1:00-2:15p Sumner Library MPLS
April 6, 7 and 8	The Buffalo Retreat



**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 last Saturday of each month.



**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, February 17, 2018  
and Saturday, March 3, 2018  
Time: 9:30 am to 12:30 pm**

**Location**

**Lk. Nokomis Presbyterian Church  
1620 E. 46th St.  
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 Pat W. at 612-804-4563 or [godhpandme@gmail.com](mailto:godhpandme@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.

There are no fees for this workshop, but we will be collecting a 7th Tradition donation.

Time commitment is two, three-hour 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.**

# 13<sup>th</sup> Annual Find Abstinence Through the Big Book Workshop & Webcast

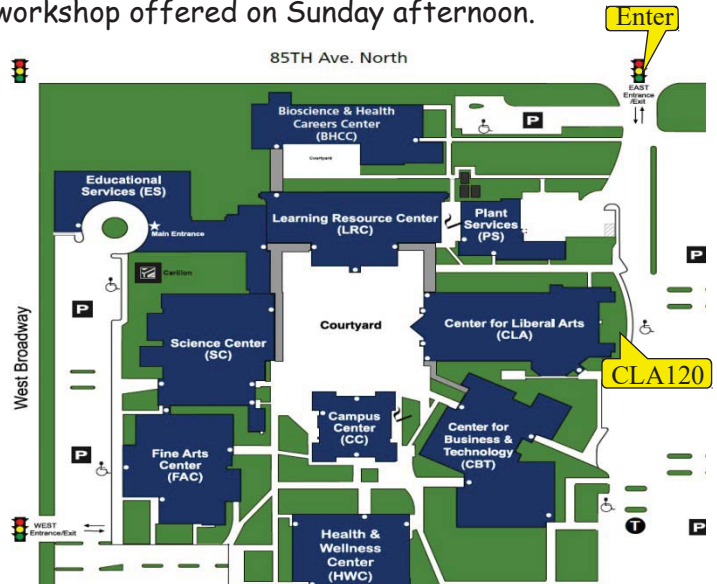
## May 18<sup>th</sup>, 19<sup>th</sup>, & 20<sup>th</sup>, 2018

North Hennepin Community College, Building CLA Room 120  
[7411 85th Avenue North, Brooklyn Park, MN 55445](http://7411.85th.Avenue.North.Brooklyn.Park.MN.55445)  
 Free Parking, ADA Compliant Building ([nhcc.edu](http://nhcc.edu))  
 Workshop Cost \$21 (early) or \$26, \$16 webcast  
 Books/Materials/Supplies available for sale

### Big Book Study Hours:

Friday May 18<sup>th</sup> registration opens 6:00 p.m.  
 Friday May 18<sup>th</sup> Event 6:30 p.m. - 9:30 p.m.  
 Saturday May 19<sup>th</sup> registration opens 8:30 a.m.  
 Saturday May 19<sup>th</sup> Event 9 a.m. - 5:30 p.m.  
 Sunday May 20<sup>st</sup> Event 9 a.m. - 5:00 p.m.

- ★ **New and exciting for 2018:** join our American (NJ) and Canadian (Winnipeg) **co-leads** for this transforming step-by-step study revealing how the message in the Big Book works for compulsive overeaters.
- ★ **"I finally found abstinence after two years with the help of this workshop!" ~Anonymous**
- ★ Our speakers will also go into detail on actively working all 12 steps. The Step 4 - 9 inventory process will be taught and an additional personal inventory writing workshop offered on Sunday afternoon.



- Info - [edmundson.randee@gmail.com](mailto:edmundson.randee@gmail.com)
- Meeting will be **broadcast** live in **HD** via the Internet
- Plus **Sunday** afternoon hands-on inventory workshop
- Super comfortable roomy **lecture hall!**
- Historically and graphically rich **presentation**
- Microwave available (no fridge)
- Our **FAQ** is a must read – [www.overeaters.org](http://www.overeaters.org)
- Two strong presenters sharing experience and wisdom
- Scholarships freely offered
- Mail-in registrations confirmed via email only

**Register online at [overeaters.org](http://overeaters.org) or**

Send form & check payable to Unity Intergroup:

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

[karihogen@hotmail.com](mailto:karihogen@hotmail.com)

\$21 discounted registration ends May 11<sup>th</sup>

Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Please contact me for service opportunities

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