

# *Expressions of Unity*

The Newsletter of Unity Intergroup

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

**STEP ONE: “We admitted we were powerless over food—that our lives had become unmanageable.”**

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.

#### In this issue:

Step Twelve Articles

TSW Corner

Unity Intergroup News

## Powerless Over Food

I walked back into OA in 2000, obese and full of shame that I could not get this “food thing” under control! No longer was it a problem of just being overweight, now I had high blood pressure, life threatening sleep apnea, and severe acid reflex. Depressed, over volunteering and over working, I simply was worn out and my sweet little soul was dying. After struggling for a year with no results, in June of 2001 I seriously started to use the tools and work the steps.

Step one was hard for me. Honestly looking at my life and what this disease had done to me and those in my life was difficult, but strangely freeing. It was not a lack of willpower, I had a disease! So I took an honest look at my unmanageable life, which reaffirmed that I did not want to live like this...and there was help for me, as I knew I could not do this alone. It has been over 16 years since I seriously took step one, but certainly not the last. I have done step one many times since and found that this step helps me in many ways. Now I use step one on all my life issues, because food is no longer the issue that makes my life unmanageable.

My message is this...doing step one is not a one-time thing. It is designed to be repeated often to remind us who we were and can be again. A warning sign to do step one is when I find myself obsessing about something and my life becomes unbalanced. OA promotes 12 stepping a problem for these times—you may want to give it a try.

A grateful recovering food addict

**STEP 10: "Continued to take personal inventory and when we were wrong, promptly admitted it."**

I need to know what I'm feeling if I am to stay abstinent. I need to find a calm place inside myself—gentle, connected and forgiving—if I am to stay out of the food. My compulsion occurs when I'm not connected to the interdependence and support of the universe. When I feel alone and unsupported and when I don't know what I'm feeling, I eat things down.

This being said, the daily reconnection with who I am spiritually, what I'm doing emotionally, is really paramount. It seems so critical to me to continue, on a daily basis, everyday, to have a quiet time or several quiet times to find myself and know what I am feeling. A brief overview, a scan of the day, is often enough to let me know where I'm at.

In order not to overeat at dinner, I now have what I call going to the *boudoir*. After having a little time with my husband after dinner, I go upstairs, far from the kitchen. I sit down, have tea (I even have a tea kettle in my bedroom) and see where I am at. I also allow myself to meditate and listen. I light candles and try to end my day with beauty.

I try to go to bed calm. That means I have to understand if there are any mistakes I have made that I need to correct in the morrow. Most importantly, I have to learn to forgive myself. I no longer strive for perfection. I have learned to promptly admit my problem areas and my poor actions. I am learning to forgive myself and then I see if there is any corrective action that I need to make.

If I can have a kind and forgiving attitude inside myself, I can abstain. The worst thing I can do for my recovery is to hate myself and beat up on myself. It's very hard to understand unconditional love. But my first understanding is to apply that attitude toward myself. Unconditional love has so many spiritual qualities—patience, radical acceptance, forgiveness, and presence. With these qualities at my back, I think I can find my way to right eating and to become a person who can share love within the fellowship. All this love produces healing. May we do this for each other.

Judith R.

## TSW Corner

Welcome to the TSW Corner – a forum to share inspiration, hope and ideas for all of us in OA, whether recovering, struggling, or both. Here you will find stories of hope, inspirational thoughts, and ideas for helping you work your own program and carrying the message to others. We invite you to contribute your own Twelfth Step Within... because 'Together We Can Do What We Could Never Do Alone!' For more information about 'Twelfth Step Within' go to:

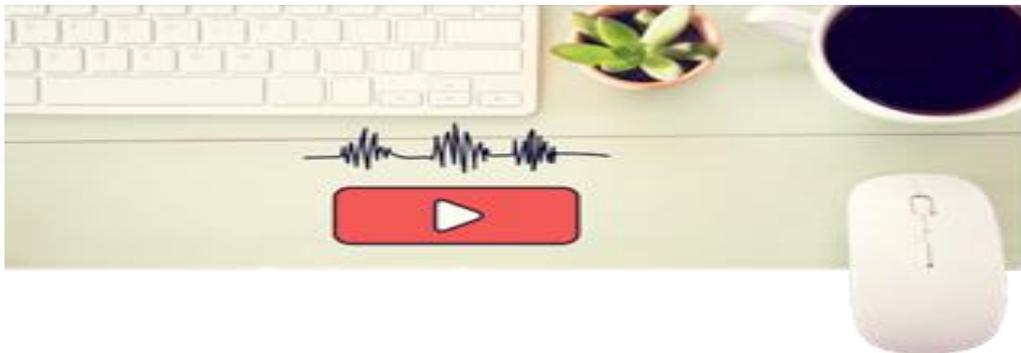
### ***Tradition One—Our common welfare should come first; personal recovery depends upon OA unity.***

This tradition reminds us that we cannot get well in isolation. We heal in unity and daily service to our fellows. The purpose of the 12 Step Within Committee is to carry the message of recovery to those who still suffer, deal with relapse, membership retention, encourage maintaining recovery in all situations and prevent relapse.

Lets consider a few of the questions from The Twelve Steps and Twelve Traditions of Overeaters Anonymous pages 115-116 on how our meetings fulfill the principle of unity and make new or suffering members feel welcome:

1. Is our group dividing into cliques and being indifferent to some members?
2. Do we belittle other OA members or groups whose approaches to working the program are different from ours?
3. Does our meeting encourage members to speak briefly, or do we allow some to dominate discussion by speaking so much that others don't get a turn?
4. Do we encourage everybody to give full attention to speakers and other group members who are speaking to the group?
5. Do we encourage members to use the telephone to help ourselves and each other, not just for complaints and gossip?
6. Do we support OA activities that bring us into contact with other groups?
7. Do we seek to pull together as a group, or are we divisive? Do we discourage gossip? Do we discourage members from taking each others' inventories?
8. Are we kind, even to those whose personalities we dislike? Or do we talk about the love of the OA group while acting hostile to some?
9. Do we encourage all of our members to share honestly with the group, even when they're going through rough times? Or do we take the attitude that those who are having trouble shouldn't share?
10. Do we focus on what we have in common, or do we bring up our difference, just for the sake of argument?
11. Have we taken time to learn about OA as a whole? Do we support OA as a whole to the best of our ability?

In closing, it is good to remember that there are many roads to recovery and that change is hard, but certainly possible. In gratitude for this life giving program of recovery? Carolyn S. 612-558-1556 or email [mngypsy545@gmail.com](mailto:mngypsy545@gmail.com)



## OA-HOW Live Video Meeting is Here!

Every Tuesday evening at 7:00 PM Central Time

## 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.**



Unity Intergroup presents:

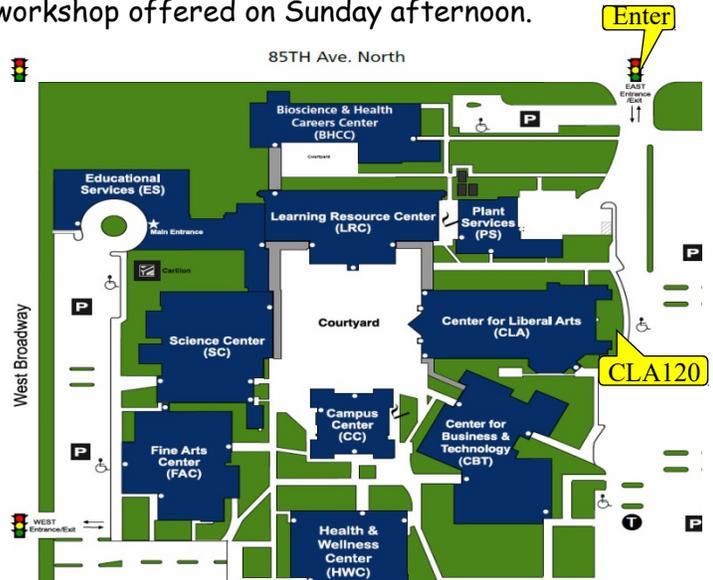
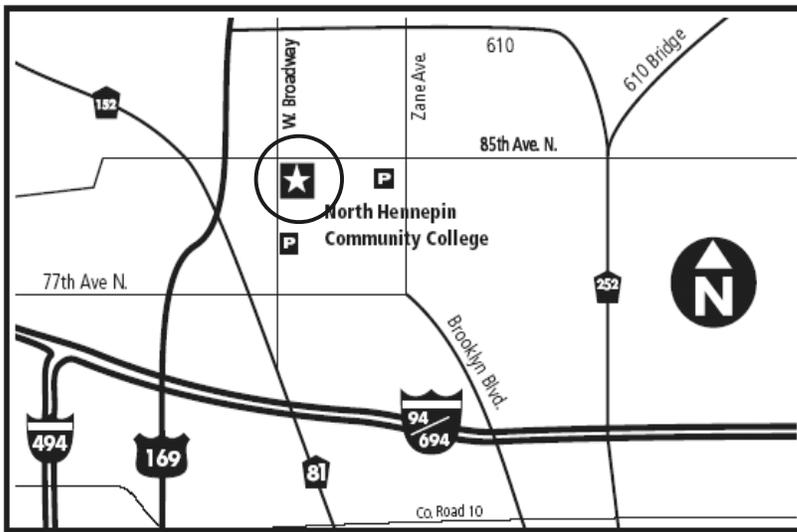
# 13<sup>th</sup> Annual Find Abstinence Through the Big Book Workshop & Webcast May 18<sup>th</sup>, 19<sup>th</sup>, & 20<sup>th</sup>, 2018

North Hennepin Community College, Building CLA Room 120  
7411 85th Avenue North, Brooklyn Park, MN 55445  
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 \_\_\_\_\_

## Expressions of Unity

The February 2018 *Expressions of Unity* will focus on Step Two: "Came to believe that a Power greater than ourselves could restore us to sanity." It will be sponsored by the Shakopee meeting.

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 January 20th to [ExpressionsofUnity@gmail.com](mailto:ExpressionsofUnity@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 10, 2018 12:30-2:30**

**Sumner Library**

**611 Van White Memorial Blvd.**

**Minneapolis, MN 55411**

## Intergroup Board



Chair—Mary T	612-940-7654	<a href="mailto:marytunityig@gmail.com">marytunityig@gmail.com</a>
Vice Chair—Jill S	651-739-0212	<a href="mailto:jshortreed@centurylink.net">jshortreed@centurylink.net</a>
Treasurer—Mary T	612-940-7654	<a href="mailto:unitybills@gmail.com">unitybills@gmail.com</a>
Secretary—Rebecca W	612-267-2460	<a href="mailto:rebeccawellikunityig@gmail.com">rebeccawellikunityig@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	Unity Intergroup Meeting 12:30-2:30 pm Sumner Library MPLS
February 178	Newcomer Meeting 1:00- 2:15p Sumner Library MPLS
April 6, 7 and 8	The Buffalo Retreat

God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can  
and wisdom to know the difference.



Web submissions are due the **first** Saturday of each month.

**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 **third** Saturday of each month.