

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.”

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 Three Article

Quick Steps

Big Book Study

Unity Intergroup News

An Incredible Feeling

After three years in Overeaters Anonymous, I really thought I had done the Steps pretty well, especially the first three. I was convinced I was powerless over food. I knew I believed in a Power greater than myself, and I really thought I had come a long way in turning my life over to a God I can trust.

So why have I spent these last three years slipping and sliding with absolutely no long-term abstinence, perfect or imperfect? Why do I still find myself eating my old binge foods in spite of what I know and what I want?

My life is immeasurably better, no doubt. I've been a "normal" size for the past three years. I came out of relapse last year with a gain of only a few pounds—a miracle for someone who can put on five or ten pounds in a weekend. So why couldn't I put the food down for more than a few weeks at a time? Why was I so obsessed with what, when, how much, and where I was going to eat? I made lists of what I was willing to do on a daily basis, and even though the lists including a willingness to avoid my binge foods, I would decide I could handle just one or make up some other excuse. The amazing thing was that I wasn't eating really "bad" foods, or even foods that had once been the mainstays of my food plan.

Last week something happened, and a new process began. I was talking about Step One with a sponsee, referring her to the pamphlet, "A Guide to the Twelve Steps for You and Your Sponsor," and I read the line, "If he (or she) clings to the lurking notions that there may be an easier way than OA, or a little controlled overeating is possible, he (or she) will find continuous abstinence unattainable." That was me. My attitude always came down to, "I'll get away with it." I spent the next morning's two hour train ride writing. As I wrote, I got angry and very upset. What was coming out was my long-term belief that food was my great equalizer, my entry into society, the thing that made me like everyone else. It had been my only friend when I was young, since I couldn't relate to most of the people in my junior high school. My best buddy was the girl I snuck out of school with to buy desserts at a local bakery, disobeying my parents and using stolen money.

My writing started slowing down as I realized that I was using food so I didn't have to be different from other people. I could fit in. I could be "normal". My terror and dread of being different, of not being accepted or approved of, was being taken care of by food.

Yet I knew food wasn't my friend. I knew that it wasn't bringing me closer to people but was separating me, making me more isolated and different. I may have thought that it was food that helped me survive a hellishly lonely childhood, but it was destroying me in the process. I don't know how I survived my youth, but at that point in my life, food was poison.

My sponsor listened to my writings and suggested that I was very normal—like countless other compulsive overeaters who pursued this course of thought and action into untold misery. This is the insanity of the disease. He suggested that perhaps there was nothing I could do to get rid of my insane dread except to turn the problem over to God.

My attitude began to shift. I sat at a dinner table faced with platters of desserts and realized that not only did I not want any of these things, but that it had been over three years since I'd had any desire to eat them.

I decided that all I had done was turn all these things over to God, and now had the implicit, childlike trust that God would take care of them. That was it. So what would happen if I just shoved the whole food problem at God? That night I sat down and wrote a short note to God, turning my food, my compulsion, and my insanity over to God's care.

The next morning I woke up with the strangest feeling. I knew with a certainty that all of my binge foods could be put in front of me, and I would have the power to choose not to eat them. What an incredible feeling. I called as many people as I could to share this overwhelming experience.

All I had done was accept the fact that I am powerless over food. I cannot control it in any sense of the word and to try, with lists or willpower, was futile. I was willing to put the food down and accept the gift of abstinence and all that comes with it.

What came with it was God. A Higher Power. And I believe that Higher Power wants me to be sane. All I have to do is take twelve simple Steps that help me change my attitude about my entire life.

I have had periods of abstinence in the past few years, but never on this level. For the first time, I am reacting normally to food. I turned my life over to God, and God is giving me the power to live without my particular brand of poison. And I believe that the God of my understanding will be there with me every day to give me strength and the power of choice.

From A New Beginning: - Stories of Recovery From Relapse
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To The Care Of God

When I am in the turmoil of a dilemma, I need to rely on God, for in God is all truth, all power, and all the answers.

What would God have me say or do? I can't hear God's answer unless I get quiet, get centered, and listen to that still, small voice inside.

Sometimes my stress is so great that the roar of my emotions drowns God out. So I need to access my family, get to a meeting, call my sponsor, call another OA member, and talk about it. I need to use my OA tools, because I come from using food to cope. The truth is that, at times of disturbance, to remain in recovery I must seek help from a Power greater than myself.

Thirteen years experience in OA has also taught me that God works through people. And we—God and I, therefore you and I— can do what I cannot.

Of course, I don't always remember to do this perfectly. But the solution is always there. It's up to me to take the appropriate action of considering my options and, in so doing, seeking God's help.

One thing I do know from many years of practicing this disease before OA and yo-yoing between relapse and recovery in OA, food never makes any situation better. It doesn't work for me anymore. It hasn't for four and a half years of abstinence. And God's grace allows me to maintain a 168 pound weight loss! Food is still an option, but not a viable one, just for today.

I must rely on this Power greater than myself because my very life depends on it. I need God's strength, help and truth. I need to believe I'm God's child, and God will be there no matter what. I don't have to be good or behave or be perfect to deserve love, guidance, care and abundance. All I have to do is be.

I'm feeling confused and overwhelmed facing a major decision in my life. And I'm willing to go to any length to respect myself by abstaining and doing whatever God would have me do to live my life in recovery. Certainly the footwork is up to me, but the results and the miracles are God's job.

From A New Beginning - Stories of Relapse from Recovery

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OA-HOW Live Video Meeting is Here!

Every Tuesday evening at 7:00 PM Central Time

For info email: mnhowlive@gmail.com or visit 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 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 to add yourself to the list of available speakers.

Expressions of Unity

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

March 10 and April 14 2018

12:30-2:30

Sumner Library

611 Van White Memorial Blvd.

Minneapolis, MN 55411

Intergroup Board

Chair - Cathy G.	612-867-9804	cathyunityig@gmail.com
Vice Chair - Pat W.	612-804-4563	Godhpandme@gmail.com
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Secretary - Corey H	952-994-3989	corey.unityig@gmail.com

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

ACCESS CODE:

468702#



Mark Your Calendar...for 2018

March 17 and April 21	Newcomer Meeting
April 6, 7 and 8	The Buffalo Retreat
May 18, 19 and 20	The Big Book Study



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.