

# *Expressions of Unity*

The Newsletter of Unity Intergroup

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

## **STEP FOUR: "Made a searching and fearless moral inventory of ourselves."**

### Another Sign of Spring - The Big Book Study!

#### 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!

I apologize for the late submission of the newsletter this month.

This is a big advertisement for the 14th Annual Big Book Study Workshop and Webcast to be held May 17, 18 & 19, 2019 at Augsburg University.

I originally heard about this powerful workshop through an OA fellow when I was living in Western Massachusetts. He kindly offered me the website where I could listen to the workshop and download very helpful written materials. This was back in 2011-2012. He also burned me a set of CDs of the workshop that I could listen to on my long drive to St. Paul in October 2012 where my husband and I planned to retire.

Imagine my delight when I learned that this same workshop was going to be held in 2013 in the Twin Cities. So why was I so excited? Somewhere deep inside me I knew that a thorough 4th Step was going to be key in my recovery journey from the disease of compulsive overeating. I really wanted to understand what was fueling my disease.

The explanation and worksheets that were offered at this workshop surely opened the door to a whole new way of being for me. Along with this workshop I've been blessed with sponsors and recovered fellows who have helped me to plumb the depths of my resentments, fears and sex conduct. I was given by H.P. through these agents a clearer awareness of the character defects that were firing my compulsion. With this awareness, action became an option and the Promises (B.B., p 75) of the program slowly, but surely have become a reality in my life today.

If you have never experienced this workshop, please make every attempt to do so either in person or virtually.

Mary G.

## **Together We Work It!**

**I am grateful for sponsorship both given and received.**

**When I agree to be of service as a sponsor, by the grace of God and the power of this program, I get to continue to recover one day at a time (ODAAT) and I get to partake in a service exchange with a sponsee.**

**You see, when a sponsee shares responses to the 70 questions prior to stepping up - this very same sponsee doesn't realize that they in fact are taking me through Steps One, Two, and Three. In other words, the sponsee is being of service to me too.**

**In sharing reflections on each the 70 questions, a sponsee opens up an opportunity for me to witness and confirm that I am not alone in the patterns of experiences that we seem to have in common. The compulsive eating, the control and manipulation of food in a desperate effort to put an end to the suffering, the obsessive thinking, the emotional binges, being oblivious to any form of alignment with God's will (lack of understanding of spiritual sobriety), and of course the physical maladies of poor relationships with food and the body.**

**Given an opportunity to witness and share experience, strength, and hope after hearing a sponsee's reflections on the 70 questions, I get to review Steps One, Two, and Three as I work with that very same sponsee. In other words, the sponsee is actually volunteering to recap the messages of Steps One, Two, and Three with me. The sponsee gets to journey through the first three Steps, and he or she takes me through a review of the such, while I continue to work through the rest of the Steps with my sponsor. How neat is that?**

**I am grateful for recovery, and I am grateful for the opportunity to review the Steps with a sponsee. Together we work it.**

**RL - Gratefully recovering compulsive overeater and food addict**

## Moving from Controlling towards Allowing

A recent milestone birthday had me examining my life's progress so far. I found my list of required accomplishments was as extensive as my list of gratitudes was minute. Expectations included things like a perfect job, no mortgage, a new car, a perfect marriage. All my goals were material things. But after working this program for two years I can see my to-do list did not take into consideration reality. I lacked a key element- regard for the things I could not control in my life.

When I shifted my perspective, I began to realize the list of things I could not control was massively extensive. I have heard it said that expectations are resentments waiting to happen.

While working the 12 steps and 12 traditions of this program, I see life with new eyes. I have a new goal for each minute and each day. It is something that no amount of money can buy, and no amount of bargaining could demand. That gift is serenity and a true relationship with my Higher Power who guides my life. Now, I strive to give up control and allow, to begin living in the here and now.

I want to look at life with curiosity, be aware of the growth and opportunities placed before me, and be ready to take a step out of my comfort zone and into a new opportunity. I strive to be more comfortable with uncertainty. I try to stop and reality check my expectations each day. One thing I know for certain is I can stop expecting and evaluating my place in life by what I have accomplished, and start respecting myself and believing that I am exactly where I am supposed to be today.

Not by my plan, but by my Higher Power's master plan.

Tamra A. - Tuesday night Virtual Meeting

## 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](http://www.oaregion4.org) and click on *Newsletter* at the top of the page.
- ◆ For more information, contact Annette

[apr.region4@gmail.com](mailto:apr.region4@gmail.com)

763-447-5688



Unity Intergroup presents:

# 14<sup>th</sup> Annual Find Abstinence Through the Big Book Workshop & Webcast May 17<sup>th</sup>, 18<sup>th</sup>, & 19<sup>th</sup>, 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](http://overeaters.org)

## Big Book Study Hours (Central Time):

Friday May 17<sup>th</sup> registration opens 6:00 p.m.

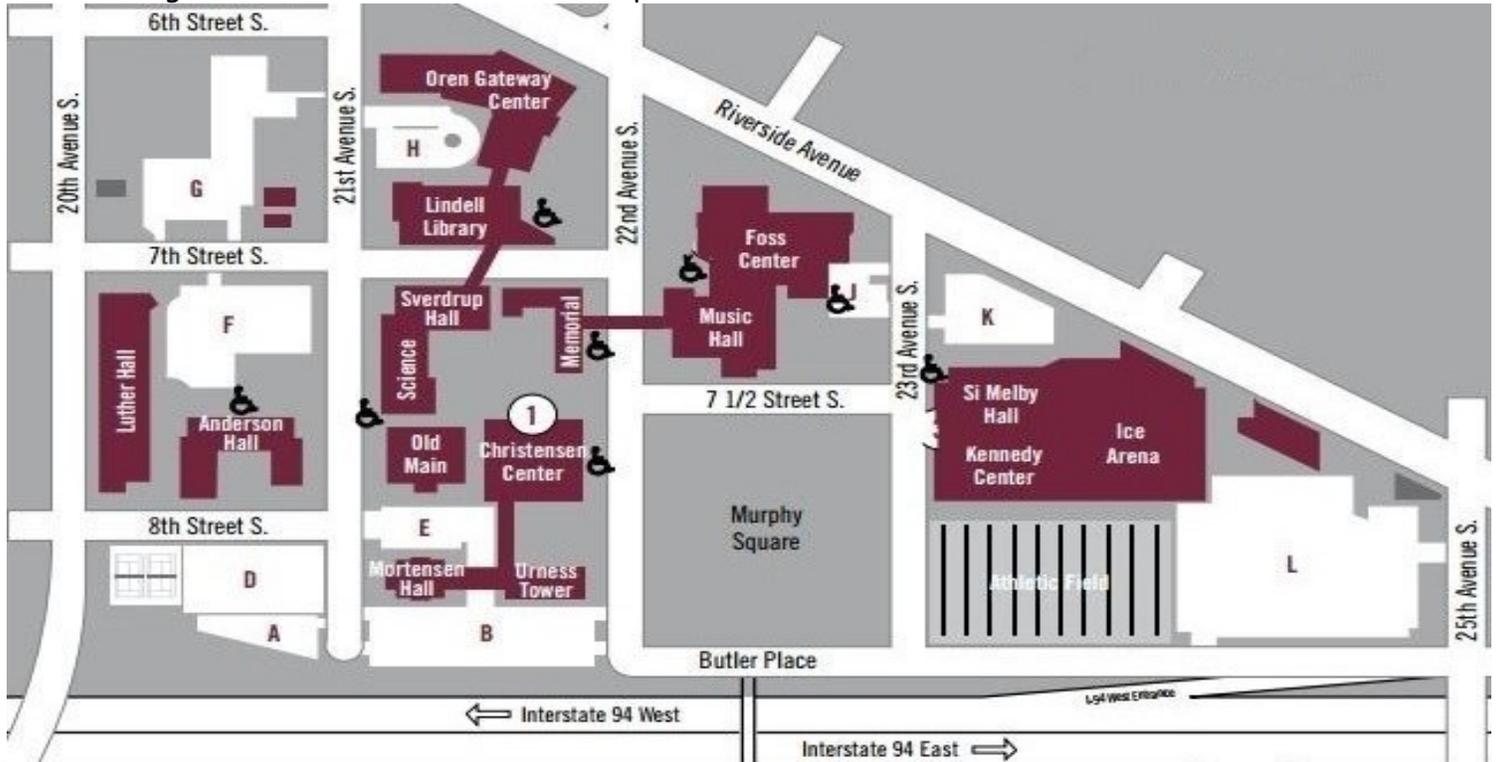
Friday May 17<sup>th</sup> Event 6:30 p.m. - 9:30 p.m.

Saturday May 18<sup>th</sup> registration opens 8:30 a.m.

Saturday May 18<sup>th</sup> Event 9 a.m. - 5:30 p.m.

Sunday May 19<sup>th</sup> Event 9 a.m. - Noon

- **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 <b>broadcast</b> live in <b>HD</b> over the Internet	• Our <b>FAQ</b> is a must read – <a href="http://www.overeaters.org">www.overeaters.org</a>
• Near the <b>Cool &amp; Bustling</b> U of M West Bank	• Historically and graphically rich <b>presentation</b>
• <a href="#">Click here for the full 2018 audio &amp; video recordings</a>	• Street parking and permits for paid registrants

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 \_\_\_\_\_

# SPONSORSHIP WORKSHOP

## UNDERSTANDING THE SPONSOR-SPONSEE RELATIONSHIP

### WHEN

July 20<sup>th</sup>, 2019  
Registration at 8:30a  
9:00a-12:00p

### WHERE

MN Harvest Apple Orchard  
8251 Old Highway 169 Blvd  
Jordan, MN 55352

### DIRECTIONS

From Highway 169 go south on Delaware Avenue, then turn right on "Old Highway 169 Boulevard". Orchard will be on your left.



<https://overeaters.org/upcoming-events>

### CONTACT

Marque: 612-655-6960



### PANEL

Experienced sponsors from wide range of OA sponsorship perspectives to tell their stories and answer questions

### ACTIVITIES

- Panel speakers
- Q&A for and from Panel
- Interviewing activity
- Fellowship and connecting at event

### OBJECTIVES

- Learn what it means to be and benefits of being a sponsor and a sponsee
- How to interview a sponsor and sponsee for compatibility
- Understand different types of sponsor-sponsee relationships
- Dos and Don'ts for sponsorship
- Network and get connected with available sponsors and sponsees

### FELLOWSHIP & MORE

Option to bring your meal and stay for fellowship after workshop.

This is a workshop from a board perspective on sponsorship in OA. We are here to support and learn from each other!



The May 2019  
**Expressions of Unity**

will focus on

Step Five: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

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

[ExpressionsofUnity2018@gmail.com](mailto:ExpressionsofUnity2018@gmail.com).



**Be Part of Unity Intergroup in Action!**

The next meeting is May 11th- 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.	612-867-9804	<a href="mailto:cathyunityig@gmail.com">cathyunityig@gmail.com</a>
Vice Chair - Betty C.	651-428-3431	<a href="mailto:books1216@gmail.com">books1216@gmail.com</a>
Treasurer - Lonna R.	763-438-0596	<a href="http://Lonna.rubesch.comcast.net">Lonna.rubesch.comcast.net</a>
Secretary - Sheila L.	612-845-3604	<a href="mailto:sheilaklawson@yahoo.com">sheilaklawson@yahoo.com</a>

**New Storage Unit**

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

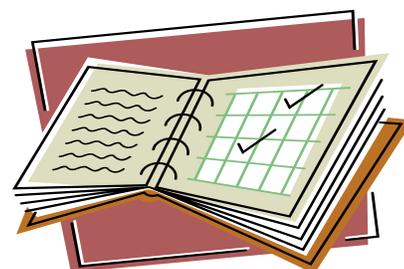
Contact Betty C. for more info

763-535-3939

**Mark Your Calendar...for 2019**

May 17, 18 & 19	The Big Book Workshop
July 20	Sponsorship Workshop
September 7 & September 21	Quick Steps in Rochester

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.