

Expressions of Unity

The Newsletter of Unity Intergroup

www overeaters.org

STEP FIVE: “Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

The Dreaded 5th Step

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 April newsletter
last month. For this
reason, April’s
articles are being
published again in
this newsletter.**

Like pretty much everyone I know in any 12 step program, I dreaded giving my 5th step to someone. When I wrote down my 4th step inventory, I pretended like no one else would have to hear what was written on the paper, so I didn’t lie to myself or minimize what I had said or done. So when the time came to give my 5th step, it was full of swear words. It was full of things that no one but me knew I had done. It was embarrassing. It was raw.

The woman I chose to hear my 5th step was from my meeting, about 10 years older than I, and seemed very “churchy.” As we had planned, I picked her up in my car and we drove to a park. We sat at a picnic table far enough away from the kids playing there that they couldn’t overhear my bad language and bad behavior, or at least that was the reason my thought process thought we decided to sit at that particular table. The woman listening to my 5th step had a sweet smile on her face while I droned on for my 26 pages of drama. She would look up at the trees. She would watch a bird fly. She would glance at my face. She didn’t frown or pinch her face at the things I had done to my children or my bad language. As I continued reading from my notebook, the stress that had built up dreading this whole thing continued to dissipate. Relief started setting in. But then I would dig into my stress again by reminding myself that she had not made any comments on my writing yet and that part of this whole 5th step process could be horrible even if reading it out loud hadn’t been.

For whatever reason, she decided we should go into my car for the “reaction to telling the 5th step” part. Then, surprisingly, the “churchy” lady used swear words to talk about her own marriage and raising her own kids and how much she could relate to my story. And I’m sure she said a bunch of other things, but what I remember now is feeling “you are ok,” and “you are forgiven” and “you are not perfect and that is ok” and “you are not alone” and “it will get better from here.”

It will not be the easiest thing you will do in this program. But like all the other seemingly odd things we do in OA, such as plan our food so we can be free

from food obsession, or let God run our life so it will be better than if we “handle it” on our own, writing down our bad stuff and sharing it out loud to another person can make us feel like we are not such a bad person.

Corey H.

Tradition 5 - Questions For A Healthy and Supportive Meeting

Tradition 5 tells us that OA is a spiritual program and that our groups come together to share recovery through the Twelve Steps and Twelve Traditions of OA. No matter how much recovery we have we still need to hear the message. OA members have the ability to help our fellow sufferer in ways no normal eater can.

Tradition 5 asks –

How are we making decisions that help us carry a message of hope and recovery to others?

Does our group concentrate sufficiently on OA’s primary purpose?

Do we focus our discussions on the Twelve Steps, the Twelve Traditions, the Tools, and recovery from compulsive eating? Or do we just talk about the events of our lives without sharing how the program is helping us to change?

Do we welcome newcomers to our group and give them individual attention?

Do we try to make OA known to people outside who need help?

In what ways do we support our intergroup, service board, region, and world service in our efforts to reach out?

Do we volunteer to help newcomers, visitors, or other members who need transportation to attend our meetings?

What do we do to welcome back members who are returning to OA?

Do we make a point to welcome new members, talk with them, and offer phone numbers?

Can members find sponsors in our group?

Does anybody in our group make a point to call newcomers or members who have been missing from the meeting?

Do we remember longtime OA members who still suffer physically, emotionally, or spiritually?

How do we treat the member who is facing difficulties with compulsive eating or with life?

Tradition 5 makes it very clear that we have service to offer and that service is the foundation of recovery.

Carolyn S.

Another Sign of Spring! The Big Book Study!!

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.

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

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

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

The June 2019
Expressions of Unity

will focus on

Step Six: "Were entirely ready to have God remove all these defects of character."

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.

Send all articles to
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	cathyunityig@gmail.com
Vice 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

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.