

## Step 4: Made a searching and fearless moral inventory of ourselves

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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### FEAR Less

In the OA 12 Steps, step number 4 is to make a searching and fearless moral inventory. As I went about making this inventory I realized I was fearful of just about everything. I was afraid of being afraid. It was the overwhelming theme of everything in my life. Unfortunately fear ruled every portion of my life. I was letting my fear run me and my world.

I was paralyzed by fear. I was motivated by fear. I was confused by my fears. I was scared people wouldn't love me. I was scared I wasn't good enough. I was scared I was doing the wrong things in life. I was scared that I wouldn't be able to do what I needed. I was just SCARED! I kept asking myself why I had allowed myself to do the actions that ended up on my moral inventory and the answer was almost always, "I was scared that.....". I realized that fear was a huge hurdle in my life.

As I have done over and over in my life. I met this head on and challenged my fear to a show down! I asked myself, "What is the worst that can happen?" If the answer was something that would not physically harm me....I was going to move forward. I allowed myself to be afraid but I did not allow that fear to stop my actions. These were big actions and small actions but as the momentum grew it was amazing how I felt.

The first small example of this was my fear of falling. It was stopping me from enjoying a ropes course at the Mall of America in Bloomington, Minnesota. The Dutchman's Deck is a set of rope activities that is about 3 floors up. Anyone participating is put into a harness and then you navigate on rope and wood obstacles with no net below you. The mall had recently added two zip lines to this event. My teenage daughter loves to do this activity and I asked her to do this with me so I could face my fear. Guess what? I DID IT! I didn't fall to my bloody death. I didn't embarrass myself. I actually had a blast.

A larger step in this journey was my education. I have always wanted to be a doctor. In my life this meant a PhD. Now, let me explain by saying that less than 2% of the population holds this degree. I have a Master's degree and am working towards my PhD but I was fearful I wasn't smart enough to actually finish this journey. I am proud to say that I have finished writing and editing my dissertation research and am at the final step of revisions and Dean approval.

Facing my compulsive overeating, and my own personal downfalls scared me. I stopped to ask myself, "What could happen?". The answer was amazingly simple. I could not only live but thrive. I could move forward with my recovery and be happier. I could be a better person. I could be a better mother, wife, employee, friend, sister. I could be a better me.

For today, and every day forward.....I will FEAR less.

Kelly D.

## Be Good

When I was growing up, my dad used to tell us to “be good”. I did my best. I never wanted to be caught doing anything wrong. I aspired to be perfect. I did everything according to what I thought was best and looked askance at others who were not being perfect.

Fast forward a few decades and I found myself overweight and unhappy, still trying to be good. When my unhappiness and food compulsion brought me to OA, I thought my life was going well except for this nasty, weird relationship with food. I was not the problem; it was the rest of the world that was not being good and therefore causing me pain.

When I took a seminar to help me finish my 4th step inventory, I found I had pages and pages and pages of resentments over events and people and institutions that were not what or who I wanted them to be. When I searched for my part, it took a while to recognize. I had gone to great lengths to not hurt others. Surely I could not be blamed for relationships gone awry.

Finally I saw it. I had been so busy trying to be perfect and deflect blame, that I made it impossible to have a genuine relationship with me. I was so righteous about how things should be that I could not accept others as they were. I was so afraid of being hurt and disappointed that I kept myself apart. I was so afraid of making a mistake or feeling pain that I isolated myself and insulated myself with food and fat.

When I truly accepted myself as a normal, flawed human being with the same character defects as everyone else, the relief flooded through me. I could finally see that it is OK for me to admit that I have shortcomings. If I am perfect, I have no need to get on my knees and rely on my Higher Power. Having character defects isn't a mistake; it is the design of life. I need to have character defects to have humility and to see myself as a normal human being neither above nor below anyone else. I needed to accept that human relationships are inherently messy.

Now I could see the nature of the wrongs for which I needed to make amends. My amends were mostly living amends: accepting others, speaking up for myself, being vulnerable, being willing to stay and talk when things get tense, asking for help, not avoiding the emotional messiness of living with others. I'm working on those living amends every day.

What a difference it has made. When I truly accepted myself, suddenly my husband became much easier to live with. I'm sure it has been a lot easier for him to live with me when I'm not the ice queen always trying to deflect blame onto him. I'm so grateful to the 12 steps for helping me break out of the black and white world of perfectionism into a warm and colorful world of messy human relationships. As a 12-step speaker once said, “I'm not OK, you're not OK, and that's OK”. I think it's better than OK – it's perfect!

*God, Grant me the serenity to accept the things I cannot change, to courage to change the things I can and the wisdom to know the difference*

# SERVICE OPPORTUNITIES

SPONSORS NEEDED!

For our Region 4 Sponsor List

All Formats

All Availabilities

All methods of sponsorship

Please consider adding your name to our list!

It is so easy to sign up – simply go to:

[http://oaregion4.org/?page\\_id=1315](http://oaregion4.org/?page_id=1315)

## Newsletter Editor Needed

- *Do you LOVE to read inspirational OA literature?*
- *Do you automatically proof read everything you read?*
- *Then we have the job for you!!!! Join Unity IG and be our Newsletter Editor!*

You need to have basic word processing skills (cut & paste) and the ability to use or learn Microsoft word & publisher)

We will supply the software if necessary. You do not have to write the articles– they are supplied by our fellows.

You will have access to our newsletter email, [expressionsofunity@gmail.com](mailto:expressionsofunity@gmail.com) so there is no need to use your personal email, and you can maintain your anonymity if you choose.

Contact us at [expressionsofunity@gmail.com](mailto:expressionsofunity@gmail.com)

Thank you!!!!!! The Unity IG Board

Note: I have been wearing two hats for the past few months, one as the Secretary of Intergroup and another the Newsletter Editor. The Newsletter Editor job is pretty simple and I have had a lot of help from other Intergroup members with more experience than I had. The first month I put it together, March, it was an adventure but we got it all together and it looked good. This time around it has been much easier! What do you know, I guess I can learn new stuff! So I would like to reassure anyone who might be interested in trying out the Editor job that I am not a “Techie” person, it doesn’t have to be perfect and we will help you! I’d estimate 2-3 hours tops to get it done each month.

Yours In Service, Rebecca W

## 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: <https://oa.org/groupsservice-bodies/resources/twelfth-step-within/>

### READ YOURSELF TO RECOVERY

A vital tool in Recovery is reading. The Overeaters Anonymous literature, which includes the Alcoholics Anonymous literature, most notably the Big Book, and The Twelve Steps and Twelve Traditions, is loaded with wisdom, inspiration, support and encouragement. Don't neglect to utilize this essentially valuable resource.

Buy literature at a meeting, from the OA bookstore at <http://bookstore.oa.org/>, or online on the open market: Ebay, Amazon, and other sources.

You can find a list of OA approved literature at [https://www.oa.org/pdfs/oa\\_approved\\_literature\\_list.pdf](https://www.oa.org/pdfs/oa_approved_literature_list.pdf)

And AA approved literature at link: [http://www.aa.org/assets/en\\_US/aacatalog.pdf](http://www.aa.org/assets/en_US/aacatalog.pdf)

Here is a message from the new 12 Step Within Chair:

Fellow OA members,

I have been hearing two words repeatedly that have been most important to my recovery – courage and wisdom. It took a lot of courage to go back to OA after a 13 year detour into the depths of my disease. When I went back, I looked for wisdom that would help me choose a life well lived rather than the walking dead life that I had chosen to follow. It took another year before I heard the words of wisdom and saw the hope that gave me the courage to do what I needed to do. Funny thing, the wisdom I heard was work the program as if you life depended upon it....and indeed my life does depend on working the program. This meant using all of the tools and committing to the discipline of a daily practice that helped me get healthy and grow spiritually. Not easy but neither is being in the depths of my disease.

As the new 12 Step Within Chair I would like to encourage you to contact me with ideas on how we can help those still suffering, particularly those still in our rooms and those who have left.

How do we help others find recovery?

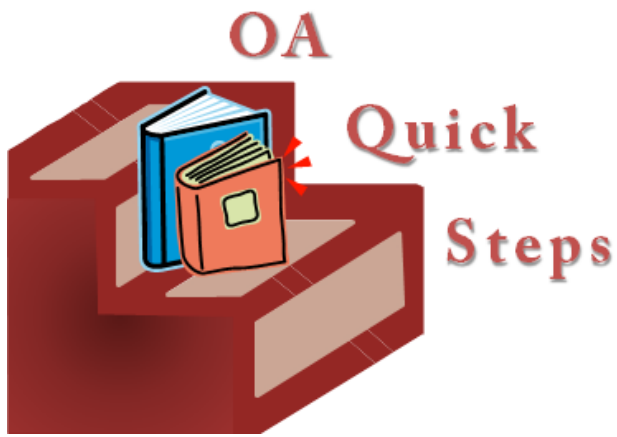
What can we do to share the hope we find in the rooms?

How can we help others commit to a new way of life?

If you have a story to tell about coming back from a relapse please put pen to paper and send it to me. We would like to have some of these stories printed in our Unity Intergroup newsletter and as a handout for our fall retreat to help others find recovery. Stay tuned for details about a fall workshop in a nature setting and an early summer centrally located workshop.

“Together we can do what we could never do alone...”

Carolyn S, 12 Step Within Chair 612-558-1556, or [mngypsy545@gmail.com](mailto:mngypsy545@gmail.com)



**Are you new to OA or  
just need help getting  
through the Steps?**

**OA Quick Steps Workshop  
Saturdays 9:30 am to 12:30 pm  
April 8 and 22, 2017**

**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 and work through the 12 Steps in**

**Location**

**St. Anthony Library**

**2941 Pentagon Drive, St. Anthony MN  
(located in the St. Anthony Shopping Center)**

To register, contact Gene O. at 952-835-0789 or [oaquicksteps@gmail.com](mailto:oaquicksteps@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.**

## Expressions of Unity

The May *Expressions of Unity* will focus on Step Five: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs" and will be sponsored by the Anoka Monday 7pm 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 April 18th 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.**

**April 8, 2017 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—Suzanne J	952-220-5358	<a href="mailto:SuzanneJ.unityig@gmail.com">SuzanneJ.unityig@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:  
(712) 432-0360**

**ACCESS CODE:**

**468702#**



## Mark Your Calendar...

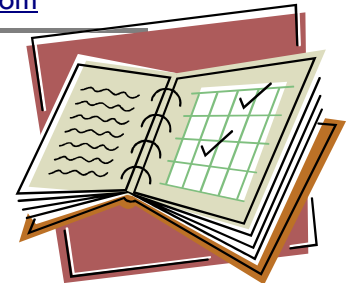
April 8	Unity Intergroup Meeting 12:30-2:30 pm Sumner Library MPLS
April 15	Newcomer Meeting 1:00-2:15p Sumner Library MPLS
Quick Steps April 8 and 22	St Anthony Library 2941 Pentagon Drive, St Anthony
May 19, 20 and 21	Big Book Study North Hennepin Community College.

**Notice something different?**

**Unity Intergroup has a new logo!**

**We have a new website too! Check it out after April 1st! NO FOOLIN**

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



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.