

# *Expressions of Unity*

The Newsletter of Unity Intergroup

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

**STEP SIX: “Were entirely ready to have God remove all these defects of character.”**

## **Be Sincerely Ready and Trust God**

### **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!**

The question is – are we really ever entirely ready to have God remove our defects of character? In the Twelve and Twelve, I learned that it is not unusual to be reluctant to let go of some of our defects. I also learned that God may not always remove them right away. But no matter the outcome, the main thing I learned was the need for me to be sincerely ready and trust God.

Willingness is a huge piece of the program in all we do each day. In Step 6, I must be willing to entirely trust God. I see this as what I must do every day with my program. Willingness and trust for me are synonymous. Without either, I may not be able to stay abstinent and work a recovery program that gives me the strength to believe the Promises will come true for me.

If I never let go and was not ready to have God remove my defects, I would never move forward in recovery. It may look like I was going through the motions, but the constant need to always trust in God is necessary to find balance. My character defects held up my recovery until I was entirely ready to turn them over to God. The freedom I have felt has been unexplainable.

Anonymous

## Free To Live My Life

There are different roles I play in my life and because of the humility and contentment I have found in this program, I am confident and comfortable with simply being me. The only time I feel I probably try to put off a different perception of myself is with work in times when I am interacting with upper management. It is kind of a game and I do often feel like an imposter in my role, putting out a facade that I really am on top of it all and can handle everything that gets thrown my way. I am successful in my career and know I am continuously watched for the potential of advancement in my future and this creates a certain amount of the fear of failure. I am still afraid to make mistakes, but not to the degree I used to be. In my personal life and with my direct coworkers, I feel comfortable to be my genuine self and I like and appreciate that level of acceptance I have with them. It partly helps that we are friends as well. When I am out in public, that fear that everyone is judging me is gone and I couldn't care less about what they think, or if they're thinking anything at all regarding me. I am confident and comfortable in my own skin. I am strong and yet have my moments of weakness or sadness. I am imperfect and every flaw and every positive thing about me is simply a part of my own humanness. I am grateful for how this program cultivated in me a woman that is truly free to live the life I was meant to live with confidence.

Jackie T, Robbinsdale

## Life In Recovery

I wake up without shame or remorse, and often, without fear. I feel happier and sometimes even genuinely joyful. I don't have to remember my lies or apologize (once again) to friends I've let down or figure out how to make up for lost time—precious hours, days, weeks, months, years lost to my addiction. I'm less preoccupied with the desire to hoard my money so I'm more generous. Or maybe the act of giving more—even when it's uncomfortable—has softened my hard edges and fears of not having enough. I'm a better friend, daughter, sister, spouse, employee, OA member, and member of society. I can listen for longer without interrupting, though there's still plenty of room for improvement. I still find myself in judgement of others—bosses, clients, politicians, people who buy water in disposable plastic bottles, my mom—convinced that they're wrong. And I'm right. But today, I know I'm not in control, not God, not the decider of other people's choices. Hard to accept at times but as a sober person in recovery, I have the chance—a million chances, actually—to either change my attitude or change my situation. Recovery is amazing!

Anonymous

## Unity Intergroup: Working Hard For Your Money

With sincere apologies to Donna Summer (and the cast of *Flash Dance*), Unity Intergroup works incredibly hard for your money! In fact, if you're looking for a killer return on investment (ROI), you can't do much better than Unity Intergroup.

Here's the general money trail: Each week, the \$3 or \$5 you put into the Seventh Tradition basket helps cover your group's basic expenses—rent, literature, tea, child care, ASL interpreter, etc. After leaving a small balance in reserve, your treasurer then divides up the remaining funds, sending 60% to Unity Intergroup, 10% to Region 4, and 30% to World Service.

In the name of total transparency, here's how Unity Intergroup spends your contributions:

- \* Unity Intergroup website (developer, hosting fee)
- \* Storage unit rent
- \* P.O. Box rent
- \* QuickBooks and bookkeeper
- \* Hotline phone service
- \* Constant Contact email service and fee for contractor
- \* Conference call service
- \* WIFI-enabled phone system (to make Intergroup meetings accessible to remote meetings)
- \* Events (Buffalo Retreat, Big Book Study, State Convention)
- \* Workshops (Body Image, Quick Steps, Sponsorship, Maintaining Abstinence, Roadmap to Recovery, etc.)
- \* Professional outreach (booth fees at mental health conferences)
- \* Representation at Region 4 Assemblies and World Service Business Conference
- \* Printer, paper, ink and repair service
- \* OA business cards
- \* Sumner Library rent for monthly Newcomer meeting and monthly Intergroup meeting
- \* Licenses, fees, tax audit, insurance
- \* 6% of net to WSO; 2% of net to Region 4

On behalf of OA members everywhere—old-timers, newcomers and compulsive eaters who are still struggling—thank you for helping us carry the message that there is a solution!

Cathy G, Unity Intergroup Chair [cathyunityig@gmail.com](mailto:cathyunityig@gmail.com)

The July 2019  
**Expressions of Unity**

will focus on  
Step Seven: "Humbly asked Him to  
remove our shortcomings."

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](mailto:ExpressionsofUnity2018@gmail.com).



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

The next meeting is June 8th-  
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.	763-535-3939	<a href="mailto:books1216@gmail.com">books1216@gmail.com</a>
Treasurer - Sheila L.	612-845-3604	<a href="mailto:sheilaklawson@yahoo.com">sheilaklawson@yahoo.com</a>
Secretary - Lonna R.	763-438-0596	<a href="mailto:lonna.rubesch@comcast.net">lonna.rubesch@comcast.net</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**

July 20	Jordan Sponsorship Workshop
September 7 & September 21	Quick Steps in Rochester
October 4 & 5	State Convention

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.