

Expressions of Unity

The newsletter of Unity Intergroup

www.overeaters.org

Step 8 "Made a list of all persons we had harmed and became willing to make amends to them all."

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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State Convention
November 3-5

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16 & 30

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A Call To Action

In my journey of recovery, I had a long resistance to this step. I thought I had been the person that had been harmed and I sure hope those who hurt me would make amends. In the beginning of recovery, I was still very much looking at body size, numbers on the scale and jean sizes. These numbers determined me. I had no thought or concern that my behavior while focusing on body size, scale numbers or size of jeans was taking a toll on me and my behavior. What kind of a person was I when my only focus was on getting food and then losing weight? Was I in service to my fellow group members or of service to a power greater than I was? Hardly not.

If I was not of service to God or my fellows, I was not my "best self." In fact, I think I can pretty much confirm that on some days I was my "worst self." When I was hungover from excess food, I was unable to function clearly and was radically short-tempered. I was trying, however, I was also holding on to the food. The food had a rock solid grip on me and it affected every aspect of my life.

Step 8 called me to own up to who I was and how this compulsive overeating wrecked lives, mangled relationships, slaughtered truth and honesty. It was also the step that called me to join the human race. Yes, I had harmed others. My food behavior was not pretty and it brought me to my knees. Only at this point in my recovery was I humble enough to realize that my behavior was harming others and myself.

This step is a call to action. It is a call to "become willing" to make amends. For me, making amends is changing behavior. Saying contrite words like "I am sorry" are just the beginning, the call to action is to be willing to make amends and change behavior. After 36 years of working a recovery program, I am truly amazed and grateful that thoughtful and continued practice of the 12-steps can and will arrest the disease of compulsive overeating. I also have been given so much freedom from the bondage of self by "becoming willing" to own my past behavior and to make amends. I very much believe that the founders of this program realized that it might be good to have a "pause" after we make the list. I pray for willingness, talk to my sponsor, read program literature and then go forward ready to do step nine when the time is right. --Gwen G.

2017 State Convention

Nov 3-5, 2017

"Coming Together, A Design
For Living Beyond Our
Wildest dreams!"

More information coming soon...



Falling In Love With Step 8

"When we didn't stop eating compulsively, however, we usually found our defective ways of dealing with others were a source of pain for us."

Step Eight is designed to assist me in reconciling how I feel on the inside with whom I present myself to be on the outside. The 4th Step revealed to me some of the ways I was defective in interacting with others. What showed up was selfish, self-seeking, dishonest and inconsiderate behaviors I indulged in. The steps guided me to the possibility that I could replace these traits and responses with generosity, courage, kind rigorous honesty, and consideration. What were revealed to me were the individuals that I directly harmed by indulging my fears and my unwillingness to be in alignment with what I say are my core values. Today I can let go of the need for others to like me and replace it with the ease of being my intuitive, authentic self.

Where did I get the message that expressing myself was unacceptable? The reasons are unimportant. Moving into Step Eight allowed me to see how I was living my life. Others' opinions really dominated me. My reactions were expressed as fear of confrontation, fear of being disrespected, fear of being excluded. Just reading that I could take baby steps at choosing generosity, courage, honesty and consideration felt like a breath of fresh air, and a lifting of a weight.

I came to realize that often I still wanted to the gifts of the program without the work on changing my behaviors. God does the bulk of the work, God removes my character defects, but I must be willing. And "became willing" is the work. Asking my Higher Power's guidance is still a work in progress.

The best part Step Eight for me was all I had to do was copy the names of the people and the institutions from my Four Step. Then I placed them each in one of four categories:

Category 1: Willingness to do now

Category 2: Ask God's guidance for the right opening to do so and discuss with my sponsor

Category 3: Requires a behavioral change that amends my life choices so that I step out of doing damage to my relationships

Category 4: Pray daily as instructed in the Big Book because at the starting point I would rather suffer severe sunburn and chigger bites all over my body, than change my behaviors or attitudes toward a certain individual or institution.

After 18 years working on what I call the willing steps, they still present an internal struggle, but thank God there is no time limit on our 12-step program. Everything is in God's time. "Thy will not mine be done."

— Kathleen K.

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/>

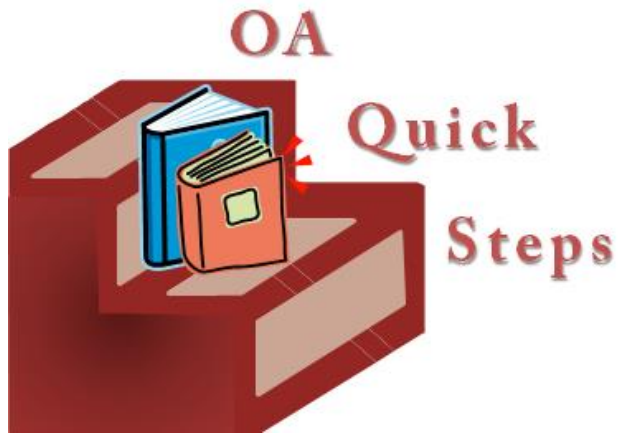
When an alcoholic in AA gives up alcohol they can be completely done with it. However, when a compulsive overeater gives up food they still need to eat. In OA recovery we must face the thing that has been the focus of our compulsion daily. Here we have a choice we can either say to ourselves I have to eat or I get to eat. In my refrigerator there is a variety of green and yellow, red and orange produce. These colors represent green beans, sweet peppers, carrots, yellow squash, beets, oranges, apples and many others. These yummy fruits and vegetables are now my food friends. Let me introduce you to one my best food friends, the delicious, healthy, vitamin and fiber-rich APPLE. Today I look forward to eating my allotment of apple without remorse. I feel so lucky right now! If you have ideas on how to stay abstinent please call, text or email Carolyn S. at 612-558-1556 mngypsy545@gmail.com.

UPCOMING EVENT:

THE ABC'S OF ABSTINENCE

(mapping out your abstinence and your food plan, and getting clear on the difference)

Saturday, September 23, from 9:00am to 4:00pm at the Minnesota Landscape Arboretum, 3675 Arboretum Drive, Chaska, MN 55318 Cherie M. from California will be our guest speaker, this will be her 50th time presenting this workshop



**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
September 16 and 30, 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 just two weeks!

Location

Mayflower United Church
106 Diamond Lake Road
Minneapolis MN

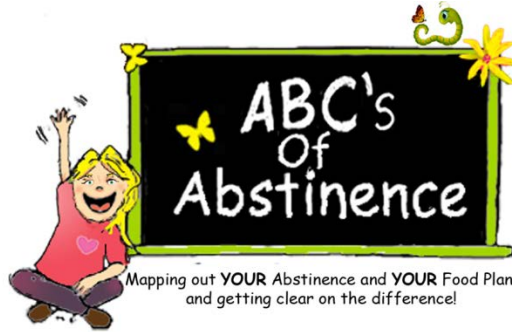
To register, contact Gene O. at 952-835-0789 or oaquicksteps@gmail.com. Registration is required as class size is limited.

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.



Mapping out YOUR Abstinence & YOUR Food Plan -and getting clear on the difference!

- Disconnecting from YOUR Ego and YOUR Addiction and connecting to YOUR Higher Power
- Safe from Relapse with the ABC's Recovery Quotient

ABCsofAbstinence.com

Led by an OA member from L.A./SFV with 26 years of abstinence and over 100lb weight loss.

Saturday, September 23, 2017

9:00 AM to 4:00 PM

(Registration 8:30 AM - Workshop starts at 9:00AM)

Minnesota Arboretum - 3675 Arboretum Drive - Chaska, MN 55318

Bring your AA Big Book, AA 12&12, Writing Materials, & a Self-Addressed Stamped Envelope

Register online at <http://tiny.cc/abcsofab>

Registration \$25 Lunch \$16

If you choose to bring your own lunch you may eat outside on the grounds around the building.

Questions: Sue B 651-707-4836 or Carolyn S 612-558-1556

Registration Information

Space is Limited: You must be pre-registered and pre-paid.

Name: _____

Address: _____

City: _____ State: _____

Zip Code _____


E-Mail: _____

Registration Fee - includes entry into the Arboretum	\$25	_____
Webcast with phone and/or computer access and a shared presentation	\$10	_____
Grilled Chicken salad, bread, raw veggies with hummus and apple, Oil/vinegar dressing	\$16	_____
Smoked turkey sandwich, raw veggies with hummus and apple	\$16	_____

Total Amount Enclosed: _____

Make checks payable to: Unity Intergroup

Mail to: Sue Bona 5901 Laurel Avenue #334, Golden Valley, MN 55416



THE POWER OF THE BIG BOOK

Your weekend of Inspiration,
Education, Motivation and Fellowship

September 15-17 2017

**Liberty International Marriott Hotel
Newark, New Jersey**

The Power of the Big Book Weekend is an extraordinary opportunity to learn how the 12 Steps can free you from the bondage of compulsive overeating. Come join *A Vision For You* as the Big Book is brought to life through the teaching and experience of those in whom the problem has been solved!

Register online at www.avision4you.info

A VISION FOR YOU
A Fellowship of Overeaters Anonymous

Expressions of Unity

The September *Expressions of Unity* will focus on Step Nine "Made direct amends to such people wherever possible, except when to do so would injure them or others." and will be sponsored by the: Anoka, Monday night 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 August 19th to 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.

August 12 , 2017 12:30-2:30

Sumner Library

611 Van White Memorial Blvd.

Minneapolis, MN 55411

Intergroup Board



Chair—Mary T	612-940-7654	marytunityig@gmail.com
Vice Chair—Jill S	651-739-0212	jshortreed@centurylink.net
Treasurer—Suzanne J	952-220-5358	unitybills@gmail.com
Secretary—Rebecca W	612-267-2460	rebeccawellikunityig@gmail.com

**Join Unity IG by phone!
Conference Dial-in Number:
(525) 739-1034**

ACCESS CODE:

468702#



Mark Your Calendar...

August 12	Unity Intergroup Meeting 12:30-2:30 pm Sumner Library MPLS
August 19	Newcomer Meeting 1:00- 2:15p Sumner Library MPLS
September 23	THE ABC'S OF ABSTINENCE Minnesota Landscape Arboretum
September 19 & 30	OA Quick Steps Workshop 9:30-12:30 pm Mayflower United Church
November 3-5	State Convention Sheraton Minneapolis West



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.