

Expressions of Unity

The newsletter of Unity Intergroup

www.overeaters.org

STEP TEN “Continued to take personal inventory and when we were wrong promptly admitted it.”

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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November 3-5

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LOVE AND TOLERANCE IS OUR CODE

The 10th Step is only a few short pages in the Big Book of Alcoholics Anonymous, but it is a very important part of maintaining our abstinence and spiritual health. The Big Book suggests that we “continue to take personal inventory and continue to set right any new mistakes as we go along”. We are to “continue to watch for selfishness, dishonesty, resentment, and fear.” When these emotions and actions occur we are told to:

- 1) ask God **at once** to remove them,
- 2) discuss them with someone **immediately**,
- 3) make amends **quickly** if we have harmed anyone and
- 4) **resolutely** turn our thoughts to someone we can help.

I noticed that the words **continue**, **at once**, **immediately**, **quickly** and **resolutely** are used to modify how and when we are to take these actions. We don't take personal inventory only when we feel like it, we **continue** to take it for our lifetime. We don't ask God to remove our selfishness, dishonesty, resentment and fear sometime in the future, we ask him to remove them **at once**. We don't discuss these emotions and actions when we get around to it instead we discuss them with someone **immediately**. We don't wait to make amends sometime when it could be easier, we do it **quickly**. Finally, we are not supposed to think about ourselves, but we are to **resolutely** turn our thoughts to someone that we can help.

Knowing that when I screw up I can take these four actions gives me something useful to do right now instead of eating to cover them up. Having these actions listed so they are available in the moment when I need them, keeps me from wasting a lot of time and energy feeling badly. It also keeps me from harming myself by eating to “fix” what I have done wrong. As if this were even possible...

Along with dealing with my emotions and actions in the moment, I have also been doing the 10th Step questions almost every night for the last 3 years. Occasionally, I have gotten home very late, so I have sent them to my sponsor in the morning. It is better for me, though, to review and clear away the emotions and mistakes of the day before going to bed. I answer a series of 10 questions and make brief notes about self care, prayer, meditation, reading, and calls that I have done during the day. I also write down at least three things that I am grateful for that day. It doesn't take very long and doing this usually helps me to feel better about my day before I go to sleep. Reviewing my answers to these questions also can help me to see patterns of behavior that need to be addressed. If I frequently answer that I am afraid about money to the question about fear, then I need to recognize that this is something that needs to be corrected. Letting this fear go on day after day can only destabilize my abstinence, while dealing with my fear can set me free.

Finally the Big Book states that “love and tolerance of others is our code”. If I keep this in mind as I go through my day, my 10th Step process will go smoothly. When I move away from this code I will have to use the four actions to get back on course. If I am frequently less than loving and tolerant as shown in my answers to the 10th Step questions, then I will have to find help to resolve whatever is going on and make any corrections needed. — Jill S.

A PATH

At the end of the day, doing my 10th Step has become routine. I find that using the following questions brings clarity to just about any issue that arises for me. These questions help me understand my part in most situations. I encourage you to try them.

1. Am I powerless over this situation or person? (If so, go to the next questions... if not do something)
2. Do I believe in a Higher Power?
3. Do I believe that my Higher Power can help me in this situation?
4. Am I willing to take responsibility for my part? (Remember it is never about them)
5. Am I willing to share with someone who understands the program and steps?
6. Am I willing to have my Higher Power help me to remove the character defect that I am showing in this situation?
7. Am I willing to ask my Higher Power to help me to remove this character defect?
8. Am I willing to write down the names of the people I have hurt in this situation?
9. Am I willing to make amends to them now?
10. How have I been wrong in my reaction, attitude, and actions in this situation?
11. What is my Higher Power's will for me in this situation?
12. What spiritual awakening have I experienced by going through this process?

For me this is a working answer to living in recovery and a 12 step life.

—Joan

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/>

Below is a portion of "From Slip or Relapse to Recovery" , the entire text of which can be found at <https://oa.org/files/pdf/From-Slip-or-Relapse-to-Recovery.pdf>

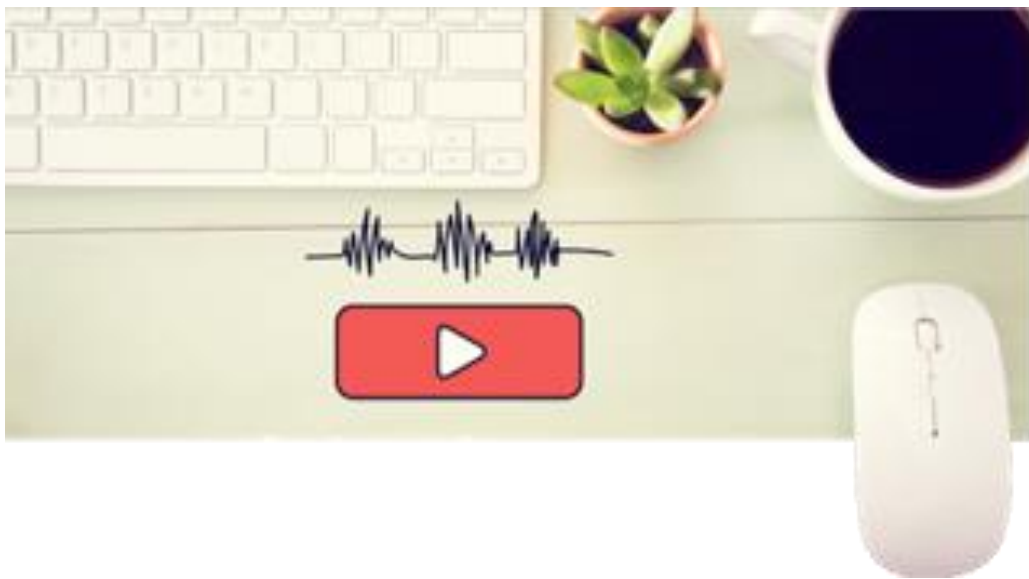
It is said that we relapse in the reverse order than which we recovered: most of us first recover physically, then we clear up mentally and emotionally, and finally we find “spiritual abstinence.” When we relapse or slip, we first lose our spiritual connection (consciously or unconsciously), then our mental or emotional abstinence falters, and finally we lose our physical abstinence. We are at the end of the slip when we pick up the fork or the behavior with food, not at the beginning. Since the food is the last thing to go, it is important to inventory our feelings, thoughts, and spiritual connection. Can we identify any specific things that may have contributed to our relapse? Answer the following questions honestly and thoroughly.

- a) Look at our eating behaviors. Do we see anything that may be causing problems, such as eating in the car, sneaking food, eating standing up, eating in front of the TV, skipping meals, allowing too much flexibility in our plan, or anything else from which we need to be abstaining?
- b) What feelings were we having before the relapse?
- c) What were we thinking before the relapse?
- d) What secrets were we keeping or still keeping that need to be shared with our sponsors or another abstinent, recovering compulsive eater?
- e) What lies did our disease tell us that we believed?
- f) How did we decide it was okay to eat?
- g) Are we hanging around slippery people and slippery places, such as family, friends, relatives, restaurants, grocery stores?
- h) Where was HP?
- i) Were we doing our daily meditation and prayers consistently?
- j) Were we keeping honest, accountable, and current with our daily Tenth Step inventory?
- k) Were we making people, places, or things our Higher Power?
- l) Were the highest priorities in our life our Higher Power, our abstinence, and the program, or was it something else?

Have any other ideas on how to stay abstinent? Call/text Carolyn S 612-558-1556 or email mngypsy545@gmail.com



The unity intergroup convention is coming up November 3-5 at the Sheraton West In Minnetonka by Ridgedale. Register by October 13 for the early bird rate. it will go up by \$10 after October 13. This year we have two speakers—one with a strong big book message and the other with a strong recovery and service message. one track so no need to choose between topics. a newcomers meeting. literature for sale and to yoga sessions Saturday and Sunday morning. Go to the OA website WWW.overeaters.org to register and we hope to see all of you at state convention this year!



OA-HOW Live Video Meeting is Here!

First Meeting: Tuesday October 10th, 2017 7:00 PM Central Time

Valley Community Presbyterian Church, 3100 Lilac Drive, Golden Valley, MN 55422

UNITY INTERGROUP SPEAKER LIST

Contact us for a list of local speakers willing to come share their experience, strength and hope at your meeting or recovery event!

We have 60+ meetings served by our intergroup!!

This is a great service, especially to small and/or struggling meetings.

Contact Melissa A at melissa.oa.mn@gmail.com or by phone at [651-307-2510](tel:651-307-2510) to request a copy of the list.

Send an email to melissa.oa.mn@gmail.com to add yourself to the list of available speakers.



OA-HOW Live Video Meeting is Here!

Tuesdays, 7:00pm Central Time

There are fellow OA-HOW phone meeting attendees all over the world who are about to have an opportunity to see a Sponsor Line, a Step Up ceremony, Medallions, their Sponsors, Sponsees or phone contacts. Many of these OA-HOW members have amazing recovery and need to be seen!

We need you...to create a strong meeting to bring to members around the world, but especially to the still-suffering compulsive overeater. What an amazing opportunity for service!

You will see...the worldwide community share the Tools every week and tell their stories on a large 100 inch screen. Our in-person, 2 hour format meeting will be broadcast with clear sound and high definition video. It will be live streamed (audio/video) to an invitation only OA audience.

This meeting strives to boost recovery of existing members and bring the message of hope to the next generation of young people with food problems who might not otherwise attend a physical meeting.

Please join us...We need a strong face to face meeting experience to be attractive to remote attendees.

For info...email: mnhowlive@gmail.com or visit mnhowlive.org.

YOU ARE INVITED!

First Meeting: Tuesday October 10th, 2017

Valley Community Presbyterian Church, 3100 Lilac Drive, Golden Valley, MN 55422

Frequently Asked Questions

- **How will my anonymity be protected?** The meeting access information will not be publicly distributed, published or advertised. It is not search-able via the web. The login is to be distributed between one member to another or to a new person with a desire to stop eating compulsively. The video will never be recorded and uploaded to YouTube for example.
- **How would I receive the meeting access details and instructions?** You will need the link, login and instructions. Email: mnhowlive@gmail.com or visit mnhowlive.org.

See reverse side...

FAQ's continued...

- **My face to face meeting feels safer.** Perhaps, but a physical meeting is advertised and open to the public, usually in a shared space where there is always a possibility of running into someone who may know you from outside. The Tuesday night virtual meeting is a closed meeting and is not open to non-members or the public. Our virtual meeting is not listed in any public site or document unlike our Intergroup's meeting list which is widely distributed. This actually may be the most protected meeting available to HOW members!
- **Will this be the first OA video meeting?** Yes! However, Alcoholics Anonymous has already made use of this technology and has approximately 60 weekly video meetings. Some are signed to reach out to the deaf community. As our meeting establishes itself, we also want to provide a signer and possibly closed captioning.
- **I follow another OA format, am I welcome?** Many people have attended the meeting that do not work the OA-HOW plan of recovery. It is a strong meeting format which emphasizes and demonstrates Abstinence and long term recovery. The added factor of live streaming makes it a much more engaging, personal experience.
- **Why is this so important?** Many people are adverse to walking into a new situation. Many more do not have local access to OA HOW. So many of us can remember back to the moment we SAW the sponsor line and heard their stories. That was the moment we were inspired to join in and find our own miracles of recovery. We believe if people attend virtually to learn about OA, it will be easier to attend locally since they will be familiar with the meeting.
- **Who will be watching?** Our fellow members and friends. As remote members participate, read tools, and pitch, you will quickly see that they are recovering addicts just like us. You may even see faces of those you have been talking to on the phone for years! We believe that the comradery we feel when we connect with someone on the phone or in the phone meetings will be present in this meeting as well.
- **What are the tech details?** We have a pro audio setup with two microphones: one on the Leaders table and the other on a stand. The microphones are controlled through an audio mixer which connects to a laptop. A high definition camera will be pointed to the front of the room at those speaking. We will set up a high definition video projector and high quality speakers to see and hear remote members who will be participating with readings and pitches. We will be utilizing web cast software from the laptop and members can access the meeting through any computer or mobile device that has downloaded the app. A cellular hotspot will be used for Internet access and if needed, we have the church's high speed WiFi network as a backup.
- **How will this help people get introduced to OA-HOW?** It will provide a low barrier of entry to the program. It is hoped that it will make it easier for people to be introduced or reintroduced after being away from the program and especially young people who are used to checking things out on their computers.
- **May I bring my meal?** Yes. There is an attached kitchen with a microwave. We are even welcomed to arrive early and utilize the beautiful outdoor space which is adjacent to the meeting room.
- **Where is it located?** Valley Community is located in a beautiful residential area that is surrounded by parks, community gardens and a nature center. They are very welcoming and are committed to reaching out to the recovery community.
- **How do I get there?** From Hwy 100, exit Duluth Street, eastbound. Travel East for ¼ mile and turn left on Regent (north) at the four way stop, drive on Regent for 1/2 a mile and again turn left (west) at Lowry Terrace and follow Lowry two blocks to the church.

-OR- From Hwy 100, exit 36th Avenue North, eastbound for about a half mile. Turn right on Regent (south) and go for about a 1/2 mile, turn right (west) on Lowry Terrace to the church. There are plenty of parking spaces in the back of the church, in front of the community gardens.

Please enter the building from the parking lot side. The meeting room will be directly ahead when you enter. There will also be a sign.

Convention 2017 • November 3rd, 4th & 5th



We are putting together
a convention that you
will not want to miss.
We can recover together!

Location:

Sheraton Minneapolis West
12201 Ridgedale Drive
Minnetonka MN, 55305

Call 952.593.0000 to book your room
at a special rate of \$99/night. Please
mention OA when you call.

**To receive special rate, be sure to
reserve by 5pm, October 4th.**

Registration is open online at
overeaters.org, or use the following
mail-in form.

Convention Registration

Walk-in Registration: Friday 5pm-7:30pm
Saturday 8 am-7:30 pm.

Mail-In Registration Form:

Name _____

Name tag (first name, last initial) _____

Phone _____

Email _____

Address _____

City/State/Zip _____

Mobility Assistance? _____

Are you interested in service opportunities? Check any.

- Greeter Registration Literature
 Hospitality Newcomer Host Timer
 Cleanup Mobility Assistant As Needed

Registration early rate (mail by 10/13/2017) _____ \$39

Registration (after 10/13/2017) _____ \$49

Registration for Saturday only _____ \$29

Saturday Buffet Lunch _____ \$21

Saturday Buffet Dinner (Non-Vegetarian) _____ \$28

Saturday Buffet Dinner (Vegetarian) _____ \$28

Total Enclosed _____ \$_____

Please send registration form and check payable to:

OA 2017 Annual Convention
PO Box 390083
Edina, MN 55439

Sorry, no refunds. If you are unable to attend, please
consider giving your entry to someone in need, donate it
to the scholarship fund, or feel free to sell to another eager
participant. Registration Info Line: (612) 377-1600.

Expressions of Unity

The November *Expressions of Unity* will focus on Step ELEVEN “Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.” and will be sponsored by the: Unity Intergroup Board.

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 October 21st 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.

October 14 , 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—Mary T	612-940-7654	unitybills@gmail.com
Secretary—Rebecca W	612-267-2460	rebeccawellikunityig@gmail.com

**Join Unity IG by phone!
Conference Dial-in Number:
(515) 739-1034**

ACCESS CODE:

468702#



Mark Your Calendar...

October 14	Unity Intergroup Meeting 12:30-2:30 pm Sumner Library MPLS
October 21	Newcomer Meeting 1:00- 2:15p Sumner Library MPLS
November 3-5	State Convention Sheraton Minneapolis West

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can
and wisdom to know the difference.



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.