

Expressions of Unity

The newsletter of Unity Intergroup

www.overeaters.org

Step 5. "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

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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The Calm After The Storm

I just finished my 5th step yesterday. I have been in and out of OA since the late 80's. I have struggled with relapse and by the grace of my Higher Power and the 12 Steps, I am an abstinent compulsive overeater today. I felt the urgency of getting to a recovered state of mind so I participated in an OA Quick Steps Workshop. I went with some skepticism because I have worked the Steps before and not kept my abstinence. On the other hand I feared that I would not come back from another relapse so I went. The workshop is set up for the 5th Step to be done in the two weeks between sessions. I took mine with a fellow in the program and am grateful for her support. The night before my 5th Step I had a dream three tornados touched down on the same day. The first did some exterior damage to my land. The second tornado surprised me because the day had cleared up. The third tornado struck as sirens sounded and brought massive destruction. I felt fear overcome me not knowing if my family survived and I cried "God I surrender!" I shared this dream with my fellow before we started the 5th Step. I then restated my conviction to the first four steps and proceeded to share the exact nature of my wrongs. As I shared I realized that I had three people on my resentment sheet just like the tornados in my dream. I understood completely that my resentments were the tornado damage in my life. After my 5th Step was completed the fellow who listened to it said with storm damage there are first responders followed by an abundance of people and resources to help in the clean-up. I feel thankful today for my fellows who are here to help clear away the wreckage of my past. The principle of the 5th Step is INTEGRITY a trait I always wanted and only have learned how to achieve through this program. Living transparent, "what you see is what you get" is a great feeling and possible through trusting my fellows. My story of recovery is being written every 24 hours. Today I connect to my Higher Power and live, not perfectly, but steadily. I feel the grace of abstinence and am striving to feel strong enough to help others recover.

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

Step 5: " The Release of 50 Pounds of Emotional and Spiritual Weight"

I came into OA to experience weight loss and then I started to experience abstinence and then I started to work through the steps. I learned and accepted Steps 1-3. Then came Step 4 which asked me to complete a searching and fearless moral inventory. As difficult as that was, it was well worth the effort. But now I am asked to admit to God, myself and another human being the exact nature of my wrongs. This was definitely even more difficult. But then I asked my Higher Power for the courage and strength to complete this difficult but important Step. God gave me exactly what I needed to complete this Step! What I received was far beyond my wildest dreams! A great weight was lifted off my shoulders and my Higher Power filled me with great peace and serenity. But most importantly HP moved me much farther away from my disease. My emotions became more in balance and now I am able act more sanely when life's unexpected situations and difficulties come into my life and I have no desire to bury my feelings with food and can deal with those feelings head on and work them, with God's help' staying in freedom from my disease. Finally, I am experiencing a closer relationship with my Higher Power. Now my heart is overflowing with gratitude for the release of this emotional and spiritual weight and much more freedom from my disease.

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

Convention Co-chair Needed, please consider!

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/>

Humor should be a Tool

Your sense of humor should never be left out of your recovery, don't you think? When some “normie” asks you, for the Nth time, “how long exactly do you plan to STAY on this DIET thing you are doing???” and you answer, “Just today!”, you are being truthful....and you are also exercising your sense of humor, at the same time. When you tell your fellows in a meeting how you once drove your car in a hurricane to get a donut.....and they all laugh...that is a really good thing for recovery. Humor alone, of course, is not sufficient. This is, after all, a deadly serious malady, there is no kidding about the fact. But the healing, expansive benefit, for you and everyone in fellowship with you, of allowing your sense of humor to be part of your recovery, is way up there....on the scale. Paul B.

UPCOMING EVENTS:

BACK TO THE BASICS

(a workshop for everyone including newcomers and those wishing to strengthen their program)

Saturday, June 24, from 9:00 am to 12 pm

Unity Minneapolis, 4000 Golden Valley Road, Minneapolis, MN 55422

THE ABC'S OF ABSTINENCE

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

Saturday, September 23, from 9:00 am to 4:00 pm at the Minnesota Landscape Arboretum, 3675 Arboretum Drive, Chaska, MN 55318

Cherie M. from California will be our guest speaker, and this will be her 50th time presenting this workshop

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?

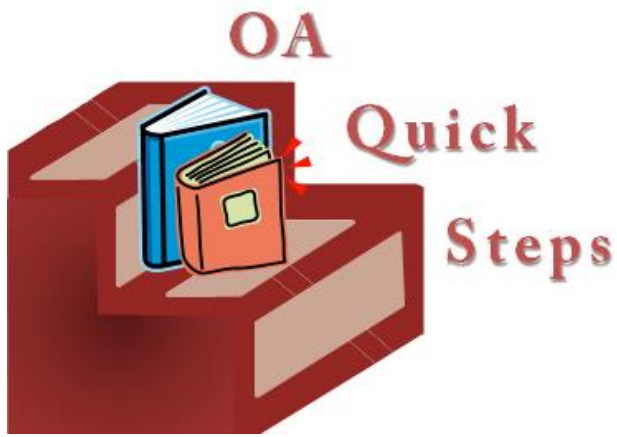
What can we do to share the hope we find in the rooms?

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



**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
June 3 and 17, 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

**First Congregational Church
1923 S 3rd Avenue
Anoka 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.

Expressions of Unity

The June *Expressions of Unity* will focus on Step Six: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs" and will be sponsored by the :
Minneapolis, Monday 7:15 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 June 17th 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.

March 11, 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	SuzanneJ.unityig@gmail.com
Secretary—Rebecca W	612-267-2460	rebeccawellikunityig@gmail.com

**Join Unity IG by phone!
Conference Dial-in Number:
(712) 432-0360**

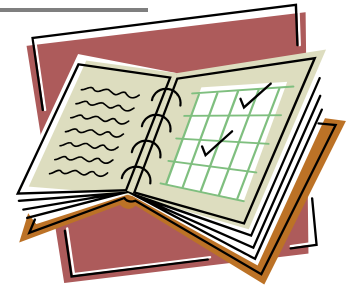
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Mark Your Calendar...

May 13	Unity Intergroup Meeting 12:30-2:30 pm Sumner Library MPLS
May 20	Newcomer Meeting 1:00- 2:15p Sumner Library MPLS
June 3 and 17	Quick Steps St Anthony Library 2941 Pentagon Drive, St Anthony
May 19, 20 and 21	Big Book Study North Hennepin Community College



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.

UNITY INTERGROUP ANNUAL BIG BOOK **STUDY**

May 19th, 20th, & 21st, 2017

North Hennepin Community College, Room CLA 120*Friday*

7411 85th Avenue North, Brooklyn Park, MN 55445

Free Parking, ADA Compliant Building (nhcc.edu)

Workshop Cost \$21 or \$26, \$16

Books/Materials/Supplies available for sale

Big Book Study Hours:

May 19th registration starting at 6:00 p.m.

Friday May 19th Event 6:30 p.m. - 9:30 p.m.

Saturday May 20th registration starting 8:30 a.m.

webcast Saturday May 20th Event 9 a.m. - 5:30 p.m.

Sunday May 21st 9 a.m. - 12:00 noon

- ♦ **Our Canadian host, an OA member, will lead this transforming step by step study revealing how the message in the Big Book applies and works as well for compulsive overeaters as it does for alcoholics.**
- ♦ **Our speaker also goes into detail on actively working all the 12 steps.**
- ♦ **The 4th-step inventory material available from oabigbook.info will also be covered in a detailed step-by-step manner.**

Register online at overeaters.org or

Send form & check payable to Unity Intergroup:

Kari E, 1376 Langford Trail, New Prague, MN 56071

karihogen@hotmail.com

\$21 discounted registration deadline is May 16th