

Expressions of Unity

The newsletter of Unity Intergroup

www.overeaters.org

Step 2: Came to believe that a power greater than ourselves could restore us to sanity.

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.

In this issue:

Step Two Articles

Buffalo Retreat March 31, Apr 1 & 2
Registration
NOW OPEN

OA Quick Steps
February 11 & 25

Sponsorship Workshop
February 18

TSW Corner

Unity Intergroup News

I Came to Believe

I walked into my first OA meeting with a relationship with God – sometimes good, sometimes bad, but a relationship nonetheless. At the time, I was at my bottom. The group welcomed me with open arms, but I was in disbelief when they told me that a Higher Power cared about my food. I thought of the God of my childhood, that stern, fierce, punishing God, and wondered why he would care about what I was eating. As the group explained to me that my Higher Power didn't need to be that punishing God, I began to wonder exactly what my Higher Power would be.

Over the next several months, my Higher Power was the group as a whole. The meetings got me through my urges to binge. There was always someone readily available to talk when I was having a hard time. I thought long and hard about what I wanted in a Higher Power.

I, of course, wanted my Higher Power to care about everything I do, including my food. I imagine Him as a Santa Claus of sorts, jolly with a beard, listening carefully to every prayer, putting a hand on my back to comfort me in times of need. I came to believe in this image of my new Higher Power, whom I do call God. He's a new God to me, though, loving and caring.

I've turned my life over to Him and am slowly gaining back my sanity. The food doesn't feel so alluring anymore. It's easier to stop when I'm satisfied. Even if I'm just stressed out, when things are getting hectic, I stop and say the Serenity Prayer, and I feel so much better and can continue on with my day. I'm so grateful for this Higher Power that I've found, my loving God.

Amanda K.

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 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

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

A Road Too Traveled

As a kid I always went all out...
Whether it was playing sports,
Or raiding the kitchen cupboard !
I always knew when & where....
 There was good food about !

It didn't matter too much then,
Fore, I could always burn off those sins !?
It wasn't till much later in life's ladder...
That those sins started to make me look fatter ?!

It's funny how one's emotions play into all of this ?
'Cause I didn't look too bad till I lost my son Chris :(
His death caused a small death in me as well.
Since then, my waist has swelled & swelled.

Yes, life sometimes throws us strange curves ?
Unfortunately, for me it's been hard for me to curb (my appetite) !
I've found that my feelings & emotions have been fixed -
Once I've had a good food fix !

Yes for me, there's no doubt a doubt it...:)?!
I've had trouble with this sickness.
Food for sure is my #1 vice.
But by coming to OA,
 I've found very helpful support & advice !

It's funny how one stumbles thru life...
Not wanting to face up to the strife,
That we take on each day -
Maybe with all your help, I'll find a better way...

Tom P

**UNITY
INTERGROUP**



STEP INTO THE SUNLIGHT OF YOUR HIGHER POWER

2017 Buffalo Spring Retreat



MARCH 31-APRIL 2, 2017

REGISTER AT OVEREATERS.ORG
FEBRUARY 1, 2017

CHRIST THE KING RETREAT CENTER
621 FIRST AVENUE SOUTH
BUFFALO, MN 55313

Check in: 5-7pm Friday 03/31

Check out: noon-1pm Sunday 04/02

Shared rooms:

\$178 by March 11th: \$198 after

Private rooms:

\$250 limited availability

No lodging:

\$148 (Program, Meals) limited spots

****DEADLINE: MARCH 25th, 2017****

NEW

Meals included Friday buffet dinner (5-7pm)

Three meals Saturday, Sunday Breakfast

Register on-line: www.overeaters.org

Partial Scholarships are available for shared rooms.

Reservations will be confirmed via email.

If you must pay by check, please follow these directions carefully: Make Reservation online (or complete a form) and mail check. **Checks MUST be received at the [address below](#) by March 1st to hold your space. Make check or money order payable to Unity Intergroup.**

Mail registration form and check to:

Buffalo Retreat Registration

P.O. Box 6512, Minneapolis MN 55406

Questions? contact Sarah:

oabuffaloretreat@gmail.com

New challenges reveal the strength of our program

After years in OA, renewed difficulty in life has brought me to the painful realization that I hadn't fully embraced any of the first three steps. I'm fortunate to have had a pretty positive experience with my church and, much as I've rebelled against many other structures and strictures, I have always believed in a Higher Power. Perhaps that lulled me into believing that Steps 1, 2 and 3 were not the big obstacles for me that I've heard others confront.

Still, I have resisted some of what seems the too-harsh and too-hopeless language they entail. It has seemed excessive to say that my life has been unmanageable. And I think that kind of black-and-white thinking is more the problem than the solution for me. Likewise, I don't feel that I am so far gone as to need restoration to sanity.

So I've come to make some personal substitutions in the steps' language that work better for me - substitutions which I hope are constructive rather than copouts. While I balk at the absolutist "powerless" and "sanity," a slight adaptation has made the steps more helpful for me. I don't feel like my life is completely out of control, but I accept that I need help. While my life doesn't seem *out of control*, it isn't really *in control*, either. In fact, life has a way of teaching us that power and control are largely illusions.

In Step Two, I seek balance, harmony, peace and humility. These are more useful concepts for me. In the same way that we all need to come up with our own food plans and plans of action, perhaps we all need to find our own interpretations of the powerful 12 Steps concepts. This shift in thinking has helped me to let HP in, more as a friend and guide than a judgmental authority. With that concept, I don't need to engage in a power struggle with my own god.

Linda H.

Valentine Sponsorship Workshop How Do I Share What Has Been Freely Given to Me?

February 18, 2017 - 1:00 - 3:30pm
Prospect Park Methodist Church
22 Orlin Ave, Minneapolis MN 55414
***Parking at Pratt Elementary across from church**

1:00 – 2:00 pm: 4 Person Panel Discussion
2:00 – 3:00 pm: Workshop - Practice Coaching and Active Listening
3:00—3:30 pm: Guided Meditation

Practice Handling Topics That Emerge During Recovery These include but are not limited to the following:

- Helping sponsees work the steps
- Dealing with unsupportive family and friends in order to effectively follow food plans
- Following food plan while traveling or eating out
- Staying abstinent and getting through the holidays
- Sharing strength and hope through your level of experience
- Benefits of being a sponsor
- How to help sponsees find another sponsor if difficulties arise
- Coaching & Listening Tools



**OVEREATERS
ANONYMOUS®**

Rochester, MN Service Groups

OA Unity Day Gathering *Everyone Welcome!*

Zumbro Lutheran Church
Rochester, MN
Saturday, February 25, 2017
12:30-2:00 PM

12:30 PM - Meet and Greet
12:45 PM -Topic: Abstinence
1:15 PM - OA (Rozanne's) Story
1:30 PM -Reaffirm OA Unity
*Gift Basket Raffle for GIMME 5
Contribution*

If you have questions or if you or your group wish to donate a gift basket,
Please contact:
Roxanne (507)289-3959
Connie (507)273-9434

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/>

We welcome your story, thoughts and ideas. If you have something to share in this 'Corner', send it to Paul at paulb.unityig@gmail.com.

Tuning-in to the Recovery Channel

Feeling like you're "not tuned-in" is one of the ways a person might experience the sense of struggling within the program. The desired radio station is just not coming in clearly... there is background noise, chatter, we can't really seem to connect with what is going on. What ever shall we do then? Well, sometimes the most obvious things are the best things....here is some "Old News" that is actually "Good as Gold News".

GO TO A MEETING. Go to two meetings if you can. Go to as many as you feel like, or as many as you feel like you need to go to.....on whatever basis....Get yourself to the meetings, often and consistently.

And here in our metro area, we have the option....the luxury...of picking the day of the week for a meeting. We have lots of choices, and you can go to as many meetings as you want.

You can always find an updated listing of our meetings at our website, www overeaters.org. But while we're at it, here is the link to find a local meeting: <http://www overeaters.org/localmeetings.html>

Or, if you want to search by location in the Twin Cities area, here is a list of local meetings sorted by city: <http://www overeaters.org/pdf/oamtgloc.pdf>

For those who live outside the metro area, here is a main link for searching for meetings. nationally:
national find a meeting: <https://oa.org/find-a-meeting/>

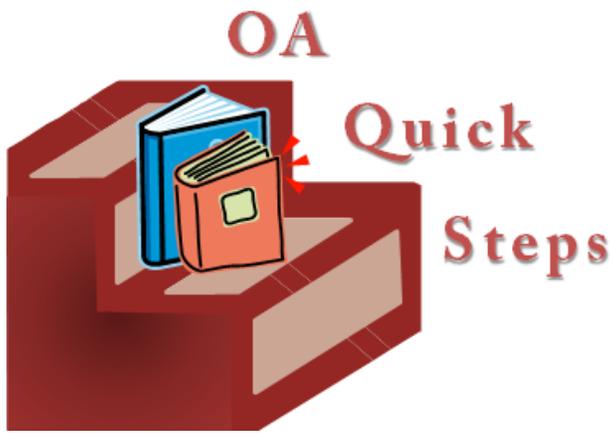
here is the direct link for locating phone meetings: <https://oa.org/find-a-meeting/?type=2>

Attending a meeting, partly with the notion that you can "get the channel tuned in", is recognizing that there is indeed an attuning process that we experience, that we share, and in fact that is enhanced, in OA meetings. We are, in fact, tuning into each other when we gather together to share experience, strength and hope at meetings.

Going to a meeting is just one of our OA tools. It is, however, a really good one. Meetings offer help in alleviating a number of the causes of difficulty.....meetings assist in overcoming the 'isolationism' so many of us tend toward; they help us find our 'enthusiasm', which generates the motivational energy to plow forward, climb upward, or sail along.... however it is going for us at the time. Meetings help us, of course, with information, knowledge, and the all-important emotional support we gain from the sense of our shared experience and mutual understanding.

Meetings are dispensing stations for sincere human warmth... the 'hug' effect, whether that is a physical hug, or the virtual hug which is the sense of feeling truly welcome at a meeting....no longer a stranger....not alone anymore.

So...do you feel you are struggling? One of the things you can do is to get yourself to a meeting...or as many meetings as you need to....and by this simple act you can help yourself out of your difficulties and back onto the road to progress in recovery, with the channel coming in clear again.



**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
February 11 and 25, 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

Nativity of Mary Church
9900 Lyndale Avenue South
Bloomington, 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 March *Expressions of Unity* will focus on Step Three: “Made a decision to turn our will and our lives over to the care of God as we understood Him” and will be sponsored by the 2 OA meetings in Chippewa Falls, WI.

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 February 18th 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.

February 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**

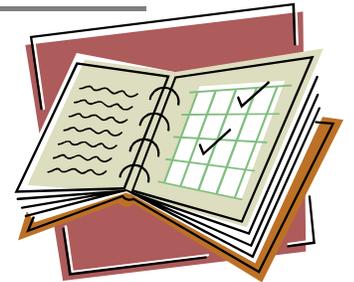
ACCESS CODE:

468702#



Mark Your Calendar...

February 11	Unity Intergroup Meeting 12:30-2:30 p
February 11 & 25	OA Quick Steps— 9:30-12:30 Bloomington
February 18	Newcomer Meeting 1:00-2:15p
February 18	Sponsorship Workshop 1:00 - 3:30 p
March 31, April 1 & 2	Buffalo Retreat



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.