

Expressions of Unity

The Newsletter of Unity Intergroup

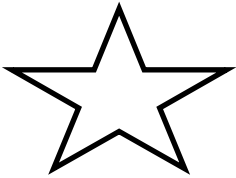
www.overeaters.org

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

Reviewing My Day

Check It Out!

Check out the new Unity Intergroup website at overeaters.org



New Meetings!

Announcing two new OA meetings in Inver Grove Heights and Austin, Minnesota. Check out the meeting list for

Working the OA HOW program provides me with a 15 minute call to my sponsor each day. During this time, in addition to committing my food and reading my written assignment, I read her my nightly 10th Step. Recently, I realized I was missing the whole point of a nightly 10th Step. Rather than doing it in the evening before I went to bed, as a method to review my day with my higher power and discover what corrective measures need to be taken, I was rushing through it in the morning right before I called my sponsor. I discovered I had lost the purpose and benefit of reviewing my day before retiring to bed. The purpose of a nightly 10th Step is not so I can report to my sponsor, but rather it is to help me keep my side of the street clean. It is a time set aside to spend in prayer and meditation with my Higher Power and look at how I spent the past 24 hours.

The Big Book on page 86 lists the following:

“To ask myself was I resentful, selfish, dishonest or afraid?

Do I owe someone an apology?

Have I kept something to myself which I need to discuss with someone at once?

Was I kind and loving to all?

What could I have done better?

Was I thinking of myself most of the time? Or was I thinking of what I could pack into the stream of life?

I remind myself not to drift into worry, remorse or morbid reflection. I easily can become discouraged when I fall into old behaviors.”

Progress not perfection is a helpful slogan in doing a nightly 10th Step.

Kristee F. Minneapolis, Tuesday 9:30am

Experiencing the Spiritual Awakening

As a newcomer to OA, the Steps can be a little overwhelming. When I heard them read aloud at my first meeting, I remember focusing on Steps 1 and 2. Yes, I could identify as a compulsive overeater and I knew that I couldn't do it myself. I was in desperate need of a Higher Power. A few meetings later, after getting a sponsor and being abstinent for a few weeks, I was ready to turn my will and life over to the care of God as I understood him. I had now completed Steps 1 – 3! Nice. So far, this program was pretty easy!

At my next meeting, I again listened to the Steps being read aloud and recognized that it was now time to begin taking action. Yes, I was apprehensive, who wouldn't be? However, by this time, I had a taste of the promises and knew I wanted more (spoken like a true addict). I also knew that if I stopped at Step 3, I was just dieting with group support. I wanted more, so with the help of my sponsor, all the wonderful people in my face-to-face group, and all the fellows in OA with whom I've met and been in contact with, I'm able to take each one of the Steps in a true and honest way.

I believe that if I want full recovery and a true spiritual awakening, I need to complete all the Steps in the order written (how nice that they are actually numbered for me). I know that once I've completed Step 9, I will be living in Steps 10, 11 and 12 for the rest of my life. WOW, what a gift. I can spend the rest of my life in peace and serenity, hanging out with people who "get me" and love me unconditionally and help others along the way!

I truly believe this disease is a blessing from my Higher Power, whom I call God. Knowing a new freedom and happiness, not regretting the past, comprehending and knowing peace and serenity, losing the feeling of uselessness and self-pity, watching selfishness slip away and being a benefit to others have been the things I've prayed for all my life. Prayers are not always answered the way we think they should be answered, but I can tell you that without this disease **and** OA **and** the Twelve Steps, I would not be able to experience the Spiritual Awakening that I've been searching for my whole life!

Mary G.

Could Not and Would Not Be Able to Recover Without Taking This Critical Step

Why do we have to go through the sometimes painful process of the 9th Step in order to recover? It seems so unrelated to the food or to the alcohol. If it weren't for the clear directions in the Big Book requiring amends for all the harm we have done, I certainly wouldn't have done it. I wouldn't have done it if the Big Book had not made it crystal clear that I could not, and would not, be able to recover without taking this critical Step.

For me, it was the most dreaded, difficult and fear-producing Step of all Twelve Steps. But because I believed what the book said that I could never recover without cleaning up the wreckage of my past, I knew I must, or I would re-enter that death spiral of active food addiction, when I sometimes wished for death to escape that pain and demoralization of a relentless compulsion to eat. Knowing at the beginning of each day when I looked in the mirror that this would be another day when I would go about killing myself. It was truly incomprehensible demoralization.

Like all addicts, I had done a lot damage over the years of my compulsive eating. The Big Book described my compulsive eating life to a T, "The alcoholic is like a tornado roaring his way through the lives of others. Hearts are broken. Sweet relationships are dead. Affections are uprooted. Selfish and inconsiderate habits have kept the house in turmoil." (*Alcoholics Anonymous* p. 81). Once again, the Big Book mirrored my life back to me. This was a compelling fingerprint of how I lived, and it sickened me. I could not bear to live this way any longer. I could no longer bear to carry the guilt and shame within me that all that damage had done to others.

I went to any lengths, making some amends I never dreamed would be possible. Each amend delivered unexpected blessings, despite my dread. The amends I dreaded making the most turned out to be the most important and life-giving. I know that I could never have been given seventeen years of continuous abstinence without working this program as if my life depended on it, following the clear directions in the Big Book with the guidance and support of my sponsor.

Anonymous

Where God, Where Are You?

One day while sitting in the dark despair of food, I cried out to God, where are you? Why can't I find you? I've searched so long for you and still can't find you. I've sought the help of other people, churches, institutions and books, many, many books. All have been unable to help me find your light. Suddenly, I heard a faint sound say, "I'm not hiding from you child, I'm here with you." Where God, where are you? You say you are with me, but I don't see you, there is no light in me. "I'm here, but I'm buried within you, under your thoughts and actions, your regrets, your fears, your guilt. You can't see me because every day you bury me under all the food you worship, the food you constantly think about and run to in good times and bad."

So how can I free you God? How can I see your light? "Freeing me is simple my child, all you need to do is turn to me each day in good time and bad. Think about me, come to me with your problems and celebrations and agree to do my will daily." Yes God, I turn my will and my life over to you.

Wait, what is this, there is a crack inside of me and a tiny light beginning to shine through. God, I see you! How do I get more of you God, I want more of your light to shine through me? "Receiving more of me is simple my child. Look at your life and take an honest look at the good and note those characteristics that are troublesome. Bring these character defects to me in the presence of another, admitting them aloud and then simply ask me to remove them."

If doing this simple process means seeing more of you, I am willing. Oh God, the crack inside of me is getting wider and the light is getting stronger and brighter. I'm beginning to feel a sense of peacefulness and calmness, but there is still something blocking you God, tell me how to clear this away. "Unblocking me is simple child, all you need to do is make a list of all the people you have harmed and correct your mistakes or the bad situations you've caused."

To get more of you in my life, I will do as you ask. Oh my God, you are totally unblocked and your light is shining through me. I feel totally transformed and alive! There is a total breakthrough! "Yes child, I am no longer blocked and my light can shine through you for all to see. Thank you for allowing me to be in your life. But, if you want to keep my light shining through you and continue to feel my presence within you, you must make sure that you seek me each day, turning your will and life over to me. You must honestly review your life each day and promptly admit when you are wrong and you must help my other children experience what you have experienced in me."

Yes God, I will humbly do as you ask so that I may have your light shine through me, allowing me to experience a life full of honesty, hope, faith, courage, integrity, willingness, humility, love, justice, perseverance, spiritual awareness and service.

Anonymous

Does your life or OA feel stuck?



Here's an experiential workshop to help you uncover WHERE you're stuck, and HOW to get unstuck without falling back into your compulsion!

Saturday, November 16 from 9 AM – noon

Wayzata Community Church, 125 Wayzata Blvd East, Wayzata, MN 55391.

Enter lower door on east side of building. Follow signs.

Prepay \$20 per person by going to Events on overeaters.org

\$25 at the door

Sponsored by OA In Action
Come for a safe time of radical truth-telling!



Full day workshop presented
in the spirit of OA's 12 Steps and 12 Traditions

"Tools of the Trade: What Abstinence Looks Like" Practical and tactical approaches to abstinent living



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Workshop

Sponsored by Anoka, Monday Night

Saturday – January 25, 2020

8:30 AM – 3:00 PM

BYOL (Bring your own lunch)

Location:

First Congregational Church

1923 Third Ave South

Downstairs

Anoka, MN 55303



Abstinent Approaches:

- How to shop: grocery stores, convenience stores
- Planes, trains, and automobiles: Abstinent traveling (all around the world)
- Parties, pushers and potlucks
- Managing restaurants
- Food etiquette
- What is Plan B?
- The wisdom of food plans
- Working with your food specialist
- Reading food labels
- How to handle your food – from store to kitchen to you
- Living with others – foodies and normies

Suggested Donation: \$10

Limit: 90 People

Preregistration is required

Please make check payable to: *Unity Intergroup*

Mail Checks to:

Unity Intergroup

3208 West Lake Street #45

Minneapolis, MN 55416

Workshop includes:

- Panel Discussion
- Working Sessions
- Hands-on items
- Discussion
- Writing Exercises

Contact: Bob S at 763-229-6196

The November 2019
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."

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.



Be Part of Unity Intergroup
in Action!

The next meeting is October 12 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	cathyunityig@gmail.com
Vice Chair - Betty C.	763-535-3939	books1216@gmail.com
Treasurer - Sheila L.	612-845-3604	sheilaklawson@yahoo.com
Secretary - Lonna R.	763-438-0596	lonna.rubesch@comcast.net

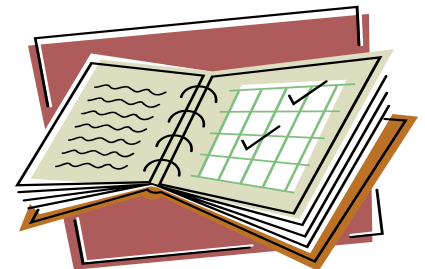
Notice

The Unity Intergroup meetings for February and March will be held at Unity Christ Church, 4000 Golden Valley Road, Golden Valley, MN 55422.

**Mark Your Calendar
for 2019**

October 4 & 5	OA Convention
November 16	Getting Unstuck in OA Workshop
January 25	Abstinence in Action Workshop

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 if possible.