

# *Expressions of Unity*

The Newsletter of Unity Intergroup

[www.overeaters.org](http://www.overeaters.org)

**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.”*

## Messages in the Wind

### 2019 Convention Recordings

If you missed Convention or want to hear the speakers again, download the recordings for \$15 at [overeaters.org](http://overeaters.org) (under the Events tab).

### New Meetings

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

One day this summer, as I sat outside for my morning prayer and meditation, a strong wind came about. As the wind's force confronted my body, it reminded me of God's great strength and power. Some days God is, and needs to be, more forceful than others. Some days God is but a but a gentle breeze, a hush of a whisper. Some days bring complete stillness, and I'm not quite sure if the power still exists. God is not only amidst each of these days, He is the Creator of each of these days!

As I journaled my experience with the wind, and my sense of God's great power, I asked aloud, "What message are you sending in the wind today God?"

The simple reply I received was, "I am here."

Since then, I've often asked that same question. Some of the responses I've received include,

- Be ready! I have big plans for you today!
- Stay rooted in Me and you will stand firm. Though you will sway and bend, you will not break.
- Don't fear! I am both the Power of the wind and your protection from it.
- Hold tight to me and enjoy the ride!

On days I don't consciously sense God's presence, I seek the wind. Whether it is a forceful gale or a peaceful breeze, it reminds me that much exists that I can't see. Just as I have a constant awareness of the wind, I can build this same consciousness of God's presence. I close my eyes and let the serenity in.

Jamie, Anoka Monday 7pm Meeting

## Three Thoughts On Step Eleven

### Seventh Step Prayer

Even though it is called the Seventh Step prayer, my sponsor encouraged me to learn this prayer to use in my daily Eleventh Step prayer time. It helps me realize that the willingness that I expressed first in Step Seven is the same willingness suggested in Step Eleven.

“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from her, to do you bidding. Amen.” The Seventh Step prayer from page 76 of Alcoholics Anonymous (Big Book).

### Help Me Do The Next Right Thing

When I first started going to OA, I found the Eleventh Step scary. I was mad at the God of my childhood and I didn't know how to meditate. After a while a fellow OA member said, “I just say, God, help me to do the next right thing.” This simple prayer was an easy way for me to start doing Step Eleven.

### Meditation On The Move

I don't do meditation if it means to sit silently and clear my mind in order to get some insight into the current obsession. What does work for me is to go for a walk outside in a natural setting, under the sky, feeling the weather, hearing the sounds. If some problem troubles me, I'll ask God for some guidance, and let my mind go to the nature surrounding me. Later a solution may come in me, but at least I'm relaxed and open to what God's will for me might be.

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](http://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 December 2019  
**Expressions of Unity**  
will focus on

Step Twelve: "Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs."

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](mailto:ExpressionsofUnity2018@gmail.com).



**Be Part of Unity Intergroup  
in Action!**

The next meeting is November 9th 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	<a href="mailto:cathyunityig@gmail.com">cathyunityig@gmail.com</a>
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**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**

November 16	Getting Unstuck in OA Workshop
January 25	Abstinence in Action Workshop
April 3 to 5	Buffalo Retreat

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.