

# *Expressions of Unity*

The Newsletter of Unity Intergroup

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

**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.”*

## What Can I Do?

### 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 Meeting

A new meeting in Cold Spring, Minnesota  
Tuesdays at 6pm  
Contact Donna for more information  
320-291-7251

One of the sayings I heard when I entered into OA was, “you have to give it away in order to keep it”. I didn’t understand what this was referring to and it seemed so foreign to me. I remember being encouraged to make outreach calls to other fellows and thinking “they don’t have time for me, they’re too busy.” Little did I realize that service in recovery can help the giver as much as the receiver. The idea was so strange. It blew my mind that people would actually do something and not seek a reward or praise. They did it because they knew it would benefit them and keep them connected.

So how do I do this “service thing”, if I’m not recovered?

I quickly learned that OA could not function without the voluntary services provided by all of its members. Every meeting that takes place is organized and maintained by volunteers. Someone is stepping up to the plate, volunteering their time and efforts to help ensure I have a meeting to attend where I can connect with other compulsive overeaters. I have also learned that almost every person at these meetings will provide some type of service. For some it’s helping to set-up or clean-up after a meeting. For others it’s leading the meeting or being a reader. These are very important and needed, but one of the most important pieces of service someone can do is share a bit of their story or provide their input into the reading and/or topic being discussed. When I hear others talk about their experience, strength and hope, it helps me in more ways than you can imagine. These nuggets are usually just what I remember when I’m having a difficult time.

As a recovering person (abstinent and working the Steps), I didn’t think I could be of service. Clearly, I couldn’t sponsor, so I couldn’t be of service, right? Wrong! I could and have provided service in multiple ways, from leading an OA meeting, giving out medallions, welcoming newcomers, and being supportive of those who are struggling in recovery. It was interesting, the more I shared my past, those ugly secrets I hid for so long, and connected with other

fellows, the more my recovery was strengthened.

I finally get it! When I give away, through service, what I've received through program, I benefit in so many ways. I'm not as depressed as I once was. I'm not as self-absorbed as I once was, and one of the biggest benefits I receive is to remember where I was when I hit bottom and how I don't want to ever go back there again! God willing, I will continue to work the Steps, and I truly believe that the best service I can give others is my own recovery. As it says in the Big Book on page 89, the second paragraph, "To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends – this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives."

Anonymous Tuesday night, Shakopee

## Live Well and Be Well

We could think of the 12th Step simply as, "We will love you until you learn to love yourself", As new members we come into these rooms and meet fellows who share what they have learned about living with the disease of compulsive overeating. Over time we experience the spiritual recovery promised in the Steps and have the desire to help others too.

I love the last paragraph of the Step 12 chapter in *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, "Those of us who live this program don't simply carry the message; *we are the message*. Each day that we live well, we *are* well, and we embody the joy of recovery, which attracts others who want what we've found in OA. We're always happy to share our secret: the Twelve Steps of Overeaters Anonymous, which empower each of us to live well and be well, one day at a time."

Joe W. Tuesday night, Shakopee



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  
at [overeaters.org](http://overeaters.org) or**

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 January 2020  
**Expressions of Unity**

will focus on

Step One: “We admitted we were powerless over food— that our lives had become unmanageable.”

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 December 14th 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>
Vice Chair - Betty C.	763-535-3939	<a href="mailto:books1216@gmail.com">books1216@gmail.com</a>
Treasurer - Sheila L.	612-845-3604	<a href="mailto:sheilaklawson@yahoo.com">sheilaklawson@yahoo.com</a>
Secretary - Lonna R.	763-438-0596	<a href="mailto:lonna.rubesch@comcast.net">lonna.rubesch@comcast.net</a>

**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**

December 14	Intergroup Meeting
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.