

Expressions of Unity

The Newsletter of Unity Intergroup

www.overeaters.org

STEP ONE: "We admitted we were powerless over food - that our lives had become unmanageable."

Reflections on the Twelve Steps

Unity Intergroup Elections

Join us Saturday,
January 11th
12:30pm at the
Sumner Library.

Help to ensure the
future of Intergroup!

2019 Convention

Recordings

Download speaker
recordings at
overeaters.org
(under Events tab)

New Meeting in Cold Spring, MN

Tuesdays at 6pm
Contact Donna
320-291-7251

Meeting Change

The meeting time
for the Tuesday
HOW meeting in
Woodbury has
changed to 4:30pm.

To the newcomer Step Twelve might look like the end of the road, the goal to be achieved, the climax of the film, so-to-speak. And in most views that is the case, reaching Step Twelve is the ultimate goal of this program. "*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.*" The words of this Step, however, don't really seem to point to an end. To me the words seem to indicate that I will be practicing the lessons I have learned here for years, decades, and even a lifetime from now.

As I studied Step Twelve more closely, I found that this was, indeed, not an end, but a beginning of practicing all that I had learned...but what had I learned, really? With each Step I learned something, not only about myself, but about this program, the world as a whole, and my Higher Power.

Step One taught me to be honest with myself, and not shy away from my mistakes. Step Two taught me that hope is only a prayer away. Step Three gave me faith that God (as I understood Him) will not abandon me. Steps Four and Five gave me courage to face my defects (even ones I may not have found yet), and integrity in that admission. Step Six gave me willingness to learn and listen to the experience of others. Step Seven gives me humility in asking for help when I come across a tough situation, not try to handle it on my own. Step Eight gives me self-discipline to keep on this track and not lose what I have found. Step Nine gives me love for my fellow humans to care for them like I would want to be cared for, not control them. Step Ten teaches me to persevere in the face of what might seem insurmountable. Step Eleven gives me a spiritual awareness to make sure that all my decisions are given to God (as I understood Him) first, and not taking action in the heat of the moment.

With Step Twelve I am learning to serve others by passing along my experience, and always be willing to listen before I talk. I am thankful for a sponsor who taught me that sometimes all I can do is ask my Higher Power to, "help me do the next right thing." As the OA Twelve and Twelve says at the end of the Twelfth Step, "Those of us who live this program don't simply carry the message; *we are the message.*" One day at a time, I can practice these principles so I can be there for the next newcomer, like I once needed, in a way that only I can be.

Sean R. Shakopee Tuesday Night Meeting

The Root of Everything

Step One means to me a deep and permanent admission that I'm in this separate group called compulsive overeaters. It means acknowledging to myself that all the methods I tried to control my eating failed. It means that only a spiritual experience, via the 12 Steps, will save me from my hopeless condition. It means staying within the cut-and-dry boundaries of a sober food plan, every meal, every day, no matter what.

Step One has been a big pill to swallow. Not easy or comfortable. But once I swallowed it, my life changed. Because then I was free to grab onto the solution as found in our Steps. I see Step One like the blast off of a rocket. Blasting off is not the goal of the rocket, but the rocket won't go anywhere without it. For me Step One is the root of everything I do in this program. It's my powerlessness that propels me to seek the power by which I can live.

Jo M. St Paul, Friday 6:30pm

Miracles Happen

When I first came to OA I had already lost ninety pounds, but I was struggling and I knew I needed help. As soon as I walked through the door to my first meeting, I knew I was in the right place. I thought I had taken Step One that first night—certainly I was powerless over food or I wouldn't be here.

I continued to eat the same way I had been eating. I ate all foods, but limited the quantities of my favorites. I didn't have any binge foods—no, not me. Of course, I still struggled, even though I was working the Steps. I started eating more at meals. As long as it was part of a meal, I was still abstinent, right? I only ate three meals a day.

Eventually, my Higher Power got a message through my food fog. He made me realize that I was playing with fire, still controlling my food. I had not taken Step One. Amazingly, when I gave up my binge foods, abstinence became easy. The compulsion was lifted. Miracles happen when we work the Steps honestly! For today, I will be honest about my binge foods.

Voices of Recovery A Daily Reader January 1st



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 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 February 2020 *Expressions of Unity*

will focus on

Step Two “Came to believe that a Power greater than ourselves could restore us to sanity.”

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
ExpressionsofUnity2020@gmail.com.



Be Part of Unity Intergroup in Action!

The next meeting is January 11th 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

January 11	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.