

Expressions of Unity

The Newsletter of Unity Intergroup

www overeaters.org

STEP TWO: “Came to believe that a Power greater than ourselves could restore us to sanity.”

Unity Intergroup Meeting Change

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

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.

One Of Those Small Signs

I came to OA about six years ago, after many decades of binge eating. I knew, at the first meeting I attended, that I belonged in these rooms. When I got to Step 2, I was lucky in some sense, but challenged in another.

I've always believed in god, but I've never really had a clear picture of who/what god was; but I also felt no need to put definition to it. I remember sitting around with my high school friends as we debated the existence of God. It seemed like a pointless discussion to me because I believed in God, but felt no need to prove He existed.

When I got to OA, it became more interesting to ponder this issue a bit. I like the term Higher Power because it fits with my sensibility. But, I usually use the term god because it's easy. I also tend to say "he", "him", "his" even though I don't really have a firm sense that my higher power is some kind of person, and because we don't have gender-neutral pronouns in our language. You'll note that I'm inconsistent on capitalization too. So, my "sense" of my higher power is pretty vague, even though I use terms that might seem to indicate that I have a very defined sense of it/him/her. And I'm OK with that. I don't have a need to nail it down, because I know my higher power exists and is there for me. That's where I've been lucky; I feel no angst or need to nail down this definition for me.

My challenge came about because I believed my higher power had more important things to do than to help me with my food. I was raised to believe that I had to take care of myself and that it was unfair to ask others to help me with what I should be able to handle myself. So, it seemed to me that god had a lot to deal with in managing wars, life and death stuff, and that I shouldn't impose on him to help me with my food issues. I should be able to do that for myself. I now realize my disease is life and death stuff, but I didn't recognize it back then. Then, I had one of those epiphanies.

I lived in a house that was built in 1949, and it still had all the old fixtures. One day, I found myself praying about my plumbing. I had an old toilet that didn't always flush well (who knew toilets had a life span), regardless of what was in it (hope that's not too graphic for you). I found myself praying "Dear God, please let it flush". And it worked! I had to laugh when I realized I was asking god for help in flushing a toilet. I decided then, that if god would help me with a toilet problem, he'd also help me with my food problems. It was one of those small signs that, if listened to, can make a significant impact in one's life.

I came to believe that my higher power was there for me, in all aspects of my program, and it was ok to not feel compelled to clearly delineate what my higher power is. I believe he's there for me, and that's really all I need to know.

Anonymous - Woodbury, Friday 10am

Second Step Tidbits

For those of us who are new to the 12 Step program of recovery it can be hard to figure out how the Second Step works. Here are some thoughts that helped me understand the Second Step.

The "Together we get better!" statement in our meetings is a Second Step idea.

Getting and using a sponsor is a Second Step action.

An atheist OA friend says that her higher power is Reality. Real consequences show her where she is powerless, what pain to avoid and best of all, when she is in tune with others and the world. Being a part of the OA fellowship helps her belong and learn from the lessons of other OAs.

One religious OA member told me how angry she was that God hadn't answered her prayers to relieve her eating compulsion. Then she read in our OA 12 and 12, "Before we joined the OA fellowship our prayers for help may have gone unanswered simply because we were never meant to face this disease in isolation." We were meant to open up, so that we may learn to truly love others

Anonymous

Restored

When I think of all the insane things that I did in the past because of my compulsive overeating, I feel very sad. I have done most of the things covered in Step 2 of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*. Whenever I read it, I remember how my life used to be. After becoming abstinent and going through the Steps, though, I "came to believe that a Power greater than ourselves could restore us to sanity." My experience with the program and God has restored many parts of my life. The changes that I have experienced show this restoration. For example,

I used to be morbidly obese per the BMI chart, and now I am considered to be a normal weight. People, who are new in my life, think that I have always been "normal". I would never be considered thin, but my weight has been the same for years. I am actually comfortable with my body most of the time.

I used to be someone who wasn't touched very often by anyone. Years went by. Now I am able to be hugged by my family and friends, and I have a husband who loves me and actually wants to touch me.

I used to be someone who kept to myself. The more I weighed, the more I would isolate myself. Now I have friends in my life because I try to be a good friend. I'm not as self centered as I used to be. People seem to want to be with me. I think this is because I am interested in them and I show that I care.

I used to be very unhappy and adrift. Now I am happy most of the time. The periods of unhappiness are fewer and farther between. I'm still working on parts of my life, of course, but I'm really enjoying my life so much more.

I am more content and sane than I have been for a very long time. Not completely sane, but much improved. A Power greater than myself has restored me to sanity. I am truly grateful to God and the 12 Step program of Overeaters Anonymous for these changes in my life. I can't wait to see what will happen next.

Anonymous, Woodbury, Friday 10am

The March 2020 *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.”

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 February 8th from 12:30-2:30 at Unity Christ Church, 4000 Golden Valley Road, Golden Valley, MN 55422.

All OA members are welcome to join us in person or on the phone

(515) 604-9700

Access code: 896976#

Intergroup Board

Chair -

Vice Chair

Treasurer - Sheila L.

612-845-3604

sheilaklawson@yahoo.com

Secretary -

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

February 8	Intergroup Meeting
March 7 & 21	Quick Steps 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 has been discontinued.

Newsletter articles are due the **week before the end** of each month if possible.