



March 2020

## Expressions of Unity

The Newsletter of Unity Intergroup

www.overeaters.org

### NEWS & NOTEWORTHY!

#### Upcoming Events

Quick Steps Workshop  
March 7 & 21

Buffalo Retreat  
April 3–5

Big Book Study  
May 29–31

Region 4 Convention  
Omaha, NE, July 10–12

#### Meeting Updates

*New meeting:*

Coon Rapids, Saturday 9–11am  
OA HOW format

*New time:*

St. Louis Park, Sunday 6–8pm

*Intergroup meeting temporary locations:*

March 14: Unity Christ Church  
4000 Golden Valley Rd Golden  
Valley, MN 55422

April 4: Buffalo Retreat  
Christ the King Retreat Center  
621 1st Ave South  
Buffalo, MN 55313

*Note: May 9<sup>th</sup>, we'll be back at  
Sumner Library*

*11 Van White Memorial Blvd  
Mpls, MN 55411*

Join us in person  
or on the phone:

**(515) 604-9700**

**Access code: 896976#**

The March issue focuses on Step 3:  
***“Made a decision to turn our will and our lives  
over to the care of God as we understand him.”***

The April issue will focus on Anonymity:  
***“How has OA’s Tradition of Anonymity  
effected your recovery?”***

*We welcome newsletter submissions!  
Please send articles to  
**ExpressionsOfUnity2020@gmail.com.***

### Dancing with God

I turned 70 this summer and decided to take swing dance classes – by myself! I could never have done this before recovery. Thank you God. Driving home today from my lesson I realized that for the past 50 minutes I was living in each moment! I cannot dance and be thinking about something else. I need to pay attention. Then I thought that my life with God should be like dancers. I’m the follower and need to pay attention to the leader. (Sorry guys, this analogy doesn’t work as well for you.) I need to be aware of when my partner wants to swing me, turn me, dance side by side or face to face. I need to notice when he offers me his hand, even though I don’t know what’s coming next. When I try to control, it begins to fall apart; two wills working against each other. When I can pay attention and surrender to his lead, it is so smooth and so fun. That’s how I want to dance each day with God; paying attention to his lead and guidance – his gentle whispers and nudges. But if I don’t pay attention, I will begin to attempt to be the leader and just like on the dance floor, my life will begin to fall apart. So I work on taking God’s out-stretched hand and dance through life with the best leader of all.

*Anonymous, Minneapolis*

## Some Call it Surrender

Deciding to turn over our will and lives is crucial and perhaps the most difficult task in the program. Here is how one member handles it:

“For me, Step Three was making a commitment to work the OA program of recovery despite my doubts, criticisms, rationalizations and desires to do it ‘my way.’ Some would call this surrender. But rather than surrendering to an omnipotent being that would pull strings in my life from now on, I made the decision to turn my will and my life over to the process of working the Twelve Steps.

“While I’m not certain of the existence of God, I can’t deny the empirical evidence of OA recovery that I see in meetings. Whatever the power is behind the OA program, I feel it strongly every time I step through the doors of an OA meeting or use the tools of the program.

“Working Steps Three and Eleven, to me, means realizing that this power is real, and its label doesn’t matter.”

From *What If I Don't Believe in God?*  
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### ***SPECIAL LIMITED-TIME OFFER!!***

Download the 2019 Unity Intergroup Convention recordings for just **\$5.00!**

[overeaters.org/recordings-of-past-events/](https://www.overeaters.org/recordings-of-past-events/)

## Amazing Grace

“Made a decision to turn my will and my life over to the care of God as I understand him.” Why do I keep doing this, day after day, for 43 years? I was recently thinking about a meeting I regularly attended many years ago. We would end the meeting each week by singing “Amazing Grace.” That’s such a great song for addicts! I started to remember all that God’s “amazing grace” has done for me since I crossed the threshold of my first meeting.

I once used food to deal with life; but now I have a sane and healthy relationship with food.

I once was a drunk, but now am sober and free.

I once was full of shame, but now I know I am loved by God.

I once was full of self-pity, but now I am full of gratitude.

I once was judgmental, but now I am more accepting of myself and other.

I once was filled with fear and worry, but now I turn my life and the lives of those I loved over to God.

I once was a gossip, but now I respect others.

I once was controlled by others, but now I listen to God within.

I once was lost in the throes of addiction, but now I’m found (by God).

I once was blind to my potential, but now I see that God is doing for me what I could not do for myself.

So, day by day, I continue to turn my will and life over to him as he continues to shower me with “amazing grace.”

*Anonymous, Minneapolis*

### **2020 Unity Intergroup Board**

**Chair:** Leigh M. | 612-244-5511 | leigh.marr@tailoredbrands.com

**Treasurer:** Sheila L. | 612-845-3604 | sheilaklawson@yahoo.com

*We are still looking to fill two board positions: **Vice Chair** and **Secretary** (both require 6 months of abstinence). Contact Leigh or Sheila to learn more!*