



September 2020

# Expressions of Unity

The Newsletter of Unity Intergroup

www.overeaters.org

## NEWS & NOTEWORTHY

### INTERGROUP MEETING

Join us on [Zoom](#)  
Saturday, September 12  
12:30–2:00 pm

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### UNITY INTERGROUP SURVEY

Please take 90 seconds to complete the survey. Your input will help us better serve our OA community!

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### UNITY ADDRESS

Unity Intergroup  
5115 Excelsior Blvd.  
Box 325  
St. Louis Park, MN 55416

### Our topic this month is:

“Positive experiences in recovery”

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- October:** How service helps your recovery
- November:** Share a favorite line from OA literature and why it inspires you
- December:** Staying abstinent through the holidays

Looking for a service opportunity you can do in your PJs?  
Write an article and email it to:

[ExpressionsofUnity2020@gmail.com](mailto:ExpressionsofUnity2020@gmail.com)

## PHONE & ONLINE MEETING RESOURCES

[Unity Intergroup Phone & Online Meetings](#)

[OA Phone Meetings](#)

[OA-HOW Phone Meetings](#)

[OA Speaker Recordings](#)

“A Vision For You” Big Book Phone Meetings

Ph: 712-432-5210, Code: 876148#

Monday–Friday

6–7 am CT (recorded)

7–8 am CT (not recorded)

9–10 am CT (recorded)

Sunday Special Edition

7:30-9:00 am CT (recorded)

## UNITY INTERGROUP BOARD

Leigh M, Chair: 612-244-5511 | [aml45marr@gmail.com](mailto:aml45marr@gmail.com)

Marque N, Vice Chair: 612-655-6960 | [thumprq@gmail.com](mailto:thumprq@gmail.com)

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## FINDING PURPOSE

Gratitude is what informs my current sense of recovery and hopefully my future self as well. I have had the opportunity to do endless inventory of myself as a member of OA and another 12-Step fellowship. My recovery demands that I consistently apply a set of spiritual principles to my life. I have insight into how I work and how I show up in the world. I can be a pain in the butt, but people seek out my consult on recovery and life issues. I rarely say no to anyone who asks for my help.

The best thing about my recovery now is that I ask for help much more readily than I did previously. I am much less inclined to go it alone. I can take action on the advice I am given. For the most part, I practice what I preach so what I share with others is based in experience.

I have a deep sense of purpose in this world. I know what I am here for. It is clear and present every day. It is simply to serve others and help them recover in OA and my other 12-Step fellowship—nothing more. I have become who I am through what initially appeared to great struggle and tragedy. My current perspective is that my experience with food addiction is a gift. My recovery allows me to reach sick and suffering humans in a way no clinician or formally trained person can. I can't really ask for more in life.

~Anonymous, MN

## FROM INSANITY TO SERENITY

Insanity was what my life had become in the disease. I had tried to devise rules to follow, but then I would change the rules. I was constantly trying to win at my own impossible game. When I came into program, I was given a spiritual path. I thought that these daily disciplines would make me more crazy. The opposite was true.

When I put my food in the cup or on the scale, I had clear boundaries around the food. When I committed my food for the day, I began to experience freedom. I no longer had to constantly think about what I was going to eat or not eat. I didn't have to change based on how I felt. Sanity. I gained clarity to open my mind to a new way of living. When I worked these steps, my clear mind was able to progress in recovery. I intuitively knew how to handle situations that used to baffle me.

Today, when I can't be assured of my own sanity, I know to pray, pick up the phone, pick up the pen. More action and the next right thing lead to sanity and serenity.

~ Clare C. MN

## THE LITTLE ONES

In 2019, I had the opportunity to take a five-week 6,500-mile car trip around the good old USA. I can flatly declare that had I not surrendered to my food addiction and joined OA HOW in the summer of 2015, the idea of that kind of adventure would have never entered my mind. It just would not have been physically possible.

The centerpiece of the trip was spending Christmas week with my brother and his family in Baton Rouge, Louisiana. The highlight of that visit for me were the little ones—the young daughters of my two nephews. As a granduncle, I take great joy in spoiling both girls and just being a goofy uncle for them to laugh at. I spent an entire day walking around the French Quarter with the older of the two holding my hand and both of us laughing and dancing to the street musicians. In the evening, the younger one and I walked around the Christmas light display in downtown Baton Rouge on Christmas night.

What does this have to do with recovery? EVERYTHING! In the summer of 2015, I was nearly 400 pounds, suffering from Type 2 diabetes and eating myself into an early grave. By the grace of my Higher Power I was able to drag myself into an OA HOW meeting and begin my recovery. Without OA and an abstinent life of spiritual recovery I would be unable to have these joyful, loving little ones in my life.

If you ask me what the most positive experience of my recovery is and has been, I will report that it is the gift of authentic and powerful love of the little ones. Thank you to all of you for my recovery and my life!

~ Patrick B., MN

## A RETURN TO LOVE

When I first came to OA, my focus was on my weight and physical health, which had been diminishing steadily. The 150+ pounds my body shed, by the simple practice of putting my food in a cup, happened rather rapidly, and 23 months after I walked, in tears, to the front of the room accept my 24-hour medallion, I had reached my goal weight. I was 56 years old and for the first time in my entire life, I slipped on a size 10. For 12 years, I never had to buy a different size.

When I returned to OA after a 2.5-year departure (a.k.a., relapse), the size 10s were hanging in the closet. Oh, I missed being able to wear them. But far more than that, I missed myself. It was as though I had a camera recording my slip into restlessness, irritability and discontent. I was watching my life, as I had come to know it, slip away. I had warned my partner that if I ever returned to the food, I would still be sitting across the table from her, but I wouldn't be there. She noticed, too.

So, the most positive experience in my recovery is a return to the best relationship I have ever experienced in the seven decades I've been blessed to be alive. The most positive experience? Rediscovering a love I almost lost.

~ Anonymous, MN

## LEAVING ROOM FOR FEELINGS

Feelings were something I always struggled with and I probably still do to an extent even with my 4+ years in recovery. Prior to program I did everything I could to not feel mainly because I didn't understand feelings. I grew up with the notion that we cannot trust our feelings and so I would always second guess them and assumed I was feeling something wrong in reaction to whatever problem I was facing. This further lead me to constantly feel guilty and not good enough.

In recovery, I learned just how much I relied on food manipulation to cope with life in the past and began to learn new behaviors to process my emotions. I know there is a right place and time to share my feelings and the people I share them with also matters. I am grateful to have fellows in this program and the few very good friends I do have to be open with in sharing. Feelings don't rule my life and they should be addressed especially when they are negative in nature. I am not afraid of feelings anymore and am pretty emotionally levelheaded and content the majority of the time. The times I am not are most often related to hormonal changes within my body. Having that knowledge allows me to simply be and allow myself grace and the time for them to pass.

This program truly is remarkable in how it encompasses every area of my life. I am present and I am connected to others around me.

~ Anonymous, WI

## HEARD AT A MEETING

*The members of the Tuesday Shakopee OA meeting invite everyone to send in inspiring quotes they've heard at a meeting!*

I pray for the stranger who will help my son. I can't reach him.

Step Six is the "let God" of "Let go, let God."

God went from my resentment list to my gratitude list.

If the day is hemmed by prayer, it's less likely to unravel.

Binge/alcoholic foods fuel my self-pity.

Entitlements kill my gratitude.

Don't take your image from a cracked mirror.

Take life on life's terms.

A high expectation is just a disappointment and resentment waiting to happen.

EGO means Edging God Out.