



November 2020

Expressions of Unity

The Newsletter of Unity Intergroup

www.overeaters.org

NEWS & NOTEWORTHY

INTERGROUP MEETING

Saturday, Nov 14
12:30–2:00 pm
Join us on [Zoom](#)

OA QUICK STEPS

2-part workshop on Zoom
Jan 16 & 30, 2021
Information coming soon!

REGION 1 VIRTUAL CONVENTION

Nov. 13–15
[Information & registration](#)

VIRTUAL EVENTS

Find workshops, meetings,
and phone marathons
at OA's [Virtual Region](#)

OUR MAILING ADDRESS

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5115 Excelsior Blvd.
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St. Louis Park, MN 55416



This month's topic:

“Share a favorite line or passage
from our literature and why it inspires you”

December: Staying abstinent throughout the holidays
January: How “The Promises” in the Big Book (pp. 83–84)
are coming true for you

Short, long, anonymous or not, we love your articles!!

Email your reflections to:

ExpressionsofUnity2020@gmail.com

ATTENTION ALL MEETINGS!

We're getting rid of our PDF meeting list and moving to two-page Google Doc—a mobile-friendly format that can accommodate both in-person and online/virtual meeting information.

To make sure newcomers can find your meeting,
please add your meeting info to Google doc
by Dec. 31, 2020.

[Page 1: Virtual/Phone Meetings](#)
[Page 2: In-Person Meetings](#)

Visit [Find a Meeting](#)

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GOD'S BUFFET

Readings are wonderful. They give me an opportunity to really look at my past. This reading talked about going to a party that looks so inviting but what do you live with the next day? Can you walk past the food, alcohol and loud music?

Going to a buffet, especially the one that used to be at Hinkley Casino, my heart raced as I would cruise around the outside to see what was there first. I would go to the fish, then the salad, then maybe a couple of other things. I don't remember much, except dessert. Hot fudge sauce, ice cream (because you have to have something to go with the hot fudge sauce) and cheesecake. Those were my favorites. I would walk around the dessert display multiple times just to find what I wanted. There was always room for dessert. Or two. Or three.

If I went to that buffet today, what would I feel like after? Bloated, sick, bad headache, hard to move, down on myself for eating. Even now when thinking about the buffet and the food, I can feel myself getting excited. The feelings and details can be so strong. What is harder to remember is the feelings after. That's what I avoided.

What if it was a buffet for my Higher Power/God? How amazing would that be, to have the excitement and joy! We enter the buffet. Let's get a little bit of self worth on our plate. How about a few prayers—and you can also dish up some prayers for someone dining after you.

Ooooh, what else can I find? Giggles from children. A rainbow. Wait, we have to check out the pet section. Let's go play with a cat or maybe ten. And over here is a swing set that pushes you up so high, you almost bounce off the seat when it comes back down. And in this corner is family, the ones not around anymore. They are just waiting to say hello.



When I really think about all the amazing things from my Higher Power/God, I would much rather go to his buffet. The thing is, I can have his buffet every day at any time just by looking around or sharing a memory. Isn't that amazing?

~ Becky B

HEARD AT A MEETING (1 of 3)

My recovery began when I went from "Yeah, but..." to "Yes, ma'am!"

I am the planter, not the harvester.

Build a recovery ICU around yourself.

God, grant me the serenity... to accept the things I cannot change (Steps 1, 2, 3), the courage to change the things I can (Steps 4, 5, 6, 7, 8, 9), and the wisdom to know the difference (Steps 10, 11, 12).

FAITH AT WORK

I love our OA literature; it contains so many gems. I especially love the last two paragraphs at the end of Step Twelve in *The Twelve Steps and Twelve Traditions of Overeaters Anonymous 2nd Edition*. But for this writing, I am going to focus on one passage from *For Today*.

Over the years, I have been fired three times for not being good enough. The first time I chalked it up to poor training. The second time was really confusing because the manager initially noted all my strengths and then ended with “But you’re not good enough.” The third time I eventually understood that because of this disease, I was unable to give them what they wanted. Needless to say, I was scared when I started a new job 16 years ago. I was sure I was going to get fired at any moment. In my mind, every time someone walked over to my desk, I was sure they were going to let me go. At these times, and, when I was feeling confused and insecure in what I was doing (which was often), my fear came on so strong that I was frozen, unable to focus.

Fortunately, I had found a quote in one of our daily readers, *For Today*, on p. 313 that resonated with me so much that I had written it on a card for easy reference. The quote is: “I choose faith. I expect the best and make room for it in my mind. I choose to let God’s light to be my strength and my joy.” Whenever the fear hit, I would pull the card out of my purse (where I kept it at the time) along with a

medallion of some sort. Focusing on these two things, would calm me enough that I could start working again. Happily, I retired from this position as a valued employee after 11 years – most likely because of my recovery which had begun about four months before I was hired. This program really does work.

~ Annette P-R



HEARD AT A MEETING (2 of 3)

PAID: Pitiful And Incomprehensible Demoralization—the price I paid for my seat in OA meetings.

PUSH: Pray Until Something Happens

Isolation is the darkroom where I develop my negatives.

Cultivate an attitude of gratitude.

Push the pause button.

The symptom is physical, the problem is emotional, the solution is spiritual.

Don't judge your Chapter 1 against someone else's Chapter 22.

REAL DEAL MIRACLE

“Ideas, emotions, and attitudes which were once the guiding forces of the lives of these men are suddenly cast to one side, and a completely new set of conceptions and motives begin to dominate them.”

Alcoholics Anonymous, p. 27

This so describes my own version of the “vital spiritual experiences” Dr. Jung refers to in this chapter. Mine was not a conscious decision. It was a burning desire to experience again and forever after the incredible lightness of being I felt after being completely and utterly honest about my eating disorder. Bingeing and starving, depression, anxiety, rotted teeth, osteopenia, inpatient and outpatient treatment, psychotropic medications. I was honest for the first time in 34 years and I felt free.

The old ideas, emotions, and attitudes that had dominated my existence since I was in my mid-teens were abandoned, almost instantaneously. Where I'd once been rigid, defensive and defiant, I was made open, pliable, clean and simple.

Before this moment, I had tried to be compliant, but my will always caught up with me. I had no idea of what surrender looked like. I don't remember what my sponsors and other fellows told me, though it's a pretty safe bet that they all suggested I try praying to my Higher Power. If they did, I either consciously tuned them out or was too obsessed with self to hear what they were saying.

Plead, promise, and bargain? Oh yes. But get on my knees and earnestly, humbly ask God to help me? Nah.

What happened right after that moment more than 15 years ago was another miracle: instead of slamming the door shut, I walked through that open doorway.



And I've kept walking, occasionally dragging my feet, but I've never considered backing out that door or trying to go it alone.

Recovery is truly the most miraculous thing that's ever happened to me.

~ Anonymous

HEALTHY DEPENDENCE

“The more we become willing to depend upon a Higher Power, the more independent we actually are. Therefore, dependence as A.A. practices is really a means of gaining true independence of the spirit.”

Twelve Steps & Twelve Traditions, p. 36



I depend on so many things that I actually have no control over. Like the example in the reading about electricity.

Power flows where it is needed. If I trust this, I get free. My experience abundantly confirms this truth. So why do I fight it? That is the dilemma! I have many examples in my life where I depended on my HP. I also have many examples of self will run riot, even when I knew better!

So maybe this is the path to an experience with God! To stumble and fall hard and need the dependence on something greater than myself in order to show me the freedom that comes from living on spiritual principles.

As the reading clearly states, the choice is mine. I can suffer or I can pray and ask others for help.

~ Anonymous

HEARD AT A MEETING (3 of 3)

I can't get the effect of the Steps if I'm still getting the effect of the food.

An AA old-timer is still an OA newcomer. Credits don't transfer.

To get physically fit, you have to move. To get spiritually fit, you have to be still.

Recovery is a dimmer switch, not a light switch.

I am not what was done to me.

What don't I want to talk about? Talk about that.

Steps 10, 11 and 12 are growth steps, not maintenance steps.

I am the faucet and God is the water. I want to keep doing the maintenance work to keep the pipe clean so God can show up, get clear of my ego and let God flow through me—to let God use me to be helpful to another.

~ Shakopee Tuesday OA Meeting

