



February 2021

Expressions of Unity

The Newsletter of Unity Intergroup

www.overeaters.org

NEWS & NOTEWORTHY

QUICK STEPS FOR MEN

Saturday, Feb. 6 & 20
9:00 am–12:30 pm on Zoom
Contact Bob S. to register:
bonasachs@gmail.com

Intergroup Renewal Workshop

Saturday, Feb. 6
Free all-day workshop focused
on energizing Intergroup,
increasing engagement and
defining our purpose.

RECOVERY FROM RELAPSE MEETING

Thursday evenings
6:00 pm
Contact Annette for info:
aprlovesoa@gmail.com

INTERGROUP MEETING

Saturday, Feb. 13
12:30–2:30 pm on [Zoom](#)
ID 810 4426 4132 / PW 12345

2021 Buffalo Retreat

Due to COVID concerns and
restrictions, the 2021 Buffalo
Retreat has been canceled.



2021 Elected Service Positions

Elected Positions: Board, Region 4, and World Service

Board Chair: Lori K.
Board Vice Chair: Sheila L.
Board Secretary: Amanda A. (provisional until May)
Board Treasurer: Nancy D.

Region 4 Reps: Cathy G., Bob S., Amanda A.

WSBC Delegates: Amy D., Bob S.

2021 Volunteered Service Positions

Coordinator/Committee Service Positions

By-laws Chair: Jill S.
Public Info Chair: Betty C. (with Cathy G.)
Hot Line Responder: Bob S.
Literature Coordinator: Betty C.
Newsletter Editor: Jill S.
Quick Steps Chair: Cecilia
Quick Steps Vice Chair: Pat
Zoom Meeting Manager: Annette PR

ATTENTION ALL MEETINGS!

Soon we will sunset our pdf meeting list and move to a two-page Google doc—a mobile-friendly format that can accommodate both in-person and virtual meeting information.

If you haven't already done so, please add your group to the Google doc on [Find a Meeting](#), so newcomers can find you!

[Page 1: Virtual/Phone Meetings](#)

[Page 2: In-Person Meetings](#)

What I Love About Recovery!

What I love about recovery and OA is that I am never alone! It seems silly to say that when I feel like for far too many years I spent as much time as possible trying to isolate just so I could be alone. Being alone for me meant I could eat anything I wanted and as much as I wanted. I thought it also meant eating judgement free, but the truth is, I did enough self-judgement and criticism that I didn't need anyone else's. OA has taught me a whole new way to be and for that I am so grateful! I know a big part of my being abstinent today is because I have been able to really embrace that I am not alone.

It is comforting for me to know there are others out there that have that same sorted past with food that I do. Others who still fight the occasional cravings and who can sometimes forget to "think" first and "react" second when emotions run high, just like me. These are the same people that will also pick up a phone for me and talk whenever I need it. If I ask, they will give me their advice on how to make it easier, and if I'm not looking for advice, they are more than willing to just offer me their ear to listen without judgement. Even COVID can't keep these wonderful people from being there for me. When the situation prevented us from being able to see each other at a face to face meeting, there were people who found a way to put together online meetings, online conferences, and so many other ways to keep us connected safely. My recovery is stronger because it's not just me. The best advice I have ever received is, "Remember you are strong enough to do this, and if you're unsure, pick up the phone and call someone and ask them to remind you!" You are not alone!

Leigh M.

Love and Recovery

February is the month for love. It's a special time to show those we love how much we care. A time for celebrating that love with cards, flowers and gifts on Valentine's Day.

This love we feel for others is often easier to express than any love we may feel towards ourselves. Love may not even be a word that we would use when thinking about ourselves. The statement, "I love myself" might be considered self-indulgent by many, impossible to say for some, and just plain weird for others. However, as we go through recovery, maybe this kind of love is something that we should consider.

Is it ok to love ourselves? Is it ok to even consider it? Is it ok to even try? These questions come up because too much "self" has been a part of our illness. Selfishness is a defect that we look for and guard against as we work the program, but that isn't what we are considering here. In this case, we are thinking about love we could feel for ourselves. Caring for ourselves as well as we care for those that we love.

If we loved ourselves, we would be kind to ourselves. We would say nice, self-affirming things to ourselves, especially when we mess up. We would eat nutritious food and exercise for fun and health, not because we think we should, but because we want to take care of ourselves well. We would devote time to our appearance, not to be vain, but because we would want to look nice and well kempt. Our clothes would be contemporary and stylish, and they would fit well, no matter where we were in our weight loss journey, because we would allow ourselves to shop for clothes that made us look nice. We would want to feel good in our bodies today. We would want these things for those that we love, so we would want them for ourselves too. Maybe all of this is too much. Maybe it's just an aspirational goal. But who knows - Maybe it's time to give a card, some flowers and a gift to ourselves for Valentine's Day! Maybe it's time to start showing ourselves some love - this month and into the future!

Anonymous

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

*Please send yours to:
expressionsofunity2021@gmail.com*