



March 2021

# Expressions of Unity

The Newsletter of Unity Intergroup

www.overeaters.org

## News and Noteworthy

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### RECOVERY FROM RELAPSE MEETING

Thursday evenings  
at 6:00 pm

See page 4 of this newsletter  
or contact Annette for info:  
[aplovesoa@gmail.com](mailto:aplovesoa@gmail.com)

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### INTERGROUP MEETING

Saturday, March  
12:30–2:30 pm  
on [Zoom](#)

ID 810 4426 4132 / PW 12345

If you've ever wondered what  
happens at an Intergroup  
meeting, come check it out.  
All are welcome!

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### 2021 Buffalo Retreat

Due to COVID concerns and  
restrictions, the in-person 2021  
Buffalo Retreat has been  
canceled. However, anyone  
interested in helping to create a  
virtual retreat, please contact  
Lori K., the Intergroup Chair.

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## Short, Simple Tutorials

I was pondering what to write about Step Three and had to chuckle. My Higher Power seems to take advantage of very simple, quiet opportunities to give me an insight, or an “ah ha” monument. That just happened.

I was going to write about how I often, inadvertently, add the last part of Step Eleven when I am saying Step Three to myself. So, I will say for Step Three, “made a decision to turn my will and my life over to the care of God, as I understand God...praying only for the knowledge of God’s will for me and the power to carry that out”. When I catch myself doing this, I have to laugh about the brain twitch.

But when I was thinking of sharing this short gotcha about my doing this, I realized maybe that really is my Higher Power sending me a message. Isn’t making a decision to turn my will and my life over to the care of God really surrendering to the need to pray for the knowledge of God’s will for me and asking for the power to carry that out. It reinforces for me that Step Three is really about relinquishing control and trusting in the guidance of my Higher Power.

Thank you, Higher Power for these short, simple tutorials.  
Anonymous

## The Gift of Tradition Three

“The only requirement for OA membership is a desire to stop eating compulsively.”

What a gift! I am one of those who is inconsistent in my abstinence. But I *know* that I have no hope without this program. Tradition Three gives me the gift of knowing that I don’t have to be perfect to be in these “rooms” real or virtual. I can continue to attend meetings, believing the slogan that I should “not leave before the miracle happens.” And don’t leave even after the miracle happens, but that probably other Traditions and Steps.  
Anonymous

## Spiritual Principle - Faith

Faith is another gift. It's really hard to give up control if I don't have the faith that my Higher Power will guide me and others. It's really hard to give up control if I don't have the faith that it will be ok, whatever "it" is. Some people may gain this ability suddenly, but I had to take baby steps. Seeing that this was ok with smaller issues led me to be willing to have faith that larger issues would also work out without my having to control everything. I sometimes have a kneejerk reaction and I try to "take it back". But you know, I'm learning that my Higher Power does things a lot better than I do on my own. Faith grows, and it truly is a gift.

Anonymous

## Letting Go and Letting God

I use "let go and let God" like a mantra. Over and over. Sometimes with my breathing. It is the reason that I go to meetings. To hear and remind myself that I can trust the universe with my life. I don't have to control everything to feel safe. In fact, I can't control everything. The world is not mine to control.

I am safe if I am in the flow of my life. Where can I feel the flow of my life? In the present moment. *One day at a time*. Taking care of this one day, doing the next right action, and breathe, *relax, and take it easy*. I can then let go of the results of my actions. I can have faith that if I'm doing what I feel is right today, tomorrow will take care of itself. *Turn it over*. Though I didn't grow up *trusting*, I can develop that spiritual quality now as an adult. Do I trust that Life can and will take care of me?

When I am anxious, I am not having faith or trusting. Again, I need to come back to the present moment's conditions. I usually have enough resources to handle *just this, nothing more and nothing less*. This moment's challenge. When I find myself in a difficult moment in life, I often say to myself, "Now, you have to dig deeper into Step 3. You have to dig deeper into your trust that the universe is upholding you and that you, by yourself, don't have to fix anything. I don't have to fix anything, what a novel idea. I can't fix this, but I can let go, return to this one day, this one moment, and trust that omniscient power in and through my life."

Letting go of my control and self-reliance is essential redirection of my energies. No longer fighting to get my way, I can softly and tenderly accept what is actually happening. Through that acceptance, I can surrender to the flow of my life. This doesn't mean that I don't take any responsibility for my actions. But my responsibility lies in this one day. What should I do today to progress along the pathway where I see benefit to myself and others? Taking responsibility means to do the steps diligently. But even within my efforts to "improve myself" I have to Let go and Let God. Even in self-improvement I am not in control. The change I seek will happen to me if my spiritual life is in order. Usually what I seek has its own timing. The strength of my abstinence is contingent on my spirituality in this one day and that is not based on willpower or wishing things to be other than they are. *Acceptance is the key to all my problems today*. I return to this day, to the next right thing, let go of the results of my actions, and have faith in this one, beautiful and mysterious life.

Judith R.

**R**egarding

**R**elapse ...

Welcome to 'Regarding Relapse' – a monthly column on the topic of relapse. We will be sharing tools, thoughts on relapse, personal stories on recovery from relapse – and more!

This month we will begin with a paragraph from our pamphlet *Welcome Back: Suggestions for Members in Relapse and Those Who Care*. "Many of us found that our fears unconsciously led us to use food for comfort or escape, but the food eventually overwhelmed and imprisoned us. When we came back to OA, we feared judgment because we considered relapse a failure. It is not. Relapse is proof that we are human, and our disease is serious. When treated as a learning experience, relapse does not mean failure.

Relapse is not inevitable, but for some of us, it has played a significant part in our long-term recovery. We fell, got up, learned from the experience, and recommitted ourselves at a deeper level to the program. We were always welcomed. The only time we fail in OA is when we stop trying.

AnonymoUS

### **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](#)

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

*Please send yours to:*

[expressionsofunity2021@gmail.com](mailto:expressionsofunity2021@gmail.com)

