



June 2021

Expressions of Unity

The Newsletter of Unity Intergroup

www.overeaters.org

News and Note Worthy

INTERGROUP MEETING HAS A SPEAKER!!

Did you know that the Intergroup has a recovery speaker at the beginning of every meeting? Please join us for some Saturday afternoon recovery and stay for a bit of the Intergroup meeting.

Everyone is welcome!

Saturday, June 12

12:30–2:30 pm

on [Zoom](#)

ID 810 4426 4132 / PW 12345

BIG BOOK STUDY WEBCAST

Saturday, June 26th

9am to 5 pm

Sunday, June 27th

9am to 4:30 PM

More info on page 4

RECOVERY FROM RELAPSE MEETING

Thursday evenings

at 6:00 pm CT

Zoom ID: 871 0023 6034

Passcode: 93D9ie

Or

Call 312-626-6799, Same ID,

Passcode: 546650

Contact Annette for info:

aprlovesoa@gmail.com

Living Life by Design... as Defined by the 12 Steps of Recovery

Step 6 – Were entirely ready to ask God to remove these defect of character

OA is not my first recovery program. I began my recovery journey in another 12 Step program. However, I did not and as I realize now, could not do a thorough job of working any Steps beyond Step 3. *Half-measured recovery* I called it, but without it I probably would not have been amendable to enter the rooms of OA. Steps 1, 2 and 3 established my powerlessness, my surrender and my belief that something greater than myself would restore me. That something for me is GOD. I began to work with a good sponsor, who helped me walk and work the Steps as written, not based on my interpretation. Steps 4 and 5 were pivotal in my recovery because they revealed what was really eating me and why I was eating. I was not happy, joyous and free, but I was determined to eventually be free through the working of the Steps. I finally got to who I was, versus who I pretended to be, and reconciling who I really am. I was not the kind, thoughtful, patient and loving person I had imagined. I wore a mask much of my life to let you think that I was all those things, while underneath it was quite the opposite. There was a darkness within me. Here are a few of my grosser defects that were lurking beneath my exterior: control, selfish, self-pity, insecurity, dishonesty, perfectionism, false pride, false humility, people pleasing, procrastination, pettiness, overly inflated ego, and the master of them all FEAR. I lived a life steeped in FEAR.

The totality of the defects that I realized in Step 5 opened my eyes wide enough to get an honest view of myself. It was a humbling experience to realize that I was not the best person I could be. The real and honest view of myself prepared me for Step 6. My character defects were no longer working in a positive way in my life. Thus began the subtle work, requiring me to be entirely ready and willing. I cannot say that the process was not painful. It was. It still is. But the willingness to be entirely ready was profound. I thought I had to do the heavy lifting; remove them myself, not so!! All I needed to do was be willing and ready to have God remove my defects of character.

I did become willing to have God remove some of them. The truth is there were many of my defects that I was not ready to let go of or have God move; like control. Control was difficult for me, because it was how I existed, and it manifested in my life in many ways. I was a woman who used to pray for control over people, places and things! Even though I am entirely ready to let go of control, I have to revisit and release it back to the God of my understanding; wherever, and whenever it rears its head. My recent bout of control was trying to control my 5 years old granddaughter. What an exercise in futility that was! God in His timing does the rest. I have come to realize that working all the Steps again and again is the program. My recovery is ongoing and progressing just as my disease is progressive, if reactivated.

But never fear, I am not perfect. Living a life of recovery means I may just revisit some defects again. One of the most peaceful places during my recovery journey has been the period between Step 6 and Step 7. That space I call a peaceful patience, the space where I am busy living, serving and not tapping my foot impatiently waiting for God to remove my defects. The hands folded tapping my foot trying to move God to release me. That was me before I understood and surrendered to the recovery process as outlined by the 12 Steps. Peaceful patience means a place of complete surrender over the timing as I continue to practice these principles in all my affairs. I am in awe as I look over my life by how simple this program is. The hinges that keep it together are my dedication to being honest about my life today (honesty), remaining teachable (open mindedness), and remaining enthusiastic and prepared (willingness) to go the distance! So, just for today I will keep doing what I did yesterday!

This miraculous program has taught me valuable life lessons and held me close through major transformations and traumatic events in my life. I am so eternally grateful.

ONE DAY AT A TIME

Susan S.

“Leaving behind the origins of my bitterness, I thought my life would be better and the drinking not so bad.”

– Alcoholics Anonymous, 4th Ed., p. 439

I remember thinking this thought starting when I was a teenager and began having problems with food. I thought if I could just move out of my parents' home then I would not be tempted to binge on all the food they had around the house. I thought if I could control my food environment and not have binge foods near me, I wouldn't eat them. Of course, that was not true; that never worked. When I moved out of my parents' home to college, the binging became worse. A few years later when I moved out of state and had my own apartment, far from my family who I thought was the source of my bitterness, the binging got even worse than at college. This just goes to show that the problem was within me. Wherever I go, I take myself with me. And still today, after finding recovery in OA, I've learned that until I work on facing and addressing my own problems from the inside out, they continue to come up.

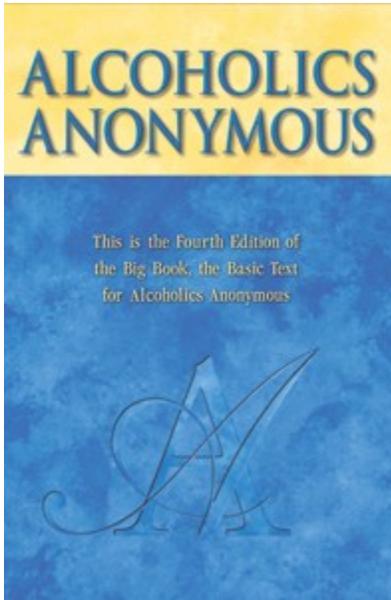
Higher Power, please help me to have the courage to face myself and my problems, whether they are about food or anything else, one day at a time. Anonymous

Unity Intergroup presents:

16th Annual Find Abstinence Through the Big Book Webcast

June 26th & June 27th, 2021	Big Book Study Hours (Central Time):
\$5 webcast: Audio & Video Live Conference Scholarships Available Via Online Registration Form	Saturday June 26 th Event 9 a.m. - 5:00 p.m.
Full Audio & Video Recording Will Be Attempted (👉).	Sunday June 27 th Event 9 a.m. - 4:30 p.m.
Registration Includes Recording Access (\$1M Value)	Register at http://overeaters.org/upcoming-aa-events/ or mail-in

- **"I finally found abstinence after two years with the help of this workshop!" ~Anonymous**
- Our speaker will also go into detail on actively working all 12 steps. The Step 4 - 9 inventory process will be taught with hands-on real world examples.



• Speaker Will Be Broadcast Live In HD Over The Internet	• Our FAQ Is A Must Read – www.overeaters.org
• Click here for the full 2018 audio & video recordings	• Historically And Graphically Rich Presentation

Register online at <http://overeaters.org/upcoming-aa-events/> or
 Send form & check postmarked by **June 18th** payable to Unity Intergroup:
 Unity Intergroup - BBStudy, 5115 Excelsior Blvd. Box 325, St. Louis Park, MN 55416
 Questions? Send a note to the Bob: bonasachs@gmail.com

First Name _____ Last Name _____

***Email** (required to receive meeting login) _____

Address _____ City/State _____ Zip _____

Phone _____ Please contact me for service opportunities

Webcast \$5.00 Quantity _____ Total Amount Enclosed _____

Regarding Relapse ...

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 focus on the oa.org website on relapse prevention as we introduce OA Website Helps.

I searched relapse prevention on the OA website and found a list of common symptoms leading to relapse. These are things to watch for that may be affecting your recovery.

Copied directly from oa.org:

- Argumentative
- Cockiness
- Complacency
- Defiance
- Denial
- Depression
- Dishonest
- Eating my binge foods
- Exhaustion
- Expecting too much from others
- Forgetting gratitude
- Frustration
- Grief
- Impatience
- "It can't happen to me"
- Letting up on disciplines
- Self-pity
- Use of mood-altering chemicals
- Wanting too much

AnonymoUS

Recovery from Relapse meeting information:

Thursdays 6pm Central – Join Zoom Meeting:

<https://us02web.zoom.us/j/87100236034?pwd=d3ZsYThSTDViYm1JWlk0RWhLWE9Kdz09>

Meeting ID: 871 0023 6034 Passcode: 93D9ie

Or call 312-626-6799 Same ID Passcode: 546650

For more info contact Annette 763-447-5688 aprlovesoa@gmail.com