

## News and Note Worthy

### The 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, July 10

12:30–2:30 pm on [Zoom](#)

ID 810 4426 4132 / PW 12345

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### Celebrating Sponsorship Workshop

Saturday, August 21

9:30am to 2pm

More info on page 2

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### Relapse Recovery 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](mailto:aprlovesoa@gmail.com)

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### A New Quick Steps Workshop

Saturday, September 18 &

Saturday, October 2

9:00am to 12:30pm

More info on page 5

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## Decluttering Our Lives Through Step 7

In **Step 7** we, “Humbly asked Him to remove our shortcomings”.

A few years ago, I moved to a new location after living in my previous home for over 20 years. It was quite a challenge to decide what to keep and what to leave behind. I had been keeping items that were once important and useful, but now were no longer needed. My storage area was quite cluttered and messy. Somewhat like moving, Step 7 consists of humbly asking my Higher Power to remove my defects of character that I once found important and thought I needed - but no longer. Originally, they protected me and kept me safe, they made me feel good. But I see that I no longer need them as I move on to a different way of living, of acting on life, not reacting to it. Humbly asking my Higher Power to remove those character defects was frightening because I did not know what might replace them. Yet I found that trusting my Higher Power to do this work was easier than trying to do it alone. Looking back, I can recognize that our all-knowing Higher Power understands when and which shortcoming to remove and does so with the utmost care.

After further reflection, I should have asked my Higher Power to help me decide what to keep and throw when moving. Had I done so I would not have ended up in my new location with a useless box of 45-year-old 8 track tapes!

“My Creator, I am now willing that you should have all of me, good and bad. I **pray** that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding.” 7<sup>th</sup> Step Prayer.

Peace and abstinence

Mike



# Celebrate Sponsorship

Saturday, August 21<sup>st</sup> is Sponsorship Day.

9:30a.m. to 2:00p.m.

Valley Community Presbyterian Church  
3100 Lilac Drive N, Golden Valley, MN 55422

## Let's celebrate by being together again!

### HIGHLIGHTS

- Speakers from OA HOW, traditional OA, and OA in Action
- Sponsorship *speed dating*
- Introduction to resources useful in sponsorship

**BYOL**—Bring your own lunch

**REGISTRATION**—Hybrid event...attend in-person or via Zoom!

- Online registration: <http://overeaters.org/upcomingevents>
- Mailed Registration: Print this form and enclose a check payable to *Unity Intergroup*, (postmarked by August 14<sup>th</sup>) and mail to:

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

**QUESTIONS**—contact Annette P-R, [aplovesoa@gmail.com](mailto:aplovesoa@gmail.com), ph.(763)447-5688

In person registrations are limited to 30 due to Covid19. More spaces may open up in the future.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

I will be attending: (check one) \_\_\_\_\_ Online Zoom Meeting \_\_\_\_\_ In person

Email (required to receive meeting login) \_\_\_\_\_

Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Please contact me for service opportunities. Y / N

Workshop \$10.00 #of Persons attending \_\_\_\_\_ Total Amount Enclosed \$ \_\_\_\_\_

## **Step 7 – Humbly asked Him to remove our shortcomings.**

A common definition of shortcomings is “a fault or failure to meet a certain standard, typically in a person’s character, a plan or a system.”

One definition I found of humility is “a modest opinion of one’s own importance.” To me that doesn’t say that I need to put myself down, or think I am not as good as anyone else. It is my understanding, that in the eyes of God, we are all of equal importance. In the eyes of the world, though, some people seem to be more important than others. I would add to the definition of humility, “an honest opinion of one’s own worth and value.”

I like the use of the word “shortcomings”. To me it says that there are some areas of my life where I come up short. As opposed to, “I am stupid, selfish, unkind, critical, and angry” and the other put downs I felt in my childhood. Everyone has areas of their life where they come up short, where they fall below expected norms. What can we do about these shortcomings?

1. Recognize and accept our weaknesses. We cannot turn a weakness into a strength if we are in denial about the weakness.
2. Get guidance from someone you trust. This is where OA comes in.
3. Work with your Higher Power to remove the shortcoming.
4. Look for ways to serve others with the same problem.

Today, thanks to God and over twelve years in OA, I have seen tremendous change in my life. I have a good feeling of self-esteem, and I don’t try to build myself up by putting others down. I work to accept people just as they are and let them live their lives. Thank you to God, the OA program, all members of OA and especially Rozanne S. (may she rest in peace) for healing “beyond my wildest dreams”.

Anonymous





## **“My grace is sufficient unto you.”**

After being in more than one program for a number of years, two readings have remained the touchstones of my life: I go back to them over and over again and they never fail to reveal something new to me. One is the January 6 reading of AA's Daily Reflections; the other is Step 7 in OA's Twelve and Twelve.

I thought I knew a lot about the Steps, but I had never paid much attention to 6 or 7. They were my “flyover” Steps. I hurried over those to get to the “meat” of the matter--making that list in Step 8. But then as a newer member of OA, I read Step 7 and was stopped dead in my complacent tracks.

It was p. 63. We, “ask God to deal with (each shortcoming) whenever and however God wants.” “Our shortcomings (may be) transformed into assets.” That our asking to have them removed is not about our being better people but, rather, “serving others more effectively.” I could not know what the end result was going to be. I am asking to have them removed but who knows what will happen? Or how long it will take? This wasn't a one-time event as I had assumed but an ongoing process. I might have thought I was flying over Step 7 but God was grounding me.

I was reminded of a famous person in my religious tradition who had some kind of disabling defect that he asked to be removed. Eventually he heard back from his Higher Power, “My grace is sufficient unto you.” That applied to me too. I needed only to depend on the compassion and guidance of my Higher Power—I didn't get to decide what was going to happen to these defects.

As the months in OA went on, those old defects came to visit again, and new shortcomings I hadn't noticed before knocked on the door. How discouraging. What was wrong with me? Why couldn't I get this right? Why was I dogged by this silly, simple Step 7 which refused to go away?

And then that great line, “Humility means that we will no longer be shocked and horrified when we realize we have yet another defect” or when an old one surfaces. I am being asked here to give up being harsh and judgmental of myself, to harbor unrealistic expectations. Actually, I am being asked to give up expectations altogether. All I have to do is allow the program to work on me and in me and to take one step at a time during the day as God directs me. And more will be revealed. It will be more than I can ask for or imagine.

Kay P.



**Are you new to OA or just need help getting through the Steps?**

**Completing this two-part  
OA Quick Steps Workshop  
may be just the answer.**

**Dates: Saturday, September 18, 2021  
and Saturday, October 2, 2021  
Time: 9:00 am to 12:30 pm (CDT)**

**Location**

**These sessions will be on Zoom.**

**One of the promises in the AA Big Book is that before you're done with Step Nine, the obsession is lifted. Increase your chance of success—join the OA Quick Steps series, get abstinent and work**

To register, contact [unityquicksteps@gmail.com](mailto:unityquicksteps@gmail.com).

Registration is required as **class size is limited**. The zoom link will be sent to registrants

You will need to have a sponsor or someone who can listen to your 5th Step.

There are no fees for this workshop, but we encourage a 7th Tradition donation to Unity Intergroup.

Time commitment is two Saturday sessions, plus homework. We expect participants to attend both sessions. ***Expect to be very busy*** working on recovery for these weeks!

**The purpose of this workshop is to get people through the 12 Steps quickly, to help people obtain a successful, life-long recovery, and aid in retention and growth of recovered compulsive eaters in OA.**

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## 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 focus on another piece of OA literature as we return to: *Spotlight On...*

### **Spotlight on... *A New Beginning – Stories of Recovery from Relapse*.**

One thing that has been helpful to many people is hearing the stories of others who have relapsed. This is what occurs each week at our 'Recovery from Relapse' meeting. (Thursdays at 6pm Central on Zoom). However, one of our OA books contains many of these stories: *A New Beginning – Stories of Recovery from Relapse*. The book is divided into five chapters. 1) "I knew I was in danger", 2) "I returned to my isolating ways", 3) "My love and prayers surround you", 4) "I choose to continue in this program", and 5) "I now know why I relapsed."

Here are a few quotes from this book.

- "Recently, I ate a single piece of something sweet after dinner in a restaurant – one bite of impulsive self-indulgence. Immediately, I felt a jolt of electricity racing through my veins."
- "I know now why relapse has been a part of my OA history. I never fully admitted to myself that I was a compulsive overeater. I was either unwilling or unready to make the changes necessary for continuous abstinence and recovery."
- "Sometimes my stress is so great that the roar of my emotions drowns God out. So, I need to access my family: get to a meeting, call my sponsor, call another OA member, and talk about it. I need to use my OA tools, because I come from using food to cope."

### **To order this book:**

- If you are like me and like to hold a book in your hands, you can get a print copy from [Amazon](#).

### **To order the e-book format, follow the links below:**

- [Amazon Kindle](#)
- [Apple Books](#)
- [Barnes and Noble Nook](#)

### **AnonymoUs**

#### ***Recovery from Relapse* meeting information:**

Thursdays 6pm Central – Join Zoom Meeting:

<https://us02web.zoom.us/j/87100236034?pwd=d3ZsYThSTDViYm1JWlk0RWWhLWE9Kdz09>

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](mailto:aprlovesoa@gmail.com)