



October 2021

Expressions of Unity

The Newsletter of Unity Intergroup

www.overeaters.org

News and Noteworthy

Upcoming Unity Intergroup Elections!

Unity Intergroup has elections coming up in January for 2022. Please join us for our monthly speaker and then find out about the many Unity Intergroup service positions that are available. Everyone is welcome! Saturday, October 9 12:30–2:30 pm on [Zoom](#) ID 810 4426 4132 / PW 12345

Improving Relationships with the Twelve Traditions Workshop

Virtual workshop on Saturday, October 16 and Sunday, October 17 from 9am to noon. overeaters.org.

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

Fourth Annual Men's OA Retreat! Spring 2022

April 29th – May 1st
More info on page 4

A Logical Bridge

There are a variety of reasons why I struggled to believe that I could find recovery in a 12 Step program. But I think the biggest one that really prevent me from walking through the doors was the concept of a Higher Power, God, spirituality, or whatever you want to label it, and the integral role it has in any 12 Step program.

There are so many different reasons why I felt that reluctance. I grew up with a religious upbringing, attended service every week, was really involved in our church's youth programs, and had family social connections through church. But I never really understood or believed - had a true belief - that a Higher Power was working for me. In many ways, I was going through the motions because my parents made me and that's what everyone else was doing. On reflection, it was a way for me to show other people that I was a good person. I also feared that other people would judge me if I did not participate in religious activities or if I admitted that I hadn't yet come to truly believe or understand how the concept of God or a Higher Power fit into my life. In short, my religious experience was really about what other people thought instead of what I needed and believed.

So, when I basically ran out of all options for assessing my compulsive eating and, after hearing multiple time over the years that maybe I should "take a look" at Overeaters Anonymous, I finally decided to try it. My life to that point had been one big reluctant journey to Step One, "We admitted we were powerless over food – that our lives had become unmanageable."

No sooner did I get through the doors when I had to face my fears and reluctance surrounding the concept of a Higher Power in Step Two, "Came to believe that a Power greater than ourselves could restore us to sanity." To truly work the Steps, I had to figure out how that concept practically fit into my program in a way that worked for me.

As a person who prides myself in being logical, at the onset I

had to admit that the concept of a Higher Power existing and being able to solve my problems felt inherently illogical. That being said, I knew that logically I couldn't control everything in my life, otherwise my life would only be unmanageable if that's what I chose in exerting my control. However, that tacit admission of a lack of control didn't necessarily or logically lead to the conclusion that there was a power greater than myself that could restore me to sanity and relieve me of my compulsive eating. Fortunately, my desperation for help with my compulsive eating functionally suspended my skepticism and overcame my need for a readily apparent logical explanation.

Like a lot of others before me, I decided to adopt a "Fake it 'til I make it" attitude surrounding the concept of a Higher Power. During my first two years in the program, whenever I had to face a problem that I couldn't control or solve, I leaned heavily on the Serenity Prayer, "God, grant me the serenity to accept the things that I cannot change, the courage to change the things that I can, and the wisdom to know the difference." I faced a number of stressful and overwhelming circumstances in my personal life simultaneously during that time. In the thick of it, I realized that I needed a quicker mantra and would say or think to myself, "I can't. You can. Please take it." It didn't matter whether I was talking to God, a fully defined Higher Power or anything else. All that mattered to me in those moments was that I recognized that I was not fully in control and, after doing my part, there was nothing else that I could do to resolve whatever problem I was facing. I would then visualize either putting the problem on a shelf, if it was something that I needed to revisit later. Otherwise, I would visualize tying the problem to a string on a balloon and letting it float away, being comfortable with the fact that it may or may not return and understanding that its return, ultimately, wasn't up to me.

Through that "letting go" process, hearing shared experiences from other fellows and reflecting on my life through working the Steps, I came to realize that my mental, physical and emotional needs would be fulfilled. I realized that even before entering the program, I faced problems that I thought could not be resolved and felt hopeless. Yet, time and time again, even before I understood how a Higher Power fit into my life, every problem was satisfactorily resolved one way or another – often in ways that I didn't anticipate or expect. That reflection and my experience in asking for a problem to be taken from me made me realize that every problem I had before has been resolved satisfactorily, and every problem that I have now will be resolved satisfactorily, and every problem that I have in the future will be resolved satisfactorily until I die - which I hope is not for a long time.

I wasn't until I was talking to my sponsor about how to welcome new members (and not have them be scared off by the Higher Power concept) that my Higher Power revealed how to connect the fact that I can't control everything with a belief that a power greater than myself can. My acceptance of the fact that I can't control everything and my understanding that all of my problems in the past have been resolved satisfactorily, built the logical bridge that something other than myself (a Higher Power) can solve the problems that I can't. That conclusion is consistent

with different concepts of a Higher Power that I have heard in the rooms – a religious one, a God of your own understanding, something powerful in nature, or like me when I started the program, an awareness and acknowledgement that a High Power is simply **not me**. It has also allowed me to let my Higher Power grow into something more meaningful to me than simply being **not me**. But that starting point was able to provide exactly what I needed when I needed it - to be able to experience the peace and serenity that this program provides. And I am very grateful.

Keep coming back...it works when you work it!

Andrew N.

Upcoming Unity Intergroup Elections January 2022

We need you and you need us. Together we can reach out our hands to help those still suffering inside and outside the rooms of OA. Unity Intergroup can't do it without you.

How can you help? One way is to become a representative to the Intergroup from your meeting. Every OA meeting can have two representatives participate in Unity Intergroup. You can be one of them. You can be the voice of your meeting, you can vote on important issues, and you can provide information back to your meeting about the many projects that the Intergroup is doing.

Other fun opportunities for individuals and groups include creating a workshop, helping with Quick Steps, hosting retreats, and planning the MN State convention. Our newsletter is also looking for individuals and groups to write articles for upcoming months. There are plenty of service opportunities and it's lots of fun working together to help others.

For those who are already a part of Intergroup, there are openings for Region 4 representatives and World Service delegates. Unity Intergroup has about 60 meetings listed as members, so we can have one delegate for every 10 meetings. We could have up to 6 delegates attend World Service, but currently we have only two. For anyone interested in becoming part of the Unity Intergroup Board both the chair and co-chair positions will be open. One year of abstinence, attendance at three Intergroup meetings and an interest in making a difference make you eligible for these positions.

Please join us at our next Unity Intergroup meeting on Saturday October 9th at 12:30pm and find out more. Don't forget we also have a speaker at every Intergroup meeting. Hope to see you in October! Happy Fall ...Lori K Unity Intergroup Chair

******* Fourth Annual OA Men's Retreat *******

Mark your calendar!

Spring 2022 - April 29th - May 1st
Christine Center in Willard, WI

This is our fourth annual OA Men's Retreat focusing on recovery for men. In the past, the retreat was a combination of fellowship, speakers, and free time with bonfires, hiking, meditation, and personal time. In addition to the beautiful scenery and wildlife on the property, there are trails, a library, and a bookstore. The Center also has guided meditation and a wood burning sauna at our disposal.

Additional information will be forthcoming.

Please visit the website <https://christinecenter.org/> for the location and information about the accommodations. Details and how to sign up will be coming mid-October.

If you have questions at this time, you may contact
Sasha K 763-443-0393 or John G 612-570-2181

Please feel free to email this to other OA men that may be interested

Tuesday OA/HOW

The Tuesday OA/HOW meeting will be going back to in-person, face to face meeting, starting September 7th. The church's COVID policy is vaccinated people do not have to wear masks unless there are unvaccinated children around, then everyone needs to wear a mask. Unvaccinated people as asked to wear a mask.

**Tuesday OA/How Meeting
9:30-11:30am
Bethel Evangelical Lutheran Church
4120- 17th Avenue South
Minneapolis, MN 55407**

Please contact Dawn S. at 612-310-1703 if there are any questions

Step 9 and Tradition 9

The spiritual principle of Step 9 is **love**. When I first started looking at making those direct amends, love wasn't on my radar. Instead, I had a lot of fear about how those amends would go and even if I could do them. Somewhere along the line I had heard that love is the opposite of fear, so love being the spiritual principle for this Step started to make sense. My fear didn't diminish right away, but with my sponsor's help I could see how fear was blocking me from receiving and giving love. To reopen that channel of love, I had to change my behaviors and take responsibility for my actions and how they hurt others and myself.

When my sponsor suggested we study the Traditions after going through the Steps, I was a bit reluctant. But then I heard that the Steps prevent us from committing suicide and the Traditions prevent us from committing homicide, so how could I say no.

Tradition 9 has the spiritual principle of **structure**. We just had this Tradition as our topic this past Sunday night at my meeting. After reading from the OA 12x12, and talking about organization and structure, I wondered how this applies to me. I looked at my food plan from the point of view of this Tradition. When I first came into OA, I preferred a free-for-all, anything goes approach. After floundering around for a few years (doing it my way and wondering why I wasn't experiencing any real recovery), I finally asked someone to be my sponsor. She suggested I write down a food plan. **Structure** entered my life, providing the guidelines I needed to finally find peace around food.

If you are interested in learning more about the Twelve Traditions, please join Unity Intergroup for a virtual workshop on **"Improving Relationships with the Twelve Traditions"** on Saturday, October 16 and Sunday, October 17 from 9am to noon CST both days.

Lori K. Marshfield, WI 6pm meeting



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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 a piece of OA literature as we return to: Spotlight On... Spotlight On [Been-Slipping-and-Sliding.pdf](#) resource contains thirty questions ... for use in daily writing and/or discussion with a sponsor by members who want to stop “slipping and sliding”.

The questions are also recommended for those in relapse who want to “recommit to their OA program.” The questions asked are designed to encourage the user to learn about why they may be having trouble, what things can be done about it, and to bring them to Step Three. The questions are thought provoking and may bring a stronger understanding of their problem. I particularly like Question 11 which contains a list of situations that can lead to slipping and sliding such as ‘argumentative’, ‘complacency’ and ‘dishonesty.’ The same situations can also be used as a resource for identifying warning signs of a possible slip or relapse.

To use this resource most effectively, you will need the following OA literature which is available from the OA bookstore (bookstore.oa.org). The list includes: *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition* (OA Twelve and Twelve); *Overeaters Anonymous, Third Edition*; the Overeaters Anonymous daily meditation book *For Today*; and the OA pamphlets *The Tools of Recovery, A Plan of Eating, and Dignity of Choice*. However, it may be possible to answer some of the questions without those specific pieces of literature – if the literature is unavailable or unaffordable. The important thing is to answer the questions.

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

email aprlovesoa@gmail.com