

News and Noteworthy

The April Intergroup meeting will be held at the Buffalo Retreat. Those who are not attending the retreat can join the meeting via Zoom. Saturday, April 9 3:00 – 4:40pm
Zoom
ID 810 4426 4132 / PW 12345#
Phone: 312-626-6799 12345#

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
See page 4 for more info or contact Annette: aprlovesoa@gmail.com

New Newsletter Email
If you are interested in contributing to the monthly newsletter, please send your articles to ExpressionsofUnity2022@gmail.com.

Step 4: Made a searching and fearless moral inventory of ourselves.

Many years ago, when I was new to gardening, my passion was strong, though my knowledge was weak.



I planted a few seeds and some small annuals and watched them grow. One plant, in particular, was doing very well and I gave it a lot of attention. It quickly got big though I could see that its riotous growth was taking sun and water from the plants around it. Being successful with this plant I thought I'd buy more but I had no idea what seed I had planted. I walked to my neighbor's home to ask her if she recognized it. Boy, did she! She said it was a giant weed and an invasive species. She also told me to pull it out before it went to seed or I'd have hundreds of them next year.



I was deflated, but I did as she said. Once it was gone, I could really see how its over-sized presence had kept the plants around it from growing. In the next weeks the other plants flourished joyfully as they finally got sun and attention!



Step 4 asks me to look at the character traits and behaviors I have nourished and given attention to. Are they serving me and my HP? With the help of a sponsor and my OA fellows I can look carefully and assess the things I nurture. Are they choking off other attributes, people, skills and expressions of my heart? I don't need to be afraid. I was put here to blossom and with the help of the Fellowship I plan to do just that!



Anonymous

**“The Moment So Potent I Stop and Connect”
By Rachel G.**

**The future the past
Thoughts swirling so fast
I stop and connect**

**Plugging into the source
Guided by a higher force
I stop and connect**

**The illusion of control
keeps me trapped in my head
Thoughts swirling
Mind whirling
Intellect doesn't serve a spirit dead
I stop and connect**

**Being in the moment, so potent
And I feel it
It's ease and clarity
Calm certainty
and peace**

**When did I lose that?
Where did it go?
Doesn't matter
It's only now and it's a choice
I stop and connect**

**Nature
Water
Dance
Breath
Body Flow
Blessings
Gratitude
Feeling**

**The moment so potent
I stop and connect**

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 read things that have helped others recover from relapse as we bring back What people are saying about...

We asked some of our speakers, "Name a few of the lies your disease has told you."

About the Food

- + Foods that don't count: popcorn; fat-free, sugar-free frozen yogurt; candied fruit and nuts in fruitcake; sugar-free grape jelly...
- + a few extra bites won't kill me.
- + it's organic sugar, it won't hurt me.
- + My disease has told me that my cravings determine my nutritional needs.
- + If I don't tell anyone, it didn't happen.
- + After taking that bite my disease told me I didn't have to say anything, it'll be ok.
- + My disease told me that the little extra I wanted wasn't any big deal.
- + I can start over tomorrow. Yeah, this is my last binge and then I'll get on a diet tomorrow.
- + I deserve this food so it's okay if I eat it. (So many deceptions in that one sentence.)
- + My disease tells me it won't matter just this time, or that little bit doesn't matter.
- + It's stupid to be so strict about every little thing.
- + I want more. Let me think what I could have that wouldn't be too bad.
- + My disease loves to bargain with me and at times I have given in.
- + Any food plan that would work to me has to be flexible (read I can have anything I want at any time.)
- + I will stop after one more bite, serving, day, week, month...
- + I can have that little extra when measuring because I walked more than usual.

About the Weight

- ✚ If my weight is up a pound from yesterday, that means I'll weigh 300 lbs. by Christmas.
- ✚ My disease lied and told me that my partner won't love me as much with a few extra pounds.
- ✚ My disease lied and told me that I will not be able to stay in a right sized body for the rest of my life.
- ✚ I will always be fat.
- ✚ I'm full of myself because I have a tummy and I'm not working out - therefore I'm not working my program with rigor.

About Abstinence Attitudes and Relapse

- ✚ I should count steps, calories, pounds, and time. Hp response: counting these things starts anorexic behaviors. Do the footwork, use the tools, I'll take care of the counting.
- ✚ My disease has told me that if other people behaved differently, I wouldn't need the excess food.
- ✚ I can work steps 1-12 and then graduate. I am finished and the rest of my life can be lived as a normal eater.
- ✚ When I began to stop doing the daily work of living in 10-12, my disease told me it was ok as I needed to find balance in my life, program was taking too much time.
- ✚ When relapse finally showed itself in the food, it was subtle initially, like changing the abstinent food on my food plan without talking with my food sponsor. My disease told me it was ok to have some freedom within my food plan as long as the structure was abstinent.
- ✚ I've never needed a seatbelt extender so clearly, I'm not that bad.
- ✚ As a bulimic, I'm already too rigid around food so my meal plan should be looser.
- ✚ I could never be abstinent so why bother.
- ✚ My addiction has told me that I can stop dancing with the devil anytime I want.
- ✚ I have it all together and I don't need any help.
- ✚ I can quit on my own.
- ✚ I only need a few hints from you people and then I am good to go.
- ✚ My disease has told me that I am missing out when I follow my plan.
- ✚ My disease has told me that not following my food plan is "self-care".

About Self-Esteem

- ✚ Lie 1: I have to get "it" all done at the right time in the right order or I failed. HP response: breathe and do the next right thing.
- ✚ My disease lied and told me that I am unworthy of love and affection and finally being able to get and stay in a right sized body.
- ✚ I think the lie that gets me into the most trouble is that "I'm less than". When I feel less than, It wounds my soul and I want to medicate.

About Higher Power

- ✚ Is OA a cult?
- ✚ I came into OA agnostic and was barely beginning to have conscious contact and faith in HP. As the relapse progressed, my disease told me there was no comfort in the thought of HP being with me through hard times. What good was HP if it could not prevent the hard times?

What lies has your disease told you?

AnonymoUs

Recovery from Relapse meeting information:

Thursdays 6pm Central – Join Zoom Meeting:

<https://us02web.zoom.us/j/87100236034?pwd=d3ZsYThSTDViYm1JWlk0RWlLWE9Kdz09>

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

2022 OA Buffalo Retreat

“From Newcomer to Recovered”

April 8-10 2022

Location: Christ the King Retreat Center ♦ 621 First Avenue South Buffalo, MN

55313 **Costs:**

- **Shared rooms:** \$192.00 before March 15 and \$200 after March 15
- **Private rooms*:** \$212.00 before March 15 and \$220 after March 15
- **Program with meals and NO lodging:** \$100.00

**Private room availability is limited. No scholarships for private rooms.*

Includes: Friday: dinner and room, Saturday: three meals and room, Sunday: breakfast.

* \$3 surcharge per meal/per person, gluten free or vegetarian (5 meals is \$15)

Times: Check-In: Friday 5:00, dinner 6:00, program 7:00 ♦ Check-Out: Sunday 10:30 am

To register online: <http://overeaters.org/upcoming-oa-events/>

To mail-in registration:

a. Contact Sandy A at 763.228.3357 or oabuffaloretreat22@gmail.com for mailing address for mail in registrations.

b. Detach and complete mail-in form below. Include a check or money order for the full amount **PAYABLE TO UNITY INTERGROUP**

c. All reservations will be confirmed via email. If you want a confirmation via US mail, you must enclose a self-addressed stamped envelope (SASE).

Questions or concerns, please contact Sandy A.

Please note: All registrations must be paid in full. We do not accept partial payments. No credit card payments accepted for mail-in registration. All credit card payments must be online. At the Retreat, we will only accept cash or checks for literature, concessions, or raffle tickets. Refunds will only be issued in the event that the in person retreat is cancelled.

- Mail-In Registration Form

Full Name: _____ Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Nametag: (1st name and first initial of last name):

_____ Home meeting:

Room (circle): Private Shared Roommate request _____ Gender for

roommate assignments (circle): Male Female

* If you register for a shared room without a roommate request, a roommate will be assigned for you. * If you require a handicap room, please contact **Sandy A.** as there are a limited number.

Special Accommodations: (circle) Vision Hearing Mobility Other _____

PLEASE INDICATE YOUR NEEDS (e.g., room close to the elevators, dining hall, or main hall; quiet room for small groups; handicap accessible bathroom)

Service Opportunities: (circle all you are willing to do) Registration/check-in Small Group

Leader Timer for speakers Hear a 5th step Literature Wherever needed **Partial**

Scholarship: Send requests to Sandy A at oabuffaloretreat22@gmail.com

Dietary Restrictions and Special Foods: Refrigerators are available if you want to bring food. The menu will be emailed to all participants. * \$3 surcharge per meal/per person, gluten free or vegetarian

Cancelation Policy: Refunds will only be issued in the event that the in person retreat is cancelled.