



May 2022

# Expressions of Unity

The Newsletter of Unity Intergroup

[www.overeaters.org](http://www.overeaters.org)

## News and Noteworthy

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### The 17<sup>th</sup> Annual Big Book Study Is Back!

For more info, go to page 4.

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**The May Intergroup  
meeting will be held on  
Saturday, May 7 from  
12:30 – 2:30pm**

via

**Zoom**

**ID 810 4426 4132 /**

**PW 12345#**

**Phone: 312-626-6799**

**12345#**

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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**

**For more info**

**contact Annette:**

**[aprlovesoa@gmail.com](mailto:aprlovesoa@gmail.com)**

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## Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs:

Like pretty much everyone I know in any 12 Step program, I dreaded giving my 5th step to someone. When I wrote down my 4th step inventory, I pretended like no one else would have to hear what was written on the paper, so I didn't lie to myself or minimize what I had said or done. So when the time came to give my 5th step, it was full of swear words. It was full of things that no one but me knew I had done. It was embarrassing. It was raw.

The woman I chose to hear my 5th step was from my meeting, about 10 years older than I, and seemed very "churchy." As we had planned, I picked her up in my car and we drove to a park. We sat at a picnic table far enough away from the kids playing there that they couldn't overhear my bad language and bad behavior, or at least that was the reason my thought process thought we decided to sit at that particular table. The woman listening to my 5th step had a sweet smile on her face while I droned on for my 26 pages of drama. She would look up at the trees. She would watch a bird fly. She would glance at my face. She didn't frown or pinch her face at the things I had done to my children or my bad language. As I continued reading from my notebook, the stress that had built up dreading this whole thing continued to dissipate. Relief started setting in. But then I would dig into my stress again by reminding myself that she had not made any comments on my writing yet and that part of this whole 5th step process could be horrible even if reading it out loud hadn't been.

For whatever reason, she decided we should go into my car for the "reaction to telling the 5th step" part. Then, surprisingly, the "churchy" lady used swear words to talk about her own marriage and raising her own kids and how much she could relate to my story. And I'm sure she said a bunch of other things, but what I remember now is feeling "you are ok," and "you are forgiven" and "you are not perfect and that is ok" and "you are not alone" and "it will get better from here."

It will not be the easiest thing you will do in this program. But like all the other seemingly odd things we do in OA, such as plan our food so we can be free from food obsession, or let God run our life so it will be better than if we “handle it” on our own, writing down our bad stuff and sharing it out loud to another person can make us feel like we are not such a bad person.

Corey H.

## Tradition 5 - Questions for a Healthy and Supportive Meeting

Tradition 5 tells us that OA is a spiritual program and that our groups come together to share recovery through the Twelve Steps and Twelve Traditions of OA. No matter how much recovery we have we still need to hear the message. OA members have the ability to help our fellow sufferer in ways no normal eater can.

Tradition 5 asks:

*How are we making decisions that help us carry a message of hope and recovery to others?*

*Does our group concentrate sufficiently on OA’s primary purpose?*

*Do we focus our discussions on the Twelve Steps, the Twelve Traditions, the Tools, and recovery from compulsive eating? Or do we just talk about the events of our lives without sharing how the program is helping us to change?*

*Do we welcome newcomers to our group and give them individual attention?*

*Do we try to make OA known to people outside who need help?*

*In what ways do we support our intergroup, service board, region, and world service in our efforts to reach out?*

*Do we volunteer to help newcomers, visitors, or other members who need transportation to attend our meetings?*

*What do we do to welcome back members who are returning to OA?*

*Do we make a point to welcome new members, talk with them, and offer phone numbers?*

*Can members find sponsors in our group?*

*Does anybody in our group make a point to call newcomers or members who have been missing from the meeting?*

*Do we remember longtime OA members who still suffer physically, emotionally, or spiritually?*

*How do we treat the member who is facing difficulties with compulsive eating or with life?*

Tradition 5 makes it very clear that we have service to offer and that service is the foundation of recovery.

Carolyn S.

### **Dragging Those Chains**

The OA program encourages us to live one day at a time. In other words, that says to me “live in today”. I heard a cute story about a man who was dragging a chain behind him on the side-walk. Another man on meeting the first man asked, “Why are you dragging that chain? To which the first man replied, “Have you ever tried pushing one of these things?”

How does this little story relate to living in today? If I had not learned how to let go of the past through the Step work in OA, I would not know how to lay down the chains of the past. The Twelve Steps and Twelve Traditions of Overeaters Anonymous on page 83 says, “the first nine steps of our program...(are) primarily intended to help us clear up the accumulated (emphasis added) debris of the past...”. After completing Steps 1 through 9, if I do not take the 10th Step personal inventory daily, and admit and correct my wrongs, I will drag the chains of the past into each new day. If I continue to avoid the inventory and corrective actions that chain will get longer and heavier each day as I drag the hurts, resentments, and anger from the past into today.

Similarly, if I try to live in the “what ifs” of the future, not staying in today. I will be trying to push the chain. It seems to me that pushing a chain is impossible, just as worrying about my future will not have much effect on what actually happens in the future. Looking back on my life, I find that most of the things I contemplated, worried about, or anticipated in the future never happened, which for the most part I can say “thank God!”.

If I am not agonizing over the past, and not anticipating the future, I have so much more physical, mental, and emotional energy to really live in today—one day at a time.

Anonymous

Unity Intergroup presents:

**17<sup>th</sup> Annual Find Abstinence Through the Big Book Webcast  
Free - No Pre-registration Required**

<b>May 13<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup> 2022</b>	<b>Big Book Study Hours (Central):</b>
<b><a href="#">Zoom Meeting Link</a></b>	Friday May 13 <sup>th</sup> - 6:30 p.m. - 9:00 p.m. CDT
Meeting ID: 899 8574 6665 Meeting Password: 2022	Saturday May 14 <sup>th</sup> - 9 a.m. - 5:30 p.m. CDT
<b>Donations Welcome:</b> <a href="http://overeaters.org/">http://overeaters.org/</a>	Sunday May 15 <sup>th</sup> - 9:00 a.m. - Noon CDT

- "I finally found abstinence after two years with the help of this workshop!" ~Anonymous
- "This workshop changed my life!" ~Anonymous
- Our speaker will also go into detail on actively working all 12 steps.
- Bonus! Saturday morning mini-workshop "plan of eating".
- Bonus! Saturday afternoon mini-workshop "hands on inventory".

• Speaker Will Be <b>Broadcast</b> Live In <b>HD</b> Over The Internet	• Historically And Graphically Rich <b>Presentation</b>
• <a href="#">Click here for the full 2021 audio &amp; video recordings</a>	• <a href="#">Click here for the full 2018 audio &amp; video Recordings</a>
For questions, please contact: <a href="#">Lori K.</a> (715) 741-2959	<b>New Inventory Forms Will be Available!</b>

