

News and Noteworthy

The July Intergroup meeting will be held on Saturday, July 9 from 12:30 – 2:30pm

via

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

For more info

contact Annette:

aprlovesoa@gmail.com

New Newsletter Email

If you are interested in

contributing to the

monthly newsletter,

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[ExpressionsofUnity2022](mailto:ExpressionsofUnity2022@gmail.com)

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Step 7: Humbly asked Him to remove our shortcomings.

Humility

In Step Seven we are called to humbly ask God to remove our shortcomings. This Step starts with the word humility which comes from the same root word for humus or dirt and means to come from the earth. As an avid gardener this certainly captures my imagination. I love thinking about the beautiful, rich, and nourishing humus my Higher Power is able to make out of all my shortcomings, if only I am to ask. You see with humility my Higher Power is able to break down my faults into a nutritious earthy substrate where other virtues like wisdom or equanimity may blossom and grow. In my Higher Power's time, a new me ripens to become someone who is better able to serve her community and to live more peaceably in her own skin. There is such a tranquility that comes from knowing and owning my imperfections. Because when I do, I no longer need to waste my energy hiding them from myself and others. Instead, in grace, I can seek to learn to live with them productively, or even to overcome them. It is with humility that I am given willingness to ask for help from others and the openness to learn from my mistakes. Bill W. from AA wrote about humility as, "the clear recognition of what and who we really are, followed by a sincere attempt to be what we can be." Most of us these days know that having an inflated ego is not humble, but we may not realize that thinking of ourselves as too lowly is also missing the spirit of this virtue. True humility is not thinking less of ourselves, but thinking of ourselves less. With quiet ego I am able to accurately appreciate the self I have received yet also remember my place in the boundless and interconnected order of things. In humility I rise up, rooted and blooming from the earth while never losing perspective of the vast beauty of it all and my small but sacred place in it,

Sarah U.

A Closer Look at the Step Seven Prayer

Step Seven Prayer

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.

Let's look at the prayer by sentence or phrase.

(1) "My Creator, I am now willing that you should have all of me, good and bad."

The concepts here are willingness, acceptance, and humility. My job is to be willing to let go of patterns of acting that block humility. Acceptance is key: I recognize good and bad, a full, honest picture of who I am. When I accept the bad (accept that I make mistakes), I can address defects and turn defects into assets with my Higher Power's help. Thus shame doesn't turn into "I am a mistake" which keeps me in bondage to self. Humility is not humiliation. In fact, poor self-image keeps us in bondage to self and thus makes it impossible to find true humility. "Humility is simply an awareness of who we really are today and a willingness to become all that we can be". Humility is a gift. We learn a lot about ourselves and develop a working partnership with our Higher Power.

(2) "I pray that you now remove from me every single defect of character ..."

This is an important aspect of humility: I recognize that I cannot remove the defects and that I need to reach out to my Higher Power for help.

(3) "... that stands in the way of my usefulness to you and my fellows."

This phrase really focuses and centers me. When I say this prayer, I recognize and affirm that my true goal in life is to be useful, to contribute. I'm asking my Higher Power to help me recognize defects and stumbling blocks that distort my intentions and damage relationships, such as dishonesty, self-will (wanting my own way), self-seeking (expectations of recognition), or fear.

(4) "Grant me strength as I go out from here to do Your bidding."

When I say this, I am affirming that I can trust my Higher Power's guidance. I am given strength, courage to do the next right thing and trust the outcome to my Higher Power's care. With my Higher Power's help, I am becoming all that I can be.

Anonymous

Twelfth Step Within Corner

Have you been Slipping and Sliding? Do you want to reevaluate how your program is going?

The World Service Organization of OA has many wonderful resources available on the website oa.org. One of these is called “Been Slipping and Sliding? A Reading and Writing Tool”. Using OA books and pamphlets, this tool offers a guide to take a targeted look at our current relationship with food and how we are working (or not working) our program of recovery. The format of 30 suggested readings and corresponding writing topics lends itself to either study with a small group of fellows or an individual and sponsor.

<https://oa.org/app/uploads/2021/09/been-slipping-and-sliding-a-reading-and-writing-tool.pdf>

Jean K.

Region 4 Language Contest

Calling all fellows to help us give new life to some well-worn words

Prizes – Gift Cards!

Dates: May 15 – August 15, 2022

What cool action words
get you excited about
recovery?

We are looking for new
words to reframe and
give new life to →

Words to change

Retreat

(Phrase or word) - \$25 prize

Workshop

(Phrase or word) - \$25 prize

R4 Slogan

(3 – 6 words) - \$100 prize

Consider

- Excitement
- Grabs your attention
- Inviting
- Universal
- Target Demographic – Intergroups
- Next generation of OA members
- Differentiating R4 – How do we stand out
- Feel good about Region 4

Mission Statement: To actively support the Region 4 Intergroups to carry the message of recovery to compulsive eaters