



November 2022

Expressions of Unity

The Newsletter of Unity Intergroup

www.overeaters.org

News and Noteworthy

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

Zoom

ID 810 4426 4132 /

PW 12345#

Phone: 312-626-6799

12345#

Minneapolis In-Person OA/HOW meeting

Tuesday mornings
9:30 am -11:30 am

Bethel Evangelical Lutheran Church
4120 17th Avenue South, Minneapolis, MN 55407

Contact: Dawn S 612-310-17032-hour OA/HOW meeting

Enter through the parking lot sliding door

Masks optional

Circle Pines In-Person OA/HOW meeting

Saturday mornings
8:00 am-10:00 am

Our Savior Lutheran Church
9185 Lexington Avenue North Circle Pines, MN. 55014
Contact: Dave M 612-636-0287

2-hour OA HOW meeting
Enter church through back door.
Meeting is straight ahead.

**MASKS REQUIRED
BY THE CHURCH**

Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Reminder of the OA uphill journey

A recent reading mentioned the “varied terrain”, which brought to mind the journey we’re on here in Overeaters Anonymous. The journey is analogous to the path up a mountain, isn’t it? Maybe it’s a hike along the Superior Hiking Trail to the top of Mount LeVeaux or Arizona’s Camelback Mountain or even the Matterhorn! Is the path a straight shot to the top? I don’t think so!!

I have been blessed recently with a sponsee. Some correspondence with her brought to mind the paths on the journey that we’re all on together in OA. We use the 12-steps to get to the top, and the joy is we’re not alone, we’re walking those paths together. Although she’s had many years in another 12-step program, she’s new to working the steps for the Overeaters Anonymous program. She’s been working admirably hard in her first couple of months with some weight reductions but felt like she hit an impasse that she wrote to me about. It seemed like she was being pretty hard on herself.

I realize my response, written off the cuff, may have been a bit blunt: “You’re so funny! Did you expect a straight shot to the top? All your extra weight to melt off in a flash? Ha ha, so sorry! The trek up the mountain isn’t straight. It curves around, sometimes back down before heading upwards, sometimes our feet slip off the path, we can even step in doo-doo. But we’re not alone, are we? Glad you’ve invited me to journey with you, darling!”

But while blunt, I’m so grateful that our interchange brought up some key points:

- the idea that it's important to set goals while being gentle with ourselves as we step out onto the path to where we're going. The only requirement to attend meetings is a desire to stop eating compulsively. The joy is the people in the program have traveled along some of the same paths and know not to judge others.
- the path isn't straight, it isn't level, we may lose sight of the objective as the mountain peak is hidden around the bend or if the trek takes us down for a while before turning back upward.
- there will be detours
- there will be mud
- the weather will definitely be uncertain "Weather was put on this Earth to keep mankind humble" – you betcha!! We're not alone unless we chose to be
- we can use the tool of sponsorship like she did
- we can use the tool of meetings (like our morning meeting where I heard someone talk about the varied terrain)
- we can use the tool of literature (like OA literature/daily meditation book that had the idea of the varied terrain/newsletter)
- we can use the telephone so even if we're physically by ourselves, we can have company as we're climbing the slopes and traversing the valleys
- we have our Higher Power – I especially feel connected to my HP when I'm out in nature

Step 11 is the way for me to keep going along this journey of life. The road sometimes feels long, arduous, and uncertain. But as I take it a day at a time, when I take time at the beginning of my day to set my plans in place before I put my feet on the path to that day's objective and then at day's end to recap what wondrous sights I've seen, I'm grateful for all of you who are journeying with me. I love you, I love the 12-step program, and I love to remember:

The escalator to the top is broken, we have to use the Steps!!

Deb C.

Minneapolis in-person OA/HOW meeting
 Tuesday mornings 9:30 am -11:30 am
 Bethel Evangelical Lutheran Church 4120 17th Avenue South,
 Minneapolis, MN 55407
 Contact: Dawn S 612-310-1703
 2-hour OA/HOW meeting
 Enter through the parking lot sliding door
 Masks optional

A Walk with God

I went for a walk with God one day. Like the child that I am, I kept running ahead and He had to call me back. Again and again, I ran ahead. Again and again, He'd call me back. We were getting to a place I had never been before. It was so beautiful. There were wildflowers everywhere. Some were pink, some yellow. There were blue and white ones too. "I love it here!", I exclaimed. God laughed at my delight. "I'm very glad you like it here. I promised you it would be wonderful."

I began picking flowers here and there, not watching how far ahead I was getting again. This time Gd did not stop me. He just watched and waited. Suddenly, a way down a steep hill were some lovely purple flowers. "I have to get some of those," I thought. So, I began to go down the hill. I heard a little warning in my head that I probably should not do this, but I had already started going down. The purple flowers were calling to me. I could just imagine how pretty they would be in my bouquet. I stepped closer even though the path was not very clear. I was finally close enough to pick them when down I tumbled to the bottom of the hill. I had scraped both my knees and I did not know where I was or how to get back to safety and God.

"Oh, Dear God!" I cried. "I've fallen and I'm hurt. Please help me." I looked up through my tears and there was God right beside me. "My dear child," He said, and gently helped me to my feet. "I kept calling for you to stay close to me, but you would not listen. You thought you could go ahead all on your own. You see now how and why you ended up here hurt and afraid."

"Come with me now and I will heal your wounds. Tomorrow we shall begin again." I held on tightly to His hand and we started back up the hill. I was so glad to be safe and with God. I asked Him to forgive me. He put His hand on me and blessed me. "Thank you, God," I said. "I will do my best never to run ahead of you again."

Katherine B.

Circle Pines in-person OA/HOW meeting
Saturday mornings 8:00 am-10:00 am
Our Savior Lutheran Church 9185 Lexington Avenue
North Circle Pines, MN. 55014
Contact: Dave M 612-636-0287
2-hour OA HOW meeting
Enter church through back door. Meeting is straight ahead.
MASKS REQUIRED BY THE CHURCH

Eleventh Step Newsletter Article

The Step 11 section of the Big Book of Alcoholics Anonymous suggests that we “constructively review our day” by asking ourselves these questions:

Were we resentful, selfish, dishonest, or afraid?

Do we owe an apology?

Have we kept something to ourselves which should be discussed with another person at once?

Were we kind and loving toward all?

What could we have done better?

Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life?

I have been answering these questions from the 11th Step section of the Big Book of Alcoholics Anonymous almost every night for more than 3 years. It is interesting that when I read it again recently, I realized that I haven't really been asking one of the questions correctly. The one that jumped out at me was, **“Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life?”** Even though there is a question mark in the middle of this, it really seems like one long question that has us review our thinking during the day. Was our thinking focused on ourselves or did we ever think about others? It's a reminder that we are supposed to focus on other people. Not only because we may be of service to them, but also because by doing this we are actually helping ourselves. Being the self-consumed compulsive overeater that I am, I think about myself most of the time. But by asking myself the second part of the question, I am able to write down the times when I did think of others during the day and when I was of service - by texting, calling, writing, going to meetings and being of service in other ways. Answering this question every night reinforces that to save myself I need to focus outside myself.

The last part of the question, **“of what we could pack into the stream of life?”**, wasn't even a part of my nightly review. I completely overlooked it, and I'm not really sure that I know what it means. **“Of what we could pack”** seems to suggest making the most of the limited amount of space, or time, or energy that we have during the day. **“Into the stream of life”** seems to suggest flowing with the world around us. Thinking of what we could pack into the stream of life does not leave a lot room or time in our day for passively focusing inwards. Instead, it reinforces that we can actively focus outwards to make the most of our day and be a part of the flowing world around us.

It's amazing that no matter how often we have read the Big Book or the OA 12 x 12, we will always learn something new.

Anonymous