



# Expressions of Unity

The newsletter of Unity Intergroup

www.overeaters.org

## Step 7: Humbly asked Him to remove our shortcomings.

### PRAY FOR THE WILLINGNESS

Having a problem with food, weight or purging? Call our 24/7 hotline at **612-377-1600** and one of our volunteers will return your call.

#### In this issue:

Step and Tradition Articles

Spanish speaking meeting

Upcoming outreach opportunities

Unity Intergroup Calendar of Events

Region 4 and WSO Calendar of Events

I recently participated in the original 4<sup>th</sup> step seminar. It was a wonderful experience and during the process I also did a 5<sup>th</sup> step with my sponsor. Afterwards I did step 6 and felt like a huge weight had been lifted.

When I got to step 7 however I felt a sort of pull in my gut. I realized that was because I wasn't ready to let go of some of my character defects at that time. They had served me too well and I had grown attached to some of them. I certainly did not want to humble myself and ask for help. Besides where had my HP been anyway? What had it ever given me?

And then it hit me. Everything in my life has basically been a gift from my HP, which has been different things to me at different times.

I am also a recovering alcoholic. I realized that I was willing to turn my alcohol over to my HP, but have been unwilling to surrender the food.

This was a big *a-ha* for me. Sounds simple but it had eluded me. I had been too frightened to give up my bingeing. How would I cope with life? My food had always been my coping skill from the time I was 4 years old. In my dysfunctional family it helped me to survive.

But something struck me. I was no longer 4. I was no longer dealing with those people in my life. Perhaps I could give the food to my HP after all.

I prayed and meditated about it. I talked to my sponsor about it. I knew I had to let it go and trust or I would return to the bingeing. So for days I prayed to be willing to be willing. Sounds silly but that is what it took. One day I woke up calmer than usual. It scared me a little.

Since that time I have become more willing. More willing to follow my food plan. More willing to weigh and measure my food. More willing to go to meetings.

More willing to do service. And guess what? I am having less resistance to my program. I am feeling a part of things in my group. I still have a ways to go but at least now I remain abstinent and am beginning to have that surrender. Willingness has taken the place of defensiveness and defiance. For this I am grateful.

It isn't perfect but it's working.

Anonymous



## TRADITION SEVEN: Every OA group ought to be fully self-supporting, declining outside contributions.

Did I really choose to write on a tradition?! I have been one to avoid spending too much time on the traditions, they seem important to the group and organization of OA but not to me individually. So I felt surprised when my HP guided me towards writing on a tradition; but more and more I am listening to my HP's message, thanks to OA.

In reading on Tradition 7 I saw the word "free" several times: OA must be free from outside contributions, but also free from receiving too much from any one member in the form of money or service. If we receive from the wrong contributor or out of proportion from any one source, we become beholden to that contributor and our group or OA as a whole loses its balance and autonomy. The ultimate authority of OA is expressed through the group conscience as guided by our higher powers and not by any individual's undue influence. Thus to stay free we must each contribute: take responsibility and pay our share as the basket is passed and as service positions are rotated.

I have had the experience of developing unhealthy dependencies on food, people, and things, and I had difficulty learning to take responsibility and paying my fair share. Prior to following my food plan and relying on my HP, I tried to give less so that I would have more for me, more money and time to engage in my food addiction. In OA I learned about healthy dependence. Tradition 7 insures that we as a group will be safe from unhealthy dependencies. As each individual OA member contributes to the meeting, that meeting contributes towards other OA service bodies: intergroup, region and World Service. In turn, those bodies help to

support their member groups and carry OA's message to the compulsive overeater who is still suffering.

As I type this article I have to laugh at myself. Although my HP had me volunteer to write an article I felt a little annoyed with this. Didn't my HP know I had other more important things to do? What about work, household chores, relaxation time? Couldn't someone else do this writing and do it better? After all I am sponsoring and I make my financial contribution as the basket is passed. But the answer does not lie in these rationalizations, the answer lies in Tradition 7, "for many of us, our willingness to pay our own way is a sign that we are recovering and maturing emotionally" (p.165, The Twelve Steps and Twelve Traditions of OA). To recover I need to contribute beyond what I put in the meeting basket, I need to take on my share of the service work as well. So I write this article today with the hope that you will also read Tradition 7, review the questions at the end of the chapter, and consider how you can grow in your recovery by further supporting OA. As we each contribute our share we will gain freedom from unhealthy dependencies and ensure that OA as a whole remains free.

~Anonymous

### Meeting Updates



The Thursday 5:30 Minneapolis HOW meeting will no longer be meeting starting in July. Our last meeting is the last Thursday in June.

## Reunión en Español

¿Usted o alguien que conoces tiene un problema de comer compulsivamente?  
Le invitamos a una Reunión de Comedores Compulsivos Anónimos en español

Los jueves a las 6:30pm en Cedar Valley Church  
8600 Bloomington Ave, Bloomington

Para obtener mas información, póngase en contacto con  
Noelia en 612-919-2338 o oa.espanol@gmail.com

## 12th Step Opportunities

Perhaps it is fortunate for us, and for the millions of compulsive overeaters who still suffer, that most of us who've worked this program will be unable to keep the recovery we have unless we share our experience, strength, and hope with others. (page 101 of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*)

You can now find our 12th Step Opportunities on our website at <http://overeaters.org/12StepOpps.html>. Please consider volunteering!

There are no abstinence requirements to volunteer. Training is provided. Contact Julie C. if interested at [juliec-uiq@hotmail.com](mailto:juliec-uiq@hotmail.com) or (612) 558-3687.

Saturday August 29	<b>Urban League Family Day</b> Minneapolis
Saturday October 10	<b>Diabetes Expo</b> Minneapolis Convention Center
Sat/Sun Oct 17 & 18 10am-5pm	<b>Healthy Life Expo</b> Minneapolis Convention Center

Do you control your food or does it control you?

Just can't do one more diet?

There IS a solution!

Overeaters Anonymous can help. No dues or fees.

612-377-1600  
[www.overeaters.org](http://www.overeaters.org)

**OVEREATERS ANONYMOUS**  
UNITY INTERGROUP

## A Tiny Little Problem in my Step 7

The human being I show to the world is beautiful. And ugly. It depends on the day and my mood. As I strive for perfection, sometimes the character defects can get all shiny and obvious.

You may have noticed.

You may have rolled your eyes on your drive home from our last meeting.

My thought of Step 7 is this: "Ummm... God, I've got a strong will, some perfectionism, selfishness, and a tiny little problem with eating a whole sleeve of crackers after I have buttered each one. Please take whatever isn't right, I don't really want to be that way!"

But the Big Book version is this: "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. Amen."

-Page 76

There a humility to the Big Book approach that can't be missed. Wow! The objectionable defects of character in my original plea DO stand in the way of my usefulness. Does anyone want to listen to a strong-willed, selfish, perfectionist who just downed a sleeve of buttered crackers? Nope!

I wasn't thinking of it that way at all. I was just thinking of how my life would be more "perfect" without those shortcomings.

I'm humbled when I look at Step 7 through the lens of a service perspective.

~Anonymous

## 12th Step Within Brainstorming Session

August 8 from 11:00-12:00 AM in the Cargill Room at Sumner Library, 611 Van White Memorial Blvd, Minneapolis, MN. We will have a brainstorming session before the monthly Unity Intergroup meeting. We are looking for ideas and discussion on how to help people already in the OA program who are still suffering. There is no service obligation beyond attending the brainstorming session and contributing ideas.

The Twelfth-Step-Within Committee was created to reach out to those struggling within our rooms and to address the relapse and recovery of our members. The committee's purpose is to strengthen OA by sharing information and ideas that generate recovery within the Fellowship.

UNITY INTERGROUP Paul B 651-216-5159, p\_berglund@msn.com

## *I have a feeling of usefulness and strength.*

No longer do I feel better than others; that was a mind game that I played with myself to hide my feelings of not being good enough. No longer do I feel less than others, but rather, "just about average".

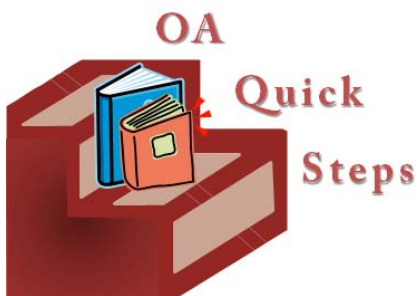
OA has brought the dignity of structure and discipline into my life; I have a food plan and an action plan, I show up at meetings and do service in my OA fellowship and in my life.

I am reading and writing and building a relationship with my Higher Power.

When I have discipline in my life, my self-esteem grows because I am practicing self-care. I am learning that discipline requires pain, discomfort and patience; it makes me feel strong and grown up. Because I am taking care of myself, and my program, I have a feeling of usefulness and strength.

I ask God for the willingness to scrutinize my defects of character and as my awareness of each increases, I am able to be happy, joyous and free.

~~Ann T.



### **OA Quick Steps Workshop**

#### **Two-Session Format Workshop**

**Wednesday from 6:00pm-9:00pm, August 12 & 26, 2015**

**Pilgrim Lutheran**

**3901 First Ave S, Minneapolis**

To register, contact Julie C. at 612-558-3687 or [oaquicksteps@gmail.com](mailto:oaquicksteps@gmail.com). Registration mandatory. Numbers are limited. There are no fees for this workshop, but we will be collecting a 7th Tradition donation. Time commitment is two, three-hour sessions, plus homework. Expect to be very busy working on recovery for these weeks!

***For people who are new to OA or just need help getting through the Steps***

**One of the promises in the AA Big Book is that before you're done with Step Nine, the obsession is lifted. Increase your chance of success—join the OA Quick Steps series, get abstinent and work through the 12 Steps in just two weeks!**

**The purpose of this workshop is to get people through the 12 Steps quickly, to help people obtain a successful, life-long recovery, and aid in retention and growth of recovered compulsive eaters in OA.**

## Expressions of Unity

The August *Expressions of Unity* will focus on Step Eight "Made a list of all persons we had harmed and became willing to make amends to them all" and will be sponsored by the Wednesday Night Hamline meeting. Although one meeting or group generally sponsors each newsletter, we welcome articles from anyone. Please indicate if it is okay to print your name with your article and email your contributions by July 18, 2015 to [ExpressionsofUnity@gmail.com](mailto:ExpressionsofUnity@gmail.com).



**Conference Dial-in Number:**  
**(712) 432-0360**

UIG Meeting Participant Access  
Code: 468702#

Details of the telephone system  
and keypad options;

<http://www overeaters.org/conferencing.html>

All articles written are the opinion of the writer and not of OA as a whole or of the *Expressions of Unity* newsletter.

## Intergroup Board



Chair—Peg M	612-280-6119	<a href="mailto:Pegm.unityIG@gmail.com">Pegm.unityIG@gmail.com</a>
Vice Chair—Mary T	612-940-7654	<a href="mailto:marytunityig@gmail.com">marytunityig@gmail.com</a>
Treasurer—Bob S	763-229-6196	<a href="mailto:bonasachs@q.com">bonasachs@q.com</a>
Secretary—Jill	651-739-0212	<a href="mailto:jshortreed@centurylink.net">jshortreed@centurylink.net</a>

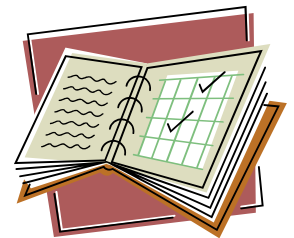


### Unity Intergroup Mark Your Calendar...

July 11	12:30-2:30	Unity Intergroup
July 28	1-2:15	OA Newcomers Meeting
Aug 12 & 26	6-9pm	OA Quicksteps

### Region 4 and WSO events... Visit [oaregion4.org](http://oaregion4.org) or [oa.org](http://oa.org) for details

July 11, 2015	Jumpstart into Recovery— Big book Retreat See June 2015 newsletter
September 18	Iowa 2015 Convention
September 25-26	Winnipeg Fall Conference



Web submissions are due the **first** Saturday of each month.

**Unity Intergroup** meets the **second** Saturday of each month at Sumner Library.

**Newcomer Meeting** is the **third** Saturday of each month at Sumner Library. All are welcome.

**Newsletter articles** are due the **third** Saturday of each month.