



Expressions of Unity

The newsletter of Unity Intergroup

www.overeaters.org

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

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.

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Before my fourth step....

I thought I had forgiven all of the people who had wronged me in my life. After I became divorced a number of years ago, my counselor had told me to write letters to the people I resented, telling them 'by proxy' that I forgave them, and then to burn the letters.

While that did help somewhat, I was still plagued by resentments and fears. I couldn't figure how to be free of the weight of my feelings that kept me up at night, exhausted in the mornings, and of course, eating until I felt nauseated.

When I got invited to OA, I thought I would have a rather short list when it came time to do my fourth step. But was I shocked! My list of resentments and fears alone was 19 pages long!

How could that be when I had worked so very hard at trying to 'let go and let God,' letting other people off of the hook by forgiving them?

My answer was in the Big Book, on the bottom of page 65: "We went back through our lives. Nothing counted but thoroughness and honesty. When we were finished we considered it carefully. The first thing apparent was that this world and its people were often quite wrong. *To conclude that others were wrong was as far as most of us ever got. The usual outcome was that people continued to wrong us and we stayed sore.*" (Italics mine).

When I rigorously did as the Big Book advised and did not look at what others had done to me, but instead looked at what I had done wrong, it was amazing how my attitude changed! I started looking at current and past difficulties in light of what I myself had done to start or aggravate bad situations.

I can't change any other human being. That job is God's. But, with His leadership and guidance, I can walk the path of my own life towards the sunlight of the Spirit that the Big Book teaches us about. While forgiveness of others is of course an important thing, an even more important thing is self-examination of my own wrongdoing and faults. OA has helped me to retrain that focus, and move toward serenity.

Sandy P



Facing my past and learning about myself

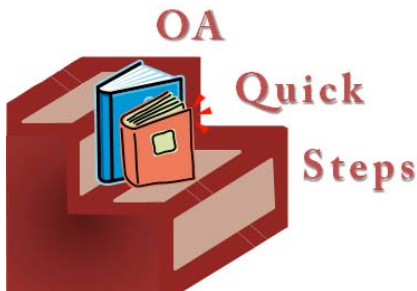
Completing step 4 was, for me, the most challenging step to take but ultimately gave me the priceless gift of reconciliation and peace.

My early life, birth to age eleven or so was seemingly idyllic. My family was strong and very positive. It wasn't until prepubescence that my relationship with food became distorted, and developed into a daily addiction. That's when I started running away from what I was feeling.

My family was changing now. My parents' relationship was more strained and their daily connection to the family weakened. They weren't operating as one loving arm over the family anymore. My older siblings were all teenagers - testing their wings and challenging the norm. I was leaving my grade school and my oldest sister was leaving for college. This is when I became an angry teenager and started acting out in a lot of ways that hurt myself and others. There were no tools or solutions to challenge the direction I was taking so my escapes progressed and spiraled into depression and hopelessness.

This is when I found the 12 step OA program and began my journey of recovery. I worked the fourth step which gave me a way to face my past and learn about myself. With this new found knowledge I was able to begin making better choices and take a new path. I was more petrified than fearless so I began writing each day from the foundation of step three, surrounding myself with the vision of a loving God. I had the gentle assurance of a sponsor who gave structure and guidance to the process. She often reminded me of the big picture to keep me from being bogged down and sidelined by shame. The 4th step formula from the Twelve Steps and Twelve Traditions of Overeaters Anonymous was a terrific help for asking the right questions to foster meaningful reflection and self honesty. My fourth step taught me to face the facts and move forward in a positive way.

As I write beautiful morning light is dancing on my shoulders and God's grace pours over me. I can begin each day now with a spirit of gratitude that propels my day and provides real comfort far beyond the temporary ones we can now leave behind one day, one hour, one minute at a time!
Joni O



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!

OA Quick Steps Workshop Two-Session Format Workshop Saturday from 9:00am-12:00pm, May 9 & 23, 2015 Pilgrim Lutheran 3901 First Ave S, Minneapolis

To register, contact Julie C. at 612-558-3687 or 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

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.



Unity Intergroup presents:

10th Annual "Find Abstinence Through The Big Book" Workshop

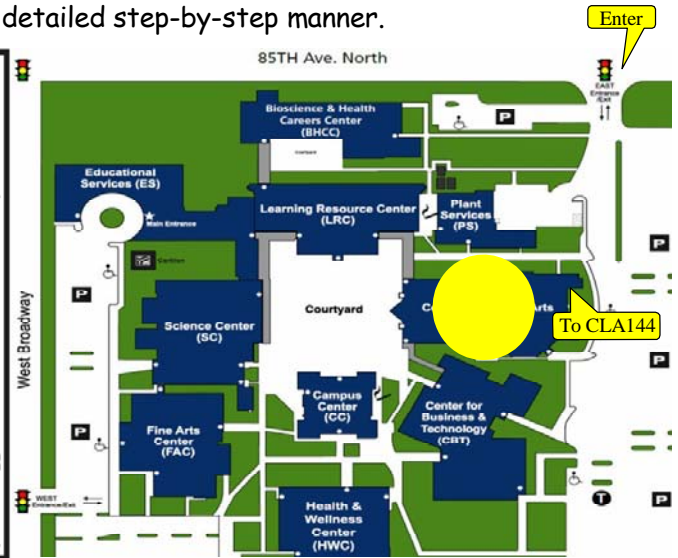
May 1st, 2nd & 3rd, 2015

North Hennepin Community College, Room CLA 144
7411 85th Avenue North, Brooklyn Park, MN 55445
Free Parking, ADA Compliant Building (nhcc.edu)
Workshop Cost \$21 or \$26 (at the door) or \$16 webcast
Books/Materials/Supplies available for sale

Big Book Study Hours:

Friday May 1st registration starting at 6:00 p.m.
Friday May 1st Event 6:30 p.m. - 9:30 p.m.
Saturday May 2nd registration starting 8:30 a.m.
Saturday May 2nd Event 9 a.m. - 5:30 p.m.
Sunday May 3rd 9 a.m. - 12:00 noon

- ❖ Our Canadian host, an OA member, will lead this transforming study revealing how the message in the Big Book applies and works as well for compulsive overeaters as it does for alcoholics.
- ❖ **"This study of the Big Book was life changing for me. I finally found abstinence after two years with the help of this workshop!" ~Anonymous**
- ❖ Our speaker also goes into detail on actively working all the 12 steps. The 4th-step inventory material available from oabigbook.info will also be covered in a detailed step-by-step manner.



- * Info - Chris just42day.24@gmail.com
- * Mail-in registrations confirmed via email only
- * Meeting will be **broadcast** live via the Internet offering a rich audio & video listening experience
- * **Back again in 2015! Sunday afternoon (1:00 - ~5:00 p.m.) onsite hands-on inventory workshop. Included in registration fee**
- * Scholarships offered
- * Microwave available (no fridge)

- * **Online registration**
 - * Please see our FAQ for more details - overeaters.org
 - * **NOT Hennepin Technical College**
- Register online at overeaters.org or
Send form & check payable to Unity Intergroup:
Kari E, 1376 Langford Trail, New Prague, MN 56071
karihogen@hotmail.com
\$21 mail-in deadline is April 24th/online is April 29th

Name _____ Email _____

Address _____ City/State _____ Zip _____

Phone _____ Please contact me for service opportunities Onsite

\$21.00 Quantity Webcast \$16.00 Quantity Total Amount Enclosed _____

Tradition four: " *With respect to its*

own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of The Alcoholic Foundation. On such issues our common welfare is paramount."

Short version of tradition 4: Each group should be autonomous except in matters affecting other groups or AA as a whole.

I have been in and out of the doors of OA since 1980. I have attended meetings in Michigan, Minnesota, Arizona and Pennsylvania. All of the groups were somewhat different; some were in churches, some in school, and one in a library. A lot of groups sit in circles, the H.O.W and 90-day format sit in classroom style. Each group usually has at least one reading from a meditation book; some read from both 'For Today' and 'Voices of Recovery". In OA H.O.W., and 90-day, tools are discussed at length. In my other groups 1-4 tools are discussed each week. All of the groups have a leader or trusted servant and all have had a speaker.

The beauty this program is the autonomy given to each group. The members of the group decide what occurs in the meeting. They do what is best for the group. Each group also gives its members an opportunity to suggest change either with regular business meetings or through a group consciousness. It all works because each decision is for the group as a whole. The OA World Service, Region 5 and our local intergroup have no say on what format a group follows as long as it does not exclude anyone with a desire to stop overeating.

I Finally Felt Free!

There was a time in my life when I heard people talk about the fourth step inventory. The idea of doing something like this scared me so. All I could think about was the bad decisions I felt I had made in my life and the shame I was absorbed in because of those decisions. I had enough shame, why would I want to record it on paper eventually to be shared.

When I did come into the OA program, I wasn't consumed with the fear of an inventory I was consumed with why I was unable to control my eating. While working with my sponsor and getting to step 4, she suggested we attend a 4th step workshop together. This sounded like a good idea so I jumped in. Sitting in a room with other addicts I learned from those facilitating the process for working on my list. Being a rule follower, I started to prepare my lists as advised. What do you know, as I progressed to checking the boxes on how I was affected, a very clear picture of who I was began to emerge. What a revelation. All that blaming I did to others and the resentments and shame I was holding on to, I actually had a part in that. Many tears flowed as I put it all down on paper; tears of acknowledgment, tears of letting go, tears to cleanse my soul.

I walked away from that event a changed person. The growth I had experienced was phenomenal. Those long lived resentments were no longer there. The shame that had been such a burden was removed. I experienced a confidence. I finally felt free. Free from shame and in tune to the behaviors that put me there. What a huge relief.



Coming into the OA rooms changed my life. The acceptance and anonymity made it easier to begin sharing. I used food because of loneliness as I isolated from the world. I am free. I feel more confident today. I have done other 4th steps to keep my side of the street clean but nothing with the same impact as the first. Do not be afraid. Be honest. Get it all out. You deserve it.

I am a grateful compulsive overeater, living a happier life because of the benefits of this wonderful 12 Step program.

Anonymous

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 más información, póngase en contacto con
Megan K en 612-470-7762 (612-470-SPOA) 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-ug@hotmail.com or (612) 558-3687.

Women's Expo - New Ulm, MN

Sat, May 9 (9am-3pm)

The Gluten-Free Food Allergy Fest - Mpls Convention Center

Sat & Sun, May 16 & 17 (10am-4pm)

Juneteenth - Minneapolis

Saturday, June 20

Pride Festival - Loring Park, Minneapolis

Sat & Sun, June 27 & 28

Urban League Family Day - Minneapolis

Saturday, Aug 29

Diabetes Expo - Mpls Convention Center

Saturday, 10/10/2015

Healthy Life Expo - Mpls Convention Center

Sat & Sun, Oct 17 & 18 (10am-5pm)



Expressions of Unity

The May *Expressions of Unity* will focus on Step Five: “Admitted to God, to ourselves, and to another person the exact nature of our wrongs” and will be sponsored by the Minneapolis Tuesday 9am 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 April 17th to ExpressionsofUnity@gmail.com.

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



**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>

Intergroup Board

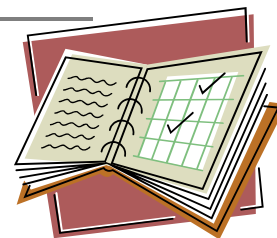


Chair—Peg M	612-280-6119	Pegm.unityIG@gmail.com
Vice Chair—Mary T	612-940-7654	marytunityig@gmail.com
Treasurer—Bob S	763-229-6196	bonasachs@q.com
Secretary—Jill	651-739-0212	jshortreed@centurylink.net



Mark Your Calendar...

April 10-11	Region Assembly
April 10-12	Buffalo Retreat
April 11	Unity Intergroup Monthly Meeting
May 1-3	Big Book Study
May 9 & 23	OA Quicksteps Workshop



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.