



Expressions of Unity

The newsletter of Unity Intergroup

www.overeaters.org

Step 2: Came to believe that a power greater than ourselves could restore us to sanity.

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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Stuck on Step Two...

Came to believe in a power greater than myself. That is where I got stuck. I couldn't get past me. I was wrapped up in my old belief and truths about religion, God and any church. I was a prisoner of my beliefs, my parents' beliefs, and other people's conceptions.

I grew up in a non-practicing Catholic home and I was baptized as a baby, and that's as far as it went. Oh we went to the occasional church service on some holidays and funerals, but like I said that was it. I never truly felt a connection with a God of my understanding that was positive. My understanding of God was negative. God wasn't for me! God was only for the good kids, like my cousins and people who dressed nice, you know the good looking people --the people that never seemed to get into trouble, those who got good grades, or who's parents weren't divorced. God didn't care about me. Why would he? Nobody else did.

So I struggled at Step 2. I really thought I had to be able to name my Higher Power and have an overwhelming belief in someone else's belief, but I didn't. And at the time my resentments and fears about God were blocking me from moving forward in my life even though I didn't think I had resentments or fears about God. I just didn't want anything to do with my childhood God. All of my old beliefs kept me from a God that was good, all powerful, and that loved me for me.

If I was going to believe in a Power greater than myself it really needed to make sense to me. I didn't know what to do! I would hear all kinds of things at the meetings that really didn't make sense to me. I had a real hard time coming to believe in a door knob or a light bulb as a Higher Power that could restore me to sanity, but that's what I tried to do. It didn't make sense! I got more confused and struggled more, and part of the truth is that inside me, even though I didn't realize it at the time, I still thought I was the Power even though I was saying I was powerless in Step 1. Urrg!

I had to start! I needed to start where I was at and that's what I did! I started with my own truth. And my own truth at the time was the power of the group. Not the actual people, but the power and belief that kept me and others coming back and recovering from compulsive overeating. Slowly over time I developed a different belief and relationship with that power. Today I call that Power God.

Today I am still (thankfully) developing my relationship with God--through the 12 steps of OA. My beliefs are different today, and continue to change as I work the steps. It seems the more I practice the 12 steps and clear away the wreckage of my past, the stronger my belief in a Power greater than myself is. I need to remind myself that a belief is only as strong as the Action behind it.

-Anonymous in Anoka

Rebuilding my unsteady house

Recovery is amazing! I've been in OA, abstinent and willingly, for a year now. I started the program with the word "trust" running through my head. Today I am asked to write about Step 2 and Tradition 2. So here I go.

When I think of Step 2 "Came to believe that a power greater than ourselves could restore us to sanity" I think YOU CAN! YOU CAN! But I thought I couldn't!

I needed to believe that a power greater than myself would restore me to sanity. In my 46 years of life I have made quite a mess of myself. I was ready a year ago for anything other than my ideas. I didn't trust anyone. I was depressed. I was fat. My "unsteady house" was built around me and it needed to be demolished. I was willing to stand there without my wits and let my higher power guide me through the steps to rebuild my foundation. Putting the food down was what I heard. I trusted that I would not die and followed what the program offered. The power from the tools of my program helped me keep moving, even when I didn't want to or when my disease said I couldn't. I just had to be willing to accept that I needed a power greater than myself.

With all my OA fellows I didn't have to do any of this alone. Each meeting helped me break down the walls. I acted and my higher power guided me with the next right step. Not doing this alone was what helped me accept that something else really was guiding me. I was amazed at the fact that the things I could not do for myself were now actually happening to me. Living on a spiritual basis was becoming acceptable to me now.

This year I am focusing on the traditions along with the steps because they are the customs that grew out of our founders' trial and errors.

Tradition 2 "For our group purpose there is but one ultimate authority, a loving God as he may express himself in our group conscience. Our leaders are but trusted servants; they do not govern."

Living in this spiritual program it is our purpose to love and serve, as an individual and as a group. It is a matter of life or death in my heart. Ego, greed, and resentments are the poisons of our disease. Living the twelve steps and traditions we will be guided divinely and peacefully. I have been told by people who are close to me that I am different. It's the result that "attraction rather than promotion" brings about. This tradition keeps that sense in our groups that a greater power is working through it.

I came to OA to lose the fat. But a year later I have fully changed, inside and out. Amazingly it had nothing to do with the fat. I do not regret my past, I am a grateful compulsive overeater. And I can see that one day at a time I will enjoy the rest of my life.

2015?

I've started the year with the word "joy" running through my head. Recovery is fun!! I wish it all to everyone.

Peace!



MORNING PRAYER

God, today is a new day for me and with you it can be a day of abstinence. With you, I can handle anything. I ask for your protection today from anyone or anything that may interfere with my abstinence. I am asking now for your protection in case sometime during the day my desire to compulsively eat becomes stronger than my desire to abstain. I know I am powerless over food and my life can become unmanageable again. I do believe that you will relieve my compulsion and restore me to sanity. Please help me to know your will for me today and give me the willingness to carry it out. I turn my will and life over to you. Please guide me through another day of abstinence.

God, I need you.

Unity Day Recovery Event

Sponsored by...OA Unity Intergroup Twelve Step Within

Saturday, February 28, 2015

Registration opens at 9:00am

**Full day of workshops... 9:30am to 3:00pm!!!!
(BYOL...bring your own lunch – refrigerator available)
Building fully handicapped accessible.**

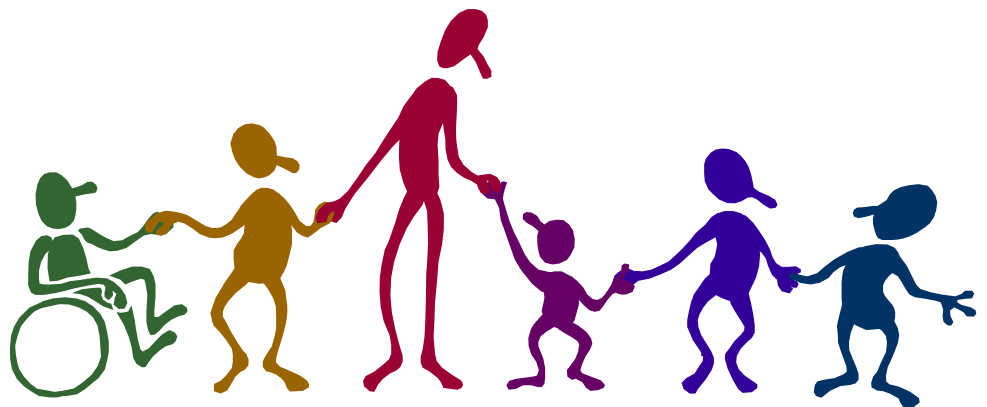
**Coming together for a day of encouragement,
sharing our experience, strength and hope.**

\$5 suggested donation for the event at the door!

**IN CASE OF INCLEMENT
WEATHER CONTACT –
507-676-0903 or 507-363-6574**

CLOTHING EXCHANGE!!!

**RAFFLE AT THE END OF
THE DAY FOR A LIFELINE
SUBSCRIPTION. ALSO OTH-
ER RAFFLES AND SILENT
AUCTION ITEMS!!!**



**Cornerstone Evangelical Free Church
1500 18th St. SE
Owatonna, MN 55060**

**For more information
call...507-363-6574**

I was so tired of being overweight

When I first came into this program I thought that Step 2 was the easiest step. You see I already had a personal relationship with God. But I honestly had to ask myself if that was the case then why couldn't I lose weight? I knew God loved me and wanted what was best for me, but I still wanted what I wanted. What I discovered is that even though I confessed that Jesus was Lord of my Life, I was not allowing (nor did I want to allow) Him to be Lord of my food.

I was so tired of being overweight and the feeling of hopelessness. I came to these doors and found hope. That hope is what kept me coming back. What is different you may ask?

SURRENDER!!!!!!!!!!

Through the grace of this program, I learned the difference in praying "God help me lose weight" and "God help me not to eat this piece of chocolate cake". He always answers the second prayer. And amazingly even when I was not there yet, if I at least prayed for God to help me not to want to eat this *whatever*, He still showed up and His grace sustained me.

So now eight years later and 80 pounds lighter thru the grace of God; I am enjoying life one day at a time. And the greatest miracle is not the weight. For me it is the beauty of Surrender. To be able to lovingly surrender all my wants to the Lord, who loves me so deeply, is a miracle. I am human and I struggle at times, but His Grace always reminds me of His great love. And I have a desire to want to grow up, to want to say NO to myself; because I know that is the same as saying YES to HIM.

Marie C.

Freedom In Not Managing

There is a paragraph in the literature that puts into words what I already subconsciously knew when I crawled through the doors of OA: "In the first two Steps we were engaged in reflection....These conclusions did not require action; they required only acceptance."

To be bankrupt enough as a person to find myself crawling to an OA meeting meant that inside I knew I had no power, and could not fix myself. As I heard a Big Book Study speaker say "Steps 1 and 2 are not so much taken as they are felt deep within." It helps me to realize I don't work Steps 1 and 2 as such. I acknowledge them at my core – my powerlessness and my inability to get better on my own. That's why I am in Overeaters Anonymous.

All I know is that I felt better from my first meeting on. Something was different – the way to address my problem was different from anything else I had tried. I think the meetings were my higher power to begin with. I heard others' experiences, and I began to try what I heard them saying. I even felt a little silly at first, but I was amazed when, having no belief that a prayer would actually work, it did. I recall a bad day at work and stomping down the hall alone and almost sarcastically saying out loud "God, grant me the serenity...." And as each word came out, I felt calmer and calmer.

I have to come to rely now on any kind of prayer and meditation I can muster. I like the one-liners best of all, and I use them often: "God, remove my fear." "God, remove my craving." "God, let this be enough." I pass these on, because they are so simple and because they work. The best part about OA is that there is room for everyone with every kind of belief, or no belief.

Barb B.

Anoka –Monday Night Freedom From Bondage

The Bloomington Tuesday group is looking for people interested in helping start a meeting in Spanish. If interested, please contact Megan at meganbkohls@gmail.com or 651-226-0059.

El grupo "Bloomington Martes" está buscando personas interesadas en ayudar con el inicio de una reunión en español. Si está interesado, por favor póngase en contacto con Megan meganbkohls@gmail.com or 651-226-0059.



Tradition 2: For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

The benefits of being in this program are refreshing and rejuvenating. No one is in charge, yet we can all have our say and things work out. We get to practice these principles when we have group conscience meetings at all levels of our program. We can have fierce discussions and work with intense emotions, choose an action and if it works - great; and if it doesn't then we get to revisit and modify as needed.

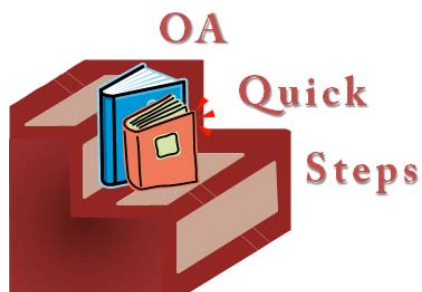
As a trusted servant, I've learned to sharpen my listening skills and become more skilled in my communication, both in speech and writing. The principle of this tradition is trust, something for which I have ongoing opportunities to develop in thought and action. In the rooms of OA, it sometimes is easier for me to rely on this because we all basically play by the same rules. We work to reason things out and hear all sides and work toward a viable solution.

The ease of acting this way is not always the case in the work world or with family. With that reality, it is

even more important that I put this tradition and principle into play. I cannot afford to have blind trust in the situation or myself in totality, but I need to rely on a Higher Power. It's giving up the insatiable need to control the situation and let things fall where they do. I'm continually surprised that when I let go and let my Higher Power navigate the tumbled terrain, the results are so much more amenable to peaceful living.

For example, I realize at work people offer their efforts and opinions from different perspectives, energy levels and knowledge. When I release any expectations of how I think they should perform, I'm able to participate in a way that is more harmonious rather than being defensive or offensive. When I trust that the outcome will appear as it is meant to be, more serenity enters my life. The more I practice this in my daily life, the more serenity is a part of my day.

Anonymous



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, March 14 & 28, 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.

OA Unity Intergroup Presents



Location: Christ the King Retreat Center 621
First Avenue South
Buffalo, MN 55302

Times: Check-In: 6 to 7pm on Friday
Check-out: 2pm Sunday

Shared Rooms:
\$178 by March 11th; \$198 after
Private Rooms: \$250

Partial Scholarships are available
Contact **Amanda S 402-889-5196** or
Email: 2014BuffaloReg@gmail.com

Includes: Two nights lodging, 3 meals on Saturday, 2 meals on Sunday
Deadline for Registration: March 31st

*****Register online:** www.overeaters.org***

Your reservation will be confirmed via email, unless you enclose a self-addressed, stamped envelope for confirmation by US mail. Make check or money order payable to: **Unity Intergroup**
Mail registration form and check to:

Buffalo Registration c/o Amanda S.
160 Homestead Road, Apt #203
Mankato, MN 56001

Questions: **Amanda S 402-889-5196** or email: 2014BuffaloReg@gmail.com

FULL NAME: _____ NAMETAG TO READ: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

HOME MEETING: _____ MALE () FEMALE ()

ROOM: PRIVATE SHARED: (Roommate) _____

If you REQUIRE a handicap room or single room, please contact Amanda.

Special Accommodations: Circle those that apply: Vision Hearing Mobility Other: _____

Service Opportunities: Circle all you are willing to do:

Registration/Check in Timer for speakers Lead a small group Hear a 5th step Whatever needed

Expressions of Unity

The March *Expressions of Unity* will focus on Step Three: “Made a decision to turn our will and our lives over to the care of God as we *understood Him*” and will be sponsored by the Circle Pines Saturday 8am 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 February 21st 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.

Come and join the newly elected Unity Intergroup in action.

All members of OA are welcome at Intergroup meetings.

Next meeting:

February 14, 2015 12:30-2:30

Sumner Library

611 Van White Memorial Blvd.

Minneapolis, MN 55411

Intergroup Board



Chair—Peg M	612-280-6119	pegmitch16@gmail.com
Vice Chair—Mary T	612-940-7654	marytaylor1225@gmail.com
Treasurer—Bob S	763-229-6196	bonasachs@q.com
Secretary—Jill	651-739-0212	jshortreed@centurylink.net

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>

Mark Your Calendar...

February 14	Unity Intergroup meeting
February 20 & 21	Women’s Expo—volunteers needed
February 28	Unity Day Recovery Event
March 28	Labor, Health and Benefit Fair—volunteers needed
April 10-12	Buffalo Retreat
May 1-3	Big Book Study



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.