



# Expressions of Unity

The newsletter of Unity Intergroup

www.overeaters.org

## Step 6: Were entirely ready to have God remove all these defects of character.

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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### I use this step as I grow and change...

I'm so glad that I can repeatedly use this step as I grow and change in recovery.

While I can certainly see my progress in many ways, being human I at times am still confronted by my defects of character.

I need not beat myself up when my defects appear. I used to do that.

I have often said that an emotional binge can sometimes feel worse than a food binge – “I should know better”!

I have learned in this program that an attitude of shaming myself or beating myself up does not serve me. OA wants me to examine my behavior and learn from it, and share about it.

I have often used the prayer “Please remove my fear, and direct my attention to what you would have me be.”

I immediately begin to feel less afraid, and then think about what HP want me to be in this situation. Confident? Courageous? Faithful? It's so much easier for me to cooperate with HP!

Sometimes I feel extra hunger when it's not time to eat. When I pray “God, please remove my craving”, I instantly feel better.

I may need to repeat prayers, but they do work for me. However, I understand now that though I may wish to be rid of my self-destructiveness, it's up to me to surrender. That's how I can build character, out of my defects.

If I pray about my defects, that's how I know I'm ready.

~Anonymous

## **TSW Corner**

**Welcome to the TSW Corner – a forum to share inspiration, hope and ideas for all of us in OA, whether recovering, struggling, or both. Here you will find stories of hope, inspirational thoughts, and ideas for helping you work your own program and on carrying the message to others. We invite you to contribute your own Twelfth Step Within ... because ‘Together We Can Do What We Could Never Do Alone!’ For more information about ‘Twelfth Step Within’ go to: <https://oa.org/groupsservice-bodies/resources/twelfth-step-within/>**

**We welcome your story, thoughts and ideas. If you have something to share in this ‘Corner’, send them to Annette at [uig.tswcorner@gmail.com](mailto:uig.tswcorner@gmail.com).**

Our daily meditation books seem to speak to me right where I am at the present moment.

I was recently having struggles and trying to figure out why I had been “out of sorts”. When I read the Voices of Recovery on April 20th, it helped me slow down, breathe and be gentle with myself. There is no perfect abstinence with food or with ‘food behaviors’. My behaviors were signaling me that I needed help even if my food was clean and abstinent.

This program supported me on my first day of abstinence many years ago and continues to support me even if I am on an emotional binge. I am grateful to OA and this wonderful fellowship who remind me it is Progress, Not Perfection.

### **APRIL 20TH**

### **VOICES OF RECOVERY**

*“The ‘compulsive overeater who still suffers isn’t always a newcomer to OA. He or she can also be an established member experiencing difficulties with the disease of compulsive eating or with other problems.”*

### **THE TWELVE STEPS AND TWELVE TRADITIONS OF OVEREATERS ANONYMOUS**

#### **P. 148**

*“I was a compulsive overeater still suffering within OA. I struggled for ten years, trying to find the perfect abstinence and the perfect plan of eating. The doors of OA remained open to me, abstinent or not, and for that I am profoundly grateful. The twelve-Step-Within Committee formed at the World Service Business Conference says that we all have a place in OA and that our group’s primary purpose is to carry the message. We carry the message not just to those who have not yet found OA, but to those of us in OA who are still suffering. Finally, the message reached me (or I reached for it), and I have abstained ever since.”*

As with every part of my recovery, it is all about action, One Day at a Time, so, to the tools my HP and I shall go!!! TSW is a great tool, thank-you!!

-Anonymous

**Tradition 6: An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.**

“First things first” coming to OA two and a half years ago, I was in desperation for change from the miserable state I was in. I wanted everything to change NOW and the peace and patience of my Sponsors drove me nuts.

“Why weren’t we discussing the latest therapy or diet? I NEED TO LOOSE WEIGHT!”,

So I would think.

“There never seemed to be advice on diets or therapies just prayer and steps,” I would say, even though I did experience a rearrangement in my thoughts and behaviors in about 6 months from working the steps.

It took reading the Traditions to see where the magic comes from. Ok Tradition 6 and the thought of “first things first” comes from the part that states “diverting us from our primary purpose”.

What is our primary purpose? Well that is **to carry the message to the compulsive overeater who still suffers.**

How do I know this? I read the traditions. If these were not followed I may have gotten the wrong message when I came into OA. I was really in my disease thinking it was all about the weight and it so wasn’t.

That tradition being followed saved my life as I see it. Because my hopeless state of mind would have tried another “diet,” succeeded for awhile, then died in the failure of not being able to live sane with food. I never was sane with food. It always got worse and I was at my end.

Many of my families Traditions are not being practiced today. The Traditions were some of my best memories from the Past. There was a Simplicity knowing what was to happen and how things worked. It gave me a sense of security, even with the dysfunction around.

The word Tradition is an, established act, behavior, or practice. My abstinence has become a Tradition in my life then.

I would say that for today Food and my action plan with it are the Simplest parts of my day. It keeps me sane with all the crazy changes and emotions running around me today.

I can thank OA and my meeting group for standing on the Traditions, especially 6. It brings peace and joy to me when I come HOME each week to my meeting. That's why I keep coming back. ~Anonymous

**My Daily Prayer**

Hi H.P. — I’m glad you’re here,	Defects of weakness and mistakes,	With a gracious heart, I thank you.
To help me face my daily fears.	I’ve got a lot of flaws.	Konnie
Hold my hand, each step we’ll take—	Intuition, meditation—	
My strong temptations, we must break.	You give me time to pause.	
Reading, writing, calling, meetings,	Through honesty, amends, service—	
Wise tools you offer me.	And giving You the wheel,	
We’ll fight this evil wild disease,	This wounded little child in me	
Abstinence is the key.	Is starting now to heal.	

## Why I stay.

I came into the rooms in 2005, broken and badly burned after having gastric bypass surgery in 2002, and by 2005 beginning to regain weight.

Although I have been “in the rooms”, I had not always been rigorously honest.

As a result, by 2015, although I looked normal on the outside, on the inside i was a relapsing compulsive overeater, critical level.

That I am in the rooms today and abstinent, is that I finally turned my will and my life over to the care of my God, my Higher Power. My family has always been supportive, but skeptical about this “Thing I was doing”.

When there is a little crack in your program, you being to ask questions too like “Hmmm, I have been doing this awhile, might I just lighten up a bit? Add a burning resentment that is not dealt with appropriately, and that first bite come quickly, and the compulsion returns.

I am in these rooms and will stay in these rooms because I have finally come to terms with the fact that I am a compulsive overeater, critical level. I accept it, within my very marrow, and I no longer question if I will ever be able to eat normally again.

I am thankful that the only requirement is that I am an overeater, and a that there are no dues or fees; and that I do not need to have a special invitation to attend a meeting.

For the entire year of 2015, I struggled to put a day of abstinence together. I stopped and started just like I did when I dieted. Each day hoping for something different something that would “click”. It did finally when I ran out of self, and discovered that God could and would do for me what I could not do for myself.

This was no longer something that I read in the Big Book, it was something that i held onto and that I would not let go of. Something spiritual happened to me at one of the meetings when I read Chapter 5 of the Big Book. I had wondered why after 10 years I had returned to the food, and struggled; there it was in black and white. Words that I had read and heard over these many years in this program, and my other.

This time something happened to me when I read them. “Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program; usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average.”

That was ME. I had always held a little something back in terms of my thoughts, feelings and emotions. Always, finding an easier softer way even in a rigorous program. What is done in the dark will be brought to light sooner or later. I decided to come completely honest about who I was, what I had been doing ,the sins of omission and commission, and begin again.

God saved me yet again from myself. I did not care if I lost weight either, I just wanted to be sane again, and to live a life that was honest, open and willing; one day at a time.

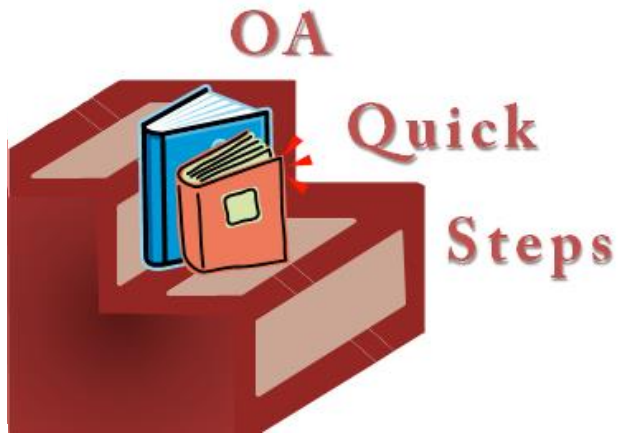
I do not quiver about how I work my program. I know what works for me, and if another version works for others, I say Halleluiah.

I love you because we are all compulsive overeaters. The only requirement is the desire to stop eating compulsively.

So when my family looks at me, wondering if I am ever going to stop, I just keep doing what I did the day before, and in this day.

Because of this program, I have a life, and I am able to live it abundantly because I am abstinent.

Susan S., Minneapolis



**Are you new to OA or  
just need help getting  
through the Steps?**

## **OA Quick Steps Workshop**

**Saturdays 9:30 am to 12:30 pm**

**July 16 and 30, 2016**

**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!**

### **Location**

**Nativity of Mary Church  
9900 Lyndale Avenue South  
Bloomington, MN**

To register, contact Gene O. at 952-835-0789 or [oaquicksteps@gmail.com](mailto:oaquicksteps@gmail.com). Registration is required as class size is limited.

You will need to have a sponsor who can help you through the 4th and 5th Steps.

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!

**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.**

## Willingness is the key!

To be entirely **willing** is what I need to be, so I can move forward and upward in my growth in becoming the kind of person God wants me to be. I ask myself what kind of life I truly want.

1. Happiness
2. Joy
3. Peace of mind
4. Serenity
5. To be a blessing to others
6. To show love, and patience to all those in my life.

This list could go on, but the key is, just as I am powerless over food, I am powerless over my defects of character.

If I **truly** want to experience all these things I have listed and more., the only way is to trust God that He will remove them.

But fear keeps me from letting go and letting God remove these defects of character. The reason for fear is that what will replace these defects and allow me to be a better person.

I need to fully rely on God and let Him do His work in me. He has made so many wonderful changes in my life already, why should I fear that He won't continue to do this for me.

I have been told that my Higher Power will replace those defects of character with positive assets which will make my life far greater than it was before. He already has allowed me to experience physical, emotional, and spiritual recovery. It is foolish of me to think He will stop helping me and will continue do for me what I cannot do for myself. But why do I continue to fear when he is done so much for me already?

The God of my understanding, my Higher Power, to me is the same yesterday, today and forever. If I truly believe this, which I do, there should be no fear or doubt that He won't continue to do the same now and in the future.

I must **truly** be **willing** to trust my Higher Power that not only will He help me and give me the strength that I need to continue to grow and progress and will make my life so much better than I can even imagine.

To quote a phrase in Step 6 is my answer. "I am powerless to rid myself of these traits. I can't, but God can, and I'll let God take it" It is that simple!! There is no need to make it any harder than it needs to be. ~Anonymous

## Did you know?

**The Meeting Formats have been updated and are now posted on [oa.org](https://oa.org) for free download.**

At the February BOT meeting, a motion to include the Responsibility Pledge on the meeting formats was adopted. The Pledge now appears at the end of all the formats, except the Suggested Lifeline Meeting Format.

Also at the February BOT meeting, the revised Suggested Recovery-from-Relapse Meeting Format was approved. The revised Suggested Recovery-from-Relapse Meeting Format, with the Responsibility Pledge, is also now posted on [oa.org](https://oa.org).

**Here are the links to the meeting formats on [oa.org](https://oa.org).**

<https://oa.org/groupsservice-bodies/groups/secretary-materials/>

<https://oa.org/groupsservice-bodies/groups/group-support/>

<https://oa.org/documents/>

## Expressions of Unity

The July *Expressions of Unity* will focus on Step Seven: "Humbly asked Him to remove our shortcomings" and will be sponsored by the Robbinsdale Monday Night 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 June 21st to [ExpressionsofUnity@gmail.com](mailto: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:**

**June 11, 2016 12:30-2:30**

**Sumner Library**

**611 Van White Memorial Blvd.**

**Minneapolis, MN 55411**

## Intergroup Board



Chair—Mary T	612-940-7654	<a href="mailto:marytunityig@gmail.com">marytunityig@gmail.com</a>
Vice Chair—Dawn S	612-310-1703	<a href="mailto:dawnspielman@mac.com">dawnspielman@mac.com</a>
Treasurer—Suzanne J	952-220-5358	<a href="mailto:SuzanneJ.unityig@gmail.com">SuzanneJ.unityig@gmail.com</a>
Secretary—Jill S	651-739-0212	<a href="mailto:jshortreed@centurylink.net">jshortreed@centurylink.net</a>

**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](http://www.overeaters.org/conferencing.html)

## Mark Your Calendar...

June 11	Unity Intergroup meeting
July 16 & 30	OA Quick Steps



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.