



# Expressions of Unity

The newsletter of Unity Intergroup

[www overeaters.org](http://www overeaters.org)

**Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.**

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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## WHAT'S MY PART?

I've come to believe that my compulsive eating is a disease that I have no control over and need not blame myself for having. On the other hand, I am responsible for every bite of food I put in my mouth and can't hide behind and blame the disease for my actions. But where is that line? How can I acknowledge my disease while still accepting that honesty, open mindedness and willingness are required daily? For me that answer lies in the tenth step.

The first thing I ever heard about the tenth step was that it asks us to promptly admit when we are wrong - not if we are wrong. No matter how dedicated and serious I am about my program I will inevitably fall short of perfection. My history of dieting says that a day will come when my will power is weak or there's a "special" occasion and I will exceed my allotted amount of food or have "a little" of one of my red light foods. At the time there may appear to be no consequences but inevitably the next "exception" will be just around the corner and the next one even sooner. Soon the plan is gone and uncontrolled eating and shame are back.

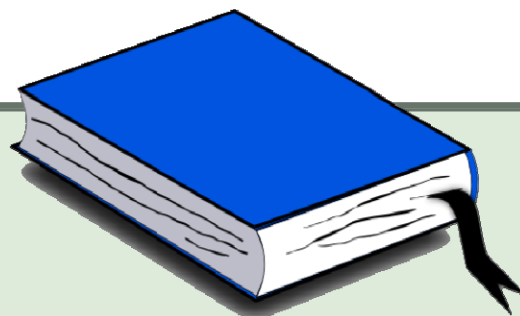
By committing to a regular (for me daily) personal inventory I can see when I've started to try and take control back from my Higher Power and strayed from the path that is bringing me recovery. I will never be perfect but I can avoid relapse by regularly evaluating my actions and admitting, at least to myself and my Higher Power but preferably also to a sponsor or other concerned person, my weaknesses. But food isn't the only arena where I will surely need help.

I believe that anytime I get angry or judgmental I am wrong. If I feel the other party "deserves" to be the target of my feelings I have usurped God's authority and taken back control again. I don't need to know why the other driver cut me off nor do I gain anything by yelling or gesturing. However, I know this will happen again sometime. When it does I try to remember to direct my thoughts towards my Higher Power and admit, "I was wrong - I'm going to try not to do that anymore." I mean that when I say it and the result has been far fewer episodes of uncontrolled anger.

At the end of the day I try to recall any such incidents and review my eating pattern. I also go one step farther and try to recall if there was any time I went out of my way to do something for someone else. The big book says our very lives, "depend upon our constant thought of others."

For me this regular review of my actions - both positive and negative - puts into perspective my responsibilities in dealing with a lifelong disease. I'll never be cured or anywhere near perfect, but I'm getting recovery every day because I've been willing to admit my mistakes and commit to doing my part.

## Acting My Way to Right Thinking



In preparing to lead a meeting on Step 10, this passage from “The Twelve Steps and Twelve Traditions of Overeater’s Anonymous” jumped out to me: “We seek to examine our actions so we can learn from our mistakes and build on our successes.” A related reflection on Page 149 of “Voices of Recovery” points out that we are called in Step 10 to self-examination (an honest appraisal of our conduct) rather than self-awareness (getting in touch with our feelings).

When I arrived in OA, I was in an emotional and spiritual wasteland. I had no idea what I felt about much of anything beyond all-consuming resentment. The self-awareness I have found in working the steps and using the tools has been a big part of the recovery I needed. Self-awareness alone is not enough to lead me through recovery though. A focus on my conduct keeps me present in the here and now; keeps me accountable and reminds me of the truth of the program slogan “I cannot think my way to right action; I must act my way to right thinking.”

When I spend time examining my feelings, I am not always looking at my side of the street. It is very easy to pull back into old habits of feeling the victim.

A look at my conduct is much more straightforward. I can recognize where my actions were selfish, self-seeking, dishonest or fear based. I can see where I reacted well to a disappointment and recognize the distance I have come from my old behaviors. By looking at my behaviors, I can recognize where my defects are still blocking me, where I have made progress, and continue, day by day, to grow in my ability to know and do my Higher Power’s will for me.

Jean

## 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-uir@hotmail.com](mailto:juliec-uir@hotmail.com) or (612) 558-3687.

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

## Admit When We Get It Wrong

I have been doing my best to do the next right thing for over 20 years. I try to do the right thing, but knowing what the thing to do is, is not always easily discerned. So it seems the writers of our steps had it right. The step isn't to always do the next right thing. But to admit when we get it wrong.

We are all human, and most of us in OA have a streak of perfectionist in us. I know I do. I try to be perfect, always aiming to do the right thing. But that is not a reasonable goal. My shortcomings will sooner or later cause me to fall short. Then my perceived failure makes me doubt myself and I get upset or angry about the situation.

I must remember that try as I will to do the right thing, I will never be able to achieve it 100% of the time. I need to use a little of the humility I find in such short supply, and admit I was wrong, and make amends whenever possible.

This is an imperfect program for imperfect people. When I keep trying, it always seems to work, when I give up... Well, that just isn't an option I should ever take. One step at a time looking at what is immediately before me. Praying for strength and guidance from my Higher power. That is what works for me.

Anonymous

## We Grow Stronger One Action At A Time

This is a dreaded step for me. Having grown up in a family where criticism was much more prevalent than affirmation, to admit a wrongdoing would be "leading with your chin." Unfortunately, my first wife had a similar background, so instead of forgiveness we played the "blame game" for each other's unhappiness. If I had written this Step it would have read: "when we were wrong, *probably* admitted it."

As I continued to progress in the program I realized that I would need to conform myself to the program - "*promptly* admit wrongs" - rather than try to conform the program to my wishes - "*probably* admit wrongs." So the next time I did something I should not have done, I swallowed hard and went to the person, admitted my wrong, and apologized.

To my surprise, and delight, they did not criticize me, but forgave me instead.

I now keep a personal note on my desk to remind me that "we grow stronger one action at a time." So the next time I had to admit a wrong it was a bit easier. Of course, my primary objective is not to do harms, but I still am human.

Thanks to Step 10 I can now review my day and clear up anything that might be a negative in my life or the lives of others. I no longer need to carry the guilt, fear, and (self) criticism of making a mistake, and dreading the possibility of being found out. For me that is living happy, joyous, and free.

Anonymous

# 42nd MN OA Convention November 6-8, 2015

THERE IS A CONVENTION!!! Experience ESP (E\_motional, S\_piritual, and P\_hysical) Recovery in OA. November 6, 7, and 8<sup>th</sup> 2015 at the Sheraton West in Minneapolis. The hotel is conveniently located in Minnetonka near the crossroads of Highway 394 and 494 and is easily accessible from the downtowns and the airport. So, that's the immediate... when...where...and of course the "WHAT"!!!

**Check out the Facebook page set up for this event too! It's called: "2015 OA Convention", forward to your fellows and keep an eye out for updates!!!**

We are blessed to have an amazing, capable and hard-working steering committee completely dedicated to putting on a convention which we hope will inspire you!!!

Here's some highlights regarding convention:

**REGISTRATION:** For those who register *thru* October 9, the cost is \$39. *After* October 9, the cost increases to \$49. Special pricing options are available to those attending Friday or Saturday night (\$19) or are only able to attend Saturday (\$29). For online registration, go to [www.overeaters.org](http://www.overeaters.org). Partial scholarships are available. The registration desk will be open on Friday, November 6 at 5:00 p.m. to 10:00 p.m. and on Saturday, November 7 starting at 8:00 a.m. to 7:00 p.m. to either register on site or pick up your materials.

In addition, for those registering on site at Convention, payment by credit card will be available along with the option to pay by cash or check.

**-NEW HOTEL!!!!** You spoke, we listened. The location this year a beautiful one!! The hotel featuring an indoor atrium pool, fitness room and 222 guestrooms and suites, and will give you everything you need for a great stay. The hotel was recently remodeled and is designed to provide an exclusive feel on a budget. Space is available for all who attend the convention, those who come for the whole weekend, and those who attend for a day. The beautiful hotel will provide amazing accommodations for those who choose to stay in their warm and inviting guest rooms. All hotel rooms include complimentary Wi-Fi, coffee and tea maker, hairdryer, in-room safe, refrigerator and 42" LCD television. The hotel has two restaurants, room service and a lounge. For those who purchase meals through the convention, they will be treated to decadent taco bar buffet on Saturday for lunch and a delicious chicken, beef or vegetarian dinner prepared by the hotel catering service.

We are the only group in the hotel that weekend. The ballrooms and breakout session rooms are well positioned

around the hotel so speakers, and pitches, will be heard clearly and without interruption from contrasting sessions. The meditation room is quietly tucked in a corner near a break out room and will be in close proximity to the hospitality suite where refrigerators and microwaves will be available for those choosing to bring their own food.

**-PROGRAM:** The program committee has a keynote speaker and is working tirelessly to get the program finalized! To simplify your options, there will be 2 tracks only this year AND each meeting format will be included for you to experience all the types of recovery in OA. More to come on that in the upcoming weeks.

**-ENTERTAINMENT:** The entertainment committee had its first rehearsal Sunday night Sept 13<sup>th</sup> and is scheduled to meet again Sept 20<sup>th</sup> at 5:30pm before the Sunday night HOW meeting. There is an ensemble who generated some ideas for the "shareformance"! All are welcome to join the merry band of players. No performance experience needed.

**-VOLUNTEERS:** There are a number of opportunities for service during the state convention. Some opportunities include greeters (stand in lobby and greet/direct convention attendees), registration table (sit at registration table and check in attendees), timers (hold up signs for speakers when time is close to ending), room manager (help with logistics & announce speaker), meal tickets (take tickets at lunch or dinner on Saturday). You (or your home group) can sign up for an hour slot or more. Email [sarahlynn1924@gmail.com](mailto:sarahlynn1924@gmail.com) for more information or to volunteer.

**-TREASURER:** This position still needs to be filled. If you are someone who would like to be of GREAT service, is planning on attending convention and a financial wiz...then please contact [michelereid100110@gmail.com](mailto:michelereid100110@gmail.com) for further information.

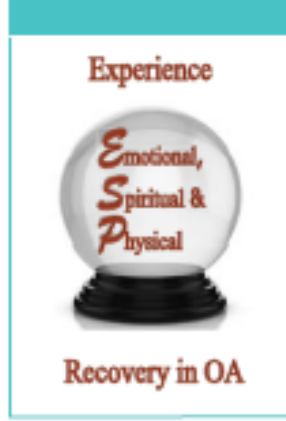
I know I sometimes wonder where my "ESP" has come from and the moment I close my eyes, I'm able to breathe deep and think back reminding myself..."OH yeah...I'm not alone!" Even if I'm physically, by myself...my Higher Power IS with me too! The absolute greatest gift I have received in program is to recognize that I no longer have to do life...any part of it...alone!!!! Thank God for my spiritual connection and YOU...my fellows!! We say in OA we come for the weight loss (Physical) and stay for the recovery (Emotional and Spiritual). We will strive to have each of you discover your "ESP" while in OA. Come join us. It promises to be an "ESP"ecially good time!!

Yours in fellowship!

Michele R., Convention Chair

**Overeaters Anonymous**  
**42nd MN State Convention**  
Sheraton Minneapolis West  
12201 Ridgedale Dr • Minnetonka

MN OA Convention 2015  
PO BOX 3670  
Minneapolis, MN 55403



**Experience**

**Emotional,  
Spiritual &  
Physical**

**Recovery in OA**

**November 6, 7, 8, 2015**

**HOTEL INFORMATION**

**Sheraton Minneapolis West**  
**12201 Ridgedale Dr. • Minnetonka MN 55305**  
**952-593-0000**

A block of rooms is being held at the hotel for OA Convention attendees at a reduced rate of \$95+ tax per night, single to quad occupancy.

**RESERVATIONS**

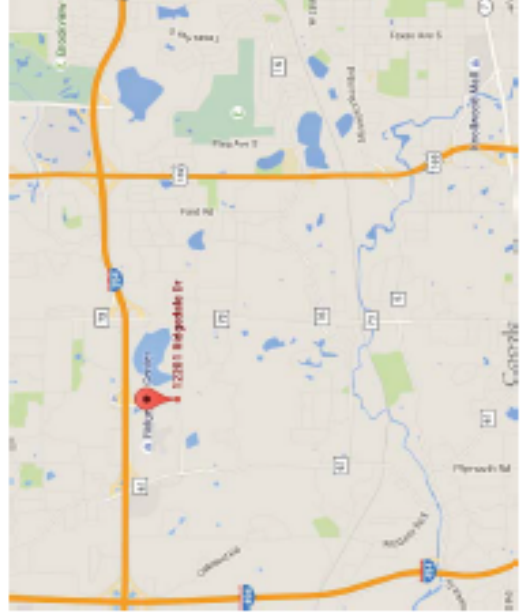
Reservations are on a first come, first served basis. To receive the special rate, reserve by Friday, October 23, 2015. Call 952-593-0000 and request the OA Convention rate.

The hotel is non-smoking. There is free Wi-Fi in each guest room plus free parking. Each room includes a refrigerator.

**DIRECTIONS & MORE INFORMATION**

For more details on the hotel and directions, please visit the hotel's website at:

<http://www.sheratonminneapoliswest.com/>



# Overeaters Anonymous

## MINNESOTA CONVENTION

November 6, 7, 8, 2015 • Sponsored by Unity Intergroup  
**SAVE THE DATES FOR 2016! November 11, 12, 13 2016**

Online or Mail-In Registration Deadline: October 23, 2015



On-Site Registration: Friday 5PM-10PM  
 Saturday 8AM-7PM

Program Times: Friday 7:00 PM-9:00 PM

Saturday 9:00AM-9:00 PM  
 Sunday 9:00 AM-Noon

## CONVENTION REGISTRATION

Online or Mail-In Deadline: October 23, 2015

Name \_\_\_\_\_  
 Name to be billed (if different from name listed) \_\_\_\_\_ Phone \_\_\_\_\_  
 Email (Please print clearly) \_\_\_\_\_  
 Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_ I would like mobility assistance:

Registration *thru 10/9/15 (Convention only)* \$39 \_\_\_\_\_  
 Registration *after 10/9/15 (Convention only)* \$49 \_\_\_\_\_  
 Registration for Saturday (Convention only) \$29 \_\_\_\_\_  
 Registration for Friday or Saturday night (Convention only) \$19 \_\_\_\_\_

Saturday Buffet Lunch \$21 \_\_\_\_\_  
 Saturday Buffet Dinner (Non-Vegetarian) \$28 \_\_\_\_\_  
 Saturday Buffet Dinner (Vegetarian) \$28 \_\_\_\_\_  
 Total Enclosed \$ \_\_\_\_\_

**Please send registration form and check payable to:**  
 MIN OA Convention 2015  
 PO Box 3670  
 Minneapolis, MN 55403

Or register online at: [www.overeaters.org](http://www.overeaters.org)

**SERVICE OPPORTUNITIES**  
 Check appropriate boxes

Decorations  Greeter  
 Registration  Literature  
 Hospitality  Newcomer Host  
 Timer  Entertainment  
 Cleanup  As Needed  
 Mobility Assistant

### HIGHLIGHTS

- Hotel room drawing for the first 100 people to register
- National keynote speaker
- How to get started & how to keep it going
- Workshops, panels, and personal stories
- OA meetings
- Meditation room
- Special session for family & friends
- Entertainment from your fellows

### HOSPITALITY SUITE

Fantastic hospitality and fellowship. Beverages, microwaves and coolers available (no full sized refrigerator at each hotel room comes with a refrigerator)

Partial scholarships available. Contact Jason at 612-703-7316 or [jimm0004@comcast.net](mailto:jimm0004@comcast.net)

### CONVENTION MENU

#### Saturday Lunch Served Buffet Style

Taco Bar Buffet  
 Grilled chicken, ground beef, lettuce, peppers, onions, tomatoes, black beans, salsa, sour cream, corn and flour tortillas, fresh fruit

#### Saturday Dinner Served Buffet Style

Entrée: Choice of Non-Vegetarian (Beef, Chicken) or Vegetarian (Plated Caribbean Green Salad - gourmet greens w/romaine, chopped fresh mint, sliced strawberries, mango, daikon radish sprouts, and toasted almonds with curry ranch dressing on the side.)

All entrees include: Tossed salad, sugar free dressing (on the side), baked potato, green beans, sour cream, butter, salad croissants, fresh fruit

Please consider purchasing meals as this offsets convention expenses. Thank you.

On Line!

## TSW Corner

Welcome to the TSW Corner, a place where you can come to find Twelfth Step Within ideas - ideas on how to carry the message to the still suffering compulsive overeater already in our rooms. Twelfth Step Within ... because 'Together We Can Do What We Could Never Do Alone!' For more information about 'Twelfth Step Within' go to: [www.oa.org/membersgroups/twelfthstepwithin/](http://www.oa.org/membersgroups/twelfthstepwithin/)

Do you know about OA's 2 new (and awesome) wallet cards? One is 'Twelfth Stepping a Problem' and the other is 'Strong Abstinence Checklist.' I gave these away at my meeting recently and the response has been very positive. I personally know one member who used them to work through a problem that very same week. By the way, go to [www.oa.org](http://www.oa.org) from time to time to see what is going on in our worldwide fellowship. New things are continually being introduced and are highlighted on the home page under 'What's New'. You will also find a section labeled 'Daily Meditation'. It contains brief quotes from OA literature.

### Keeping My Window Spotless

The word "continued" tells us we need to persevere daily in doing step 10. For me it's a habit I do daily along with my Step 11, first thing in the morning, during a personal quiet time. I review the day before by writing in my journal the thoughts, feelings and actions of the previous day and I put them under a recovery microscope. Did I harm or offend another person? Did I listen to my HP and follow His leads in my actions? Was I willing to stay true to my program today in all 3 aspects: spiritual, emotional and physical? do I need to make amends to anyone? Was I honest, self-disciplined, and loving?



Whatever my self-examination brings to my awareness during this time, I take the necessary actions to remedy those concerns during the day ahead of me. They become part of my action plan for the day. That's how I work step 10 everyday.

Thanks for listening.

Marilyn1

Eden Prairie OA

### Rinse—Repeat

When I first thought of Step 10, those words came to mind. Rinse and Repeat. This is the action we can gratefully come to as we have worked the prior nine steps.

The promise I am granted - which can now eliminate my fear and insanity over food - is RECOVERY. Now I have three R's: Rinse, repeat and Recovery.

As I take my personal inventory each day having walked through the steps of recovery, I begin to treat others how I would like to be treated.

How do I take my daily inventory? It's become so clear as I ask myself,; where in this day have I been restless, irritated or discontent?

When I have my talk with Higher Power, I can reflect on these, then ask for willingness to walk closer to my authentic self the next day.

Am I coming to this day with an open and living heart? As I do this every day, I am practicing - repeating my actions I have been lead to. Repetition.

Rinse - Repeat - Recovery - Repetition

I can bring sanity to my life around my foods, around those I encounter in this day, and to myself.

Peace with Life?

Marilyn M

## Expressions of Unity

The November *Expressions of Unity* will focus on Step Eleven "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" and will be sponsored by Unity Intergroup. 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 October 17, 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...

October 10	12:30-2:30	Unity Intergroup
October 17	1-2:15	OA Newcomers Meeting
Nov 6-7-8		MN OA State Convention
Jan 23, 2016	9:30-2:30	Sponsorship Workshop

## Region 4 and WSO events...

Visit [oaregion4.org](http://oaregion4.org) or [oa.org](http://oa.org) for details

Oct 23-25	Greater Omaha Intergroup Retreat Creighton Retreat Ctr, Griswold, Iowa
Oct 23-25	Kansas City Fall Retreat Sanctuary of Hope, Kansas City



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.

