



Expressions of Unity

The newsletter of Unity Intergroup

www overeaters.org

Step 11: 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.

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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...And the power to carry that out.

I stumbled into these rooms totally powerless. Food had me cornered. OA taught me what I needed to put down the food. A magnificent journey awaited me when food no longer ran my life. The 12 steps gave me a new sense of power – a chance to share my experience, strength and hope with other compulsive eaters. I became active in my home meeting, I signed up for Outreach events, such as the Diabetes Expo, I worked on a convention committee. But I avoided Intergroup like the plague. I didn't want to give up my Saturday afternoons and I certainly didn't want give them up only to be embroiled in what I was sure would be endless debates about things that don't matter!

However, I have a passionate interest in making sure that the program that has saved my life continues to flourish. I got to thinking that regular attendance at my meeting, though important, wasn't going to be enough to keep this fellowship growing and thriving. I can't tell you that I came to Intergroup because I *wanted* to serve, but I can tell you that the daily practice of Step 11 told me that Intergroup was "the next right thing" – that I *needed* to serve.

Here's the good news: I am having a blast! Unity Intergroup is a powerful gathering of like-minded folks – all ready to do what they can to make our fellowship stronger, more vibrant, more available to the still-suffering compulsive overeater. We are experiencing a collective power that we cannot experience individually. And that power is open to every individual in our fellowship. You are welcome at Intergroup whether you are new or have been around for years.

Unity Intergroup needs *YOUR* energy, your *RECOVERY*. Get your feet wet! Sign up as one of two IG reps in your home group. Consider one of 24 trusted servant positions (see a listing on page 6). We hold elections in January for Unity IG Board, Region 4 reps, and all the trusted servant positions. If you want to be a World Service Rep, you'll need to be there in December. But why not come to our December meeting anyway – just to check it out!

Unity Intergroup – 2nd Saturday of every month. 12:30 – 2:30.

Sumner Library, 611 Van White Memorial Boulevard, Minneapolis, MN 55411.

Next meeting: Saturday, December 12. Can we count on seeing you?

Peg M, chair of Unity IG

Expanding Your Spiritual Experience!

I came to OA 35 years ago at age 22. I never left. OA saved my life. It saved me from myself.

I think as addicts we each have a civil war within. Truth be told, it is more bloody and deadly than our country's civil war. We have a million casualties of confidence, self-esteem, self-assurance, peace and serenity each day we are in addiction. I did not have much weight to lose, may be 15 pounds or so.....but the mental anguish that this disease foisted on me was tremendous.

As a young person I was confused, I could not make a decision, I could not put one foot in front of the other with confidence. I was always bargaining, calculating, doing the math. "If I eat this and drink this then I will restrict for 2 days and run 3 miles each day for a week.' That was one second of thinking.....then it looped over and over again to drive me crazy. This preoccupation with food intake, dieting and exercise was exhausting.



When I went to my first OA meeting back in April of 1980, I felt relief hearing those 12 steps, those 12 traditions, and the reading that begins: "Rarely have we seen a person fail who has thoroughly followed our path."

I was home. Today my OA home is still around, still alive and well. And it is my responsibility to do my part to keep it this way.

Recently our World Service Trustee, Cyndy, came and shared some ideas with our Intergroup how to keep service fresh and alive. She shared: "Service Expands Our Spiritual Experience." I have been contemplating that ever since. I have to agree with that statement. Over the years I have been involved at the group level, intergroup, Region 4 and World Service. Each time I have to push myself to do service beyond the group level and there is a part of me that thinks I am helping out the fellowship. Maybe I am, but really 100% of the time I get so much more back for myself and my program.

If you have been in OA for at least one year and you have abstinence, you must do service beyond the group level in order to keep what you have. Why do I say that? I have been in these rooms for 35 years. I have seen a lot of folks go back out and never come back. It seems that the people who do service beyond their group level are able to better hang in there through the years. I am currently vice chair of Intergroup as well as one of the Region 4 Reps. 2 Positions are too much while working full time, so I will not do that again, but it did not kill me either. I would LOVE to see so many more of you join us at the intergroup level. We get the work done, we DO have fun and it will expand your spiritual experience, I guarantee it!

Mary T. Unity IG Vice Chair

TSW Corner

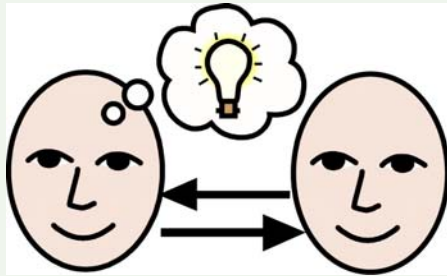
Welcome to the TSW Corner, a place where you can come to find Twelfth Step Within ideas - ideas on how to carry the message to the still suffering compulsive overeater already in our rooms. Twelfth Step Within ... because 'Together We Can Do What We Could Never Do Alone!' For more information about 'Twelfth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

If you have ideas to share in this 'Corner', send them to Annette at aryan52@comcast.net

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**Synch your calendars everyone to include
2 awesome days on OA's Calendar!**



1) Saturday, November 21: IDEA Day - International Day of Experiencing Abstinence



A few ways to honor this special day:

- Share an abstinent meal with a sponsee or struggling member
- Discuss 'A Plan of Eating' at your meeting
- Get together with a few people for a 'coffee meeting' to discuss abstinence

2) Saturday December 12 (12/12): 'Twelfth Step Within Day'

A day where we are encouraged to reach out to the still suffering compulsive overeater.

Ideas to reach out on this day:

- Call a struggling member or you meeting or someone you haven't seen for awhile.
- Go to a meeting and strike up a conversation with someone you know is struggling.
- Visit a smaller meeting with less recovery. There are many smaller meetings in our outstate areas.
- Write an article about your recovery journey and send it in to this newsletter: expressionsofunity@gmail.com.



Meditation → Amazing!

It is no accident that I was asked to write about this step. I believe that it is probably God's way of nudging me along to do it better. During my 10 Step Inventory each night I frequently respond yes to prayer, but meditation quite often gets a response of no. I have actually forgotten to do it so many times that I have a note on my kitchen counter as a reminder. Meditation has felt like one more thing in my day that I have to get done. Lately I am trying to change my perspective about it by *just doing it*.

I will say that even my infrequent use of meditation has been of benefit to me. I was recently in a dark, resentful mood. I drove home feeling horrible about myself. I was even angry with God, so my words to him were childish and bitter. When I walked into the house, I realized that I had to do something or spend the evening in despair. I went out onto the deck and meditated in the sun. It wasn't for very long and it wasn't without stray thoughts and interruptions from my dogs, but once I was done, I felt a whole lot better. I was able to put my dark mood and angry thoughts aside and I



was fine. It was rather amazing. Just imagine if I did meditation everyday! How much better I would feel!

I talk to God all of the time, but lately I have started to review the content of what I am saying. Am I praying for knowledge of God's will for me or am I telling God what I

want and insist that I need? I would have to answer that most of the time I'm telling God why I should get my way or I'm begging for God to help me figure things out. This is not the form of prayer described in the 11th Step. It isn't wrong exactly because I am not perfect, but it isn't the most effective way of reaching out to God, calming my thoughts and finding peace.

I have recited a set of prayers for a long time. They include the full Serenity prayer, the Lord's prayer, the third, sixth, seventh and tenth step prayers. My favorite is the prayer of Saint Francis of Assisi. This prayer almost makes me cry whenever I read it. It takes me to a place of clear thinking and peace, so I can receive love from God and my friends in OA.



Lord, make me an instrument of your peace.
Where there is hatred, let me sow love.
Where there is injury, pardon. Where there is doubt, faith. Where there is despair, hope. Where there is darkness, light. Where there is sadness, joy. O divine master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive. It is in pardoning that we are pardoned. It is in dying that we are born to eternal life.

~~Anonymous

NO FOOLIN' with RECOVERY

Unity Intergroup OA Spring Retreat 2016

Buffalo, MN

when: April 1st, 2nd, 3rd 2016

**CONTEST TO WIN FULL SCHOLARSHIP FOR
2 IN A SHARED ROOM**

Each meeting that sends a representative to the
Unity Intergroup **JANUARY MEETING**
(January 9, 2016, 12:30 Sumner Library) will be
entered in a drawing to win!

One entry per home meeting

The winner will receive 2 - yes **2 FULL
SCHOLARSHIPS**, for 2 members of their choice
to attend Buffalo for FREE in April 2016



Registration for the Buffalo retreat will begin mid January 2016 Stay Tuned!



Unity Intergroup Rocks!

Who is Unity Intergroup? Unity Intergroup (UIG) is a group of people from the various Overeaters Anonymous meetings in the Twin Cities and outlying areas who serve our area meetings. We are working hard to keep your program (and ours) of recovery strong, and to reach out to the still-suffering compulsive eater.

What does Unity Intergroup do for you?

Here are a few examples of what we are doing:

- Communications
 - Produce Expressions of Unity newsletter
 - Emails regarding newsletters, workshops, convention, etc.
 - Print and mail flyers
 - Website maintenance
 - Update meeting lists
- Events for members
 - Big Book Study
 - Buffalo Retreat
 - Fall Abstinence Workshop
 - State Convention
 - OA Quick Steps
 - Sponsorship Workshops
 - Twelve Step Within events
- Outreach to the still-suffering compulsive eaters
 - Newcomer meetings
 - Women's Expo
 - Pride Festival
 - Diabetes Expo
 - Health Care Professional outreach
 - Health fairs
- And more...

What can you do for Unity Intergroup?

We need your help! Please consider volunteering for one of many positions opening up in January. I guarantee you will be blessed through growth in your program! Here are some examples:

- UIG Board members: Chair, Vice Chair, Secretary and Treasurer
- OA Quick Steps
- Big Book Study
- Buffalo Retreat
- By Laws Chair
- Fall Retreat/Workshop
- Professional Outreach
- Public Information
- Registrar
- Sponsorship Workshop
- State Convention
- Treatment Center Outreach
- Twelve Step Within
- Email and Event Coordinator
- Hotline Volunteer Coordinator
- Literature Coordinator
- Newcomer Meeting Coordinator
- Newsletter Editor
- Print Coordinator
- Teleconference Coordinator
- Virtual Speaker Coordinator
- Web Coordinator

Visit Us Online at www.overeaters.org for a full listing of volunteer opportunities and job descriptions, or contact Peg M at Pegm.unityIG@gmail.com for more information.



Step Eleven-prayer and meditation

I have learned that this is an important part of my day! I get up every morning, I go to a quiet place where I can be outside or at least look outside so I can enjoy nature. I have a set routine I follow. I do my prayers and readings then I like to just sit and meditate. I think of what my Higher Power might have in store for me today. During this reflection I sometime come up with a solution to a problem I might have, I might cry, I might laugh. It is a time to clear my mind.

My morning routine helps me to prepare for the day and to remind me that my God is guiding me, that "my will" is not going to make a difference of what happens during the day! In fact, if my day starts going bad, it is usually because I am trying to "take charge, run the show". I am learning that if I relax and just let my day happen, it will be a good day. If I am getting upset, angry, frustrated I am not doing God's will.

It's not always easy to accept God's will. I sometimes THINK there are things that I want and need to do, but for some reason obstacles get in my way. It is those times that I start to question what HP has in store for me. I find it a challenge to listen and learn for what my God wants. When I fight it that is when my day goes bad. If I accept it my day is good! - Bob S, Unity Intergroup Treasurer

Letting go of the battle of life

To stop fighting. To see life not as a competition, but as an experience. To make peace with people, situations or disappointments. To stop trying to look good. To stop fighting imperfection. To go with the flow rather than against it. For me, that's how I see letting go of the battle of life.

These are all great thoughts to hold in my mind and write about as I sit quietly by myself. The reality check comes when my insides get wrenched by emotions, when someone pushes my buttons, or when I don't live up to what I wish I could or would be. Then what? Then do I pick up a sword and fight again? I suppose in life there are times for fighting, just like there are times for laughing and crying. But to see life as a battle, as a game to win or lose, as something I need to guard against... that is not the way I want to live. That way of thinking keeps me trapped in the cage of compulsive eating and weight obsession. I have spent too long living that way.

In recovery I stop fighting and live a different way. I learn to be open to allowing Spirit to guide me. I hold the intention of learning how to love without shutting down to protect myself and also without putting myself in a position to be hurt. With gratitude for the Fellowship of OA, I am opening up to make peace with life. - Anonymous

"Sponsors don't play god -
we help each other.."

ANNUAL SPONSORSHIP WORKSHOP

OVEREATERS ANONYMOUS

- SATURDAY, JANUARY 23, 2016
- 9:30am-2:30pm, Registration 9:00 am
- Pilgrim Lutheran Church (FREE PARKING!)
3901 First Ave. So. Minneapolis, 55409
- Bring your own lunch (no refrigeration
or microwave available)
- \$7.00 suggested donation includes
sponsorship packet
- WORKSHOP INCLUDES: panel of
speakers, breakout sessions, effective
sponsoring Q&A, find a sponsor/sponsee
- Questions? Pat 507-281-5881
Ruth 507-421-4991

Expressions of Unity

The December *Expressions of Unity* will focus on Step Twelve "Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs" and will be sponsored by the Circle Pines Saturday morning HOW format 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 November 21, 2015 to 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	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

Unity Intergroup Mark Your Calendar...

November 14 December 12	12:30-2:30	Unity Intergroup Sumner Library
November 21 December 19	1-2:15	OA Newcomers Meeting Sumner Library
November 21	All Day!	IDEA day
December 12	All Day!	12th Step Within Day
January 9, 2016	12:30-2:30	Unity Intergroup ELECTIONS!!
January 23, 2016	9:30-2:30	Sponsorship 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.

