

# *Expressions of Unity*

The newsletter of Unity Intergroup

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

**STEP NINE “Made direct amends to such people whenever possible, except when to do so would injure them or others..”**

**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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## **Freed From the Shackles**

I am writing this to give a couple examples of how step 9, as it says in the OA 12x12, "...has freed us (me) from the shackles of our past mistakes in a miraculous way." I am learning that step nine is to help me clear my mind of things I have done that i feel have hurt people. Also, I am learning that the problems are in my mind and not the person I need to make amends to. In other words the situation bothers me more than them.

I am going to tell of two incidents that happened close to fifty years ago that were floating around in my head. One I still would like to make an amends, the other I made an amends, but it sticks in my mind because I really felt bad about it and when I made my amends the person didn't even remember the incident.

The first is a fight I had with a high school friend. I have been in two physical fights in my life and this was one of them. It has bothered me for over 40 years and I don't even know what the fight was about, that is the craziness of my mind. The only thing I know is we had a fight and I feel bad about it. I don't know who harmed who the most, but it happened. I have learned that step nine will help me get rid of my guilty feeling and put the incident to rest. I have lost contact with this person, but have started a search for him and am ready to make amends.

The second incident has been resolved and turned out pretty good! In the early 70's I hung around with a girl for a couple years, nothing serious, just friends. I didn't have much money and so when we did things she would have to pay. I decided to move out of town and we lost touch with each other for about 5 years. The fact that I took advantage of her bothered me for those five years. Eventually we got back together and I made amends for my behavior. The thing that threw me was she didn't remember me not paying my fare share. I couldn't believe it, after it bothering me for 5 years, she didn't even remember the incident! It turned out pretty good though , we will celebrate our 40 years of marriage this October.

I hope these stories help illustrate why step 9 is important. A couple of relatively minor things have been stuck in my head for a long time, some 40 years. The first is still an amends in progress, the second I always think about because it is a reminder to me how our minds work. It is important to care of our amends so our head doesn't get ahold of it because strange stuff can happen!

— Bob S.

Hi. My name is Wendy, I just started coming to OA in April of this year. I went to a Quick Steps Workshop to dip my toes into the program. I then found a great sponsor and am trying to work my program. I just did my first amend with my husband. Funny, as much as I know this man loves me, it still scared me to tell him all this "dirt" that I never wanted to say out loud. When I finally ran out of work to do, God kicked me in the ass and I knew it was time. It wasn't as bad as I thought it would be. We cried a bit, hugged and laughed a bit. I felt so much better after it was done... Now I am on to the next one!

## The Daunting Step

When new to OA, step 9 seemed a faraway and rather daunting step. But as I worked the steps in order, it became very natural to proceed with step 9. After the spiritual leaps and bounds of steps 4 and 5, I came upon 9 quickly and more importantly, willingly.

"Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves."

Working the prior steps helped me turn my thinking around, so that I could accept my part in what was not working in my life, especially in relationships. My part became crystal clear, and I felt spring boarded into setting things right.

I talked with my sponsor before going ahead, especially with the most egregious amends. Her insights were invaluable. I didn't even consider whether my amends would be accepted - I was only concerned that I finally take responsibility, and the right words and actions seemed to bubble up on their own. I know that was all my Higher Power. There was one amend that fell in the category of "except when to do so would injure them", and the Big Book tells me not to worry about it, if I can honestly say to myself that I would right it if I could. What I did do was read a letter to my sponsor as though she was the person, then burned the letter. This helped me to release that situation.

I felt the weight of the world being lifted from my shoulders as I proceeded in my amends, and experienced the promises of this step coming true for me.

—Barb B. Monday Night Anoka

### 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 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/>**

Resorting to compulsive eating behavior was always my go-to solution for any stressful occurrence, perceived problem, or feeling of being alone, bored or depressed. It was my constant companion in good times or bad, until I hit bottom, and admitted my helplessness.

Cherishing recovery and valuing the maintaining of my abstinence, and feeling the relief and gratitude of not having to resort to compulsive eating to get through any given situation, is something that by itself helps me make my way through my life in program.

It is this remembrance of how I was, and how I am now, and how far I have come that sustains me in my one-day-at-a-time practices, and gives me hope for the future, in the bargain.

Have any other ideas on how to stay abstinent? Call/text Carolyn S 612-558-1556 or email [mngypsy545@gmail.com](mailto:mngypsy545@gmail.com)

### UPCOMING EVENT:

#### THE ABC'S OF ABSTINENCE

(mapping out your abstinence and your food plan, and getting clear on the difference)

Saturday, September 23, from 9:00am to 4:00pm at the Minnesota Landscape Arboretum, 3675 Arboretum Drive, Chaska, MN 55318 Cherie M. from California will be our guest speaker, this will be her 50<sup>th</sup> time presenting this workshop

### UNITY INTERGROUP SPEAKER LIST

Contact us for a list of local speakers willing to come share their experience, strength and hope at your meeting or recovery event!

We have 60+ meetings served by our intergroup!!

**This is a great service, especially to small and/or struggling meetings.**

Contact Melissa A at [melissa.oa.mn@gmail.com](mailto:melissa.oa.mn@gmail.com) or by phone at [651-307-2510](tel:651-307-2510) to request a copy of the list.

Send an email to [melissa.oa.mn@gmail.com](mailto:melissa.oa.mn@gmail.com) to add yourself to the list of available speakers.

### 2017 State Convention

Nov 3-5, 2017

**"Coming Together, A Design For Living Beyond Our Wildest dreams!"**

More information coming soon...

## Tradition Nine

**“OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”**

There is organization within our fellowship right here in my home meeting. We have several people doing various tasks but no one absolutely, no one is in charge. For example, we have someone leading my group tonight. We have a Treas. We have a greeter. We have someone that opens the door and locks up at night after a meeting. We have someone that shares their experience strength and hope on whatever topic we might have for the night. And there are others as well. We also have multiple positions on the intergroup level. The region level and the world level but again the same rule applies that no one is in charge we are but trusted servants we serve the members of the fellowship.

The 2<sup>nd</sup> paragraph on page 178 of our OA 12 and 12 states: “Though our service bodies need to be organized, OA as such is encouraged by Tradition Nine to keep the emphasis on fellowship, rather than organization. This tradition helps us to ensure that God will always remain of ultimate authority in OA. Without an organized power structure in which to operate, no single person or group of persons can govern others. No rules can be laid down, no punishments handed out, no orders issued.”

Even the WSO gets its authority from the thousands of individual groups worldwide. Thus, we are established what is called: “The Reverse Triangle”

basically, the reverse triangle is just the opposite to corporate structure. Where the CEO is in charge of the company and those below are subordinate. Whereas in OA structure is just reverse we’re the Chair of the Board of Trustees is at the bottom of the triangle and our individual group’s car at the top. Everyone that serves in a trusted servant position is responsible to the individual OA groups.

Although our Traditions are simply suggestions, but our service bodies have the right to remove any group from our list that does not follow the 12 traditions, but we cannot fine them or order them to disband. Our final chapter in Tradition Nine in our OA 12 & 12, I believe sums it up better than any words that I could come up with.

“In Overeaters Anonymous, we have experienced all things work out for the best when organization is kept at a minimum. The order we once thought in rules and power structures we have found in freedom instead. Trusting our Higher Power rather than any organizational structure, we can now take responsibility for our shared lives and for the OA Fellowship in which we are recovering together.

As with our twelve steps, Tradition nine as well is all of our wonderful traditions are extremely important both to our own recovery and the continued growth, strengthening and yes, recovery of our OA fellowship as a whole. As with the 12 steps and our own personal recovery, so too, I believe that if we do not live by these amazing and God-given Traditions, our fellowship will cease to exist it will literally die.

## OA Informational Open Meeting

If you are interested in learning more about Overeaters Anonymous, if you want to support a family member or friend in OA, or if you would like to find out more about how OA works, please be our guest at this meeting.

**Saturday, Sept 23 at 9 am at Pax Christi church.**

This meeting is held at our regular meeting time (9:00 to 10:30 am) and features the following:  
**An explanation of abstinence and how it differs from dieting.**

**The tools we use to achieve and work the “program.”**

**Personal stories of recovery by working the 12 Steps of OA.**

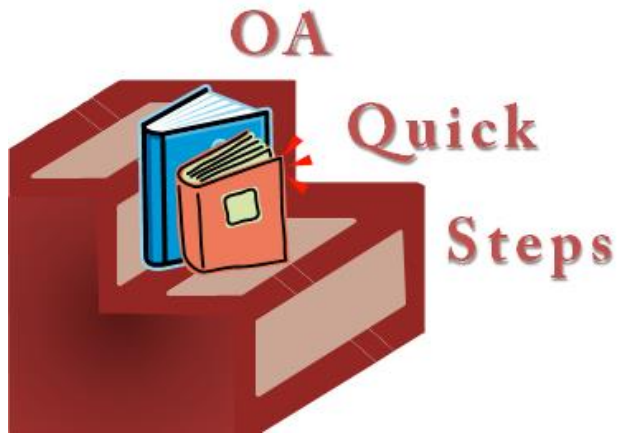
**A time for you to ask questions and get answers about how OA works.**

Our regular meetings are “closed” (open only to those who consider themselves to be compulsive eaters, the open meetings are for anyone who wants to learn more about OA)

Eden Prairie Overeaters Anonymous  
Pax Christi Church  
12100 Pioneer Trail  
Eden Prairie, MN  
55343

For more information contact:  
Jean [612-867-7458](tel:612-867-7458)  
[odat0487@aol.com](mailto:odat0487@aol.com)

**God grant me  
the serenity  
to accept the  
things I cannot  
change;  
courage to  
change the  
things I can  
and wisdom to  
know the difference.**



**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  
September 16 and 30, 2017**

**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**

**Mayflower United Church  
106 Diamond Lake Road  
Minneapolis 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.

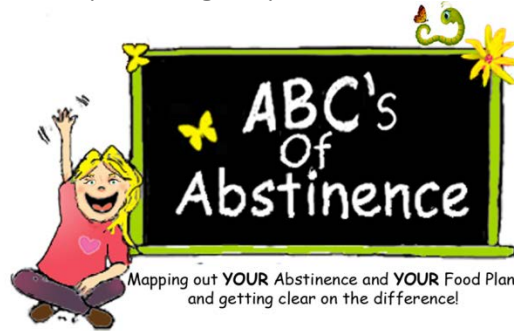
You will need to have a sponsor who can help you through the 4th and 5th Steps.

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.**

Presented by the Unity Intergroup of Overeater's Anonymous, Inc.



## Mapping out YOUR Abstinence & YOUR Food Plan -and getting clear on the difference!

- Disconnecting from YOUR Ego and YOUR Addiction and connecting to YOUR Higher Power
- Safe from Relapse with the ABC's Recovery Quotient

ABCsofAbstinence.com

Led by an OA member from L.A./SFV with 26 years of abstinence and over 100lb weight loss.

**Saturday, September 23, 2017**

**9:00 AM to 4:00 PM**

(Registration 8:30 AM - Workshop starts at 9:00 AM)

**Minnesota Arboretum**

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

**Webcast Registration \$10**

**Classroom participation onsite at the Arboretum has  
Filled and is now closed.**

**Questions: Sue B 651-707-4836 or Carolyn S 612-558-1556**



# Convention 2017 • November 3rd, 4th & 5th



## Location:

Sheraton Minneapolis West  
12201 Ridgedale Drive  
Minnetonka MN, 55305

Call 952.593.0000 to book your room at a special rate of \$99/night. Please mention OA when you call.  
**To receive special rate, be sure to reserve by 5pm, October 4th.**

Registration is open online at [overeaters.org](http://overeaters.org), or use the following mail-in form.

We are putting together  
a convention that you  
will not want to miss.  
We can recover together!

**Friday, 7-9pm** • Main Session featuring 2 Keynote Speakers.

**Saturday, 9am** • Main Session. Breakout sessions throughout the day. Lunch at 12pm and dinner at 5pm.

**Saturday, 7pm** • Main session featuring Keynote Speakers.

**Sunday 9am-12pm**: Main Session with Keynote Speakers, followed by a breakout session covering sponsorship.



## Convention Registration

Walk-in Registration: Friday 5pm-7:30pm  
Saturday 8 am-7:30 pm.

Mail-In Registration Form:

Name \_\_\_\_\_

Name tag (first name, last initial) \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Mobility Assistance? \_\_\_\_\_

Are you interested in service opportunities? Check any.

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

Registration early rate (mail by 10/13/2017) \_\_\_\_\_ \$49  
Registration (after 10/13/2017) \_\_\_\_\_ \$59  
Registration for Saturday only \_\_\_\_\_ \$39

Saturday Buffet Lunch \_\_\_\_\_ \$22

Saturday Buffet Dinner (Non-Vegetarian) \_\_\_\_\_ \$29

Saturday Buffet Dinner (Vegetarian) \_\_\_\_\_ \$29

Total Enclosed \_\_\_\_\_ \$ \_\_\_\_\_

Please send registration form and check payable to:

**OA 2017 Annual Convention**  
**PO Box 390083**  
**Edina, MN 55439**

Sorry, no refunds. If you are unable to attend, please consider giving your entry to someone in need, donate it to the scholarship fund, or feel free to sell to another eager participant. Registration Info Line: (612) 377-1600.

## Expressions of Unity

The October *Expressions of Unity* will focus on Step TEN "Continued to take personal inventory and we were wrong promptly admitted it." and will be sponsored by the: Eden Prairie 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 August 19th 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 Unity Intergroup in action.**

**All members of OA are welcome at Intergroup meetings.**

**September 9 , 2017 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—Jill S	651-739-0212	<a href="mailto:jshortreed@centurylink.net">jshortreed@centurylink.net</a>
Treasurer—Suzanne J	952-220-5358	<a href="mailto:unitybills@gmail.com">unitybills@gmail.com</a>
Secretary—Rebecca W	612-267-2460	<a href="mailto:rebeccawellikunityig@gmail.com">rebeccawellikunityig@gmail.com</a>

**Join Unity IG by phone!  
Conference Dial-in Number:  
(515) 739-1034**

**ACCESS CODE:**

**468702#**



## Mark Your Calendar...

September 9	Unity Intergroup Meeting 12:30-2:30 pm Sumner Library MPLS
September 16	Newcomer Meeting 1:00-2:15p Sumner Library MPLS
September 23	THE ABC'S OF ABSTINENCE Minnesota Landscape Arboretum
September 19 & 30	OA Quick Steps Workshop 9:30-12:30 pm Mayflower United Church
November 3-5	State Convention Sheraton Minneapolis West



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.