



June 2022

Expressions of Unity

The Newsletter of Unity Intergroup

www.overeaters.org

News and Noteworthy

The June Intergroup meeting will be held on Saturday, June 11 from 12:30 – 2:30pm

via

Zoom

ID 810 4426 4132 /

PW 12345#

Phone: 312-626-6799

12345#

Relapse Recovery Meeting

Thursday evenings

at 6:00 pm CT

Zoom ID: 871 0023 6034

Passcode: 93D9ie or

Call 312-626-6799, Same

ID, Passcode: 546650

For more info

contact Annette:

aprlovesoa@gmail.com

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

Time for a Nap?

In the first five steps we get honest, we ask God to free us from bondage, and He does. Now that we're abstinent, at Step 6 can we take a nap? "Were entirely ready to have God remove all these defects of character."

We don't have complete recovery from defects, perhaps because some of them are just overzealous instincts, like too much of a good thing. Instincts aren't something to "get rid of", yet out of balance instincts become character defects. As God forgives us, we become hungrier to cooperate with Him in healing our character from its defective state. This journey of character healing continues through life. Can we take a nap? Take a closer look.

Step 6 is comprehensive. It calls us to be entirely ready, to surrender all... Are we there yet? These words suggest we aim for the best, keeping no reservations. We need target practice to improve our aim; there is always Step 6 work to do, even as we progress. In other words, this is no time to snooze.

So just how do we work this step? Obvious, pain-causing defects are easy to spot. Selfishness, self-centeredness – it seems like letting go is common sense, not a spiritual struggle. "Let go and let God" sums up Steps 6 and 7. Done.

Not so fast. Some defects can be so subtly tucked into our personalities that we hardly think of them as problematic. Comfort, popularity, money – do these drive us? Often! But we can hide those motives so well that we even have ourselves fooled! Gluttony is an overactive appetite for more than we need, and applies to more than just food: material things, security, status, talent, etc. Ringing any bells? How about pride? Greed? Laziness? Check. The list goes on... Procrastination? Yikes! Because they cause US trouble, we'd like defects to be greatly diminished, but are we ready to have them removed, root and branch? Um, no. We claim spiritual progress, not spiritual perfection, thinking that's an out. But of course, Step 6 isn't

about our will and design. Like Step 3, we submit to God's plan and allow HIM to direct life and change us. Many have tried to work Step 6 independently of God, and the result was nil. It turns out that we are powerless even over getting the desire, willingness, or readiness to be improved! That too requires God's mighty grace. Surprised?

Don't despair. This is one day at a time. If we abstain for one day, and each day choose to rely on the miracle-working God, we need never take another compulsive bite. Isn't there a saying that repetition is the only permanence to be found in nature? We are abstinent and can remain so, evidence that nothing is beyond God's powerful love!

Are we becoming entirely ready? Yes. Becoming = keep going in this direction. Entirely = completely. That is the goal, so don't stop short. Half measures avail us nothing. Keep moving forward, one day at a time. Our relationship with God is ever-growing, never ending in this program of action. "Delay is dangerous, and rebellion may be fatal... abandon limited objectives, and move toward God's will for us."¹ We ask God for alertness, and the courage to abandon our own limited objectives.

Step 6 ever prods us to improve. Without this, we will be deceived into thinking we can "rest on our laurels." Isn't that taking credit, thus reversing steps 3,2,1? Doesn't that back-sliding lead back to the addiction? When we're not growing, we're in grave danger; therefore, Step 6 is every bit as necessary to our survival as the others! Do not be lulled to sleep.

1) AA 12x12 pg. 69

Nikki

"Into Action"

I recently went to a retreat in Buffalo MN and heard a speaker talk on Step 6. They mentioned how short the step is in The AA Big Book. In the chapter "Into Action", page 76, it says: "Are we now ready to let God remove from us all the things we have admitted are objectionable? Can he now take all of them- everyone? If we still cling to something we will not let go, we ask God to help us be willing." She mentioned Step 6 is in the "Into Action" chapter. Her sponsor told her to "act out" scenarios in her character defect then act them out not in her character defect. This is "practicing" the principles and it's an action. Practice putting yourself in an everyday situation that you would automatically go to these character defects, see how the situation would go, then practice for next time what you would do. During the actual scenario, before you naturally go to character defect, it will be easier because you practiced the actions you need to take and what you would say differently. Also, we can't fully break out of the character defect without asking God to remove these character defects.

I like the idea of not just saying a prayer for removal of character defects, but actually having actions to practice changing my behaviors. This retreat was a beautiful experience, and I was grateful I was able to attend!

Tradition Six: 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.

When new to Overeaters Anonymous, 21 years ago, while at an Overeaters Anonymous meeting I immensely disliked any reading or discussion pertaining to the Twelve Traditions. I would inwardly scoff, “What do the Twelve Traditions have to do with my recovery from compulsive overeating?” I believed that, in order to recover, all I needed was to follow a program of recovery – a program of twelve simple Steps. By following these Steps, I have stopped eating compulsively, and I came to believe that the Twelve Traditions of Overeaters Anonymous have played a part in helping me to stop. Today I know the Twelve Traditions help carry the message of recovery to those who still suffer, which is the primary purpose of Overeaters Anonymous groups. Also, the Traditions are as much a part our spiritual foundation as the Steps. The Traditions are a pattern of guidance for the OA Groups. They describe the purpose of the group and suggest a design that will help it avoid distractions and errors that could dilute or confuse the OA program.

Some groups flourish and grow, while others fall apart. Most often it depends on how well members of the group understand and apply the Twelve Traditions. One of the Traditions is, “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.” Since this article will be published in June, I am referring to Tradition Six.

A crucial phrase in this Tradition is “never endorse, finance, or lend the OA name to any related facility or outside enterprise” no matter how valuable and worthy this enterprise may be. OA’s name and program are designed to help a particular group of people. As individuals we may support, financially or otherwise, any other activity – religious, political, academic, charitable, or whatever else our interests suggest, but to support them as an OA group could lead to misunderstanding and confusion. This Tradition is extremely important in protecting OA’s identity and preserving its unity. It helps us not divert from the spiritual practice of a program which works.

OA groups are a place where we can find comfort from the “wants of the world” and concentrate on our “need for spirituality” in our lives. It must not be a place where we feel pressured to buy anything, support a cause, give money, buy property, or worry about our “prestige” in the group. Our strength, hope and experience can be shared, and our own spiritual needs can be fulfilled as long as we do not try to do things that will divert us from our primary spiritual aim, which is to “help the overeater who still suffers”. Tradition Six helps us in this miracle.

Ruth

Twelfth Step Within Corner

June 2022

Welcome to the Twelfth Step Within Corner. Our goal is to present ideas and resources for carrying the message to the still-suffering compulsive eaters in your own groups. Twelfth Step Within ... because 'Together We Can Do What We Could Never Do Alone!' For more information about 'Twelfth Step Within' go to: www.aa.org and search 'Twelfth Step Within.'

Below are some simple ideas for your group to help its struggling members.

- Have a volunteer to stay after your meeting to provide support.
- Invite struggling members to attend you newcomer meeting (if you have one.)
- Refer members to the Thursday 6pm Zoom Recovery from Relapse meeting.

<https://us02web.zoom.us/j/87100236034?pwd=d3ZsYThSTDViYm1JWl1k0RWhLWE9Kdz09> Meeting ID: 871 0023 6034 / Passcode: 93D9ie

- Guide others in finding helpful resources on www.aa.org