

## News and Noteworthy

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The October Intergroup meeting will be held on Saturday, October 8 from 12:30 – 2:30pm

via

Zoom

ID 810 4426 4132 /

PW 12345#

Phone: 312-626-6799 12345#

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### 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](mailto:aprlovesoa@gmail.com)

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### New Newsletter Email

If you are interested in contributing to the monthly newsletter, please send your articles to

[ExpressionsofUnity2022@gmail.com](mailto:ExpressionsofUnity2022@gmail.com)

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

Maintenance - We all know how important it is to keep our cars, homes, and most things running efficiently.

Step 10, which I have heard referenced as maintenance, helps us keep our lives running well. Who would have ever thought a daily review could help us stay mentally, emotionally well with the benefit of keeping us out of eating over or preventing brain chatter that can cause so much distress.

I think back before program and how I would anguish over some event. First off, the isolation, which made it so easy to go to the food, and of course the negative thinking. Wishing I had said something different, or if I had acted out, or getting into a blame thing. It would be very distressing. Whatever the situation, it might lessen over time, but it was that niggling thing stuck in my brain and it kept coming back.

What a relief today, as I can look at the situation when I review my day. I can write about it. I can reach out to check with my sponsor. I can turn it over to my Higher Power. I face it because I want to be relieved of any anxiety that the situation created. I want to prepare myself for what I need to do, if anything, related to making an amends or just being relieved of bad behavior. Giving it over to my Higher Power and letting it go. A review of the day works also, to review what we did that feels good and gives us a sense of comfort and satisfaction and the gratitude we can share with our Higher Power.

In the beginning, Step 10 wasn't included in my daily activities. Today as I have progressed in the program, I find it a gratifying practice to look back at the day and check in with myself to see if anything is causing discomfort. The reward is that I get to be in a more fit spiritual condition.

Betty C.

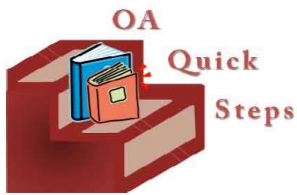
## Persevering with Healing Actions

In Step 10 we are told, “if we are to experience permanent recovery from compulsive overeating, we will have to repeat, day after day, the actions that have already brought us to much healing” (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd Ed). By the time I was truly at Step 10, I had come to realize the importance of the 10th Step Spiritual Principle, Perseverance - begrudgingly on some days and with appreciation on others. Either way, for me, this Step and this program is a one-day-at-a-time-forever program. Instead of reacting in anger at the unfairness of this truth as I had before, I now feel relief. I no longer have to come up with a new plan or diet to control my food addiction. I have surrendered and am working the Steps.

As with the other Steps, I continue to learn more with practice. Today my Step 10 daily inventory includes a review of my service, resentments, and apologies, as well as answering the question – “Has fear or faith determined my behaviors today?” In addition to this daily inventory, I sometimes do a “spot-check inventory” and address behavior, apologizing as needed, in the moment. Sometimes I do a more in-depth inventory if patterns emerge with these daily check-ins. The newest addition to my daily 10th Step has been answering the fear or faith question. On daily check-ins with my sponsor, it has been important to share these answers, working through issues of fear by going back to Steps 1-3 and recognizing faith as I continue to grow in connection with my Spirit Energy.

Anonymous





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

**Completing this two-part  
OA Quick Steps Workshop  
may be just the answer.**

**Dates: Saturday, October 29, 2022  
and Saturday, November 12, 2022  
Time: 9:00 am to 1:00 pm (CDT)**

**Location**

**These sessions will be on Zoom.**

**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**

To register, contact  
[unityquicksteps@gmail.com](mailto:unityquicksteps@gmail.com).

Registration is required as **class size is limited**. The zoom link will be sent to registrants

You will need to have a sponsor or someone who can listen to your 5th Step.

There are no fees for this workshop, but we encourage a 7th Tradition donation to Unity Intergroup.

Time commitment is two Saturday sessions, plus homework. **We expect participants to attend both sessions.** 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.**

## **Twelfth Step Within Corner**

October 2022

The Twelfth Step Within Corner – For more information about Twelfth Step Within go to: [www.oa.org](http://www.oa.org) and search Twelfth Step Within. To learn more about the Unity Intergroup Committee, please attend our next Unity Intergroup meeting which will be held on October 9<sup>th</sup> from 12:30pm to 2:30pm. Committee meetings are held the last part of our meeting. This is where the magic happens.

The Region 4 Outreach Committee is doing something similar to our Unity Intergroup Twelfth Step Within Committee. While our TSW Corner is featured monthly in our *Expressions of Unity* newsletter, Region 4 articles entitled “Booster Shot” appear every other month in our newsletter *R4ward*. Click on this link

[R4ward July 25 2022.pdf](#) to see an example of the *R4ward* and an article out of the Outreach Committee. You can receive the *R4ward* by simply emailing: [chair@oaregion4.org](mailto:chair@oaregion4.org). You will be added to the mailing list.

Annette P-R

