



March 2023

Expressions of Unity

The Newsletter of Unity Intergroup

www.overeaters.org

News and Noteworthy

The March Intergroup meeting will be held on Saturday, March 11 from 12:30 – 2:30pm via [Zoom](#) ID 810 4426 4132 / PW 12345# Phone: 312-626-6799 12345#

2023 OA Buffalo Retreat

“Together WE Get Better”

April 14-16, 2023

To register online at <http://overeaters.org/upcoming-oa-events/>

or by mail

For more information about the retreat, see pages 3-4.

Fifth Annual Men’s OA Retreat

Registration is now open!

Spring 2023
April 28-30

More info on page 6

Step Three: Made a decision to turn our will and our lives over to the care of God as we understood him.

In Step One, we admitted that we were powerless over food, that we could not change the situation by our own will. In Step Two, we came to believe that there was hope that a Higher Power could help us. The next logical step would be to reach for that hope, to develop trust in the care of a Higher Power, or as the Big Books says, to come into the “Sunlight of the Spirit”.

Step Three says “made a decision”. To me this indicates willingness to begin the process of turning over my will. Step Three doesn’t say “Turned ...”; it recognizes that this is a process. We will have many blocks to surrender – after all, Steps Four through Nine are there to help us remove these blocks! Making a decision to turn over our will to a Higher Power is a recognition that “ we can’t make it happen but we can allow it to happen by setting up inviting conditions” (Voices of Recovery, Jan 28).

So how do we reach for the “Sunlight of the Spirit”? I was an agnostic when I came into the program. My sponsor encouraged me to “act as if” there was a Higher Power out there that cared for me. I started with simple prayers, some meditation, and some writing. I didn’t always feel a connection but with consistent practice I began to feel a shift in perspective.

This shift opened me to be more conscious of recognizing God’s will. I now know that God (my Higher Power) is always there for me; I just need to reach out to Him. Step Three reminds me to do just that.

Cecelia L.

Expectations are Premeditated Resentments

Alongside my OA successes have been misses that I can relate to what the 12 X 12 book calls the OA honeymoon being over and surrendering to God being a simple step but not an easy one. I decided it was finally time to work with a sponsor who could help me commit to working the following Steps. She shared a sentiment that is helping me keep my motivations in check ... "Expectations are premeditated resentments".

Last month I made the decision to turn my will and my life over to the care of God, which has resulted in some longer stretches of abstinence and significantly less self-abuse. I experienced something recently suggesting the beginnings of personality change. I went out to dinner, ordering something that worked with my eating plan and all my food sensitivities. The food was less than satisfactory and after a handful of bites I stopped eating. When the waiter asked if I wanted a box I normally would have said no, explained that I wouldn't eat the leftovers and why. Instead, I smiled, said thank you and took the food home. My husband noticed the change in my behavior.

I am an analyst by trade where I find gaps and close them. I had a special needs child for many years for whom I searched and searched for ways to help him. I have experienced ongoing anxiety over my lifetime with unexplained pain in the last several years associated with illness and stress. I have been living the lie that if I just do enough then I can get ahead of it all. But I now know the lie will kill me if I don't leave it behind.

I have referenced the AA Big Book many times, going over the first three steps. I saw myself in the reading as an actor who plays the martyr, who feels self-pity from my efforts to manage other's problems. If I don't get it done, then who will? I am a problem solver which is a good thing, right? I mean, it's one of those terms that goes on the resume. I have been trained my entire life to bring a solution when I communicate a problem ... it's my job. I see clearly that I have used this strategy to avoid trusting God and addressing my own issues for too long and it must stop.

This past weekend I spent hours meditating in different positions, letting go of all distractions, asking for God's help and healing. There were a couple of hours that day when I felt almost no pain and it brought me to tears of joy. When I described the feeling to my husband, he said it made so much sense to him. He told me that he has watched for years my need for control and understood the weight it must put on me. Stepping away from these preconceived responsibilities alleviated so much suffering.

I have often experienced deafening silence in prayer and meditation, and I know in those times I am blocked from God. I long to feel His presence as a direct line to my intuition but know that I need to pause, be patient and keep listening. My hope is in finding peace as I am brought to my knees in true surrender, so I may be free of suffering in the bondage of self. A life of purpose helping others without resentments will only come from God directing my life and not by me willing it. God, please help to let go of my self-pity and my self-will day by day.

Lisa D. (Bloomington, MN 6:30 PM Meeting)

2023 OA Buffalo Retreat

"Together WE Get Better"
April 14-16, 2023

Location: Christ the King Retreat Center ♦ 621 First Avenue South Buffalo, MN 55313

Costs:

- Shared rooms: \$182.00 before March 15 and \$200 after March 15
- Private rooms*: \$212.00 before March 15 and \$220 after March 15
- Program with meals and NO lodging: \$100.00

*Private room availability is limited. No scholarships for private rooms.

Includes: Friday: dinner and room, Saturday: three meals and room, Sunday: breakfast

Times: Check-in: Friday 5:00, dinner 6:00, program 7:00 ♦ Check-Out: Sunday 10:30 am

To register online: <http://overeaters.org/upcoming-oa-events/>

To mail-in registration:

- Contact Jackie K at 215-858-2760 or osbuffaloretreat2023@gmail.com for mailing address for mail-in registrations.
- Detach and complete mail-in form below. Include a check or money order for the full amount PAYABLE TO UNITY INTERGROUP
- All reservations will be confirmed via email. If you want a confirmation via US mail, you must enclose a self-addressed stamped envelope (SASE).

Questions or concerns, please contact Jackie K.

Please note: All registrations must be paid in full. We do not accept partial payments. No credit card payments accepted for mail-in registration. No refunds will be made. All credit card payments must be online.

At the Retreat, we will only accept cash or checks for literature & raffle tickets.

Mall-In Registration Form

Full Name: _____ Address: _____
City: _____ State: _____ Zip _____
Phone: _____ Email: _____
Nametag: (1st name and first initial of last name): _____
Home meeting: _____
Room (circle): Private Shared Roommate request _____
Gender for roommate assignments (circle): Male Female

* If you register for a shared room without a roommate request, a roommate will be assigned for you.

* If you require a handicap room, please contact Jackie K as there are a limited number.

Special Accommodations: (circle)

Vision Hearing Mobility Vegetarian Gluten Free

Other _____ PLEASE INDICATE YOUR NEEDS (e.g., room close to the elevators, dining hall, or main hall; handicap accessible bathroom)

Service Opportunities: (circle all you are willing to do) Registration/check-in

Small Group Leader Timer for speakers Hear a 5* step Literature Wherever needed

Partial Scholarship: Send requests to Jackie K at osbuffaloretreat2023@gmail.com

Dietary Restrictions and Special Foods: Refrigerators are available if you want to bring food. The menu will be emailed to all participants.

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

When I came to OA, I was far from sane. My eating habits were to eat what I wanted and as much as I wanted. I tried every way possible to control my weight; including excessive exercise, carnivore diet, Atkins diet, fitness gadgets, weight loss programs, and was mostly irritated that my time in another program (AA) didn't carry over to my eating compulsion.

After having no luck and going to doctors for stomach problems, I decided maybe the 12 steps which worked on my alcohol and substance abuse could work on food too? I looked on the computer found a couple of nearby meetings tried them and settled into the Anoka group. I got a sponsor and started to work the steps and follow direction from my sponsor. My sponsor guided me to a food plan, and I also took on some additional coaching to get marriage counseling (direction from a High Power my sponsor). It took a while but now I am abstinent over two years, and I have been restored to sanity. On the physical side my weight is much better I still have a little more progress to get to my target weight. However, the most important thing is that my key relationships and my attitude about myself is much improved (I love myself way more), and the compulsion to overeat is gone! I no longer have to eat to deal with life (boredom, worry, stress).

Looking back on all the changes I've made over the last few years I see that I trusted my higher power to guide me through people and my sponsor to do things that I could not do on my own. Like the big book says WE can do what I cannot! When I came into OA, I decide to believe that OA could work for me if I was willing to go to any lengths because my half measure surely had not. Now I have faith in the program because it's worked for me and for so many my group and in OA! It can work for you too! Thanks HP!

Peace, Max



5th Annual Men's OA Retreat – Registration is now open.

Space is limited, on a first-come basis.

To register, open this link <https://forms.gle/QFkUp6TVqCRtCBVN6>

Retreat information:

Spring 2023, April 28th - April 30th

Two-day retreat focused on recovery for men dealing with compulsive eating. This is our 5th annual Men's Retreat. In the past, the retreat was a combination of fellowship, speakers, hiking, meditation, personal time, and free time for a bonfire. In addition to wildlife on the property, trails, a library, a bookstore and guided meditation, the Center also has a wood-burning sauna at our disposal.

Additional information will be forthcoming.

Please visit the [website](#) for the location and accommodations that will be available to you to choose from.

Contact Sasha K. 763-443-0393 or John G. 612-570-2181 if you have any questions.

