



April 2023

Expressions of Unity

The Newsletter of Unity Intergroup

www overeaters.org

News and Noteworthy

The April Intergroup meeting will be held on Saturday, April 8, 2023 from 12:30 – 2:30pm via [Zoom](#) ID 810 4426 4132 / PW 12345# Phone: 312-626-6799 12345#

Fifth Annual Men's OA Retreat
Registration is now open!

Spring 2023
April 28-30

More info on page 4

2023 Big Book Study (Zoom)

Friday–Sunday,
May 12–14

Facilitated by Lawrie C.
Registration coming soon!

2023 Unity Intergroup Convention

Friday & Saturday
Oct. 6–7

Crowne Plaza West Hotel
Plymouth, MN

Registration coming soon!

Step FOUR: Made a Searching and fearless moral inventory of ourselves.

Few of the 12 steps are as daunting as the 4th. Being asked to write out my most shameful moments, my deepest resentments, and the harms I have dealt unto those I love the most was far from exciting. With that said, I was eager and ready to let go of the baggage that had piled up over the years. Reluctantly, I set forth what would turn out to be one of the most important developments in both my recovery, and my humanity.

For the first time, I was able to see the patterns in my actions that were leading me to such dismay. The resentments I was harboring suddenly had a clear path to resolve. My most profound defects of character had highlighted themselves, when somehow, I had never been able to see them clearly before. A sense of relief and acceptance came with admitting my shame. I found strengths and gratitude in the most unlikely places. The 4th step was the turning point in my recovery. It was the step that afforded me the opportunity to see a true path to growth. It showed me exactly where I needed to do the work. Despite my reluctance and intimidation, step 4 let me know recovery was an option. I have a solution.



Anonymous
Morristown, NJ

“It was not the mountain I made it to be...”

Entering recovery and coming to terms with what a 4th step looks like was overwhelming, to say the least. Upon receiving my "4th step assignment", I was nervous and didn't want to start it. I received my assignment as my sponsor went on a European vacation, so outside accountability was temporarily gone. I was anxious to dig into my past, look at my wrongs, and potentially relive the pain I went through in my addiction. But waiting to start the assignment was doing more damage than facing my past problems. So I started it. And it was a long, emotional, and heavy process. I wanted to stop several times. I put off my assignments, making excuses. Then my sponsor cracked down and said there's no more messing around. I knew I needed to get through this in order to find peace with my past. When I finally finished my 4th step and began planning for my 5th step, the anxiety came back. Now I need to TELL someone these things and admit my wrongs? No thank you. I had heard 5th step horror stories. After 5-6 hours a week for a few weeks, my sponsor and I (and the spider on the wall I thought was embodying god) finally finished my 4th and 5th step. My sponsor instructed me to go home and meditate, which I did for a few minutes before passing out cold; the anxiety and heaviness had been lifted.

MY 4th step took 6 months, which led me to believe I was "failing." I made up these "perfect" expectations in my head that no one asked for. I've heard a lot of stories about people completing steps 1-3, relapse, 1-3, relapse, which scared me. The worst part about MY 4th step was the mountain I made it out to be, when really it was a smooth, long, walking trail that I had the option to stroll.

Listening to others' experiences on 4th steps is helpful to an extent, but for me, it led straight to dread. The horror stories were a "no thanks" from me, dog. I think stories from others can sometimes set these invisible expectations of what it's "supposed to" look like. When in reality, the only thing that is important is that you do it with willingness, openness, and honesty.

The process of my 4th and 5th step was long, exhausting, and emotional, but I felt so relieved. I felt tired. I felt lighter. My secrets were no longer in the dark,, and I finished what I did not want to start.

Ali S.



Step 4: Made a searching and fearless moral inventory of ourselves.

This was the first step for me that required physical action on my part. I always thought I was willing until I got to this step, where I would go out and relapse because I wasn't truly willing to do/see/feel whatever it was I needed to - to be free from the food. Doing the 4th step showed me the selfish and self-centered behaviors that kept me sick for a long time. Alongside everything else, I could see how fear had ruled my life. Most importantly, I finally saw the whole picture (a.k.a., my part in things - not being a victim, seeing my decisions, etc.) which meant I could finally do something about it. Nothing counted but being as honest as I could with paper and pen. I didn't get everything out (it was quite the list!) the first time doing a true 4th step, but I got out the biggest, darkest secrets I knew and was honest as I could be at the time. For once my mind was clear, emptied, and quiet. I never knew the personal freedom I have today until I did this.

Nick V.



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.