

Expressions of Unity

The Newsletter of Unity Intergroup

www.overeaters.org



June 2023



News & Events

The June Intergroup meeting

will be held on

Saturday, June 10, 2023

from 12:30 – 2:30pm
via Zoom

ID 810 4426 4132
PW 12345#

2023 Unity Intergroup
Convention

Friday—Saturday
October 6-7, 2023

Crowne Plaza West Hotel
Plymouth, MN

Registration Coming
Soon!!

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”

Tradition Six makes reference to our primary purpose outlined in Tradition Five. “An OA group has but one primary purpose - to carry its message to the compulsive overeater who still suffers.”

Those of us recovering in OA come from all walks of life. Our disease shows no respect for economic status, professional accomplishment, educational achievement, or piety of spirit. Our common problem manifests differently in individuals and possibly at various stages of our lives. What brings us together is our common solution of recovery from our disordered relationship with food through the application of the Twelve Steps of Overeaters Anonymous. Our primary purpose in Tradition Five focuses us on that common solution.

Our personal stories may include other 12-Step recovery programs (a fellow refers to this as Dual Citizenship); therapy, treatment programs, traditional or alternative healing therapies. OA has no opinion on these outside enterprises—neither endorsement nor condemnation.

“The Twelve Steps and Twelve Traditions of Overeaters Anonymous”, page 127 offers the following example used for resolving how to share our personal experience with outside enterprises: “OA members need to be free to share their experience, but the group now asks its speakers to refrain from stressing the names of any specific outside enterprise...”

Tradition Six is to help me focus my attention during my OA meeting time and sharing on the recovery I have found through working the Steps.

-Jean K



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Region 4 Special Announcements

Due to the ongoing difficulty in filling service roles, the Region 4 Board has made the decision to disband Region 4.

The roles of Chair and Vice-Chair have been vacant for quite some time and there has been a steady decline in reps and delegates from the existing 14 intergroups.

Service is what keeps our fellowship alive and as a whole, our organization is struggling with this.

Region 4 will merge with another region (TBD). This process is expected to take through July-September time frame. We will discuss the final Region 4 convention in 2024 as being our farewell gathering. There will be more to come on this.

Literature Corner:

Looking for new literature? Did you know: OA.org has published a workbook on The Twelve Traditions of Overeaters Anonymous. From the website: This workbook focuses on the Spiritual Principles of the Twelve Traditions and explores them through guided questions.

OA.org has a number of digital downloads and audio recordings available. <https://bookstore.oa.org/digital-products.asp>

The pamphlet Where Do I Start (previously the newcomer's packet) is available for free pdf download in 21 languages at: <https://bookstore.oa.org/pamphlets/where-do-i-start-everything-a-newcomer-needs-to-know-705.asp>

Have you discussed whether you are ready to start sponsoring with your sponsor? You don't have to figure out how to be a sponsor by yourself. OA.org offers a Sponsorship Kit: <https://bookstore.oa.org/pamphlets/sponsorship-kit-210.asp>

Thank you!



Save the Date!

MN State Convention

Oct 6 + 7, 2023



Crowne Plaza Hotel, Plymouth, MN

- Special Room rate of \$115 plus tax
- Entertainment and recovery speakers
- Abstinent lunch included in registration

Watch for registration information at Overeaters.org (sign up for email alerts)

Step 6:

“Were entirely ready to have God remove all these defects of character.”

As I'm writing this at 1:25am on the night before a pushed deadline, my defects of character are coming into sharp focus. I've procrastinated (defect) and this has served me well because I am a perfectionist (defect). My procrastination has temporarily cured the perfection problem. It's do or die... just get that thing done! There's no turning back! Now I have a well-crafted reason that allows my brain to deal with it not being good enough. That has worked itself out perfectly (pun intended)!

With the perfectionism problem solved I am quickly off on another defect adventure, self-recrimination. “What in the H. E. double hockey sticks was I thinking when I said I would do this?!” It seemed like a great idea at the time. “Certainly, I can do that!” I told myself and those making the ask. I then promptly filed the obligation in the space in my brain where I place all of my idealist ambitions... In a folder labeled “Later”. That works great too... I have delayed my fear (defect) of not being “good enough”. This is a game I could play all day ad infinitum!

Defects of character are alive and well in all of us. After we complete our fourth step inventory, we are now familiar with many of our defects. We gain an understanding of how they have affected us and how they have hurt those around us. In step five we admit these things are true about us, to ourselves, our Higher Power and another human being. We can see them for what they are, antiquated coping mechanisms that no longer serve us in our walk toward recovery.

However, much like our addiction, defects of character are not able to be removed by us alone. Rugged individualist (defect) that I am, I can white knuckle it and beat myself up over and over again for my mishandlings but try as I may I will never be able to defeat them on my own. Just as this disease requires intervention from a power greater than ourselves, so too defects of character require more power than we can possibly muster.

This is where willingness comes in. Our program of action requires that we be entirely willing to have God remove our defects of character. Our part is to recognize that our defects exist and that they no longer serve us. To begin to recognize them for what they are and when we are confronted with the fact that we are defaulting to them to humbly recognize it, change direction and try to do it differently. We make amends as necessary and then to keep asking our Higher Power and others to help us make a change.

We would all love an instant cure, but our illness can only be arrested through a healing process. The only way out is to continue working this twelve-step program... one day at a time.

As I wrap this up, I am thankful that I have opted to do this service. It has taught me a lot in the short time I've focused on it. God, I ask again that you would take away my difficulties that victory over them may bare witness to those I would help of your power, your love, and your way of life. Give me the serenity to change the things I can and the wisdom to tap into your power so I can continue to live and grow in the light of the spirit.

Peace, Wendy S.

OA Conference-Approved Literature: Snapshot of What's Coming and When

I recently attended the 2023 World Service Business Conference (WSBC) in Albuquerque, NM, as one of two delegates from Unity Intergroup. It was a terrific experience— educational, humbling, eye-opening, fun, exhausting, energizing, frustrating, often all at once—and I'm grateful that our Intergroup has the funds to support this service.

It was a privilege be in a room with 220 attendees (trustees, delegates, and Region chairs, and staff) from 14 countries (England, Canada, United States, Italy, Australia, Iran, Russia, Ukraine, Brazil, Spain, Greece, Sweden, Israel, and France) and hear the Serenity Prayer spoken in at least six different languages. Diversity and inclusion were at the heart of multiple proposals and amendments—a good start but we have a long way to go.

As a new member of the Conference-approved Literature Committee (CLC) and secretary for one of the subcommittees, I learned some interesting factoids:

- Every piece of OA literature comes up for review every ten years; however, literature can be reviewed, revised, or replaced more frequently if the Board of Trustees identifies a need.
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 - Once a piece of literature has been updated or replaced, the earlier version is no longer considered “conference approved.”
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- Moving a piece of literature from the proposal stage to development to publication is a wildly complex, detailed process that can take months or years of work—the majority of it done by volunteers.



OA Conference-Approved Literature: Snapshot of What's Coming and When Page cont.

Here what's coming down the pike and when we might expect it:

Conference approved:

"Diverse Voices: A Common Solution" received Conference approval (126 v. 46) and will now go to the OA Publications Manager for additional edits, layout and publication as a book or pamphlet. The purpose of the piece is to better represent the diversity in our fellowship, beyond the older, white, cisgender, female, Christian, U.S.-based face of OA, allowing more food addicts to feel like they have a place in OA. The CLC sent out two calls for stories and received approximately 60 from members around the world who identify as gay, Black, Brown, Asian, Mexican, bariatric surgery survivor, Hindu, trans, Jewish, neurodivergent, male, bulimic, anorexic, and/or having mental health issues, among other experiences and identities. Available in 2025.

Continuing projects:

"The Twelve Traditions Workshop and Study Guide": Last year's subcommittee developed the Tradition One section as a template for the rest of the guide. A team stepped in to work on the full piece which is slated for 2025 release.

"OA Handbook for Members, Groups, and Service Bodies" (update): The brochure will be available in 2024.

New project:

"To the Man Who Wants to Stop Compulsive Eating, Welcome" (update): After the subcommittee reviews the current stories, they may send out a call for new stories from members who identify as male.

Approved proposal:

"Mental Health and Recovery": The intent of this piece is to educate and eliminate bias against members who take medications for mental health conditions. The majority of the content will be stories by OA members with relevant experience, including weight gain or other side effects of psychiatric medications. The subcommittee will be sending an email to the entire fellowship with story prompt questions and basic guidelines. If you're interested in contributing a story, please contact me at cathyunityig@gmail.com).

One last thought: if OA has improved the quality of your life in any way, considering doing service above the group level—by working on the 2023 Unity Convention, serving on the Intergroup board, becoming an Intergroup or Region 4 rep, or serving as World Service delegate. OA needs you!

~ Cathy G, Unity Intergroup WSBC Delegate