

# Expressions of Unity

The Newsletter of Unity Intergroup

[www.overeaters.org](http://www.overeaters.org)



August 2023



## **Tradition Eight:**

*Overeaters Anonymous should remain forever nonprofessional but our service centers may employ special workers.*

*This tradition reminds me that I am a part of this fellowship because I am a compulsive overeater and that is all I need. I do not have to have professional qualifications or expect that my fellows will either. Even if a person I encounter in program does work in a field that is related to my addiction; in our meetings and recovery gatherings I support others only by sharing my experience, strength and hope in recovery. In this way we are all equals. In service to the program I give of my self to support the fellowship. The program is not a means to solicit or give professional advice or sell anything for profit. What I give is returned many times over by the support and encouragement of my fellows in OA.*

*Anonymous*

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## **News & Events**

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**The August Intergroup meeting**

**will be held on**

**Saturday, August 12, 2023**

**from 12:30 – 2:30pm  
via Zoom**

**ID 810 4426 4132**

**PW 12345#**

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**2023 Unity Intergroup**

**MN State Convention**

**Friday—Saturday**

**October 6-7, 2023**

**Crowne Plaza West**

**Hotel**

**Plymouth, MN**

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**You may also register  
online:**

**[Register Here](#)**



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## [Online Convention Registration](#)



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### News & Events

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Unity Intergroup is looking for a Treasurer

If you have a home group and at least 1 year of continuous abstinence, come to the next meeting for more information.

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### SAVE THE DATE:

Twelve Step Within Workshop

International 12 Step Within Day

December 10th  
1:00—2:30pm

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## Experience the Gifts Recovery Has To Offer!

Minnesota State Convention | Oct. 6 + 7, 2023

### Friday, October 6

5-7 p.m. Check-in / Fellowship  
7-9 p.m. Welcome & Speakers

### Saturday, October 7

8-9 a.m. Check-in / Fellowship  
9 a.m.-Noon Speakers/Pitches  
Noon-1:15 p.m. Lunch / Fellowship  
1:15-2:15 p.m. Comic Relief  
2:15-5:40 p.m. Speakers & More

Lunch (included in conference registration fee)

- Greens, proteins, assorted toppings, fruit, sugar-free dressings
- Gluten-free/vegan soup
- Bread/Butter (gluten-free available)
- Beverages: hot tea, coffee, water
- Food scales will be available.

MN STATE CONVENTION  
*Attitude of Gratitude*



### Hotel - Crowne Plaza

3131 Campus Drive, Plymouth, MN 55441

- To book a room, call 763-559-6600 and request the Overeaters Anonymous block room rate of \$115. Room registration deadline is Sept. 15, 2023.
- The hotel has a microwave in the lobby and a limited supply of rooms with microwaves. You may request a microwave when checking in.
- Breakfast is available from 6:30 to 10 a.m. in the Creekside Cafe at the hotel. Cost of breakfast is not included with the room.

### Registration Rates

Early Rate ..... \$65  
(mail by 8/31/23)

After 8/31/23 ..... \$75

Registration includes lunch.  
Registration deadline 9/30/23.

