



Septemeber 2023

Expressions of Unity

The Newsletter of Unity Intergroup

www.overeaters.org

News and Noteworthy

The September Intergroup meeting will be held on Saturday, September 9 from 12:30 – 2:30pm via [Zoom](#) ID 810 4426 4132 / PW 12345# Phone: 312-626-6799 12345#

2023 Minnesota OA Convention

“Attitude of Gratitude”

October 6, 7, 2023

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

or by mail

For more information about the retreat, see page 2.

12th Step Within Zoom Workshop

Save the date!

December 10, 2023
1:00 – 2:30 pm

Expressions of Unity needs YOU!

Do you enjoy reading stories of hope and recovery? Do you find inspiration in reading how other’s have found recovery through the 12-Steps of OA?

Expressions of Unity is our opportunity to share how the 12-Steps, Traditions and Concepts help us recover as individuals in our fellowship – but we can’t publish these stories of hope without YOU!

Please consider asking your group to sponsor a month and encourage your group to submit articles or thoughts. There isn’t a length requirement – we can help with editing and spelling if you want.

Send your stories to: sarahmgs@comcast.net

WE get better together – and WE need each and every one of US!

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.

You must register in advance.

On-site registration will not be available.
 Register early as space is limited.

**Register at www.overeaters.org
 or mail in registration form and
 check payable to:**

Unity Intergroup
 MN OA Convention 2023
 2368 Londin Lane E
 Maplewood, MN 55119

*Registration must be received by 9/30/23.
 No refunds. If you register but are unable to
 attend, please consider giving or selling your
 spot to an OA fellow. Scholarship information
 contact: OA-micheleg@outlook.com*

_____ Full Name

_____ Name Tag (first name, last initial)

_____ Phone

_____ Email

_____ City

_____ State _____ Zip _____ \$ Total Enclosed