



October 2023

Expressions of Unity

The Newsletter of Unity Intergroup

www.overeaters.org

News and Noteworthy

The October Intergroup meeting will be held on Saturday, October 14 from 12:30 – 2:30pm via

[Zoom](#)

ID 810 4426 4132 /

PW 12345#

Phone: 312-626-6799
12345#

Quick Steps - Zoom

Saturdays, October 14 and October 28, 2023
9:00 am – 1:00 pm

[See Flyer on Page 4](#)

12th Step Within Zoom Workshop

“Two Steps Back, Twelve Steps Forward”

December 10, 2023

1:00 – 2:30 pm

[See Flyer on Page 5](#)

News from Unity Intergroup

Is your HP calling you to deepen your Service to the Fellowship?

At the January 13, 2024, we will elect Unity Intergroup Board and various Service Positions.

Board Positions are: Chair, Vice Chair, Secretary, Treasurer

Below is an excerpt from the Bylaws for basic requirements. Please check out the link below for descriptions of requirements for more information.

Section 3 - Qualifications for the Intergroup Board

A. Working the Twelve Steps of OA and regular attendance at an active OA meeting for a minimum of one year prior to their nomination for office.

B. Familiarity with the Twelve Traditions of OA.

C. Familiarity with the Twelve Concepts of OA Service.

D. Maintaining a minimum of 1 year of current continuous abstinence, as currently defined by the World Service Business Conference.

E. Served as an Intergroup Representative for at least three months. It doesn't need to be consecutive, or provisionally holding the position until the Intergroup Representative has attended three months of Intergroup meetings. The Representative can then be voted into the position on the Board. However, this should only be done when it is clear the position will not be filled without this provision.

<https://overeaters.org/intergroup-documents/> - Bylaws, Motions, Amendments – 2021 – updated Bylaws – email me if you'd like to learn more! jeank.unityig@gmail.com

Step Ten: Continued to take personal inventory, and when we were wrong, promptly admitted it.

HIDDEN EMOTIONS: Before OA, I did not feel my emotions very often. I stuffed them, ate them and was very, very busy. Now that I don't eat my emotions, I must feel them. And the sooner, the better. When fear, anger or sorrow are “eating” at me, I am less likely to be abstinent, but more likely to think, say and do things which I regret.

In my nightly Step Ten, I am learning to inventory not only my character defects, but also the emotions hiding behind my actions. A couple of minutes with a journal in the afternoon can transform my bad attitude and lift my mood. When I'm carrying an extra burden, I go the extra mile with the little pamphlet “Twelve Stepping a Problem.” It guides me as I write through the conflict to find relief and see resolution.

I thank God for Overeaters Anonymous, the Twelve Steps and the gift of personal inventory. This new life of freedom is precious to me.

RJ in Minnesota

Step Ten

OA FOR "ME"NTAL HEALTH FOR ME.

OA is a continual process for me. The steps, traditions, tools, and fellowship have been a "lifesaver" for me. By attending meetings, reading, reflecting, and yes even writing, I have changed and have grown up in the way I handle stress and my compulsive overeating. One thing that has allowed me to change the most and become aware is writing. When I first started going to OA meetings that met in the evening, I saw and became aware of my compulsive eating ritual(s) that were driving me crazy. I began working the steps, reading the OA and AA Big Book material. I started to feel that I really wasn't going crazy, and OA would be able to give me the tools to change. At one meeting, the fellows talked about a different meeting that was a reading, writing, and sharing meeting. I thought to myself, "No way", "I don't like to write", and "that won't help me." Time passed and I continued to attend my original evening meeting. I just couldn't shake the thought of writing for hope and sanity. Boy, I was wrong! I finally told my higher power that okay I'll go. I was nervous and very shy. That did not last very long. The fellows at this meeting were like the fellows in the evening meeting. Some were the same people. Writing about my shortcomings did not come easily for me. My writings have evolved over time. I began by just copying things down that I liked, word for word, thinking, "Hey, I'm journaling." (Not really journaling.) As I wrote more, my writing began to change. I went from writing to just be writing, to writing down a summary of what was shared. To digging deeper into myself and writing from the heart. It has become personal, deep within me, dragging out my insecurities and shortcomings to the surface and for me to be honest with myself about myself, and my thoughts. I began to connect with the OA literature and reflect on how it actually affected me.

One of the tools we share on at OA meetings is one of "Writing" (4th week). It stated, "when we put our difficulties down on paper, it becomes easier to see situations more clearly." This is so true for me. I could see what, how, and why I did what I did and could see a better action or next step I could take. The more freedom I experienced from my disease of compulsive overeating. Writing through the steps, traditions, and my higher power's direction and my fellows', has allowed me to honestly address my disease. I am more willing to share with my fellows and know that they know where I come from and do not judge me, but accept me for who I am. Doing a daily personal inventory and when I was wrong, I could promptly admit it.

Keep Coming Back!

An OA fellow named Sue

"Continued to take personal inventory and when we were wrong, promptly admitted it.

It seems to me that taking Step 10 at the end of every day of recovery is the closest thing we have to a "do-over". While reflecting on our behavior doesn't change what we did, it does give us a chance to learn how to do better tomorrow, and, by making amends for our mistakes, end each day with a clear conscience with ourselves, with our Higher Power, and with our fellow humans.

TZ in Minnesota

Step 10 reminds me that this is a program of action.

In the April 7 the reading from For Today, I am also reminded that this program requires perseverance, and perseverance includes surrendering to my higher power. For me, step 10 is not about perfection but accepting that I am not perfect and want to be better – so I can be of maximum usefulness to others and be who my higher power wants me to be. It is accepting that the only person I can control is myself and I can't make excuses for my behavior that doesn't align with my higher power's will.

I came to this program because my obsession with food was unmanageable and I soon learned my life was unmanageable. Continuing to take person inventory and when I was wrong, prompting admitting is part of making my life manageable and having sanity. Resentment and fear leave no room for sanity. I want sanity and this is why I keep coming back – as we say in our meeting, "it works when we work it and we are worth it!"

Anonymous

When I came to OA 10 years ago I was desperate to be released from the desire to keep eating. Food consumed me. I was fearful of binging and when I did binge I had tremendous pressure to 'be good' so I wouldn't gain weight from the binge. I knew my problem was a spiritual one and I had prayed for years that it be lifted.

Now I can actually be thankful it wasn't automatically "lifted" because coming into this Program has changed a lot more than just my food. I learned to depend on my Higher Power in a deeper way, to depend on my fellows, and to be honest with my sponsor. My sponsor kept asking me, "What are you willing to do?" I would start there and pray for more willingness. I worked through the steps with my sponsor and then in a workshop and continue to keep working through them. Gradually I became willing to go to a dietician for a food plan, something I initially thought I would never do. Eventually I became willing to measure my food. Meetings have been a lifeline as I get so much from the experience and encouragement of my fellows.

Working the steps has helped me deal with my feelings. I have learned that you can have that icky sandpaper feeling inside and, with God's help, I don't have to escape from it by eating. I can live through it and be okay! It is freeing and wonderful to live "up to date" with my feelings and relationships, not having things I haven't dealt with hanging over me. The 10th Step reminds me that when I am wrong I promptly admit it!

I still struggle with being overwhelmed by wanting to make everyone happy and wanting to eat when I have too much social interaction and responsibility, too many people to please! I try to prepare for these situations by talking with my sponsor ahead of time, praying for abstinence and planning when I will connect with God during these times.

C.E., Minnesota



Are you new to OA or just need help getting through the Steps?

**Completing this two-part
OA Quick Steps Workshop
may be just the answer.**

**Dates: Saturday, October 14, 2023
and Saturday, October 28, 2023
Time: 9:00 am to 1:00 pm (CDT)**

Location

These sessions will be on Zoom.

One of the promises in the AA Big Book is that before you're done with Step Nine, the obsession is lifted. Increase your chance of success—join the OA Quick Steps series, get abstinent

To register, click on the following link:

<https://airtable.com/shrI6LWbh1vgMjCeV>

Please direct any questions to:

unityquicksteps@gmail.com

Registration is required as **class size is limited**. The zoom link will be sent to registrants

You will need to have a sponsor or someone who can listen to your 5th Step.

There are no fees for this workshop, but we encourage a 7th Tradition donation to Unity Intergroup.

Time commitment is two Saturday sessions, plus homework. **We expect participants to attend both sessions.** Expect to be very busy working on recovery for these weeks!

The purpose of this workshop is to get people through the 12 Steps quickly, to help people obtain a successful, life-long recovery, and aid in retention and growth of recovered compulsive eaters in OA.



SAVE THE DATE

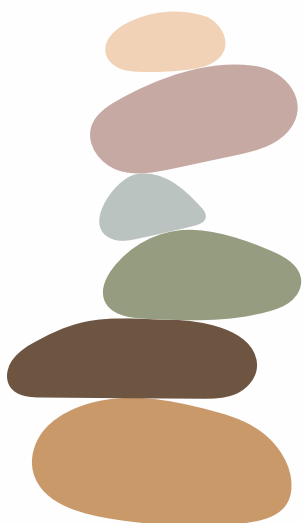
12 Step Within Workshop

Theme: 2 Steps back/12 Steps Forward

Date-12/10/23 @ 1:00-2:30 CT

Hosted on Zoom

Have you been slipping and sliding? Come learn how a reading and writing tool can enhance your program, help your sponsees, and gather tools you will be able to take back to your meetings to help others.



Call for Stories about Mental Health and Recovery

To ensure that all who want to stop eating compulsively feel welcome in OA, we are developing a new piece of literature featuring personal stories from OA members in recovery who live with new or chronic mental health conditions. We are looking for recovery stories focused on the awareness of and dealing with mental health issues and the physical, emotional, or spiritual impact mental health has on one's life.

OA members who live with mental health diagnoses, such as bipolar disorder, schizophrenia, clinical depression, and others, face additional challenges to recovery. These include misinformation about mental illnesses, reactions from others, and stigma associated with psychiatric medication.

If any of this is part of your lived experience, please consider sharing your story.

1. As a recovering food addict/compulsive eater, what is your personal experience living with a mental illness?
2. How have the Steps, Traditions, and Tools helped you maintain your recovery while living with a mental health diagnosis?
3. What accommodations have you needed to make in order to manage medication side effects such as weight gain, extreme fatigue, loss of appetite, or memory loss?
4. Some OA members may not understand mental illnesses or the need for medication. How has the program helped you handle these issues?
5. How have you dealt with mental health issues in your role as a sponsor or sponsee?
6. How have other OA members included and supported you?

Send submissions to info@oa.org by November 30, 2023 with the subject line: "Mental Health & Recovery."

Please note:

- Submissions are assumed intended for publication, are subject to editing, become the property of OA, Inc., and will not be returned.
- All submissions must contain the author's full name and address, but you may request anonymity with publication. Your state, province, or country may also remain anonymous upon request.
- Submissions should be typed and submitted with a signed release form.
- Please keep stories to 800 words or less.
- **All languages welcome!**



Please complete the release form on the following page and send it with your submission. Thank you!



Mental Health Story RELEASE FORM

(must be included with all submissions)

Stories must be received by the World Service Office by **November 30, 2023**

AUTHORIZATION AND RELEASE FOR SUBMITTED STORY

I warrant that I am the sole owner and original author of the accompanying submitted story ("Story"), and that I have the full right and authorization to submit the Story to Overeaters Anonymous ("OA"). I understand and authorize OA to edit, copy, distribute, publish, reproduce, or copyright the Story for any lawful purpose. By submitting my Story to OA, I agree that it becomes the property of OA, will not be returned, and may be used in any type of distribution media.

I agree that I will make no monetary or other claim against OA for the use of the Story. I waive any right to inspect or approve the finished product wherein my Story appears. I hereby hold harmless and release OA from all claims, demands, and causes of action that I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf (or on behalf of my estate) have or may have by reason of this authorization.

I have read the authorization and release information and give my consent for the use as indicated above.

Printed Name: _____

Signature: _____

Date: _____

Author's Contact Information (required):

Include your full name, address, email, and phone.

Author's Attribution:

For authors desiring anonymity in publication, please indicate specifically whether this applies to your name, city, state, and/or country.

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