



November 2023

# Expressions of Unity

The Newsletter of Unity Intergroup

www.overeaters.org

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## News and Noteworthy

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The November Intergroup meeting will be held on Saturday, November 11 from 12:30 – 2:30pm via [Zoom](#) ID 810 4426 4132 / PW 12345# Phone: 312-626-6799 12345#

## Did you miss the October Minnesota OA Convention?

Speaker talks are available for download on the Overeaters.org website!

<https://overeaters.org/recordings-of-past-events/2023-unity-convention-speaker-recordings/>

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## 12<sup>th</sup> Step Within Zoom Workshop

“Two Steps Back, Twelve Steps Forward”

December 10, 2023  
1:00 – 2:30 pm

See Flyer on Page 5

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## Serenity in Celebrations

See Flyer on Page 6

## News from Unity Intergroup

Is your HP calling you to deepen your Service to the Fellowship? At the January 13, 2024 Intergroup Meeting, 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](mailto:jeank.unityig@gmail.com)

## Lost and Found:

Unity Intergroup is searching for two card holder boxes. These are boxes that hold the registration I.D. lanyards that display attendee names. The boxes are rectangular approximately 26' x 15" with foam inserts that hold the plastic lanyards. You are also able to close the box and carry it with a handle that's part of the box.

The boxes were possibly last used to prepare for the 2020 Buffalo retreat that was canceled and they may not have been able to be returned to storage.

If you know anyone from the committee, please ask them to contact Betty at [books1216@gmail.com](mailto:books1216@gmail.com) or call (landline) 763-535-3939.

## Step Eleven: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, asking only for His will for us and the power to carry it out.

Step 11 gives us a reminder that we never graduate from OA. In Step 10, we **continue** to take personal inventory. In Step 11, we seek to **improve** our conscious contact with God. I don't believe humans are intended to reach the state of never needing to reflect on our physical, emotional, and spiritual wellbeing. We can only hope to continue to grow. The Big Book of Alcoholics Anonymous advises that we have a daily reprieve based on maintenance of our spiritual condition. The daily practice of Step 11 helps me to remember who I am and what I am doing. I am a compulsive eater and I am recovering today through the Grace of my Higher Power and this fellowship.

Anonymous

### Dreaming into Growth

I get a huge kick out of my just-before-waking dreams. They are plain and memorable. They reveal the condition of my mind and heart in rather stark terms, even though I'm not thinking clearly. Like the time I awoke wailing, "Nooooo!" when, in my dream, the woman (not real) who inherited my office (real) and clients (real) received the adjacent office as well. She'd knocked down the wall and created the workspace of my dreams - French doors, jewel tones, mahogany. In real life, I'd just left a successful insurance practice which I built from scratch all by myself. While I'd consciously let go of a lot, obviously there was some subconscious holding on. It was all a little funny. We're always a little funny when we're hanging on tight.

Growing conscious contact with God and clarifying our understanding of God, feels like waking up. And why wouldn't it, since step 12 suggests that's exactly what happens to us as we journey through the steps. As we practice prayer and meditation, day-by-day, hour-by-hour, pressing against the edges of our subconscious, opening more of our lives to God's presence and growing a deeper trust in God, we move from dreaming to waking. Awake, we can choose. And in choosing, we experience the freedom to truly live.

When I awoke from that dream, I accepted all the feelings and consequences of my choice to leave. I committed more deeply to my purpose for leaving, and that bright motivation moved deeper inside me, gently loosening my grip on what was no longer part of the picture; all that I no longer needed. I shifted more fully into my relationship with God then and there.

I was choosing. I was free. I was strengthened by God's serenity, courage, and wisdom. I was wide awake.

Karen, Wisconsin

## Step 11

I'm grateful my OA group was requested to volunteer articles on Step 11 for the November Newsletter. My physical Birthday is in November (the 11<sup>th</sup> month of the year); my spiritual "birth" continues due to working Step 11 – the significance of this number is important to my life and abstinence.

It's taken many years for me to realize and accept the reality that Step 11 is one of the most important steps for me to work every Today to keep my God given abstinence. I've been a member of OA for 21 years, attending at least one meeting per week for all these years, but it's only been the last several months since I've been blessed with back-to-back abstinence.

Looking back, I've realized it was my Higher Power who kept me going to years of meetings, plus the OA saying, "Don't leave until the miracle happens." Over the years I did have a 7-year period of what I believed was abstinence, and lost 70lbs, but it was more of a diet with my OA home group of warm, friendly, but not abstinent women supporting me who were my HP at that time. Years of having and losing abstinence followed when my marriage ended, my father passed away, I moved to a new town, started a new teaching job, lost my OA home group, and did not have daily relationship with the God of my understanding. I had worked all the Steps, including Step 11 (once or twice), and I couldn't understand why I kept losing my abstinence? My thinking in reference to Step 11 was like the Norwegian Joke: I told my wife I loved her on our wedding day, why do I have to tell her again!"

Several months ago, at one of my OA meetings, I HEARD this quote read from the Big Book of AA, "What we really have is a daily reprieve contingent on the condition of our spiritual condition." I finally was ready to take action on this saying, and daily practice of Step 11 is the action I take. I start each day with getting on my knees and reciting the "OA Prayer for Abstinence", then asking my God for the grace and willingness to do his will for the day, and then I say "The Serenity Prayer". After breakfast I read my meditation books, write a daily blessings/gratitude list, and then write a daily Dear God (who is now my friend), letter. My God is now my friend because I spend time with him/her – like I would do when developing or keeping any friendship. In my letter, I ask for the grace to remember our friendship throughout the day. I also have set aside a time to meditate during the day.

Due to daily practicing Step 11, I've learned to trust my perceptions and listen to my feelings. I can be face to face with myself and be honest. When I don't know which way to go, I turn my problem over to my friend with complete confidence that the answer (which is best for me), will come. Whenever I am confused or undecided, I find direction for my life in working Step 11. Miracles have happened since working Step 11. Not only the miracle of abstinence and freedom from obsession being granted, but I am Today, "Anchored by God." Daily I wear a necklace which says this.

I believe if I continue working Step 11, as I am Today, next year on the 11<sup>th</sup> month (on my birthday), I will be celebrating over a year of back-to-back abstinence, and also 11 years from then! -Anonymous

**Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.**

One way to see the value in Tradition 11 is to imagine the opposite.

What if we promoted OA, convincing others of their need for it? Rather than attracting those who hurt and have a desire for an answer, we'd be foisting our experience on everyone. We would open ourselves to debate, argument, and ridicule. We would likely turn off those who are quietly suffering and in need. When I was in the throes of overeating, I was repelled by anyone who tried to tell me what I needed.

What would OA look like if we did not practice personal anonymity in the media? Without it, we'd hold up those with celebrity status or big weight losses and point to them as the gurus to be followed. That would be the end of humility, equality, or safety in sharing; everything could get repeated. Those advertised as successes would be put on a pedestal, a very shaky, dangerous place for an addict. Feeling superior, if/when they slipped it would be publicly humiliating. But they would not be the only ones damaged. The outside world would see and associate their fall with the idea that OA doesn't work. There would be no control of this negative image, which spreads like wildfire, and more sufferers would stay away from the answer and hope OA offers!

Without Tradition 11, I doubt 12 step programs would still be around. I thank God for it. Let's all do our part to see that it continues to be upheld.

Anonymous



## 12 Step Within Workshop

2 Steps back/12 Steps Forward

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

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.

Come with Journal and a pen. We will be reading and working from OA Twelve & Twelve, For Today, Overeaters Anonymous, and Tools of Recovery

Join Zoom Meeting

<https://us02web.zoom.us/j/81986681879?pwd=clhiT3M3dThMclcPYmYwL3cweVREUT09>

Meeting ID: 819 8668 1879

Passcode: 299120

## Are you new to OA and looking for how to start? Is your meeting looking for resources for newcomers?

The below link will take you to information and resources:

<https://oa.org/and-your-journey-begins/>

The pamphlet "Where Do I Start" is available for free pdf download in 21 languages! Printed pamphlets are available for purchase in the bookstore.

<https://oa.org/what-to-expect/where-do-i-start/>

**OA Quicksteps** will announce dates for the next sessions soon – stay tuned to the Upcoming Events page at [overeaters.org](http://overeaters.org)!

OA Quicksteps a Zoom-based workshop to help guide working through the steps. Time commitment is two Saturday sessions, plus homework. You will need to have a sponsor or someone available to you who can listen to your 5<sup>th</sup> Step. Direct questions to: [unityquicksteps@gmail.com](mailto:unityquicksteps@gmail.com).

# Serenity in Celebrations

## Practicing Recovery through the Holidays



Eden Prairie OA  
In Person & Zoom  
Pax Christi Church  
12100 Pioneer Trail  
Eden Prairie  
(see monitors for Room #)

**Saturday,  
Nov 18<sup>th</sup>  
9:00 AM**

**For info or Zoom Link:  
Jean – 612.867.7458  
([jkoprucki2@gmail.com](mailto:jkoprucki2@gmail.com))**

Talks will be presented on:

The *Physical* Aspect of Recovery

The *Spiritual* Aspect of Recovery

The *Emotional* Aspect of Recovery

A craft activity will begin after the meeting. Come join us!

Be part of the fellowship! Hope to see you there!

