



December 2023

# Expressions of Unity

The Newsletter of Unity Intergroup

www.overeaters.org

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## News and Noteworthy

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The December Intergroup meeting will be held on Saturday, December 9 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 3

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Region IV Update!  
See Info on Page 2

## 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.

**New OA Meeting! See Flyer on Page 4**

## Email from Mary C, Region IV Chair, December 3, 2023:

### **\*\*New Deadline for Choosing New Region\*\***

Good morning & welcome to December! How that happened already I'll never know.

As you can see from this email's Subject line, the deadline to choose your new region is now March 31, 2024. We changed the deadline at the request of the other region chairs & trustees as they requested more time to prepare welcoming you to their regions.

What does this mean for you? By March 31 you just need to let Meg & I know which region your intergroup has selected. Here are some suggested steps to reach your decisions & actions required.

### **Action Steps**

1. Decide what region your Intergroup will align with. Consider costs, geography, etc. (This includes what it will cost your Intergroup to send a rep to the Region Assemblies.)
2. Let Mary and Meg know what Region you will align with by March 31, 2024.

**\*\*We will gladly invite the new Region Trustees and Chairs to our Community Conversations in January & February. Please let us know which ones you'd like to hear from - as soon as possible so we can get on their calendars.\*\***

3. Mary and Meg will notify the new Regions of your decision.
4. Mary and Meg will help facilitate notifying the World Service office. This step will not occur until late June to early July.

Please feel free to contact Meg or I with any questions or concerns.

Thank you!

Mary C, R4 Chair

### **What this means for Unity Intergroup:**

We will ask Intergroup Representatives to take this information to their meetings. At the monthly Intergroup Meetings in December and January, we will take down any questions people would like to have asked of the other Region Trustees at monthly Community Conversations.

Links to the other Region's websites can be found at: <https://oaregion4.org/other-oa-sites/>

Unity Intergroup will take a Group Conscience at the March 9, 2024 Intergroup Meeting regarding the new Region we will move to.



## 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=clhiT3M3dThMcllPYmYwL3cweVREUT09>

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).

**Is food a problem for you?**

# **Brothers in Recovery**

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**Men's OA Meeting  
Sunday Nights 6 pm**

**1923 3rd Ave, Anoka, MN 55303**

**Contact Greg 763-441-2920  
Or Sasha 763-443-0393**