



# Expressions of Unity

The Newsletter of Unity Intergroup

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

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**News and Noteworthy**  
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The January Intergroup meeting will be held on Saturday, January 13 from 12:30 – 2:30pm via [Zoom](#) ID 810 4426 4132 / PW 12345# Phone: 312-626-6799 12345#

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**Region IV Update!**  
**See Info on Page 2**  
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**Men's Retreat!**  
**See Flyer on Page 5**  
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**New OA Meeting!**  
**See Flyer on Page 6**  
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**Quick Steps!**

**See Flyer on Page 7**  
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**Unity Intergroup Spring Retreat – Save the Date**

April 12, 13, 14, 2023!

More information to come!

Registration to open in February  
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## 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.

## 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.

## **Step 1: We admitted we were powerless over food and our lives had become unmanageable.**

### **Experience, Strength, and Hope from the Fellowship**

#### Embracing the Journey: My Path to Recovery

As I sit down to share my story, I am reminded of the countless mornings I've woken up feeling overwhelmed by the thought of facing another day. My journey with compulsive eating, coupled with my battles against autism, bipolar disorder, schizoaffective disorder, seasonal affective disorder, and general anxiety disorder, paints a complex picture of struggle and resilience. Yet, here I am, a testament to the power of perseverance and hope.

My recovery is not just a narrative of overcoming odds; it's a daily adventure, a continuous commitment to a better self. I've learned that every day is a battle against the urge to retreat into the comfort of old habits. Sometimes, the simple act of getting out of bed feels like a monumental victory. But a voice, a divine whisper, urges me to keep going, to face life with all its uncertainties and beauty.

My higher power plays a pivotal role in my journey, providing an unshakeable foundation of faith and strength. Alongside this spiritual anchor are my earthly treasures: my loyal dog Buddy, my supportive boyfriend, my loving family, and my circle of friends. These relationships are not just pillars of support; they are reminders of love and normalcy in a world that often feels chaotic and unkind.

I must admit, there are days when the allure of wearing pajamas all day, sinking into the couch, and losing myself in movies is incredibly tempting. Yet, I remind myself that I have a life to live, responsibilities to meet, and dreams to chase. Engaging in activities, especially those within my living community, acts as a balm for my depression. It lifts my spirits and connects me to a world outside my own.

In the quiet of the night, when insomnia grips me and the world sleeps, I find solace in my nine tools of recovery. Planning meetings, action plans, journaling, making calls, and immersing myself in service and literature are not just activities—they are my guides and my lifelines.

-Anonymous

That I was a food addict and should work a 12-Step program such as OA-HOW was brought to my attention by a therapist and I was absolutely floored that she would suggest such a thing. I wanted nothing to do with it and didn't think I was so far gone that I needed such drastic measures. Upon going to that first meeting, I confirmed with myself that I was not going back to this lying cult! I ended up coming back, just desperate enough to give this program a real chance with an open mind, and I am so glad I did. In the beginning, I could acknowledge that this was the solution, but at the same time, I was pissed off that it was. Over time, I got over this too. I am not a normal eater. I don't have a shut-off valve that tells me I'm good. I don't want to eat like a normal eater—I want to eat everything I can without consequence. This is what I remind myself daily to remain vigilant with my program, surrendering and taking action every day to align with the guidelines of this program and the structure I need. I am of service and share my story with others so that I may also continue to share the strength and hope I have received so generously from others working this program with me. I am grateful for the journey I'm on and grateful for this new life. It will remain my number one priority, because without it, all else would fail.

-Jackie T.

### **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/>

## ***Seventh Semi-Annual Men's OA Retreat - mark your calendar***

Spring 2024, March 22nd - March 24th (Friday night - Sunday noon)

Buffalo, MN, Christ the King Retreat Center [Website and accommodations](#)

<https://kingshouse.com/facilities/>

This Retreat focused on recovering for men dealing with compulsive eating. This is our Seventh semi annual Men's Retreat. In the past, the retreat was a combination of fellowship, Speakers, free time with hiking, meditation, yoga and personal time. Additional information and detail will be forthcoming following your registration.

### **Registration and payment due by January 31st, 2024**

To register, complete and submit registration form using this [registration link](#).

[https://docs.google.com/forms/d/e/1FAIpQLSdfhrmgW\\_tRkbM-Uq-CEYjlbqqd83OYscHidjJqFGyXVcM\\_og/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdfhrmgW_tRkbM-Uq-CEYjlbqqd83OYscHidjJqFGyXVcM_og/viewform)

**Payment has to be made by January 31st to insure your spot.**

**The space is limited on a first come first serve basis.**

Scholarship information check with your local group or your OA Region.

### **Meals**

Abstinent meals (Saturday breakfast, lunch and dinner and Sunday breakfast) will be provided by the retreat center and included in the price of the retreat.

Friday night dinner on your own (you can bring your own dinner for Friday night or eat before you come) **Total price of the retreat is \$299.00 (2 night's lodging in private room, 4 meals, and retreat room rental)**

### **Cancellation**

Program Cancellation-Should your program be canceled by the Center you will be notified immediately by email or phone. Program Cancellation by Participant- If you are registered for a Center Event and need to cancel your reservation:

45 days or greater prior to the Event for a full refund.

Any question please contact

Sasha 763-443-0393 (text or call)

P.S. Please feel free to Email this to other OA Men that may be interested

**Is food a problem for you?**

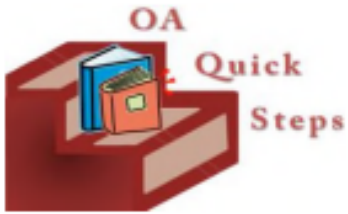
# **Brothers in Recovery**

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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**



**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, February 10, 2024  
and Saturday, February 24, 2024  
Time: 9:00am to 1:00pm (Central)**

**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](mailto: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.**