



February 2024

Expressions of Unity

The Newsletter of Unity Intergroup

www.overeaters.org

News and Noteworthy

The February Intergroup meeting will be held on Saturday, February 10 from 12:30 – 2:30pm via [Zoom](#) ID 810 4426 4132 / PW 12345# Phone: 312-626-6799 12345#

Region IV Update!

Note new deadline to choose a new Region is February 29, 2024
[See Info on Page 2](#)

Quick Steps!

[See Flyer on Page 5](#)

Unity Intergroup Spring Retreat – Save the Date

April 12, 13, 14, 2024!

[See Flyer on Page 6!](#)

Registration to open in February

News from Unity Intergroup

Is your HP calling you to deepen your Service to the Fellowship? At the January 13, 2024 Intergroup Meeting, elected the new Unity Intergroup Board and various Service Positions.

Sarah S was elected Vice-Chair
Jean K was elected Treasurer

Not all positions have been filled. Open Board Positions are: Chair and Secretary.

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.

Open Committee Service Positions are: By Laws Chair, Literature Coordinator, Newsletter Editor, Zoom Meeting Manager

To be appointed to one of these Committee Service Positions, the requirement are: A board member or any OA member present meeting Intergroup Representative qualifications maintaining ninety (90) days of continuous abstinence, as currently by the World Service Business Convention.

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

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

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/>

New Deadline for Choosing New Region: February 29, 2024:

A new deadline for choosing our new region has been communicated. We must advise Region IV Chair and Trustee of our choice by February 29, 2024 to allow transition time with all the levels of OA.

What does this mean for us? By February 29 we need to advise which region Unity intergroup has selected.

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 Region IV Chair and Trustee know what Region we will align with by February 29, 2024.
3. Region IV Chair and Trustee will notify the new Regions of our decision.
4. Region IV Chair and Trustee will help facilitate notifying the World Service office. This step will not occur until late June to early July.

What this means for Unity Intergroup:

Intergroup Representatives have been asked at the December and January meetings to take this information to their meetings for discussion and group conscience.

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 February 11, 2024 Intergroup Meeting regarding the new Region we will move to.

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 or call (landline) 763-535-3939.

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

I Can Make Choices

This idea of making choices has been running through my mind. Our lives require that we make choices every day. But there is a choice that our addiction has taken over, no longer are we able to choose reasonable quantities of food by ourselves. We have lost our ability to choose and create balanced meals. This is so true for me. Coming into OA we mourn the loss of choice. I cried at my first meeting realizing that I would have to give up my favorite sugary snacks.

But when we choose to use the OA program, tools, and steps, we see a whole new world of choices available to us. An important choice in Step Two is our conception of our Higher Power. Each one of us gets to identify our Higher Power, no one does that for us. Interestingly, we choose to turn to, notice, and rely upon our Higher Power – they were there all along with us, it is our choice to invite them into our lives.

When I consider my life in OA, I see so many choices I get to make. I can choose to use a food plan suggested by a nutritionist. I can choose to find a sponsor. I can choose to call someone I met at a meeting. I can choose to prioritize attendance at my weekly OA meeting.

Working the OA program changed my life in significant ways. I had to adjust some personal relationships. As I grew and changed emotionally and spiritually, the change disturbed someone close to me. They said, “Those people at the meeting are telling you what to do! Really, you’re going to let these people make decisions for you?” They couldn’t grasp the fact that we OA fellows don’t tell each other what to do. Each member gets to choose their own life journey. I am grateful that I have a program that supports me while I make choices.

-Anonymous

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/>

The Little Thing that Makes a Big Difference

I'm pretty sure there's a tag line for me on some people's minds, that's sounding something like "oh, yeah, "there she is" with the tagline (aka) "you're doing it wrong."

Before recovery began, I was telling you, being and opening sharing "you're doing it wrong" It is awkward to admit that but, freeing at the same time. Why did I have to be so right about everything? As an adult child of an alcoholic, I was in charge at age 8 when I knew I didn't want to behave the way my parents behaved. I recall seeing my dad stumbling drunk and deciding "I'll never do that" I also recall, hounding my mom to stop smoking when I was a 4th grader (the ad with egg on the frying pan that told us this is your brain on drugs). Smoking was a drug; I knew that from my teacher's presentation. These and other incidents lead to my parents telling others even as I was a teenager "she's still raising us."

It wasn't until much later in life I could see how damaging but also how natural my actions (to be right, because you were wrong) were based on my circumstances growing up.

This way of being actually was seeding deep shame from my family of origin and accompanied my food obsession, overeating and overweight body. I didn't have the tools to cope with upset like I do today.

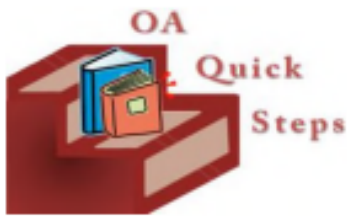
When I recall hiding food, eating out, throwing away the "evidence" before I came into the house. Then eating again when I got home. I knew "you're doing it wrong" but I didn't know how to get out from my "doing it wrong" my own behavior which was that food is the solution to all my highs and lows throughout the day. It solves my boredom and comforts me when I'm upset. Eventually I knew "there had to be another way."

My first meeting uncovered a solution. It further outlined tools and an action plan. Other people were finding results. Maybe I could too. But then, I thought: What would I do without food? How could I weigh and measure each meal? How is that even possible? Well, once I took the step to do it and keep doing it over and over and over, I got free. And every time I go to this freedom, I know deep down it's the path for me, the solution.

The allergy of the body, obsession of the mind starts to drift away. The weight releases effortlessly by following a food plan and writing all of these facts down truly has me see the level of denial I was in when food was in charge. Then came the bargaining, the anger, depression and finally acceptance. This grief pattern is something I learned in recovery and it applies to so many situations. We know that acceptance is the answer to all of our problems. Accepting life on life's terms and letting go of all the distractions to focus on abstinence has been a journey each day I have chosen the path of recovery.

What I know today is that abstinence from overeating is divine. When I weigh and measure my food, plan ahead and truly surrender, accept and act on my recovery daily, I am set free. I feel great and I know God is working on my behalf when I do my part. Thank you, OA, for the gift of recovery. I'm so glad I keep coming back and know it works when I work it and give a lot of love to myself and in turn others.

-Anonymous



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

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.



Sponsored by: [Unity Intergroup](http://www.unityintergroup.org)
[overeaters.org](http://www.overeaters.org)

2024 Buffalo Retreat

April 12-14, 2024

Practice These Principles In All Our Affairs

Location: Christ The King Retreat Center
621 First Avenue South Buffalo MN 55315

Included In Cost: Friday~ Dinner & Room
Saturday~ 3 Meals & Room Sunday~ Breakfast

The menu will be emailed to all participants.

Refrigerators are available if you want to bring food.

Double Occupancy:

Single Occupancy:

Early Bird Special:
\$275 before 3/15
\$300 Standard

\$375 Standard
No Early Bird
Special available

****Handicapped & Single Room space is limited**
SCHOLARSHIPS are available on double occupancy rooms**

Registration for the 2024 Buffalo Retreat will be open soon! Make plans to attend now!

The cost for the Christ The King Retreat Center to offer space to us has increased as their operating costs are up.

We want the retreat to be within reach for everyone in the fellowship and there are funds available for scholarships through Unity Intergroup. The process for requesting a scholarship for the retreat will be included in the full flyer when is open.