



Expressions of Unity

The Newsletter of Unity Intergroup

www.overeaters.org

News and Noteworthy

The March Intergroup meeting will be held on Saturday, March 9 from 12:30 – 2:30pm via [Zoom](#) ID 810 4426 4132 / PW 12345 Phone: 312-626-6799 12345

Unity Intergroup Spring Retreat Registration is Open

April 12, 13, 14, 2024!

See Flyer on Page 6/7!

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Fall Convention Save the Date!

October 25, 26, 2024
Crowne Plaza Minneapolis West Hotel

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: Newsletter Editor, Zoom Meeting Manager

To be appointed to one of these Committee Service Positions, the requirements 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.

Please check out the link below for descriptions of requirements for more information.

<https://overeaters.org/intergroup-documents/>

Bylaws, [Bylaws, updated January 2024](#) – email me if you'd like to learn more! jeank.unityig@gmail.com

At the February Intergroup Meeting, Unity Intergroup voted to join Region 5 when Region 4 disbands this summer. Region 5 has officially approved the transfer, which will become effective June 1, 2024

For more information on Region 5: <https://www.region5oa.org/>

Step Three: Made a decision to turn our will and our lives over to the care of God as we understood Him

Wouldn't it be nice if we could take Step Three once and never have to worry about it again? Perhaps that has been others' experience, but it has not been my experience. Instead, I find that I have to take Step Three every day. Every day, I must make decisions about all areas of my life in which I decide whether I will follow God's will or follow my own self will.

As a compulsive overeater, if I want sanity around my food, I must decide whether to give my food and eating over to God. When I choose to use the OA Steps and Tools around my food, I know that I have chosen to give my food and eating over to God. Every day that I follow my food plan, talk with my sponsor, use the Tools of literature and writing, and make phone calls, I know that I have made that decision to turn my will and life over to God, at least about my food.

My life is more than just my food addiction, however, and Step Three doesn't say that we just need to turn our food and eating over to God. Step Three says that I turn all of my will and all of my life over to God. That means that each day, if I am earnestly taking Step Three, I seek God's will for my entire life. Each day there are choices and decisions that must be made. At the center of each choice, is the implicit decision of how this choice might fit into God's will for my life.

Each day, there are choices I must make in how I decide to show up for my life. For instance, do I choose to show love and kindness to my husband, or do I choose to ignore him and expect him to do exactly as I say? How do I show up for other members of my family or my friends or my OA fellows? Do I listen to them all with love and thoughtfulness and with an understanding heart? In my workplace, am I working to the best of my ability? Am I being a thoughtful and considerate neighbor, driver, or customer? When I choose the selfish path, can I quickly recognize this and ask for forgiveness?

I continue to be amazed at the ways in which I can take back my will. I want things to turn out my way, so I continue to attempt to control others, especially my husband. Understandably, he has no desire to be controlled and my control attempts backfire. When the world around me seems out of control, I often choose the path of worry and anxiety instead of the path of trust and faith.

When I start to get frustrated by life, does this mean that I give up on turning even my food over to God? No, of course not. Even when I am not living a life in conformity to God's will, I can still give my food to God. But if I continually live out of balance and in such a way where I am seeking control, then sooner or later, I will take back my will about the food too. Since I do not want that to happen, I regroup, with the help of my sponsor and other fellows, and I seek to follow God's will.

Sometimes, it is very clear about what God's will for my life is but, in most areas, God's will is not so clear. So that I can hear God's voice, I need to develop a relationship with God. To develop that relationship, I must spend time with God in prayer and meditation. There is no way for me to truly take Step Three unless I make time for prayer and meditation daily. So I ask God to order my day and give my self-created busyness over to God. When I live my life on God's terms and not my own, despite whatever might be happening, I know that I will have peace and even joy.

Lynn H.

New Hope and Security in Step 3

I found hope at my first meeting.... Fellows vulnerably shared with integrity and were so passionate to share and pass on the freedom they had experienced in recovery. These people were a tangible higher power to me as I got started. I knew of God but didn't know a personal God that I could surrender to yet. Rather than relying on myself and my ways of doing life, I was to ask and receive help from the power of the group. I came to accept that my way got me to this miserable place within myself; obese, 242 lbs, lonely, lost and discontented.

These people had something, a power greater than me that wanted to hold my hand and show me the way. It started just like that with a sponsor calling me the very next day waking me up in the morning and walking me through my kitchen for my first abstinent meal. I was given direction and guided. My sponsor and other fellows held me accountable to call and report back.... I "book-ended" what I was about to do so I would follow through.

Day in and day out I found God was doing for me what I could never do for myself. There was a power, an energy, a guiding force that brought me through many ups and downs of life. Truly, I didn't know the way but I trusted that if God brought me to it, God would bring me through it. One day at a time, I continued to hear the loving voice of my fellows, received wisdom and guidance from their strength, hope and experience and I felt the acceptance in a welcomed embrace. This is still true today as I process life with the steps and use my daily tools. I know God works through them, a call at just the right time, a shared experience to grow from, or even reading the perfect message that jumps off the page and speaks right into my life.... There are no coincidences. As I grow in relationship with my higher power, I am better able to surrender more and more of my life. Food was the tip of the iceberg that started the process of revealing so much more. That is why I believe Step 3 is a lifelong step that continues to evolve and grow my ability to let go and trust Him more. Shannon S.

Step 3 Is A Decision

Step 3 is a decision that is not a one and done. It takes place each day, and sometimes within a moment. Each morning, we are asked upon awakening to think about the day ahead, primarily praying it be divorced from self-will. Some of us have a particular prayer, or meditation or writing time that begins our day. Throughout the day as well, if indecisive, we are to stop and use our intuition that grants us insight into the next right step. At the end of the day, we review how we did related to self-will, fear, and dishonesty, taking our actions into account.

I am all for aligning with God's will, at least most of the time. I can't say I've always been pleased about the results of my endeavors, but I will take them as life lessons. However, often the trick is to hear God's will. Sometimes the brain asks my heart what the heck it was thinking. There's a phrase for pulling together thinking and emotion, called 'wisemind.' I think that is what stems from listening to that small voice that whispers what it would be to align with God's will in that moment, or in that intention, or in that action, or the day, or project, or relationship. My biggest challenge can be saying no to someone in deference to what my higher power is saying.

What I know is that if I pray for the strength required in each day it will be ok. And that for those days that are hard, to simply do what there is to do, whether or not I 'feel like it.' I am so grateful to Hashem (G-d) for this ability to take care of personal business and turn over what I can't accomplish (I used to have to do it all).

For me, the third step is to remember that I have control over almost nothing, including myself, but that if I continue to be aware of the presence of my higher power, I can find some guidance in the footwork I am meant to do. I am not saying anything new to note that turning over our will does not mean turning over the actions we need to take to follow a higher will. It means that if we let go of self-centeredness, we can reap the rewards of a sane and useful life. If we open our mind to a higher order, our selfish ends do not matter as much. If we are mindful of who we are being, we find the love and serenity promised by the program.

Step 3 In the Twelve Steps and Twelve Traditions Book

Page 34 in Twelve Steps and Twelve Traditions talks about Step Three. Before you get to this step, you have to agree to Step One and Step Two. I've heard it said that in Step One "you come" and in Step Two "you come to!" Step three " you came to believe"

Step Three mentions that the key to this Step is called willingness. In order to be an OA/HOW sponsor, you have to do what I call a three-step dance for 70 days. This dance is to read and reread Step One, Step Two, and Step Three.

I've been in this OA/HOW program for over 20 years. I've been rereading Twelve Steps and Twelve Traditions, and I am reminded that I need to continue to have the willingness to take a day at a time and take this program to my grave. I know without a doubt that if I hadn't been abstaining to remove and keep off 100 pounds for the past 20 years, I would not be saying thank you God and thank you OA for giving me the willingness to continue. Gerrie

Tradition Three: The only requirement for membership is a desire to stop eating compulsively.

Tradition Three tells me that the only requirement for OA membership is a desire to stop eating compulsively. In my experience, I have seen compulsive eaters come from every imaginable background. Compulsive eaters come from all races, ethnic backgrounds, genders, sexual orientation, religions, educational backgrounds, class, and political parties. Tradition Three asks me to welcome everyone who says that she or he is a compulsive eater. Tradition Three also tells me that I should expect my fellow members to welcome me as well as long as I say that I have a desire to stop eating compulsively.

As we come up on this possibly divisive election cycle, I must remember that the success of my program depends on how kindly I treat all newcomers and other fellows regardless of their politics or religious viewpoints. Tradition Three tells me that I don't have to agree with every member of our Fellowship, but I have to love them all. Of course, for those people who still suffer, it is important that they are invited lovingly into our groups, but it also enriches my program to reach out to all no matter how different from me they might be.

The God of my understanding asks me to be kind and loving toward all. The God of my understanding asks me to love my enemies. While I certainly don't believe that anyone in our beautiful OA fellowship is my enemy, I do recognize that there are people who will inevitably vote differently from me in November. I would never want politics or religious viewpoints to stand in the way of helping a newcomer or another fellow. As a compulsive eater who is only one bite away from a binge, I would never want to make another compulsive eater feel unwelcome. That is why I attempt to welcome all with open arms.

Another aspect of Tradition Three is that anyone can come to our meetings regardless of whether or not they are abstinent or whether or not they have a sponsor or are using the Tools. I sat in OA meetings for many years without really working the Steps or getting abstinent. Gratefully no one told me I couldn't come to a meeting. Eventually, I was loved by my fellows into willingness and finally embraced the Steps and Tools. I take Tradition Three very seriously because this is a very deadly disease and anyone who says they are a compulsive eater should feel welcome in our group.

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/>



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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

****Accessible & Single Room space is limited****
SCHOLARSHIPS are available on double occupancy rooms
****Registrations are NON REFUNDABLE****

Times: Check-In ~ Friday 5 p.m. Dinner 6 p.m.
Program 7p.m. Check-Out~ Sunday 10:30 a.m.

To Register Online:

<http://overeaters.org/upcoming-oa-events/>

To Register By Mail:

See second page for mail-in registration form

****Please contact Jackie K with questions, concerns,
scholarships or for Accessible Room****

215-858-2760 oabuffaloretreat2024@gmail.com



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2024 Buffalo Retreat

April 12-14, 2024

Practice These Principles In All Our Affairs

To Register By Mail:

1. Contact Jackie K. at 215-858-2760 or at oabuffaloretreat2024@gmail.com for mailing address for mail-in registrations.
2. Detach and complete mail-in form below. Include a check or money order for the full amount PAYABLE TO: UNITY INTERGROUP
3. If you require an accessible room, please contact Jackie K. as there are a limited number.
4. All reservations will be confirmed via email. If you want a confirmation via US Mail you must enclose a self-addressed stamped envelope.

****Please note: All registrations must be paid in full. We do not accept partial payments. No credit card payments accepted for mail in registration. All credit card payments must be done online. At the retreat, we will only accept cash or checks for literature and raffle tickets.**



Full Name: _____ Address: _____

City _____ State: _____ Zip _____

Phone _____ Email: _____

Nametag: (1st name and first initial of last name): _____

Home Meeting: _____

Room (circle): Private Shared Roommate Request _____

*If you register for a shared room without a roommate request, a roommate will be assigned for you. Gender for roommate assignments (circle): MALE FEMALE

Special Accommodations (circle):

Vision Hearing Mobility Vegetarian Gluten Free

OTHER: _____ PLEASE INDICATE YOUR NEEDS on the back of this form. (e.g., room close to the elevators, dining hall or main hall; quiet room for small groups, accessible bathroom)

SERVICE OPPORTUNITIES (circle all you are willing to do): Registration/Check-in Greeters Timers For Speakers Hear a 5 Step Literature Whatever Needed