



April 2024

Expressions of Unity

The Newsletter of Unity Intergroup

www.overeaters.org

News and Noteworthy

The April Intergroup meeting will be held on Saturday, April 13 from 4:00 – 5:30pm (note unusual time) at the Unity Intergroup Spring Retreat in Buffalo MN. Those joining remotely can participate via [Zoom](#) ID 810 4426 4132 / PW 12345 Phone: 312-626-6799 12345

2024 Unity Intergroup Convention Save the Date!

October 25, 26, 2024
Crowne Plaza Minneapolis West Hotel

Circle Pines OA HOW Celebrating 20 years

The Circle Pines OA HOW in person meeting will celebrate 20 years of recovery with special speakers. All are welcome! April 20, 8 – 10 am 9185 Lexington Ave. N, Circle Pines, 55014

News from Unity Intergroup

At the March Intergroup Meeting, two new officers were elected to the Unity Intergroup board. Marque N was elected Chair, and Liz Z was elected Secretary. They join Sarah S, Vice Chair, and Jean K, Treasurer as the Executive Board.

We are still seeking volunteers for service positions as Newsletter Editor and Zoom Meeting Manager. Helping with the newsletter primarily involves putting submitted articles into a Word template. Estimated time commitment is 4-6 hours per month. The Zoom Meeting Manager service is to provide support and technical assistance for the monthly Unity Intergroup meetings. If you are interested, please contact one of the Board officers or come to the next Intergroup meeting.

Please check out the link below for descriptions of the service positions and 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

Region 5 News

Unity Intergroup will officially become part of Region 5 on June 1, 2024. Region 5 leaders have reached out to the Unity Intergroup team to let us know about upcoming events.

- July 20 Region 5 Summer Online Conference (2 hours)
- September 6-8 Region 5 Convention in Independence Ohio (in person)
- November 1 – 3 Region 5 Fall Assembly in Chesterton, Indiana (in person)

For more info, visit the Region 5 website at www.region5oa.org

Please note: Because Region 4 is closing, please do not send money to Region 4 after March 31, 2024.

Groups can contribute to Region 5 after June 1st.

Step Four: Made a searching and fearless moral inventory of ourselves.

I would like to share the story about when I took a Step 4 & 5 in reaction to losing 30-year job.

Ten years ago, I had been working at a job for about thirty years. I started the job when the agency was a part of the city of Minneapolis. Because of this I had a Public Employee Pension. When the agency went private, we were able to keep our Public Employee Pensions. I was excited because I had three years left to work before I reached my full pension age.

Anyway, I thought everything was fine when one Sunday morning my dad said that our agency was in the newspaper. Not only in the paper, but on the front-page news. I am not going elaborate on what happened but after seeing this I was worried about losing my job. And I finally did lose my job at the end of the year. When I was talking to my sponsor about what had happened, she suggested to do a Step 4 to get through the feelings of loss and devastation. So, I completed a Step 4 and then a Step 5.

A month after I completed my Step 5, a former co-worker called and said that the agency that she was working was in need for another accountant. She suggested that I would be “perfect for the job”. Well, I applied and was hired! I worked there for five years.

The experience of losing my long-time job, dealing with my feelings, and then being presented with another job so quickly taught me that I would be okay. My Higher Power was with me. This Power is one that I call God.

My message is this; Do not be afraid to take Step 4 & 5. It will help you get through some tough times and restore your faith. “When God closes a door, He opens a window.”

In closing I want to share one of my favorite sayings; “Good morning, this is God. I do not need any help from you today, so relax and have a great day.”

Anonymous

Step 4 Benefits

We are fortunate as 12 steppers that as we work the steps we come to step 4 which is taking a fearless moral inventory of ourselves. The thought of this prior to program really sent huge fear rushing through me. How and why would this be important in life? Gratefully, I have experienced the wonder of working at cleaning my slate. Many times I have commented that doing my first 4th step inventory was the best therapy I ever experienced. Rather than continuing to blame others for not making me happy or feeling like I was being used, I became aware of how my self-seeking created these resentments. Yes, I had a part in the resentments and harms done to others while I had unrealistic expectations of how others were supposed to make me happy and give me a good life.

Step 4 is how we begin to grow emotionally. What a gift we get when we face our defects and bad behaviors, and experience the good fortune of getting to try something new. The old behaviors can still crop up but we are in tune and we can quickly let go of the old stuff and try something new, developing a welcome self-confidence in our daily living. It's also about turning things over to HP and using that resource as a guide as we let go of the old and welcome the new.

There is never only one 4th step. As we continually work and live this program, we have the opportunity to face behaviors that we thought didn't really matter. Yes, we are always able to find in our living that some things need to be handled. Another 4th step can be right around the corner if you work your program. If you want to continually grow, it is about facing the niggling things.

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/>