



June 2024

Expressions of Unity

The Newsletter of Unity Intergroup

www.overeaters.org

News and Noteworthy

The June Intergroup meeting will be held on Saturday, June 8 from 12:30 – 2:30pm via [Zoom](#) ID 810 4426 4132 / PW 12345 Phone: 312-626-6799 12345

Region 5 OA Convention Sept. 6-8

[Link to registration here.](#)

Unity Intergroup

Fall Convention

Save the Date!

October 25, 26, 2024

Crowne Plaza Minneapolis

West Hotel

The theme is “Acceptance is the Answer”.

Scholarships will be available. Mark your calendar now and watch for more info to follow. You won’t want to miss it!

News from Unity Intergroup

Buffalo Retreat Speaker Recordings

Exciting news! Although the April Buffalo Retreat is now in the past, all of us can still benefit from the wisdom that was shared. The speakers were recorded and you can listen to their experience, strength and hope on the Unity Intergroup website. Eight sessions were recorded so you are sure to find a topic of interest. Also on the same page are recordings from the outstanding convention last October and other recovery events. Enjoy!

<https://overeaters.org/recordings-of-past-events/>

New Unity Intergroup Newsletter Editor

Many thanks to Vicki M who stepped forward to become the Expressions of Unity newsletter editor starting with the July edition. Articles can be submitted directly to Vicki at RecoveryVM23@gmail.com. Many thanks also to Unity Intergroup Vice Chair Sarah S who kept the newsletter going between editors. Yay for service!

Welcome to Region 5

As of June 1st, Unity Intergroup is now part of Region 5. Check out the Region 5 website at www.region5oa.org. Region 5 has a number of exciting recovery events planned and we are invited to them all. Especially check out the information about the 2024 Convention.

Group treasurers making Seventh tradition donations can look for the blue **Contribute** link on the Region 5 home page.

Step Six: Were entirely ready to have God remove all these defects of character.

Step 6

The OA Twelve Steps and Twelve Traditions reminds us that we are powerless over each of our defects of character, just as we are powerless over food. It is not our job to remove the defects of character – we can't do it alone. We need a power greater than ourselves to remove our defects.

Does this mean we keep right on doing what we've been doing? No. We need to create an environment so God can come in.

So how do we get “entirely ready”? We first need a list of our character defects. I was initially pretty resistant to the word “defect”. It helped me to think of defects as characteristics that are out of balance. Once you have the list, here is a summary of writing/reflecting suggestions from the OA Twelve and Twelve that has helped me and many of my sponsees to get ready, to create the environment for God to come in.

1. What is each defect doing to me? (We need to recognize negative effects.)
2. What is each defect doing for me? (This can be harder to recognize but without awareness of what seeming advantages we're getting from that behavior, we won't be able to let it go.)
3. How has the defect outlived its usefulness?
4. Try to envision how you would act if the defect were gone or the characteristic was more in balance. Ask “What would God have me do instead?”. (Visualization can be a powerful tool.)

Anonymous

Step Six: Were entirely ready to have God remove all these defects of character.

AM I READY?

This step reminds me that I do not have to give up part of myself until I am ready. This awareness came to me in the third step. I decided to turn my will and life over to the care of God, as I understood God. Early experiences as a child made me afraid to trust authority figures. The third step gave me the decision to give up my will to a caring God. Step 3 and Step 6 mean to me that faith and willingness are important to my recovery.

WILLING TO BE READY

Working Step 4 and Step 5 I became aware of the reasons I turned to food for comfort. I tried hard to control my emotions and to control others. The release valve was to be out of control with food. A defect of character was going to food for the wrong reasons. When I was irritable, restless and discontent, I would distract myself by overeating. The result of reaching for sugar was a feeling regret and dishonesty. This familiar behavior was no longer working for me. I am willing to change my behavior.

READY TO TAKE ACTION

I accept my emotions as part of who I am. But I am ready to rely on God to help me choose the next right behavior. I will continue to practice sitting with my feelings but not reaching for food. I know God's timing is not my timing. I might have to practice longer than I want too. Yet I have faith and trust that in God's time all my defects of character will be replaced. Instead of fighting with food I will have neutrality. I will work the steps and reach out to others. God will replace harmful mistakes when I am entirely ready.

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/>



Save the Date!!

For the Minnesota OA fall convention

“Acceptance is the answer”

Friday and Saturday October 25th and 26th

Crown Plaza West 3131 Campus Drive Plymouth, MN.

\$75.00 Which includes lunch Saturday

Scholarships will be available

Contact Dawn S. 612-310-1709 or Mary T. 612-940-7654

for any questions

More info to follow later

Region 5 Convention 2024

Welcome Home: Many Symptoms, One Solution!

Holiday Inn - Independence Ohio
September 6-8, 2024

Early bird registration ends June 7th!!

Follow [this link to the Region 5 website](#)

Come Visit the Marketplace!

Raffle Baskets

- Intergroups and individual OA meetings are invited to donate a raffle basket to raise funds for Region 5!
- Tickets for Baskets will be sold during the convention and winners will be announced Saturday evening.
- Please include a list of contents with the baskets.

Tables for Rent by Intergroups

- Intergroups wishing to sell merchandise can rent tables for seventh tradition donation. Space is limited. Please contact the convention committee to reserve your space.

Please direct any questions to the Cleveland Central Intergroup.
Please call 800-511-9610 OR email us at ccioa@onebox.com.