

# Expressions of Unity

July 2024



## Quotes About Freedom In Recovery



### Big Book of Alcoholics Anonymous

- If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.” —pages 83-84
- “... I was thrown in with a crowd of people who attracted me because of their seeming poise, health and happiness. They spoke with great freedom from embarrassment, which I could never do, and they seemed very much at ease on all occasions and appeared very healthy. More than these attributes, they seemed to be happy.” — pg.178

### Twelve Steps and Twelve Traditions

- “So it is that we first see humility as a necessity. But this is the barest beginning. To get completely away from our aversion to the idea of being humble, to gain a vision of humility as the avenue to true freedom of the human spirit, to be willing to work for humility as something to be desired for itself, takes most of us a long, long time. A whole lifetime geared to self-centeredness cannot be set in reverse all at once.” — page 73
- “When, with God’s help, we calmly accepted our lot, then we found we could live at peace with ourselves and show others who still suffered the same fears that they could get over them, too. We found that freedom from fear was more important than freedom from want.” — page 122

### As Bill Sees It

- “The immediate object of our quest is sobriety — freedom from alcohol and from all its baleful consequences. Without this freedom, we have nothing at all.” — No. 327

## News and Noteworthy

The July Intergroup meeting will be held on Saturday, July 13 from 12:30 – 2:30pm via Zoom ID 810 4426 4132 / PW 12345 Phone: 312-626-6799 12345

*Together We Can!*

## Region 5 OA Convention Sept. 6-8

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**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! Registration opens August 1, 2024.**

*Enter to Win*



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# Step Of The Month

## Step 7

“Humbly asked Him to remove our shortcomings” means (again!) that I need to Let God and Let Go! I am asking that beautiful power (who is so much greater than me!) for help. Not easy for this compulsive overreater who relied on her own self for everything. Yet, this humility is one of the necessary keys to our program.

I have learned that it is a gift to be aware of my character defects. Before program, I would only have recognized them as “survival” strategies.

Now, I can see that these “strategies” have outlived their usefulness and that my Higher Power has a much better way for me to live.

Now I am thankful, that in each day, God will show me where my dishonesty is trying to show up, where my self-seeking is trying to run the show, where my selfishness thinks it can protect me, and where my fear is overwhelming me (causing more chaos and insanity around the situation itself!). Today I can see these moments of awareness as clues to my healing. I can pause and ask God how he would have me act.

I need to constantly remember that I am not in charge of removing my shortcomings – that God, in His infinite wisdom, is. And He will do it in His time and not mine! I spent a lot of years honing these unhealthy strategies. Now God gently makes me aware of how I’m acting and encourages me to let Him guide me through. My job is to let Him.

## Step 7: Humbly asked Him to remove our shortcomings.

### Collaborations from Chaska Big Book Study Thursdays, 7pm cdt

Step 7 has had a profound impact on my life by fostering a sense of humility and acceptance.

By humbly asking a higher power to remove my shortcomings, I have been able to let go of the control I once desperately clung to. This surrender has brought about a significant shift in my perspective, allowing me to embrace my vulnerabilities and understand that it is okay to seek help. This step has taught me the value of humility, making me more open to change and growth. Recognizing my flaws and asking for help in addressing them has brought about a newfound sense of freedom and relief. No longer feeling burdened by the need to be perfect, I have been able to focus on continuous self-improvement without the weight of self-judgment.

Moreover, Step 7 has greatly improved my relationships and overall well-being. Acknowledging and working on my character defects has helped me become a more honest and compassionate person. I have found that as I continue to seek the removal of my shortcomings, I am better equipped to handle life's challenges and maintain sobriety. This ongoing process of self-improvement has not only strengthened my recovery but also enriched my life, leading to more meaningful connections and a greater sense of inner peace. As my relationships have grown healthier and more genuine, I have experienced the joy of deeper connections and mutual support. Overall, Step 7 has been instrumental in my journey toward a more balanced, fulfilling, and authentic life.

● Anonymous



# Step Of The Month Continued...

**Step 7: Humbly asked Him to remove our shortcomings.  
Collaborations from  
Chaska Big Book Study  
Thursdays, 7pm cdt**

Tradition 7 in Overeaters Anonymous (OA) states, "Every OA group ought to be fully self-supporting, declining outside contributions." This tradition emphasizes the importance of financial independence and self-reliance for OA groups, similar to the principles found in Alcoholics Anonymous. By funding their own activities and services through member contributions, OA groups ensure they maintain their autonomy and integrity. This self-sufficiency helps the organization stay focused on its primary mission of supporting individuals in their recovery from compulsive eating without being influenced or pressured by external entities.

This tradition fosters a sense of ownership and responsibility among OA members. When members contribute financially, they invest in their recovery journey and support the collective well-being of the group. This shared responsibility enhances the unity and cohesiveness of the group, as everyone has a vested interest in the group's sustainability and success. By relying solely on internal contributions, OA groups can concentrate on providing a safe and supportive environment for members to work on their recovery, free from the potential distractions and complications that external funding might introduce. Tradition 7 reflects the values of simplicity and humility inherent in OA's philosophy. By operating within their means and avoiding external financial dependencies, OA groups demonstrate the importance of living a balanced life, free from excess and materialism. This approach aligns with the principles of the Twelve Steps, which emphasize spiritual growth, personal responsibility, and service to others. Ultimately, Tradition 7 ensures that we remain a fellowship of equals, focused on mutual support and the shared goal of overcoming compulsive eating behaviors.

Anonymous



**THE MOMENT YOU  
REALIZE**

**HP is removing your  
shortcomings**

From: Michele G.

## Seventh Step Prayer

My Creator,  
I am now willing that You should have all of me,  
good and bad.  
I pray that You now remove from me  
every single defect of character which stands in the way  
of my usefulness to You and my fellows.  
Grant me strength, as I go out from here,  
to do Your bidding. Amen



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.

# Region 5 OA Convention 2024

Hosted by Cleveland Central Intergroup

## Welcome Home:

**(Many Symptoms,  
One Solution)**

September 6 - 8, 2024

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](mailto:ccioa@onebox.com).

# CLICK HERE

to visit [Region50a.org](http://Region50a.org)  
to register



## Motorcycle Trip to Ohio Forming! Contact Marque For More Information



Use above Links to find the live links mentioned below:

Register for convention on-line at [region50a.org](http://region50a.org)

REGISTRATION OPENS APRIL 1, 2024

Make hotel reservations directly with:  
Holiday Inn - Cleveland South  
Independence  
6001 Rockside Road  
Independence, OH 44131  
(216) 524-8050

Online [Hotel Reseservation](#)

To receive group rate, mention:

“Region 5 Convention Room Block”

Special Room Rates (until 8/9/2024)

\$119 + tax

Choice of: 1 King Bed or 2 Double Beds

Hotel Amenities:

Free Parking

Wi-Fi access,

Fitness Center and Indoor Pool,

# 2024 WSBC Wrap-Up Report

Cathy G.  
WSBC Rep.



**The 63rd annual OA World Service Business Conference (WSBC) was held in Albuquerque, NM, May 6-11, 2024. Over the course of five days, 188 voting delegates from 21 countries voted on a host of proposed amendments and business motions which Unity Intergroup had a chance to review and discuss in February. If you're interested in learning which ones were adopted and by what margin, check out the WSBC Wrap-Up Report!**

# July Daily Challenge

Can you do it too?



## NO BLTs Bites, Licks & Tastes

by: Laura R. from Lancaster PA

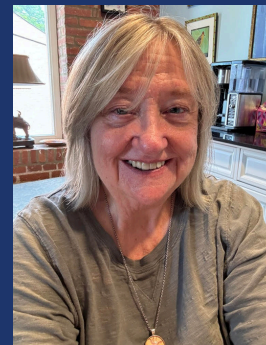
“When I was in the food I would often eat right out of a bag or a box with my hands and lick my fingers, and when I inexplicably found myself at the bottom of the bag or the box or the bowl I would run my fingers around the bottom trying to get the last bit of food from the empty container.

When I began my recovery journey on March 14th of this year to abstain from sugar, wheat and flour, I also made a conscious decision to not eat with my hands. That's when the fork became important. I sit at a table with a plate or a bowl in front of me with utensils.

I no longer lick my fingers! I wash my hands before and after preparing my food. No traces of food can be found on my hands. And sometimes I get a little help from my orange cat, Buster, who has taken a fancy to abstinent eating.”



3/24 Before Recovery



30 Days Of recovery



Buster  
doing his part!

TAKE ONE DAY



AT A TIME

## Have a Daily Challenge Idea You want to share with the group ?

Funny thing about “One Day At A Time” ...

Sometimes they string together into weeks, months and years.



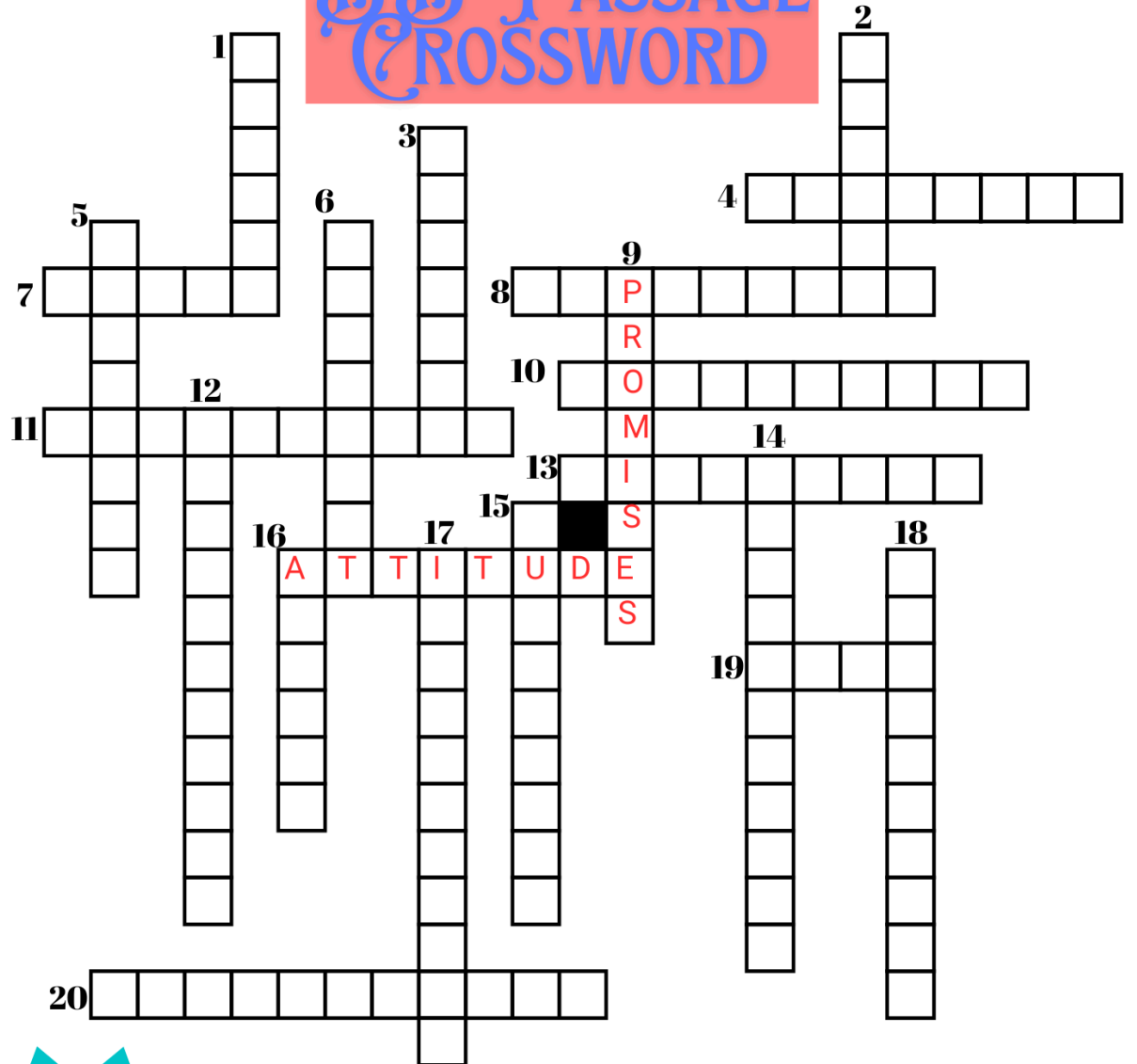
I recently listened to a podcast on what the speaker calls the “Twelve Freedoms” which she took from the pages of the OA 12&12.

Below is each step, the Freedom associated with the step, and my experience, strength and hope in blue.

1. We admitted we were powerless over food and that our lives had become unmanageable. Freedom from food obsession. I do my OA footwork each day and claim being free of compulsive eating and obsession one day at a time.
  2. Came to believe a power greater than myself could restore me to sanity. Freedom from insanity and hopelessness. I see my insanity in using my character defects to try to achieve what I want. It might work in the short time, but never in the long run. Freedom from insanity is not choosing to act out of a character defect. I'm free from hopelessness, because I've seen so many program miracles in my life and in the life of OA.
  3. Made a decision to turn my will and my ways over to the care of God as I understand Him. Freedom from bondage of self. I am definitely self-will run riot and sometimes I marvel at how the people at my first OA meeting 36 years ago must have seen me and loved me anyway. I don't know all of God's will for me, but I have learned to trust I will be told the next right thing.
  4. Made a searching and fearless moral inventory of ourselves. Freedom from dishonesty. It's much more satisfying and interesting when I have the courage to be honest.
  5. Admitted to God, myself, and another person the exact nature of my wrongs. Freedom from isolation. Okay, I've just told the worst things I've done to another person and they didn't leave. What a glorious relief.
  6. Became entirely ready to have God remove these defects of character. Freedom from fear of change. A lot of my recovery has been to let go of resisting whatever happens. I remind myself that change can be good.
  7. Humbly asked God to remove our shortcomings. Freedom from self-reliance.
  8. Made a list of all persons we had harmed and became willing to make amends to them all. Freedom from blame. I was the expert at justifying my eating habits, and my behavior, but now am reminded to practice humility and gratitude.
  9. Made direct amends wherever possible except when to do so would injure them or others. Freedom from fear of people.
  10. Continued to take personal inventory and when we were wrong, promptly admitted it. Freedom from complacency. I am completely convinced that I cannot live with resentment and I need to ask myself each day if I have any resentments and then resolve them. Most days I write out a daily tenth step.
  11. Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of his will and power to carry it out. Freedom from loneliness. This one was a surprise to me. I thought loneliness came from not being with other people. But truly it's my relationship with my HP that fills me every time someone lets me down.
  12. Having had a spiritual awakening as a result of these steps we tried to carry this message to other compulsive eaters and to practice these principles in all our affairs. Freedom from lack of purpose. For sure, I didn't know what I had to offer to people. And just by living this program, I carry the message. I keep in mind the OA responsibility pledge: to carry the hand and heart of OA to all who share my compulsion, for this I am responsible. I encourage anyone to reflect on these twelve freedoms, or other freedoms that might be true for you from working the OA 12 Step program. I was a pretty tough nut to crack when I came into OA 36 years ago. And I can say now that I am truly grateful for the freer life I have now. Carrie A.
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# 3 3 PASSAGE CROSSWORD

Using the hints and listed words in red, can you figure out what passage these words come from and what they each are without looking at the "Final Hint" on the next page???



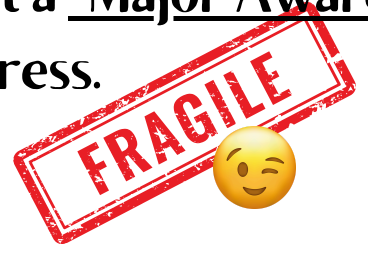
**Hint 1:**  
as I promise you can do this is you read along

**Hint 2:**  
Let THIS (plural) RING

- DOWN:** 1 2 3 5 4 7 8 10  
6 9 12 14 11 13 16  
15 16 17 18 19 20
- Across:**

Print, complete and send in your puzzle to collect a Major Award!  
Please include Name and Mailing address.

Send to:  
Vicki Milbrandt  
Awards Department  
8159 Hummingbird Lane  
North Branch, MN 55056





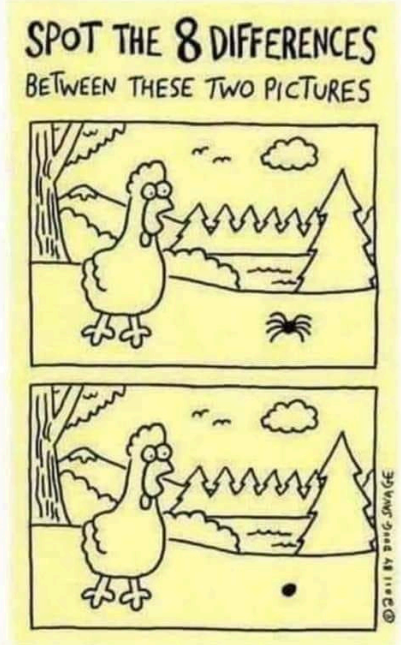
# One FINAL HINT...

If we are \_\_\_ about this phase of our development, we will be \_\_\_ before we are halfway through. We are going to know a new \_\_\_ and a new \_\_\_. We will not regret the past nor wish to shut the door on it. We will \_\_\_ the word \_\_\_ and we will know \_\_\_. No matter how far down the scale we have gone, we will see how our \_\_\_ can \_\_\_ \_\_\_. That feeling of uselessness and self-pity will \_\_\_. We will lose \_\_\_ in selfish things and gain interest in our fellows. Self-seeking will \_\_\_ away. Our whole \_\_\_ and outlook on life will change. Fear of people and economic \_\_\_ will leave us. We will \_\_\_ know how to handle situations which used to \_\_\_ us. We will suddenly realize that God is doing for us what we could not do for \_\_\_. Are these \_\_\_ \_\_\_? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always \_\_\_ if we work for them.



Guys, if you don't get out of your comfort zone, nothing will change in your life

**Shark Week Starts July 7**  
They are "one of us" ...  
Shout out to my Shark Lover DL in DC!



**"ALWAYS Hiring"**  
**Simple 12 Step training Program!**

**August Newsletter Theme: TRAVEL!!!**

A freedom of recovery for many in OA is traveling to or with our WE/Fellows!!

Where are ya'll from? Where did you go? Who did you travel with?  
Send me the photo with the details for the August Newsletter!

SUBMIT YOUR THOUGHTS, IDEAS, TIPS, CHALLENGES, ARTICALS, COMICS, QUOTES, PHOTOS, CELEBRATIONS MEMES & UPCOMING EVENTS TO ME AT:

*Thank you for reading!*

**recoveryVM23@gmail.com** *Vicki M.*