



# Expressions of Unity

August 2024



## EXTRAVAGANT PROMISES?

*We Think Not!*

Thank you for sharing your joys in recovery: Traveling With Your WE!  
Just a little "Proof of the Promises!"



Sr Jill R. Louisville KY  
Jackie K W. Chester PA  
Together with the  
Christmas Angels  
Rockefeller Center, NYC  
12/2023



From Minnesota: Talia, Gwen,  
Michele & Julie at the  
OA Birthday Party 1/2024  
Los Angeles, CA

### News and Noteworthy

The August Intergroup meeting will be held on Saturday, August 10 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  
Pg. 7



State Convention  
Registration is OPEN!  
Pg 2



Pg.9

# Join us in a Weekend of Recovery!

## October 25-26, 2024

### Friday, October 25

- 5-7p.m. Check-in/Fellowship
- 7-9p.m. Welcome & Speakers

### Saturday, October 26

- 7-9 a.m. Three OA meetings
- 8-9a.m. Check-in/Fellowship
- 9 am-noon Speakers/Pitches
- 11:45-1:45 Lunch & Fellowship
- 1:45-4:30 Speakers / Pitches

Hospitality Room with Ref,  
microwaves, etc.

### Lunch

*(included in conference registration fee)*

- TACO SALAD FOR ALL
- Protein: beef, chicken, beans, cheese
- Veggies: lettuce, peppers, cukes, tomatoes, onions & more
- Starch: rice, beans, soft taco shells (flour & corn)
- Fats: sour cream, guac, dressing
- Fruits: mixed, fresh fruit bowl
- All seasonings, condiments and foods have either no sugar or it is listed 5<sup>th</sup> or lower on the ingredients label
- Vegetarian and vegan friendly
- Menu mostly gluten-free
- Coffee, tea & water
- Food scales, measuring cups/spoons available.



### Hotel - Crowne Plaza

3131 Campus Drive, Plymouth, MN 55441

- To book a room, call 763-559-6600 and request the Overeaters Anonymous block room rate of \$115. Room registration deadline is Oct. 10, 2024.
- The hotel has a microwave in the lobby and a limited supply of rooms with microwaves. You may request a microwave when checking in.
- Breakfast is available from 6:30 to 10 a.m. in the Creekside Cafe at the hotel. Cost of breakfast is not included with the room.

### Registration Rates

Early Rate ..... \$75  
(mail by 9/15/24)

After 9/15/24 ..... \$85

Registration includes lunch.  
Registration deadline  
10/10/24

#### You must register in advance at:

[www.overeaters.org/upcoming-oa-events/](http://www.overeaters.org/upcoming-oa-events/)

Register early as space is limited

To mail in registration please contact Dawn:

dawnspielman@me.com

*Registration must be received by 10/10/2024.  
No refunds. If you register but are unable to attend,  
please consider giving or selling your space to someone  
who can use it.*



# Step Of The Month



Wed. Night St Joan of Arc 6p.m. CDT  
Principle 8: Self-Discipline  
Step 8: Made a list of all the  
persons we had harmed, and  
became willing to make  
amends to them all.

**DISCIPLINE**  
*is choosing between  
what you want now  
and what you want most.*  
~**Abraham Lincoln**

In doing some research on these principals, I found that often Self Discipline and Love could be interchanged for 8 or 9. So keep that in mind as we go along.

Self-Discipline: Initially I just hear the word "Discipline" ....

Punishment: I'm wrong, I'm not enough, I'm not motivated... "If she just applied herself" Those are words that I overheard adults saying about me that still have a zing within and a place on my resentment list.

But, here, we are not looking at belittling ourselves of our faults. (Haven't we done that to ourselves long enough?)

None of these steps have to do with punishment!

Whoever needs to hear this today, this is for you: Higher Power is not punishing you... Higher Power LOVES YOU.

So What is This "Self discipline" ? This magic "thing" that has us making a list of those we have harmed and BE WILLING making amends and do so when we can??

It is not a punishment. And it is not magic. But it is a miracle.

Discipline comes from the Latin word "disciple", which means pupil or student. \*A form of knowledge, typically one studied in higher education or in a 12-step program.

\*A fundamental truth that serves the foundation for a system of belief, behavior or for a chain of thought & reasoning. \*A kind of rule, belief or idea that guides you, aiming to promote new patterns of behaviors and character traits. \*Basic truths that help with life.

When I was in my disease, my life was chaos! We Compulsive Overeaters are undisciplined. So we let HP discipline us. There is action and more action. "Faith without works is dead."

So, we make the list. Willingly. It may be small and feel overwhelming the first time. But we trust our Sponsor and our WE. And we work towards new patterns of behaviors and character traits. We trust that HP is showing us His/Her will for us and gives us courage and grace to make amends

So Lets plug in LOVE here. By using our found discipline to put people, possibly places/businesses and other situations on this your 8th step... That is an act of love. Making an amends in person, by letter, anonymous donation... Whatever you and your sponsor have decided to do. Well, that my friend is LOVE. This loving process deepens that relationship with HP, ourselves and others in our lives.

Taken from Vicki M.'s Speech:

2024 Buffalo Retreat:

Practice These Principals In All Our  
Affairs: Self-Discipline and Love

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



# Step Of The Month Continued...

Tradition 8: OA Should remain forever nonprofessional, but our service centers may employ special workers.

**Tradition 8: Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.**

This tradition reminds me that we are all equal in OA. There is no hierarchy of members, nor a boss who directs my recovery. Everyone who has the desire to stop eating compulsively is welcome. Our outside profession or position has no bearing on our acceptance in the fellowship.

Service is a crucial part of our recovery, but it is offered freely, just as it was offered to us when we found the courage to attend that first meeting. We perform acts of service, large and small, without expectation of payment. As it states on page 139 of The Twelve Steps and Twelve Traditions of Overeaters Anonymous “Our reward is something money can’t buy - our own personal recovery.”

Students of 12 step program history can find many stories describing the missteps that occurred when the primary purpose of the program and money were mixed. Fortunately for us, the members then set up clear guidelines for us to follow in this area.

We use volunteer members whenever possible, but at times it is necessary to hire workers for a specific task. This allows our service bodies to carry the message to the still suffering compulsive overeater. We need people to answer phones and emails at the World Service office, ship literature, maintain the main OA website, etc. and I imagine recruiting volunteers who could devote the time required for these tasks would be impossible!

Every act of service I have performed without expectation of payment has helped my own recovery, whether it was arranging chairs, cleaning the meeting space if needed, speaking, greeting a newcomer, or simply showing up at a meeting! At the same time, I am grateful for the special workers OA hires to perform the crucial tasks that allow us to continue on our recovery journey and carry the message. Teri F.



Michele G, Woodbury MN  
Mary B, Fergus Falls MN  
Jackie K. W. Chester PA  
At Outer Banks of North Carolina  
Spring 2024



Heather M. Crookston, MN  
Vicki M. North Branch MN  
On the way to Buffalo Retreat  
“Spring Break 2024”



# LETS MEET OUR BOARD



INTERGROUP CHAIR  
**MARQUEN.**

**Home Meeting:** Sat 9 Am Eden Prairie, Monday 630 pm Eagan

**How long in OA:** been in OA since 2018

**Current Service Position:** Intergroup Chair

**Past Service Positions:** Intergroup Rep

**What is your WHY for serving in Unity Intergroup?** My why is SERVICE keeps me strong in program. Giving back allows me to keep it.

**Your Ideal Summer Travels:** Anytime on motorcycle or bicycle if weather is cooperative

**TIP for staying Abstinent & In Program while traveling:**

PLANNING Bring as much of your abstinence meals as possible and if not possible to bring your own meals, MAKE A PLAN.. review menus of any restaurant you plan to attend PRIOR to going. Don't be afraid to speak up and advocate for what you need in your program. YOU ARE WORTH IT.

We ♥ our  
Volunteers



**For upcoming meeting link!  
See you there!**



[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,

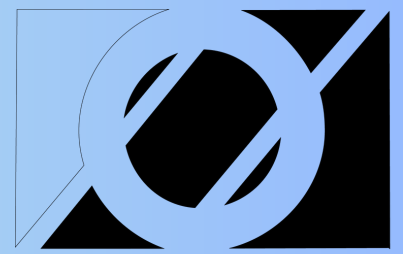
Fitness Center and Indoor Pool,



# Overeaters Anonymous

## Is Seeking Members

### Who Are Willing To Review And Edit Auto-Translated Pages On OA.ORG



OVEREATERS  
ANONYMOUS®

Cathy G.  
WSBC Rep.

A new artificial intelligence (A.I.) translation feature will soon launch on [oa.org](https://oa.org), offering better quality translation and giving National and Language Service Boards and other service bodies the ability to manually edit web page translations for even greater accuracy.

At launch, more than 40 languages will be supported, covering all languages for which the World Service Office has records of registered meetings, licensed literature translations, World Service Business Conference delegates, and recent visitors to [oa.org](https://oa.org). OA.org will even recognize the member's browser language and automatically open the website in that language.

Members must be fluent in the language they edit, but fluency in English is not required. The work requires an internet connection and typing skills. Member-collaborators will be assigned work based on reported errors and will be asked to review other pages when they have time.

#### Requirements for qualification:

- 1) Two years in the Fellowship of Overeaters Anonymous
- 2) One year of service beyond the meeting level
- 3) One year of current, continuous abstinence
- 4) Declaration of understanding and commitment to the Twelve Traditions of OA
- 5) Ability to dedicate time to this service

If you are interested in providing this service to OA and you meet these qualifications, please complete [the application form](#). Those who qualify will be contacted for a brief review training. If you have questions, please email them to [cyndyltrustee@oa.org](mailto:cyndyltrustee@oa.org) before you complete this form.

Thank you for considering this valuable service!

**TAKE ONE DAY**



**AT A TIME**

## Save The Dates!

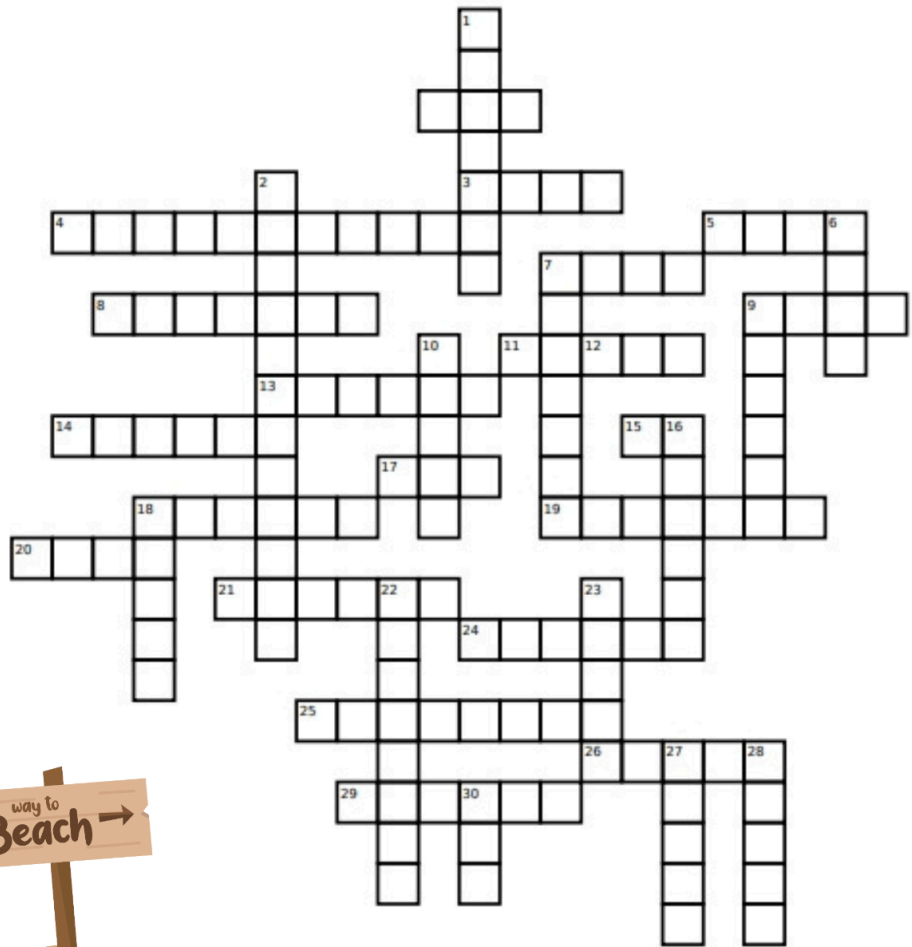
Intergroup is proud to present....

Quick Steps : November 9 & 21, 2024

Sponsorship Workshop: December 8, 2024

Details & registration will be posted soon!

# As We Say In Program...

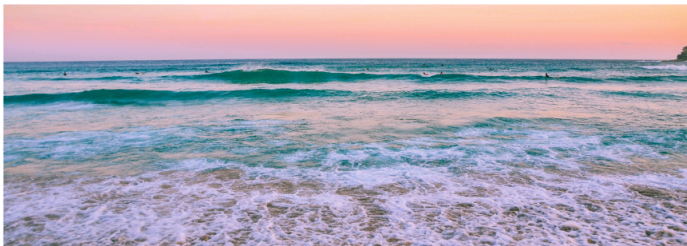


## Down:

1. Let go or get \_\_\_\_.
2. Nobody Ever Found Recovery As A Result Of An \_\_\_\_ I Awakening
6. Easy Does It But \_\_\_\_ (2 words)
7. I can't do my \_\_\_\_\_ in my spare time
9. \_\_\_\_\_ Changes my thinking more than thinking changes our \_\_\_\_\_.
10. Who am I and what am I \_\_\_\_?
16. It's not what you're \_\_\_\_\_, it's what's \_\_\_\_\_ {same word} \_\_\_\_\_ you.
18. Listen to \_\_\_\_\_.
22. Focus on \_\_\_\_\_, not weight.
23. First Things \_\_\_\_\_
27. Do The Next \_\_\_\_\_ Thing
30. Let go and let \_\_\_\_\_.

## Across:

3. Let go and let \_\_\_\_\_.
4. Although We Are Not \_\_\_\_\_ For Our Disease We Are \_\_\_\_\_ {Same word} \_\_\_\_\_ For Our Recovery
5. \_\_\_\_\_ is not the answer.
7. This Too Shall \_\_\_\_\_
8. Stick With The \_\_\_\_\_
9. Act \_\_\_\_\_. (2 words)
11. Just for \_\_\_\_\_.
12. One \_\_\_\_\_ at a time.
13. Let Go and \_\_\_\_\_. (2 words)
14. Keep It \_\_\_\_\_.
15. \_\_\_\_\_ kind, \_\_\_\_\_ brief, \_\_\_\_\_ gone. {same word}
19. \_\_\_\_\_ makers make it.
20. \_\_\_\_\_ and let \_\_\_\_\_. {same word}
21. Meeting \_\_\_\_\_ Make It
24. Keep \_\_\_\_\_ back.
25. \_\_\_\_\_ not perfection.
26. Live Life On Life's \_\_\_\_\_
29. "If you focus on the \_\_\_\_\_, you will lose the recovery; if you focus on the recovery, you will lose the \_\_\_\_\_ {same word} \_\_\_\_\_."



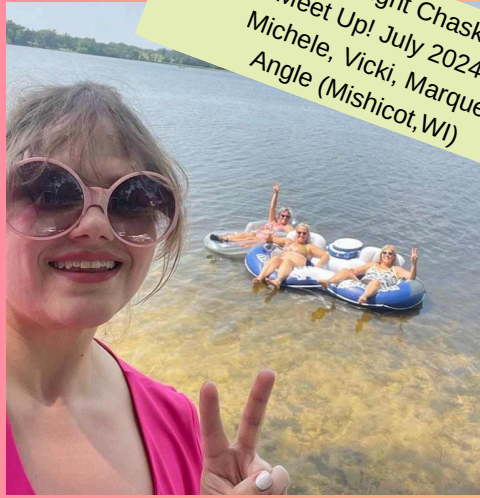
Print, complete and send in your puzzle to collect a **"Major Award!"**

Please include Name and Mailing address.

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







Thursday Night Chaska BB  
Meet Up! July 2024  
Michele, Vicki, Marque  
Angle (Mishicot, WI)



What is special about recovery friends is the common thread of addiction struggles and joy of progress shared with people who understand. As we paddled we had beautiful meaningful conversation that revolved around the benefits of staying in recovery. It was an easy conversation.

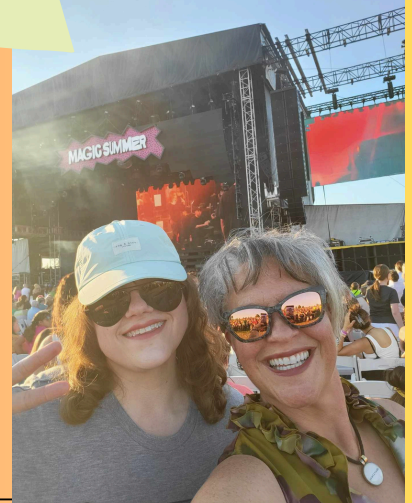
Mary B. Fergus Falls MN  
Elena W. Winnipeg, Canada  
July 2024

MN Lake Day!  
Cambridge MN!  
Brook, Cathy, Laura & Vicki

Sherry B Mt. Airy N.Carolina  
Vicki M. N.Branch MN  
At Taylors Falls, MN

Debbie B.  
Karen M  
Vicki M.  
Cindy  
K.W.  
Angel M  
Gathering  
in  
Neenah  
WI  
May 2024

Brooke and Vicki  
Hanging Tough and liking The  
Remix of an abstinent life!  
July 2024



SUBMIT YOUR THOUGHTS, IDEAS, TIPS, STORIES, OA  
APPROVED ARTICLES, QUOTES, PHOTOS,  
CELEBRATIONS & UPCOMING EVENTS TO ME AT:

*Thank you for reading!*

**recoveryVM23@gmail.com**

*Vicki M.*