

# Expressions of Unity

September 2024



# It's FALL Y'all



## 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](mailto:dawnspielman@me.com)



## TO REGISTER

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.

## News and Noteworthy

The October Intergroup meeting will be held on Saturday, October from 12:30 – 2:30pm via Zoom



ID 810 4426 4132 /  
PW 12345  
Phone: 312-626-6799  
12345



## Motorcycle Trip to Region 5 Convention Part One Page Seven...



Pg. 9 & 10

# Gifts Of Recovery

Writing & Art by Teri F.

One of the many gifts I have received as the result of my recovery in OA is the ability to pursue my hobby of photography.



I am able to walk around my neighborhood, a large arboretum, or a park, and focus on finding that great shot rather than having to stop to rest. Or not even be able to go at all because I knew I couldn't walk far enough due to my physical problems.



Yet one more promise that is coming true for me thanks to my program, my HP, and all of you!

PS-Congratulations on 2 years of Abstinence, TF!





Sugar had been the center of my life since early childhood, my source of energy, comfort and companionship. When other foods were threatening to me, those made of sugar and white flour were always "safe", guaranteed to make me feel better. This self-medication with sugar caused me poor health and missed opportunities throughout life: as a child, dental problems requiring long hours in the dentist's chair, chronic proliferation of yeast in the gut, resulting in multiple school absences; and in later life, high blood pressure, and cholesterol, pre-diabetes, and reduced mobility. Being overweight reduced my self-confidence, making me choose the easier path in school and career choices. Secondary performance anxiety caused me to avoid any situation that made me the center of attention. As a nurse, I understood that these health problems and lifestyle choices would eventually lead to more isolation, immobility, and debilitating/life-threatening health conditions. I also acknowledged that this disease was preventing me from becoming my best, authentic self; but addiction and the associated neurotic fears kept me from being able to make any meaningful changes. As a young adult, I cared about body image and so dieted constantly; but after middle age, I became more resigned to being obese and decided to just live with it. With aging, comes stiff joints and other aches and pains which, of course, are exacerbated and magnified by extra weight.

# My Story

## 7/28/24

### Submitted by

### Anonymous

I remember one day a few months before joining OA, struggling to carry two 40# bags of water softener salt into the house. It dawned on me that I was lifting and carrying around their equivalent weight every time I so much as stood up...no wonder my knees hurt and I was short of breath climbing stairs! How I longed to figuratively "set those bags down"! My love of being out in Nature and wanting to be able to keep up with Lola, my canine walking companion, finally became my motivation for change. After suffering through a bout of sciatica which basically immobilized me for almost 3 months and made me reliant on a walker to get around, I feared for my future. I literally was at a fork in the road: I could choose to continue my current dependency on sugar and white flour, and perhaps end up in a motorized wheelchair, or I could finally seek a realistic, sustainable solution. Despite my lifelong belief in God, I don't ever remember asking Him/Her for help losing weight, considering that was something I should be able to manage for myself. At the same time, I was frustrated with the chronic dishonesty and misrepresentation of myself that tainted all my relationships. One day, as I was working in my yard,

# My Story Continued

I found myself asking God/the Universe to help me become my best, authentic self. Almost immediately, a neighbor walking by, introduced herself and, during the conversation, shared that she was involved with OA. She invited me to attend a meeting with her, which I did, and the rest, as they say, is history! Miraculously, my sugar compulsion was instantly lifted after that first meeting; and since July 5, 2022, I have been relieved of a little over 90#, and the associated health problems. Many of my lifelong neurotic fears have eased or disappeared altogether. I am now happier and more pleasant to be around; I find myself seeking out the company of others rather than isolating at home. I am much less judgmental of others, so have far fewer resentments; and I am no longer obsessed with what others think of me. Hallelujah! I credit a structured lifestyle built around the 12 steps and 9 tools of OA. I eat and do basically the same things every day with slight variations depending on how life goes. But I keep abstinence and my relationship with my HP as the non-negotiable focus of each and every day. For me, that means rising early to have a conversation with God, giving thanks and setting intentions for the day; then, after sponsor and sponsee calls, I take the neighbor dog, Lola, for a one hour walk in Nature, an activity which encompasses physical exercise, service and communing with my HP. It's difficult for me to express how important this activity is to me and my recovery...that dog has literally saved my life! After that, how the day goes varies; but whatever does happen, I am prepared for it because I've already taken care of the most important things.

There's a story in the OA Brown book in which the writer boils down this program to 3 things: saying "please" in the morning, "thank you" at night and doing service in between. I agree with that as a basic framework. For me, structure and perseverance are important. I believe being in recovery is living a sustainable lifestyle that each person builds around the framework of the steps and tools to best fit their individual needs and preferences. I'm fortunate to be able to follow my same routine almost every day. Thus, the days have turned into weeks, the weeks to months and now I've reached two years. It seems like it should be much longer because so much has happened and I've changed so much. It's comforting to know that going forward, I'll have my program routine to guide me through each day. I also ask my HP for surrender and acceptance every morning which keeps me open to change and new opportunities. I like to think of each day as a new adventure, and I wake up eager to see what my HP has in store for me. Today, thanks to being in recovery, I find myself doing things and handling situations which literally 'used to baffle me'. With the program to guide me the future looks bright. As my sponsor likes to say, "More shall be revealed!" And as I like to say, "Thanks be to OA and thanks be to God!"

~Anonymous





# Step Of The Month

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Spiritual Principle Step 9:  
LOVE

Tradition 9: OA Should, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Spiritual Principal of Tradition 9:  
Structure

**The Ninth Step Promises**

**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.**

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.

When I was a teenager One of the most profound things my mother ever told me was this. "Love is a decision. It is not always a feeling of infatuation. Infatuation fades. One morning you are going to wake up next to the man you married...and you will have to choose to love him."

In January 2023 I chose to love myself. There was no fuzzy infatuation feeling- that is for sure. It was a hard choice. When first starting OA, I was just "acting as if" I loved myself. And that was ok! And that that grew. This program of recovery made it approachable. OA helped me see myself in others; Fellows, sick people and those still suffering. And, of course, the others in my life that had harmed through my actions and words of my disease. What a privilege to take responsibility – with love- to clear the wreckage of my past.

I still have to "Act as if" a little each day. That's a great way to practice my discipline with love.

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/>

# LET'S MEET OUR BOARD



INTERGROUP  
TREASURER  
JEAN K.

**Name:** Jean K

**From:** Chaska MN

**Home Meeting(S):** Saturday 9:00 am Eden Prairie Hybrid Meeting

**How long in OA:** 32 years

**Current Service Position:** Unity Intergroup Treasurer

**Past Service Positions:** Group Representative, Spring Retreat Chair, Intergroup Chair, Intergroup Treasurer

**What is your WHY for serving in Unity Intergroup?** Doing service is a way to give back, to connect with others in recovery, to make sure OA is here for the still-suffering compulsive overeater. There is no "them" in OA to do service. We get the OA we show up to build.

**Your Ideal Summer Travels:** Planning to do a driving trip in the midwest to visit family.

**TIP for staying Abstinent & In Program while traveling:** Have a plan of action that includes packing along food that works for my food plan. I have a cooler in the car to be sure food stays fresh and safe. I scout restaurants online ahead of the trip so I have an idea what is available that would work for my plan. I stay in touch with my sponsor and fellows. I take my program literature with me and do my daily prayer and meditation in the morning. Even though I am away from home, I don't take a vacation from my program.

We ♥ our  
Volunteers



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



# EXTRAVAGANT PROMISES?

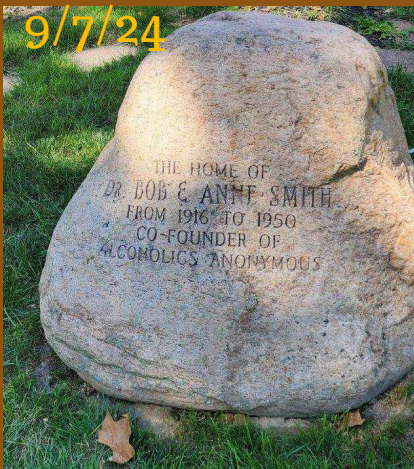
*We Think Not!*

Thank you for sharing your joys in recovery:

Traveling With Your WE!

Just a little "Proof of the Promises!"

The motorcycle trip to Region 5 is a wonderful time. Just 2 guys their bikes and making memories. So far one of the highlights is seeing Sr Bob's house in Akron, OH. What a spiritual place. As you walk I just felt the presence. It was very emotional. The room to do the 3rd step prayer. The books. They even have recordings between Bob and Bill you get to hear. This is one place will never forget. It great to be on this trip with another abstinent brother it has been nothing but a joyful journey. Marque N.



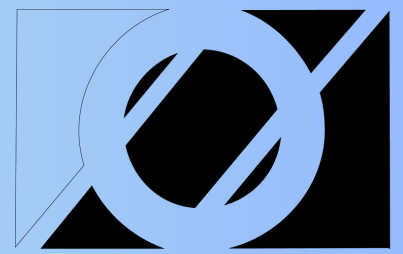
In Santa Claus, IN and only 98 degrees! Thank you for sharing Jill, Jackie, Jonie and Mary!



# 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!



# Crossword Puzzle Clues:

## A to Z from the BBD

### Down:

1. Brief look, glance, peek (G)
2. Indispensable and fundamental (C)
4. Very important, essential, indispensable, life supporting. (V)
6. Argue, fight, dispute. (Q)
7. Reluctance, indecision, slowness to act. (H)
12. Overused, overused to the point of being worn out. (T)
14. Desire, craving, feeling or emotion of wanting. (Y)
15. Effort, interest, enthusiasm, passion. (Z)
17. Scorn, mock, doubt, laugh at, poke fun at ridicule (S)
22. Threatening, impending, menacing. (L)
23. Excessive and irrational mental attachment. (O)

### Across:

3. Unconcerned, indifferent, having an air of easy unconcern. (N)
5. A position, opinion, or judgement reached after consideration (D)
8. Singleness, the state or quality of being one. (U)
9. Compassionately, kindly, humanely. (M)
10. Growing strong, going and doing well, expanding. (F)
11. Required, necessary, essential, expressing a command or plea. (I)
13. Walking in or across a street without obeying traffic rules. (J)
16. Include, surround, take in, contain. (E)
18. Confused, bewildered, muddled, made unclear in character (B)

### Across:

19. Hoot, nothing at all, not to "give a darn" (W)
20. Chance, without specific pattern, purpose or objective. (R)
21. A person who spoils the enthusiasm or fun of others. (K)
24. To put off, to delay an action or proceeding. (P)
25. Show, display, present, put on view. (EX)
26. To give up, to leave, cease, or withdraw from. (A)

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

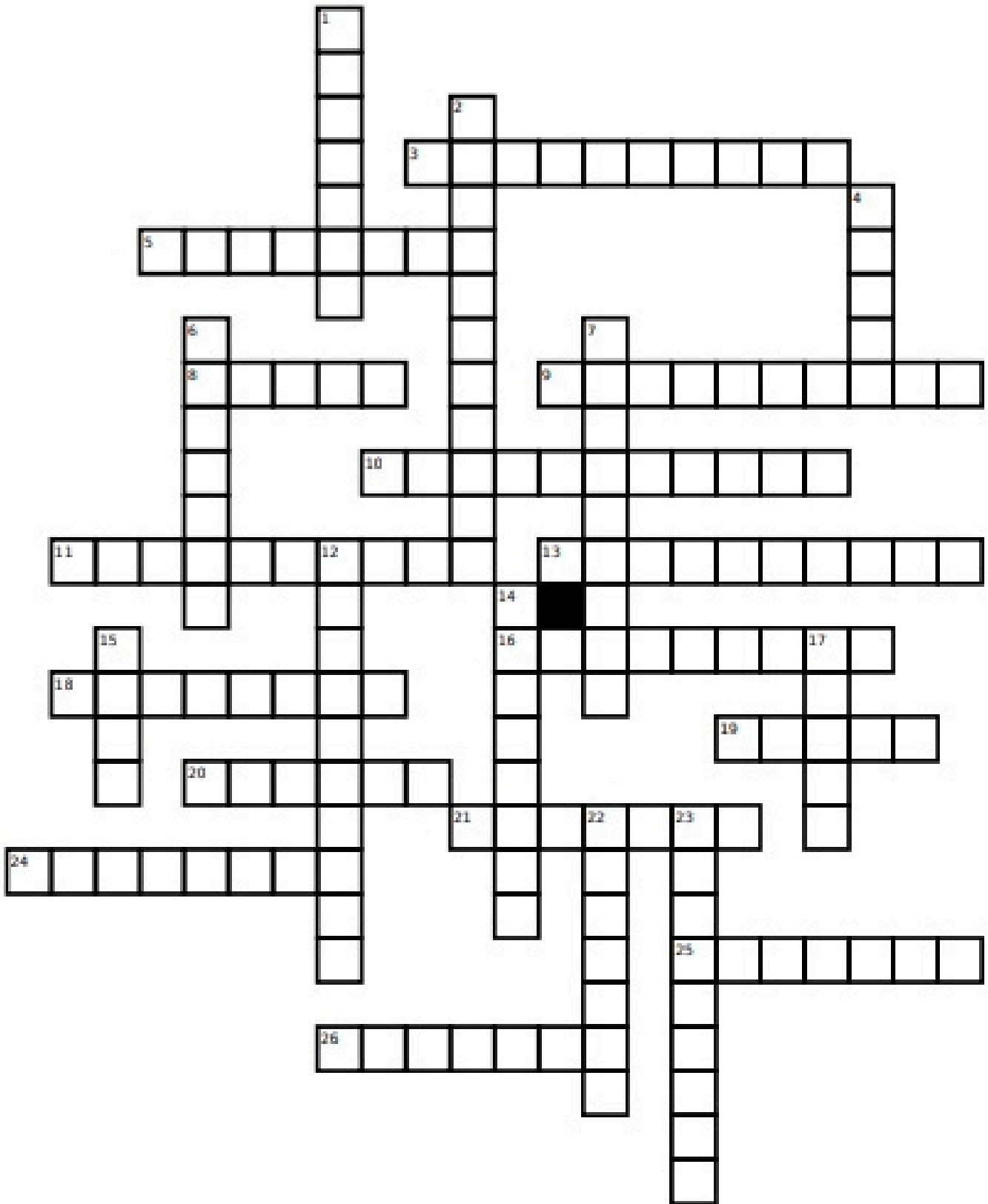


SUBMIT YOUR THOUGHTS, IDEAS, TIPS, STORIES, OR APPROVED ARTICLES, QUOTES, PHOTOS, CELEBRATIONS & UPCOMING EVENTS TO ME AT:

*Thank you for reading!*

**recoveryVM23@gmail.com**

*Vicki M.*



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

**Please include Name and Mailing address.**

**Send to:  
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Awards Department  
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North Branch, MN 55056**