

Expressions of Unity

October 2024



News and Noteworthy

The October Intergroup meeting will be held on Saturday, October 12 AND Nov.9, 2024 from 12:30 – 2:30pm via Zoom ID 810 4426 4132 / PW 12345

Together We Can!

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 5th 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/
Register early as space is limited

To mail in registration please contact Dawn:
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.*

Quick Steps!

11/9

&

11/23

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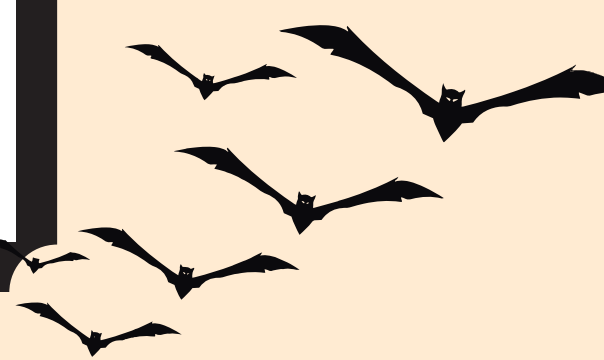


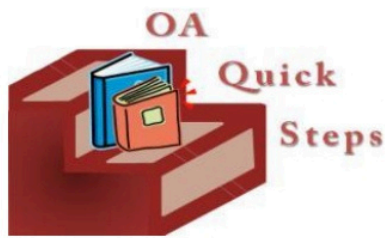
Sponsorship

Workshop

12/8/24

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Are you new to OA or just need help getting through the Steps?

Completing this two-part
OA Quick Steps Workshop
may be just the answer.

Dates: Saturday, November 9, 2024
and **Saturday, November 23, 2024**
Time: 9:00am to 1:00pm (Central)

Location

These sessions will be on Zoom.

One of the promises in the AA Big Book is that before you're done with Step Nine, the obsession is lifted. Increase your chance of success—join the OA Quick Steps series, get abstinent

To register, click on the following link:

CLICK HERE 

<https://airtable.com/shrI6LWbh1vgMjCeV>

Please direct any questions to:

unityquicksteps@gmail.com

CLICK HERE 

Registration is required as **class size is limited**. The zoom link will be sent to registrants

You will need to have a sponsor or someone who can listen to your 5th Step.

There are no fees for this workshop, but we encourage a 7th Tradition donation to Unity Intergroup.

Time commitment is two Saturday sessions, plus homework. **We expect participants to attend both sessions.** Expect to be very busy working on recovery for these weeks!

The purpose of this workshop is to get people through the 12 Steps quickly, to help people obtain a successful, life-long recovery, and aid in retention and growth of recovered compulsive eaters in OA.



Sponsorship Workshop

"I put my hand in yours
and together we can do
what we could never
do alone."

Date: Sunday, December 8, 2024 Time: 1:00 pm – 3:00 pm CST

Place – Zoom

<https://us02web.zoom.us/j/89515620938?pwd=8aBVMgkrATYG5FsCKdbjaB5a3zlqfh.1>

Meeting ID: 895 1562 0938

Passcode: 204862

New to OA and wondering how to find a sponsor and how to be a good sponsee?

Been around a while and looking for ways to deepen your program through doing service as a sponsor?

Been told by your sponsor that it's time to start raising your hand to sponsor, but not sure how to start?

Wondering where to find resources for working with other?

Please join us as we explore Sponsorship in OA and growing in recovery together!

Zoom Link: 
895 1562 0938

12/8/24, 1p.m.

Passcode:
204862



Step Of The Month

~*~Step 10: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out ~*~Spiritual Principle Step 10: Perseverance ~*~Tradition 10: OA has no opinion on outside issues, and that the OA name should not be involved in public controversy.~*~
~*~Spiritual Principal of Tradition 10: Neutrality~*~

Continued

“Continued” is my favorite concept in Step 10. I like “Repetition is the only form of permanence that nature can achieve” from page 69 of the OA 12&12.

It goes on to say "If we are to experience permanent recovery from compulsive overeating, we will have to repeat, day after day, the actions that have already brought us so much healing."

I remember when I first joined OA I felt a lot of relief becoming abstinent and from working the steps. My first sponsor was a cheerleader. She encouraged me to continue daily whatever I did in finding an abstinence that works for me. With that approach I have been abstinent a-day-at-a-time for years ~Anonymous

Our Code

“Love and tolerance of others is our code” from page 84 of the AA big book is a powerful proactive description of Step 10. I love having this code that makes me a better person and helps me from needing to make amends.

Anonymous

**Thank You
Shakopee
Tuesday OA virtual meeting
for your contributions!**



Step Of The Month

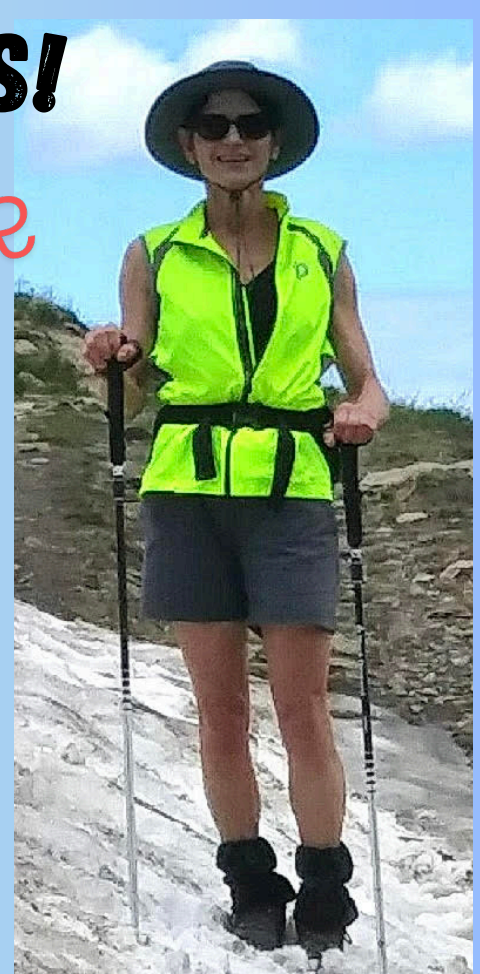
Step 10: I think of this step as
“how to get along with others”.

Eating was something I used to love to do, especially when it came to sweets. If I was upset with my boss, my co-worker, a family member, a client etc., I would take a trip to the vending machine or do some quantity baking to consume. I knew that it comforted me and that it helped me get along with others. If I was ticked off, I could eat, and “deal with them” later. The food was my prize for staying calm and kind (well maybe not as kind as I thought...). I deserved the treat, right?! Well, I thought I did for “kindly putting up with their behavior”. Does any of this resonate with you?

Well, it didn't take me long, after being involved with OA, to realize that giving up sweets wasn't enough. I needed to learn how to get along with myself as well as with others. I needed to deal with conflicts, issues & concerns right away, instead of running from them, putting them off, or holding them as resentments. I learned that I needed to focus on my own issues rather than focusing on everyone else's. I learned that the 10th step was about making a plan to correct myself, to make amends where possible, and to forgive others for their part and to forgive myself, as well. It became apparent that I was the only person I could change. The 10th Step became a plan to cope with life and to, actually, enjoy it, without sweets. ~ Anonymous

LETS MEET THE FACES!

INTERGROUP
SERVICE MEMBER
CATHY G.



From: Edina, MN

Home Meeting(S): Monday Night OA-HOW

Robbinsdale Zoom 6:30 pm CST

How long in OA: In and out for decades, abstinent for 19 years

Current Service Position: WSBC delegate, Intergroup website content manager, Intergroup rep

Past Service Positions: Intergroup board chair, Region 4 manual coordinator/Region rep, Intergroup hotline coordinator, Intergroup newsletter editor, Convention program committee

What is your WHY for serving in Unity Intergroup? OA saved my life and I want it to survive; I've met wonderful fellows through service; I'm good at it!

Your Ideal Summer Travels: Whatever we have planned will be an adventure!

TIP for staying Abstinent & In Program while traveling:

Pack all the meals I'll need until I reach my destination--plus one more, just in case!



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



There is
NO **TRICK** to it!!

Our **TREAT** is
ABSTINENCE!!

Have a Happy October!

November Theme:
Please share yours

*Thankful
& Blessed*



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.