



Expressions of Unity

November 2024



One of the greatest blessings a compulsive overeater can hope for is a capacity for awe: to be filled with a sense of mingled wonder, gratitude and reverence for that awesome Power in each of us that heals us of suffering no human skill or medicine could touch, and turns around the most wretched of lives.

For those who are so blessed, the first priority of each day is to GIVE THANKS.

For Today: I alone was responsible for dieting and losing weight - and then reversing the process. I alone and NOT responsible for the symptoms of my disease. This is the great, central, awe-inspiring fact of my life today.

From For Today: December 7

News and Noteworthy

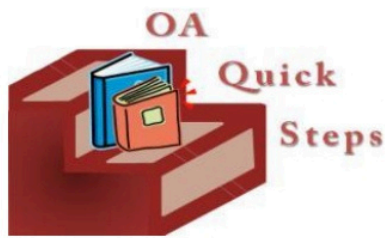
The November Intergroup meeting will be held on Saturday, Nov 9 AND Dec. 14, 2024 from 12:30 – 2:30pm via Zoom
ID 810 4426 4132 / PW 12345

Together We Can!

Quick Steps!
11/9 And
11/23
Pg. 2

Sponsorship
Workshop
12/8/24
Pg. 3





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

Serenity in Celebrations

Practicing Recovery through the Holidays



**Saturday,
Nov 16, 2024
9:00 AM**

**Eden Prairie OA
In Person & Zoom
Pax Christi Church
12100 Pioneer Trail
Eden Prairie
(see monitors for Room #)**

**For info or Zoom Link:
Jean – 612.867.7458
(jkoprucki2@gmail.com)**

Talks will be presented on:
The *Physical* Aspect of Recovery
The *Spiritual* Aspect of Recovery
The *Emotional* Aspect of Recovery

A craft activity will begin after the meeting. Come join us!

Be part of the fellowship! Hope to see you there!

Acts Of Service

~VS~ Volunteering



Last month I learned a little something from a fellow. She kindly said “Honestly, I don’t consider service to OA as volunteering.” This sentences that made a lightbulb go on in my head! And I did a month of research! OK..... I did some Googling today. Here is what I found.

Volunteering is the act of providing services without compensation, while...
an Act Of Service is a way to show love for others:

Volunteering

A volunteer provides services for a public agency or other organization without the expectation of payment. Volunteering can be a way to show commitment to a cause or to seek out meaningful opportunities.

Acts of service

An act of service is a way to show love for others by doing small things to make their lives easier. For example, someone might serve without the expectation of recognition.

What are your thoughts and experiences on this?

For me ...THIS will follow over to some thoughts of ANONYMITY. See you in the 11th Tradition!



LETS MEET THE FACES!

INTERGROUP
SERVICE MEMBER
LIZ Z.



Name: Liz Z

From: Lake Elmo, MN

Home Meeting(S): Friday evening OA HOW Zoom meeting

How long in OA: 1st OA meeting December 1988. Following HOW format since March 2019

Current Service Position: UIG secretary

Past Service Positions: none

What is your WHY for serving in Unity Intergroup? To give back some of what I have so generously been given. Being part of the team makes it easier and more fun to take care of the business of supporting OA groups. I rely on OA so I want to support the organization that supports me.

Your Ideal Summer Travels: anything that involves time with family.

TIP for staying Abstinent & In Program while traveling: Use the program tools! Have a plan for food and for handling the unexpected. I always bring “emergency rations” with me so I have abstinent food available no matter what happens. I also have a plan for staying in touch with fellows for support and connection.

We ♥ our
Service
Members



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

**SHARED
By A
FELLOW:**



Having A Backup Online Meeting

Extra meetings are great medicine when we have shaky abstinence. We just might hear something that fills in a piece of the puzzle and we find peace.

Going to online meetings between our regular meetings is a great way to combat this disease of isolation.

Online meetings are easy to fit into our busy lives, no travel time.

Anonymous

**THANK
YOU!**

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

recoveryVM23@gmail.com



Step Of The Month

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 for us and the power to carry that out. Spiritual Principle Step 11: Spiritual Awareness

My name is Vicki and I am a compulsive over eater. Every morning (ok- 94.995% of” every morning”) with a cup of coffee in hand... I ask myself out loud “Who and I an what am I doing”. Sometimes it is with an audible laugh, and I feel my HP smile and chuckle with me. Sometimes with a moment of self-doubt.

When there is much self-doubt I need to admit it- not hide it with shame. “My HP, I have NO IDEA where I am going and I can’t see the road ahead of me.”

With that, my HP takes that self-doubt for me. I know when I set a daily intention by turning to my Higher Power and saying “Your will, Not Mine be done” my day is heading in the right direction with strength to face the day. “Eyes Up HERE”.

Tradition 11: Our public relations policy is based on attraction rather than promotion; we need to always maintain personal anonymity at the level of press, radio, , and other media of communication
Spiritual Principal of Tradition 11:
Anonymity

“Enthusiasm” is a character trait that can border on “Gift of the Spirit” and “Character Defect” for me. Despite my hope and dreams at age 5, I am not in/on radio, films, and television. But, being Editor of Unity Intergroup’s Expressions Of Unity News Letter is perhaps a brush of stardom in press. Time will only tell.

Finding OA near two years ago was life changing and saving to say the least. The joy of this new life in recovery is something I want to share openly with the world – perhaps a bit overzealously. It becomes a balance to know how and when to share my experience of strength and hope, and with whom. Hold fast the pearls of wisdom and let the works within you attract those who still suffer.



Step Of The Month

Spiritual Principle of Tradition 11: Anonymity.

Once upon a time in a land far away.... A woman raised he had and said yes to an act of service of making mittens for homeless kittens.

(just keep reading)

The woman was told she could create the mittens however she liked. There was examples of how the mittens were made in the past. Some previous mitten makers used all red felt and yarn. Some mixed colors and added touches of floral. The woman thought she could make mittens that would stand out from the past ones. She made her first pair of mittens and had a string of flashing lights sewn within and an extra thumb added to the design.

Well, another service member pointed out to the woman that there actually was a pattern to follow with a few guidelines that would need to be adhered to. The woman was flabbergasted! “How dare they! Don’t they see how much better my ideas are?! I’m obviously very talented and they can’t appreciate it. Well, this is not worth my time if I can’t do it my way. My way is so much better. They need more pizzazz in their personalities!”

Then a soft voice of a Higher Power came over the woman.

“Look up anonymity”. And she did....

First definition....the condition of being anonymous.

And the second....**lack of outstanding, individual, or unusual features; impersonality.**

And the soft voice said “Do you think I don’t know what you CAN DO and are capable of? I created you in MY image with all your creativity!

But I NEED YOU to do this act of service for Me, following the guidelines willingly.” Well, it blew her mind what she read and heard. SHE was the personality that Tradition 12 (of kitten mitten making) was talking of!

She had to put the PRINCIPLES ahead of her own personality.

And with that, I pass.



December Theme:

Focusing on
PEACE
Joy
&
LOVE

This Holiday Season

**PLEASE SHARE
YOUR EXPERIENCE,
STRENGTH AND
HOPE FOR THE
HOLIDAY SEASON.**



*Happy
Thanksgiving*

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.