



# Expressions of Unity December 2024



## Holiday Abstinence Tip

When asked how I have stayed  
abstinent:

Initially for me it was realizing that  
dieting no longer worked and being told  
to stay away from white flour and sugar.  
Prayer, gratitude lists, enjoyable  
exercise, meetings and staying in  
regular contact with my sponsor have  
been important to me.

I focus much less on food and food prep  
which used to be the highlight of my life.  
I have had to accept eating as being  
much less important now, and  
somewhat boring.

For example, now instead of baking two  
batches of goodies daily from 12/1 to  
12/23, I focus on putting up beautiful  
lights, listening to holiday music,  
making gingerbread houses and  
handmade gifts.

Anonymous

### News and Noteworthy

The December  
Intergroup meeting  
will be held on  
Saturday Dec. 14  
AND Jan. 11, 2025  
from 12:30 – 2:30pm  
via Zoom  
ID 810 4426 4132 /  
PW 12345

*Together  
We Can!*

**Sponsorship  
Workshop**

**12/8/24**

**Pg. 2**

**Buffalo  
Retreat  
News!**

**Pg 3 & 4**

**Convention  
Speaker  
Recordings  
Have posted!  
pg 5**



## 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**

# SAVE THE DATE!

## OA BUFFALO RETREAT

Using the Tools to Escape the Three-Ring Circus of Compulsive Overeating!

Emotional

Physical

Spiritual

Sponsored by Unity Integroup!

**April 4th-6th, 2025**

**Christ the King Retreat Center**  
**\$360 - 5 Meals and 2 Registration Opens**  
**Nights are included. SOON**  
**Partial Scholarships Available! Go to:**  
**overeaters.org/  
upcoming-  
events**



Contact [oabuffaloretreat2025@gmail.com](mailto:oabuffaloretreat2025@gmail.com)

# Registration

Please note: all registrations must be paid in full. Partial payments are not accepted.

Check required for mail-in registration. **Credit card payments** can be made at **overeaters.org/upcoming-oa-events**. No refunds are available. If you register but cannot attend, please consider giving or selling your space to someone who can use it. We appreciate your understanding.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone #: \_\_\_\_\_

Name Tag: (1st Name, Last Initial): \_\_\_\_\_

Home Meeting: \_\_\_\_\_



**Room (circle):** Roommate      Private (+\$100)

Roommate Request (Name/Gender) \_\_\_\_\_

## Service Opportunities (circle all willing to do):

Willing to do Anything / Registration / Check-In  
Greeter / Small Group Leader / Speaker / Raffle Basket  
Timer / Literature / Set Up Decor / Tear Down Decor  
Donate \$ for Scholarships

## Thanks in advance for your service!

If you need a mailing address for checks, handicapped room, partial scholarships, special accommodations for vision, hearing, mobility, meals, or other accommodations, please email

**[oabuffaloretreat2025@gmail.com](mailto:oabuffaloretreat2025@gmail.com)**



**2024 Minnesota OA  
Convention:  
“Acceptance is the  
Answer”  
October 25 & 26**

**Speaker  
Recordings have  
been posted!**





# Seventh Tradition



As we move into the holiday season, OA continues to support you with services to help you work your program. These services include ongoing updates to Find a Meeting and Event Calendar on [oa.org](https://oa.org), development of new literature and downloadable documents, artificial-intelligence quality translation to carry the message worldwide, and new Lifeline stories.

Please remember the 7th Tradition and give back to your organization.

Use the [Contribution page](#) on our website, contribute through your account at [oacontribute.blackbaudportal.com](https://oacontribute.blackbaudportal.com), or mail a check to the World Service Office.

Perhaps you can give a euro, real, or dollar for every pound or kilo that you've lost. Or, you can give what you used to spend monthly on a binge.

During this season of gratitude, give back to the organization that has given you so much. Thank you for your support.

View this message at [oa.org/news](https://oa.org/news) "Many Reasons to Make a Seventh Tradition Contribution in 2024."

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[OA World Service Office](#)

6075 Zenith Ct NE, Rio Rancho, NM 87144

I am a compulsive eater. My topic is Physical Recovery through the holidays.

The next few months are the gauntlet of traditional food celebrations that put our drug of no choice around us constantly. Feeding people is one of the oldest forms of hospitality known to humans. How can we walk through this constant barrage of our addictive, triggering foods with our serenity and abstinence intact?

Abstinence is the most important thing in my life without exception.

I will be traveling to stay with family for the whole week of Thanksgiving. I have fears about this holiday. We're probably not the only family in America that is deeply divided right now, and I have anxiety about spending that much time in that environment. I need a clear action plan – through the holidays and every day to live Life on Life's terms. If I go back into the food, I will be of no help to anyone, least of all myself.

I made a list of some concrete actions that I find helpful and hope that you read something that is helpful to you.

1.Meetings/Telephone – stay connected to others. Don't skip meetings – go to extra meetings! Schedule connection with others. Bookend your shopping or events with calls to fellows. We all always have a phone with us now. I have been known to lock myself in the bathroom and make a call.

2.Step 10/11 – if you don't already do it; end each day with 5 minutes of reflection on the day; reviewing the suggestions in the Big Book. And begin each day with even two minutes of connection to something greater than you, in whatever way resonates for you.

Help me. Show me. Guide me. Heal me and care for me. Lead me with Love. Show me the next right thing. Breathe in, breathe out, and ask for HP's power to assist you with navigating this day as it unfolds.

3.Plan of Eating —Have a clear, simple plan. Simple, practical ideas – if you are shopping, don't do it when you are hungry. Have a list and stick to it. If you are hosting, ask others to bring dishes that are triggering for you to prepare. Set up the food in another room if possible and have everyone serve themselves buffet style. Send all the leftovers home with others. I'm traveling and I pack quite a lot of my food any time I travel. If you saw me loading my car, you might think there are no grocery stores at my destination. I have come to realize that it is not my host's responsibility to provide my food plan. Is it awkward? It was at first. When it is awkward, or I get questions by my family (who love me and want me to be well, but don't necessarily get it), I can respond: "I feel so much better when I do this." Repeat as necessary.

4.Self-Care – while I love me a mani-pedi and a massage; through the holidays, my self care also needs to include things like: moving my body; being in contact with others in recovery; reading program literature. When I'm starting to feel less than serene, I can invite the kids to take the dogs for a walk with me. Getting into the fresh air accomplishes a lot of things – movement, a space from the critical mass, time with anyone who decides to come along. Connection.

5.Boundaries – establish safety and boundaries around what is reasonable for a compulsive overeater / food addict in recovery to do. Do not participate in baking, exchanges, cooking shows that threaten your abstinence. Do not purchase or prepare foods that are unsafe for you. Staying in our addiction is not showing love to our families. If someone pushes food that is not safe for you, you can respond "I feel so much better if I don't eat that". Repeat as needed. You don't need to engage or argue or over-explain. "I feel so much better if I don't eat that." Full stop.

6.Time Management – make getting to meetings and make daily recovery tools a priority. Schedule them into your calendar. I tried for many years to recover in my spare time, it did not happen until I made it a priority.

7.Service – Think about the people you will be with. Ask your HP to show you how to engage in meaningful ways with them. Be creative and open to showing your love and care in non-food related activities.

8. KISS! Keep It Simple Sweetie! Keep it ALL simple – decorations, gifts, food, expectations.



# Step Of The Month

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## Step 12:

Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and practice these principles in all our affairs.

Spiritual Principle of Step 12:  
Service

## 12th Tradition:

Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

Spiritual Principle of Tradition 12:  
Spirituality