



# Expressions of Unity

February 2025



## Step Of The Month

### Step 2:

**Came to Believe that a power greater than ourselves could restore us to sanity.**

**Spiritual Principle of Step 2:  
Hope**

### 2nd Tradition:

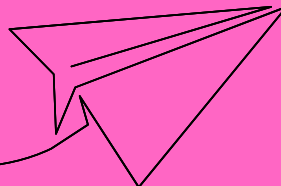
**Four our group purpose there is but one ultimate authority- a loving God as He may express himself in our group conscious. Our leaders are are but trusted servant; they do not govern.**

**Spiritual Principle of Tradition 2:  
Trust**

**CONTINUE**



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### News and Noteworthy

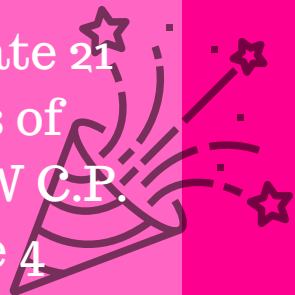
The Feb Intergroup meeting will be held on Saturday Feb 8 AND March 8, 2025 from 12:30 – 2:30pm via Zoom ID 810 4426 4132 / PW 12345

*Together We Can!*

**Buffalo  
Retreat  
News!  
Pg 2 & 3**



**Celebrate 21  
Years of  
OA HOW C.P.  
page 4**



**OA  
Quick Steps  
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# 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  
Nights are included.  
Partial Scholarships  
Available!

**CLICK HERE**

Go to:

[overeaters.org/  
upcoming-oa-  
events](https://overeaters.org/upcoming-oa-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)**





**OA HOW Circle Pines**  
*21st Anniversary Party*

**SATURDAY,  
FEBRUARY 22ND  
FROM 8-10 AM**

*All are welcome!*

*Come celebrate with us!*

**OUR SAVIOR'S LUTHERAN**  
9185 LEXINGTON AVE N  
CIRCLE PINES, MN



# 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, February 8, 2025

and Saturday, February 22, 2025

Time: 9:00am to 1:00pm (Central)

Location: These sessions will be on Zoom.

To register, click on the following link:

Please direct any questions to:  
[quickstepsqunity@gmail.com](mailto:quickstepsqunity@gmail.com)

**REGISTER 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.

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

# Living Abstinently

## *How did you do it?*

Share your lived recovery experiences for a new OA publication.

From special occasions to every day living.

***Be specific.***

What would you tell your spouse worked for you?

Share tips, tools, slogans, affirmations, insights, turning points, resources.

***Share your story.***

Please keep submissions to 1,000 words or less.

Accepting submissions in all languages.

### Examples:

- ✓ Dating
- ✓ Family get-togethers
- ✓ Concerts or sporting events
- ✓ Boredom
- ✓ Holidays
- ✓ Loneliness
- ✓ Cultural/religious/spiritual events
- ✓ Aging
- ✓ Panic attacks – alone or in a group
- ✓ Travel

👉 Submit by filling out the [Jot Form link](#) and upload the article by **March 3, 2025**

🙌 Thank you for sharing your recovery insights.



**Submit Now**



# Call for Abstinence Stories

Overeaters Anonymous is seeking new stories/creative works of personal experiences with abstinence. Submit your story to our *Lifeline: Stories of Recovery* blog. Submissions published on *Lifeline* may be chosen for publication in a new book. Your experience, strength, and hope can help others as they walk the path to recovery!

## OA Abstinence and Recovery Statement

Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis.

## *Share your experience...*

1. What were your early days of abstinence like? What else changed besides the food?
2. When you let go of the food, what did that make room for in your life?
3. How do you get through difficult times without turning to food?
4. How do you encourage and support others who are new or struggling with abstinence?
5. How has OA service supported your abstinence?
6. Has your abstinence changed over time?
7. How have you maintained your abstinence around those who don't understand your commitment?
8. Has your cultural/racial/religious background had an impact on your abstinence?
9. If you have experienced relapse, what helped you regain your abstinence?
10. I'm grateful for my abstinence because...

**To submit your story/creative work, go to [lifeline.oa.org](https://lifeline.oa.org) and click on "Lifeline Submission Form" by **January 1, 2025**.**

### IMPORTANT RULES:

- Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.
- Submissions are not returned.
- All submissions must contain the author's full name and address, but you may request anonymity with publication. Your state, province, or country may remain anonymous if you so indicate.
- Submissions of approximately 1,500 words or less are preferred.
- All languages welcome!

*All Illinois Unity Celebration:  
Embracing our Diversity While Finding Unity*

**Saturday, February 22, 2025  
1:00-2:30pm (CST)  
Via Zoom**

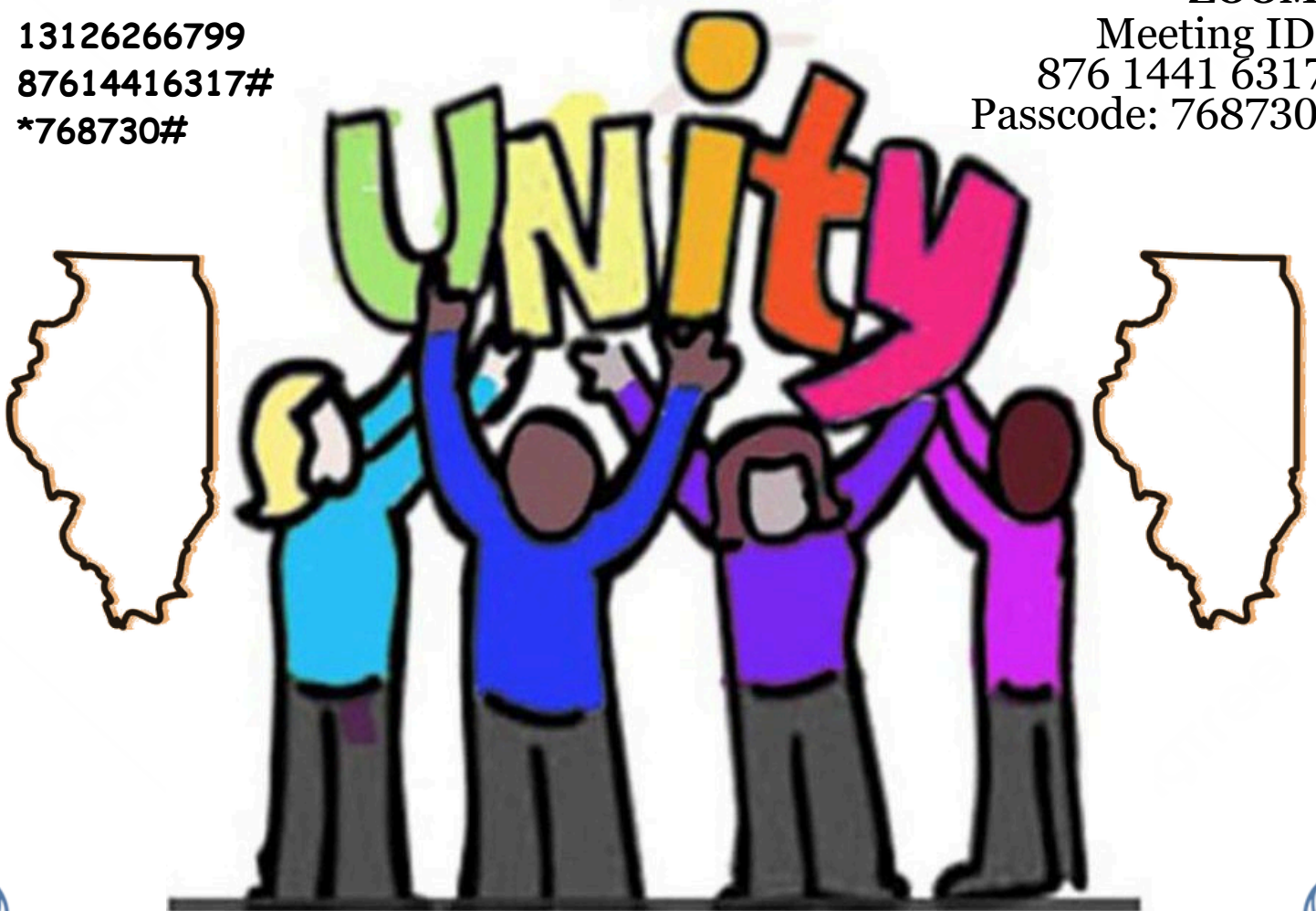
We will hear 3 speakers share their diverse voices of recovery and have time for reflection after each speaker.

**PHONE**

13126266799  
87614416317#  
\*768730#

**ZOOM**

Meeting ID:  
876 1441 6317  
Passcode: 768730





Step 2 of Alcoholics Anonymous (AA) states, "Came to believe that a Power greater than ourselves could restore us to sanity." This step represented a crucial turning point in my recovery process, as it encouraged me to recognize I cannot overcome addiction on my own. It reflects I must have faith in a higher power.

For some, this may mean connecting with God or a traditional concept of a higher power, while for others, it may involve finding strength in nature, the universe, or the support of the OA community.

At its core, Step 2 is about relinquishing the notion that personal willpower is sufficient to control addiction. I must acknowledge that my past attempts to control my behavior have been unsuccessful, I needed external help. GOD. This step emphasizes humility, as it requires me to admit that I cannot achieve recovery on my own, and that I must trust in something greater than myself. This was a deeply transformative realization, as it has opened the door to spiritual growth and the possibility of everlasting change. For me, once I accepted this it allowed my life and my recovery to spring forward and grow!

Step 2 is also about hope. It provides a sense of optimism that recovery is possible, even if it may seem daunting or out of reach at first. Believing in a higher power or a greater force gives me the strength to continue on my path, even in the face of obstacles, ankle bitters, shin kickers and/or setbacks. This step fostered a sense of connection and support, which was critical for my long-term recovery. We are not alone in this journey there is always something larger than ourselves guiding us toward healing.

We have to remove any preconceived notions and to remain open to the possibility that healing and strength can come from something beyond our immediate understanding. I have found a path to recovery that feels authentic has allowed for personal growth and a deeper connection to my higher power.

I am no longer isolated, I belong, I have a community, a WE, and fellowship. I believe this has helped me reinforce the idea that I am never truly alone in my struggle, and that the collective strength of OA along with faith in a higher power, can provide me with the necessary resources to restore sanity and achieve lasting abstinence .

“Q”

## TRADITION 2

Tradition 2 states: "For our group purpose, there is but one ultimate authority, a loving God as He may express himself in our group conscience. Our leaders are but trusted servants, they do not govern." This tradition encourages me to trust that my higher power is speaking in our group conscience meetings through me and every other member in attendance, whether they are a long-timer or a newcomer. It also alludes to our spirit of rotation, which allows every member of OA the opportunity to provide service in a variety of ways. One of the things I love about my own home group is that our trusted servant changes every week, demonstrating to the newcomer that we are all equals and no member of OA is more important than another. We also set limits on how long members can hold other service positions like Group Service Representative and Treasurer. Our group is conscientious about allowing each attendee of a business meeting--no matter the length of time they have been abstinent or in our program--to share their opinion and to participate in decision-making.

I have to admit that when I first heard the 12 traditions, I discounted them. I thought, "The steps are for me, the traditions are for the groups." Then I worked with a sponsor who suggested that we study the traditions together. She helped me see how I could apply the traditions to myself as an individual member of Overeaters Anonymous. Tradition 2 tells me:

- \* My higher power is always speaking to me through others, including my boss, my co-workers, my children, and my partner.
- \* It is important that I both enthusiastically participate in life--with a service mindset--while making space for others to serve and lead.
- \* I am but one among many on the planet, neither better nor worse than any other person.
- \* My higher power is the ultimate authority in all of my affairs.

Today I am grateful for Tradition 2 and what it has taught me about how to conduct myself regarding both my participation in Overeaters Anonymous and outside the meetings, practicing the principles one day at a time.