

# Expressions of Unity

**JUNE** 2025



## Step Of The Month

Step 6:

**Were entirely ready to have  
God remove all these defects  
of character.**

Spiritual Principle of Step 6:  
**Willingness**

6th Tradition:

**An OA group group ought never  
endorse, finance, or lend the OA  
name to any related facility or  
outside enterprise, lest problems  
of money, property, and prestige  
divert us from our primary purpose.**

Spiritual Principle of Tradition 6:  
**Solidarity**

The monthly  
Intergroup  
meeting will be  
held on  
**Saturday June 14**  
**AND**  
**Sat. July 12, 2025**  
from 12:30 –  
2:30pm  
via Zoom  
ID 810 4426 4132 /  
PW 12345

*Together  
We Can!*

**New OA HOW  
Meeting  
forming!  
See Page 2**

## **Get ready, Twin Cities!**

We're absolutely thrilled to announce that we're working on something great:

### **A Brand New 2 Hour OA HOW Live Meeting**

right here in the Twin Cities, happening mid-week! How exciting is that?!

### **We need your input to make it happen.**

If you are interested in joining this new meeting or have thoughts to share, please send your feedback by by June 10th!

<http://s.survey.planet.com/tellb71v>



*click  
here!*



And don't keep this awesome news to yourself!

Please spread the word to anyone and everyone who might be interested! Let's build a vibrant new meeting together!



# Tradition Six

**Tradition Six:** An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”

Tradition Six serves as a spiritual safeguard for Overeaters Anonymous, keeping our primary purpose—carrying the message of recovery to those who still suffer—clear and undiluted. In the world around us, there are countless programs, treatment centers, diet plans, and health-related enterprises that promise relief from compulsive eating. While some of these may offer helpful tools, OA does not affiliate with any of them. When an OA group avoids endorsements, financial support, or associations with outside entities, it prevents the message of recovery from being distorted by the influence of money, property, or prestige. The power of our program lies not in commercial success or outside validation, but in one compulsive eater helping another.

This Tradition also protects our fellowship from internal strife and division. Whenever money or prestige enters the picture, so too does the risk of conflict. If an OA group were to sponsor or promote a particular clinic, self-help product, or professional service, members might feel pressured to support that direction—or, conversely, might leave the group feeling alienated or unheard. Such involvement can shift the focus away from OA’s spiritual principles and toward organizational politics or material concerns. Tradition Six reminds us that we are not here to sell or promote anything. We offer experience, strength, and hope, freely given, without entanglements that could compromise our unity or confuse our message.

By upholding this Tradition, we practice humility, spiritual discipline, and focus. It reinforces the idea that OA is not the answer to every problem, nor are we qualified to offer professional advice or endorse outside paths. Our program is simple, spiritual, and self-supporting. When newcomers walk through our doors, they deserve to encounter a clear message of recovery—not a commercial enterprise, a hidden agenda, or a promotional platform. Tradition Six protects this clarity, allowing OA to remain a place where anyone, regardless of background, can find honesty, safety, and a connection to a power greater than themselves. By not lending our name or resources to outside causes, we ensure that OA continues to offer what only it can: a spiritual solution to compulsive eating, shared from one member to another, heart to heart.

~Anonymous

## Step Six of Alcoholics Anonymous: A Deeper Look

Step Six of Alcoholics Anonymous reads: “Were entirely ready to have God remove all these defects of character.”

At first glance, it might seem simple, but for me, this step felt overwhelming. After taking a hard look at myself in the previous steps—acknowledging my wrongs, admitting them to another person, and identifying my character defects—Step Six asked me to go a step further. It was about becoming truly willing to let go of the behaviors, attitudes, and emotional patterns that have been part of my identity for so long. I believe for me, these defects were defense mechanisms, ways of coping with pain, fear, and trauma. (I had enough of that). By letting them go, I felt I would be losing a part of myself, the wall that I built up would have to come down. I’ve had these patterns for so long. I took me a while to let go, even when I knew they’ve done more harm than good.

What makes this step deeply personal for me is the internal shift it required. It wasn’t about forcing change or pretending to be someone I’m not. Instead, it’s about cultivating a sincere willingness to grow, even when I was afraid or unsure. For me—and for many others in recovery—Step Six wasn’t something that happened all at once. It came gradually, through prayer, meditation, and moments of clarity. I had to come to terms with the fact that I couldn’t fix everything on my own. I needed help, and I had to trust that a higher power could guide me in becoming the person I was meant to be. Step Six is about preparing the heart for transformation, and that readiness is a powerful form of surrender—one that opens the door to healing, peace, and lasting change.

May you find the healing, peace and change that step six brings us

~Q





If you're struggling to remain abstinent or you're in full-blown relapse, help is as close as a weekly Zoom meeting. A Minnesota-based Recovery from Relapse meeting takes place at 6 p.m. Central time every Thursday.

We're based in Minnesota, but OA members from around the globe are welcome.

This is a safe space. No guilt. No shame.



If you have recovered from relapse and have at least 30 days abstinence, we would welcome you as a speaker. If you're interested in sharing your experience, strength and hope, please text Jeanine at 320-493-2438 or send an email to jeaninenistler@outlook.com and we'll get you scheduled.

<https://us02web.zoom.us/j/87100236034?pwd=d3ZsYThSTDViYm1JWlkoRWwhLWE9Kdz09>

Meeting ID: 871 0023 6034 Passcode: 93D9ie

~OR~

Call: 312-626-6799 Same ID Passcode: 546650



W O R L D S E R V I C E O F F I C E

## 2025 Annual Appeal Letter from Your World Service Office

To: Groups, Service Bodies, and Members of Overeaters Anonymous:

If you are a group, please read this appeal letter at three consecutive meetings. If an intergroup, service board, or region, please consider an annual contribution for this appeal.

Your contributions continue to make a difference for Overeaters Anonymous. Thank you! Here are some of the wonderful new ways we've been able to put them to work. In 2024, OA began a redesign of the Find-a-Meeting tool to make it faster and easier to use. In 2024, OA's social media followers increased by 35 percent to 24,950. In this same period, our social media content was viewed by 256,000 members of the public, an 880-percent increase over 2023. Also, we funded five requests from the Professional Exhibits fund across a variety of healthcare verticals and geographies.

Your support allowed us to make literature and other media available to members in their native languages. Translations of *Where Do I Start?* increased to 48 languages, up from 27 last year at this time. The One-on-One Professional Outreach: Demonstration Video and Talking Points was subtitled in 23 languages, which accounts for more than 99 percent of all non-English OA meetings, and the "Talking Points" section of the document is available in 46 languages via oa.org's translation feature. In fact, our websites, oa.org and lifeline.oa.org, now have built-in translation in 48 languages.

New publications enabled by your funding included production of *Diverse Voices* and *The OA Handbook for Members, Groups, and Service Bodies*. Also, the Worksheets in the *Twelve Steps Workshop and Study Guide* are now available in the OA bookstore as a PDF download. Finally, your contributions enabled OA to manage over 150 infringements to our copyrighted and trademarked materials since 2022.

As technology and costs accelerate, we will need your support in 2025 to continue our outreach to diverse populations and to offer innovative ways for you to connect with others who suffer from compulsive food behaviors. Here are ways you can show your support in addition to your regular Seventh Tradition contribution:

- Donate directly, individually or as a group, online at [oa.org/contribute](https://oa.org/contribute) (remember to include your meeting or service body number). That page also offers a QR code for Paypal, connection to the OA portal and more.
- Cut out the form below and mail your check to the World Service Office
- Consider contributing automatically through the Automatic Recurring Contributions link at [oa.org/contribute](https://oa.org/contribute)

Any amount would be appreciated and, if you cannot contribute now, we know that you support OA in other ways.

In loving service and gratitude,  
Board of Trustees Treasurer

Please forward the collective contribution, including your group number, to:

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Overeaters Anonymous World Service Office/Appeal to Groups

PO Box 44727

Rio Rancho NM, 87174-4727 USA

Group/Service Body # \_\_\_\_\_ Enclosing US\$ \_\_\_\_\_

Road  
Trip

# SUMMER TRAVEL



A freedom of recovery  
for many in OA is  
traveling with our  
abstinence!



\*Where are ya'll from?

\*Where did you go?

\*Who did you travel with?

\*Wat is your TIP FOR  
STAYING ABSTINENT  
while traveling?



Send me the photo with the  
details for this  
Summer's Newsletters!  
recoveryvm23@gmail.com

