

Expressions of Unity



JULY 2025



Step Of The Month

Step 7:

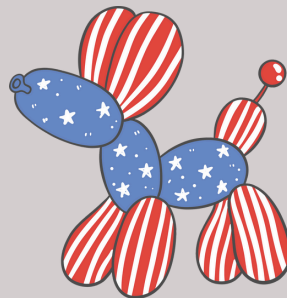
**Humbly asked Him to remove
our shortcomings**

Spiritual Principle of Step 7:
Humility

7th Tradition:

**Every OA group ought to be
self-supporting, declining outside
contributions.**

Spiritual Principle of Tradition 7:
Responsibility



The monthly
Intergroup
meeting will be
held on
Saturday July 12
AND
Sat. August 9,
2025
from 12:30 –
2:30pm
via Zoom
ID 810 4426 4132 /
PW 12345



*Together
We Can!*

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Tradition Seven



Article for July Unity Newsletter

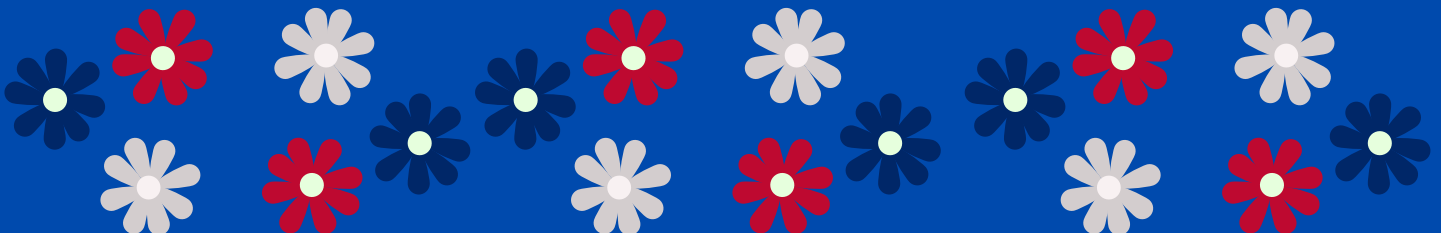
Tradition Seven. Every OA group ought to be fully self supporting, declining outside contributions.

Recently our OA group met to discuss a request from OA's World Service Office (WSO). They are reaching people all over the world with translations of OA literature in 48 languages. The request for funding comes from the need to support the many projects WSO is creating to reach compulsive overeaters via many types of media. We voted to give a donation in addition to our regular quarterly donation.

Being fully self supporting as a group member begins with giving service at the meeting, putting money in the basket when it's passed, and welcoming newcomers to our face to face meeting. I also am an intergroup rep and one of the volunteers who answer the "Hotline" for people calling with questions about OA.

In my personal life, I am dependent, sometime too much so, on family members to make decisions. Then, when things don't meet my needs, I'm resentful. So, looking at that - what's my part? in the OA Twelve Steps and Traditions Sec Edition p 136: "We begin to look to our Higher Power rather than other people as the source of our happiness and security" Ouch! This is where I need to incorporate Tradition seven in my life today.

Anonymous



Step Seven Share

In Step 7, the OA 12 x12 states, "In our self absorption, we became status seekers in one way or another." "Primarily concerned with getting our own way and the recognition we craved, we tried openly or secretly to place ourselves above other people, hoping to disprove our own feelings of inadequacy."

Before program if you asked me if I only thought about myself a majority of the time I would have answered a resounding, "No." I have spent my life thinking and caring about others, how can that be self absorption?

Growing up, to pay my way through college, I worked in a group home caring for people with mental and physical disabilities. After college, I spent time working in a day treatment program for those with disabilities and aggressive behaviors. About 7 years later, I decided to go back to school to become a nurse and in 1997, I started my nursing career working as a pediatric nurse.

About 2 years after starting work as an RN, I had my first child and decided to stay home and take care of him and worked nights and weekends. When my son was only a few months old, my mother became sick with kidney failure and needed dialysis 3 days a week. She lived about 2.5 hours away so I my son and I would go to stay with her in between my work schedule. She eventually passed away when my son was 11 months old.

I had my second child, 4 years later. I attempted to start graduate school several times but decided to put that on hold and focus on caring for my family and other children in the neighborhood.

Being of service like this, I thought, only showed how much I was focused on others and how to be helpful. Well, I forgot to mention, most of the time during these years, I'd been, what my sponsor called, keeping score. I was constantly thinking about myself and wondering, when was it going to be my turn to be repaid for all the good I'd been doing for others. People could surely see how much of a sacrifice I was making for the good of others. When friends, neighbors, or co-workers would get recognition for doing a good job, I was frequently wondering, what about me? I work just as hard, why aren't I being noticed. For some reason, I felt if other people got noticed, that would somehow take the spotlight away from me. My self esteem was so low, I was screaming inside for some type of attention and recognition but, I was searching in all the wrong places. I was looking outside of myself and really it's an inside job.

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Step Seven Share Continued.

Today, because of program, I live my life differently.

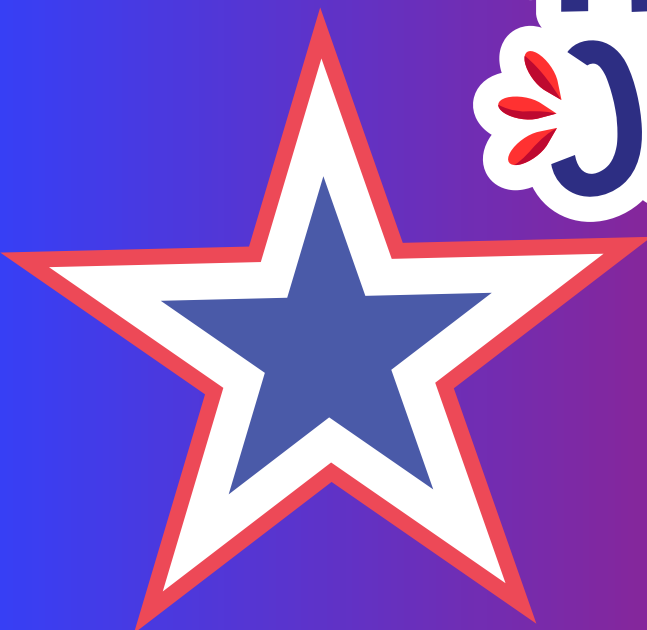
Today, when I do service for others today, I do it because I want to, not because I have to or in order to received something in return. There are no strings attached and I try to check my expectations at the door. Because for me, that sets me up for being resentmentful.

If my fuel tank is running low, I take some time to myself; to do something that fills me up before committing to another obligation. I am slowly learning how to find balance in my life. When my tank is full I am a much happier and healthier person.

It has taken me over 50 years to learn how to live in self acceptance. My self esteem is not tied to what others think of me. I also don't waste time trying to be better than others. It's an inside job and no amount of recognition or status will make me feel better. I have found the solution for me has been working the 12 steps and turning to my Higher Power on a daily basis. It's hard work to continually turn my short comings over because, like the food, they have comforted me for many years. But, Overeaters Anonymous has shown me another way. I have found freedom and a new life and for that I am truly grateful. Thank you Higher Power and OA.

~Anonymous

Hello
July



A New Love Language: Slogans

WHEN I CAME INTO OA, I HAD A VERY SHALLOW KNOWLEDGE OF WHAT I WAS GETTING INTO. AND I CONFESS, I REALLY DIDN'T KNOW WHAT Y'ALL WERE SAYING FOR A LONG TIME IT WAS LIKE LEARNING A NEW LANGUAGE.


THE SLOGANS TOOK A WHILE TO SINK IN. REFLECTING ON MY JOURNEY, I DID SOME WRITING ON SOME OF THE SLOGANS AND HOW THEY HELP ME WITH MY RECOVERY.

·DON'T QUIT BEFORE THE MIRACLE HAPPENS - THERE IS A SAYING THAT "IF I BRING MYSELF TO THE TRUTH, WHEN I AM READY, THE TRUTH IS THERE WAITING FOR ME. BUT IF I REMOVE MYSELF FROM THE TRUTH, WHEN I AM READY, IT IS NOWHERE TO BE FOUND." I FINALLY RECOGNIZED THAT I WAS MISSING SOMETHING AND GOT TO A POINT OF BEING WILLING TO BE TEACHABLE. I AM SO GRATEFUL THAT I KEPT COMING BACK EVEN WHEN I WASN'T ABLE TO PUT THE FOOD DOWN AND THAT THE DOOR WAS NEVER SHUT ON ME. BECAUSE...

·IT WORKS IF YOU WORK IT - I'VE ALSO HEARD THAT THE PROGRAM DOESN'T WORK FOR PEOPLE WHO NEED IT, THE PROGRAM DOES WORK FOR PEOPLE WHO DO IT. MY REMINDER THAT THIS IS A PROGRAM OF ACTION.

·THE DISEASE IS PROGRESSIVE, SO IS RECOVERY - IT REMINDS US IN "MORE ABOUT ALCOHOLISM" IN THE BIG BOOK "OVER ANY CONSIDERABLE PERIOD, WE GET WORSE, NEVER BETTER." THIS IS FRIGHTENING AND IT REMINDS ME THAT I DO NOT HAVE A CURE - I HAVE A DAILY REPRIEVE, BASED ON THE MAINTENANCE OF MY SPIRITUAL CONDITION. THE HOPEFUL THING IS, IF I STAY ON THIS PATH OF RECOVERY, I WILL CONTINUE TO AWAKEN SPIRITUALLY - I WILL MAKE PROGRESS.

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·WE CAN'T THINK OUR WAY TO RIGHT ACTION, BUT WE CAN ACT OUR WAY TO RIGHT THINKING – PART OF MY DISEASE WAS LIVING IN MY HEAD. I SAT ON MY COUCH, EATING AND FANTASIZING ABOUT BEING THIN. IN MY HEAD, THERE WERE NO PROBLEMS, NO BOREDOM, NO FRUSTRATING JOBS OR RELATIONSHIPS. IN MY HEAD, I WAS THIN AND PERFECT AND WEALTHY. BUT THERE WAS NO PATH FROM ME, THE OBESE, MISERABLE ADDICT, TO THE THIN PERSON WITH NO PROBLEMS. THIS SLOGAN HELPED ME REALIZE THAT I HAVE TO HAVE A PROGRAM OF ACTION. IT'S NOT THEORETICAL, I HAVE TO LIVE THIS PROGRAM.

·NOTHING IS SO BAD THAT EATING COMPULSIVELY WON'T MAKE IT WORSE – WHEN I WAS IN A HARD SITUATION OR HAD DIFFICULT FEELINGS, MY FIRST RESPONSE AS A COMPULSIVE EATER WAS TO EAT AT THE PROBLEM AND EAT AT IT HARD. MAYBE THIS TOOL WORKED AT ONE TIME IN MY LIFE, BUT IT HAD ABSOLUTELY QUIT WORKING LONG BEFORE I WAS WILLING TO CONSIDER THAT THERE WAS A DIFFERENT PATH. THIS SLOGAN REMINDS ME THAT THE SOLUTION ISN'T IN THE FOOD AND THAT THE FOOD BLOCKS ME FROM THE SOLUTION. WHATEVER I TURN TO IN DIFFICULT SITUATIONS IS MY HIGHER POWER AT THAT MOMENT.

GOD GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT CHANGE; COURAGE TO CHANGE THE THINGS I CAN; AND WISDOM TO KNOW THE DIFFERENCE.

·LET GO AND LET GOD – WHEN I STARTED THE PROGRAM, THIS SLOGAN CONFUSED THE HECK OUT OF ME. I THOUGHT IT MEANT THAT I WAS SUPPOSED TO DO NOTHING. I CONFUSED SURRENDER WITH INACTION. SURRENDER IS AN ACTIVE STATE IN OUR PROGRAM. ASSISTED BY THE NEXT SLOGAN:

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·DO THE FOOTWORK - THE INSTRUCTIONS ARE IN THE STEPS AND THE TOOLS. I LEARNED HOW TO DO THE FOOTWORK BY GOING TO MEETINGS AND WORKING WITH A SPONSOR. MY DAILY FOOTWORK TASKS ARE TO

·USE THE TOOLS DAILY. BEGINNING WITH PLAN OF EATING. MY RELATIONSHIP WITH FOOD IS DISORDERED AND I DON'T HAVE THE LUXURY OF JUST WAITING UNTIL MEAL TIME TO DECIDE WHAT TO EAT. MY DISEASE MAKES THIS UNTENABLE. SO MY DAILY FOOTWORK REQUIRES ME TO HAVE A PLAN AND TO EXECUTE THE PLAN.

·THE STEPS GIVE ME INSTRUCTIONS ON HOW TO DISCERN THE PRAYER I MAKE IN THE SERENITY PRAYER. STEP WORK HELPS ME FIGURE OUT WHAT I CANNOT CHANGE (OTHERS) AND WHAT I CAN CHANGE (MYSELF).


·THE FOOTWORK IS HELPED ALONG WITH THE NEXT TWO SLOGANS:

·NEXT RIGHT THING / FIRST THINGS FIRST- MY MIND CAN GO A MILLION MILES PER HOUR. I CAN GET INTO A LOOP OF RUMINATING OR STUCK IN ANALYSIS PARALYSIS. WHEN I FEEL CORNERED, I TEND TO SHUT DOWN AND RETREAT INTO MY HEAD-WHICH IS A DANGEROUS NEIGHBORHOOD AND I SHOULDN'T BE THERE ALONE.

·NEXT RIGHT THING HELPS ME SEE THAT THERE IS AT LEAST ONE THING I COULD DO - MAYBE TEXTING MY SPONSOR "I'M SO MAD RIGHT NOW I CAN'T EVEN!" IS ALL I CAN DO - BUT I CAN DO THAT.

·FIRST THINGS FIRST CAN HELP ME THINK ABOUT WHAT THING IN MY ACTION PLAN I NEED TO PRIORITIZE INSTEAD OF SCROLLING ON MY PHONE. ANALYSIS PARALYSIS HAPPENS WHEN I THINK I HAVE TO HAVE EVERYTHING FIGURED OUT RIGHT NOW. I DON'T. SITTING IN NOW TAKES PRACTICE - SO I NEED TO -

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·KEEP IT SIMPLE - I TEND TO OVERTHINK AND OVERCOMPLICATE LIFE. I GET LOST IN THE PROBLEM. THE DIRECTIONS IN THE STEPS AND THE TOOLS HELP ME REFOCUS ON THE SOLUTION. WHEN I GET OVERWHELMED, I NEED TO REMEMBER THAT THIS IS:

·ONE DAY AT A TIME - I CAN'T DO ANYTHING TOMORROW. RIGHT NOW - TODAY - IS THE ONLY THING I HAVE. BEFORE I CAME INTO RECOVERY, I WAS RARELY IN THE PRESENT MOMENT. MY SPONSOR FREQUENTLY SAYS, "WE'RE GOING TO DO TODAY TODAY." THIS HELPS WHEN THINGS ARE HARD BECAUSE I WANT EVERYTHING FIXED RIGHT NOW. I DON'T WANT TO BE UNCOMFORTABLE. THEN I NEED TO REMEMBER THE NEXT TWO SLOGANS:

·THIS TOO SHALL PASS / MORE WILL BE REVEALED - THIS REMINDS ME THAT EVERYTHING CHANGES. IT MAY NOT BE PASSING AT A RATE THAT I AM COMFORTABLE WITH, AND CERTAINLY NOT ON MY TIMELINE - BUT IT WILL PASS. I AM ALSO REMINDED THAT I DON'T SEE THE WHOLE PICTURE. NONE OF US GETS A WORKABLE CRYSTAL BALL, AND DIVINATION IS INEXACT AT BEST. MORE IS REVEALED IN THE PASSAGE OF TIME AND WE CAN FREQUENTLY ONLY UNDERSTAND THE LESSONS WE ARE LEARNING WHEN WE LOOK BACK AT THEM. WHICH REMINDS ME, "MY SERENITY IS INVERSELY PROPORTIONAL TO MY EXPECTATIONS" BB PAGE 420 AND MY GOAL IS TO LIVE:

·LIFE ON LIFE'S TERMS - THIS AGAIN HELPS ME GO BACK TO THE SERENITY PRAYER - WHAT IS MINE TO CHANGE AND WHAT IS MINE TO ACCEPT AND THAT WISDOM TO KNOW THE DIFFERENCE.

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THIS BRINGS ME TO A CLOSING SLOGAN: TAKE WHAT YOU NEED AND LEAVE THE REST. I'VE HEARD THIS SAID AS "TAKE WHAT YOU LIKE AND LEAVE THE REST," BUT I PREFER NEED. PART OF THE REASON IT TOOK ME SO LONG TO FIND A SUSTAINABLE ABSTINENCE, I FIRMLY BELIEVE, IS BECAUSE I WASN'T WILLING TO DO QUITE A FEW THINGS I NEEDED TO DO TO RECOVER. I DID NOT LIKE THE IDEA OF WEIGHING AND MEASURING MY FOOD. ONCE I LET GO OF WHAT I LIKED AND DID WHAT I NEEDED, I FOUND A FREEDOM I DIDN'T KNOW EXISTED. WHILE NOT EVERYTHING EVERY PERSON SAYS IN A MEETING IS GOING TO BE A FIT FOR ME; I NEED TO REMAIN TEACHABLE AND ASK MY HP TO OPEN MY EARS AND MY HEART TO WHAT I NEED.

~ANONYMOUS

Heard It In A Meeting

Contributed by JW

**BINGEING
IS
SPIRITUAL
SUICIDE**

**EASIER TO
BE
ABSTINENT
THAN TO
GET
ABSTINENT**

