Expressions of Unity

November 2025

Unity Intergroup

Step Of The Month

Step 11:

Sought through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for knowledge of His will for us and the power to carry that out.

Spiritual Principle of Step 11:

Spiritual Awareness

11th Tradition:

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, film, television, and other public media of communication.

Spiritual Principle of Tradition 11:

Anonymity

THANKFUL GRATEFUL

The monthly Intergroup meeting will be held on Saturday Nov. 8 AND Sat. Dec 13 2025 from 12:30 –2:30pm via Zoom ID 810 4426 4132 / PW 12345

Together we Can!

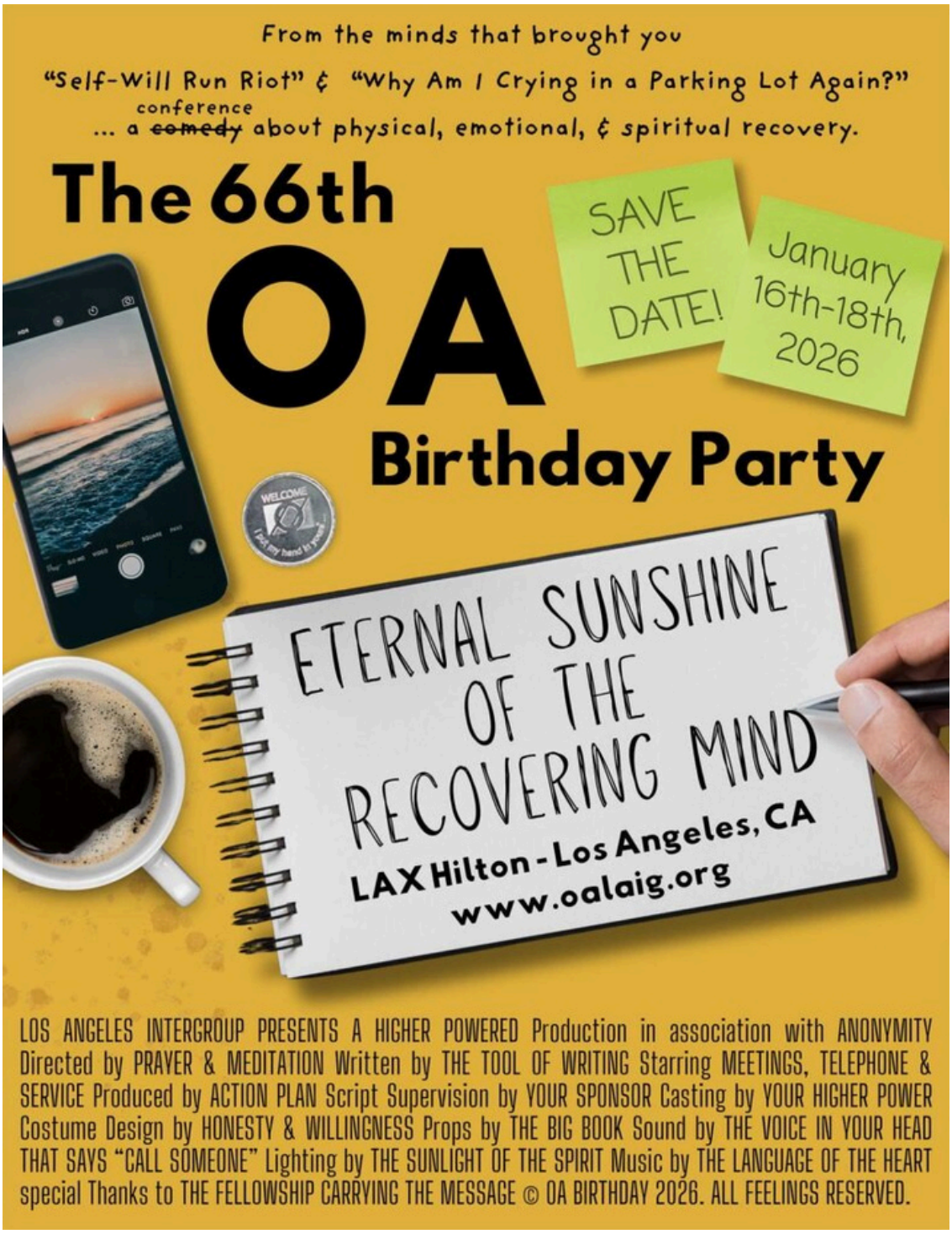
SAVE THE DATE!

66th ANNUAL OA BIRTHDAY PARTY!

SAVE THE DATE!

Friday, January 16th – Sunday, January 18th, 2026
LAX Hilton – 5711 W Century Blvd, Los Angeles, CA 90045

All Details coming soon!



SAVE THE DATE

Save the Date: April 17-19, 2026

OA Unity Intergroup Buffalo Retreat

This will be the last retreat at Christ the King Retreat Center

Rock into Recovery

SAVE THE DATE

Serenity in Celebrations

Practicing Recovery through the Holidays

Saturday,
Nov 15, 2025
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

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

NEW Overeaters Anonymous (OA) HOW Meeting

Are you struggling with compulsive eating or food behaviors?

You are not alone.

Join us for an **in-person** meeting of Overeaters Anonymous, where we offer hope, shared experience, and strength through the Twelve Steps.

Meeting Details

- **Meeting Name:** Joy of Recovery
- **When:** Every Wednesday, **starting August 6, 2025**
- **Time:** 6:00 PM - 8:00 PM
- **Where:** Valley Community Presbyterian Church 3100 Lilac Dr N, Golden Valley, MN 55422

What is OA HOW?

HOW stands for "Honest, Open, Willing." OA HOW meetings offer a structured approach to working the Twelve Steps and Traditions of Overeaters Anonymous, focusing on rigorous honesty, openness to a new way of life, and willingness to follow suggested guidelines for recovery.

Who is this meeting for?

This meeting is for anyone with a desire to stop eating compulsively. Whether you're new to recovery or have been on this journey for a while, you're welcome here.

No Dues. No Fees. Just Hope.

Overeaters Anonymous is self-supporting through its own contributions.

The only requirement for membership is a desire to stop eating compulsively.

Come as you are. Find support. Discover a new way of life.

For more information about Overeaters Anonymous, please visit **oa.org or overeaters.org**

NEW

Find Freedom From Compulsive Eating

Join us at Overeaters Anonymous

Date & Time

Wednesdays, starting September 3

From 6:30-7:30 PM

Location

Lakers Alano Club

4646 Colorado St SE, Prior Lake, MN - Room 5

OVEREATERS ANONYMOUS®

What to Expect

- Open to anyone (men & women) with a desire to stop eating compulsively
- A safe anonymous environment
- Shared experience, strength and hope
- Focus on recovery through the Twelve Step book
- Support from other members who understand
- All shapes and sizes of people including men and women

More About OA

- We are for anyone struggling with food or trying to determine if they have food issues.
- We believe compulsive eating is a disease like alcoholism is a disease.
- Our life-changing approach is physical, emotional, and spiritual, and based othe Twelve Steps of Alcoholics Anonymous (AA).

lakersoa@gmail.com Laura: 952-426-5266 www.oa.org

HEARD IT IN A MEETING
CONTRIBUTED BY JW

JUSTIFIED ANGER SHOULD BE LEFT FOR THOSE MOST ABLE TO HANDLE IT. (NOT ME)

A 10th step inventory is a good spot check for regular matters. When something sticks in my head and I can't get rid of it, I do a mini-fourth step with my sponsor.

Joy is an attitude and an expectation. I don't think I can have joy without gratitude.

When I'm afraid to say something to someone I'm close to, I trust both of us can afford to be uncomfortable and address it.

Going to meetings gives me a sense of belonging.
I don't feel alone among people who don't understand.

Step 11-What Is Prayer & Meditation?

Wow made it to 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. I thought the first 10 steps were tough and this step would be a breeze. Then I read the words prayer and meditation and got nervous.

Prayer? I'm getting old and don't remember the prayers I reciting as a child and I'm too old to get down on my knees in prayer. Listening to others I have learned that prayer can take on many forms. Prayer can be:

- Simply saying the Serenity Prayer, Step Three, Step Seven or Step Eleven prayer
- Talking to God either out loud or in silence
- Writing to your Higher Power

And prayer can be done anywhere- doesn't have to done in a church or specific location. My favorite spots are sitting outside on the deck or laying in bed before I go to sleep.

Then we have meditation. My understanding on meditation was sitting on the floor cross-legged humming. I have learned that meditation can be done differently. Meditation is the practice of calming your mind and becoming aware of your inner thoughts. There is no right way to meditate. Prayer is talking to your Higher Power while meditation is listening to your Higher Power. You can listen in many different ways. Meditation can take the form of

- Breathe awareness
- Mindfulness exercise
- Guided imagery
- Walking
- Quietly sitting in a comfortable location

From Cathy T. Sat. Morning St. Cloud OA

There is no magic amount of time for meditation. Start with a manageable time such as one to two minutes. As you feel more comfortable with the practice of meditation you can increase the time. The more you meditate the easier it gets to still your mind. Now prayer and meditation does not sound so scary. I have learned to keep it simple. Once I figured out how I can pray and meditate contact with my Higher Power is happening on a regular basis.

T H A N K F U L

Contribution From Bonnie St. Cloud OA

Step 11- Sought prayer and meditation to improve our conscious contact with God as we understood him, praying only for the knowledge of His will for us and the power to carry that out.

Step 11 takes commitment- because it my responsibility to improve my conscious contact with my Higher Power. I am deeply aware of God's presence.

Prayer is talking with God., asking what His will is. Meditation is quietly listening to God and focusing on the power of God inside me. I can feel His strength and wisdom, peace and love. I receive the courage to carry out His will with love, humility, dignity, kindness and sometimes even humor.

When I experience new joy, I celebrate with newfound gratitude. When I make a mistake, I learn from it and continue to grow one day at a time. When I experience God's will, I feel a deep sense of awareness and peace. When I get a strong message and I do not know if it is God's will, I check with my sponsor. My Higher Power teaches me that the answer lies within me.

I have been searching for my purpose in life. Maybe my purpose is to live my life- finding myself, setting boundaries, discovering balance, helping others, accepting myself as am I /

For me Step 11 is God's will and in God's time.

On being still...

by Dru F. St. Cloud Whitney OA

When I think about step 11, “Sought through prayer and meditation to improveour conscious contact with God as we understood Him”, I am reminded of my favorite bible verse. “Be still and know that I am God.” psalm 46:10. For it is in that stillness that my Higher Power speaks to me.

Talking has always been easy for me. This includes talking to people, talking in front of people and talking to my Higher Power. Listening? Not so much. My ADD brain races ahead to the next thought often before I’ve even heard another’s response. Quieting my mind through meditation is paramount if I want to truly enter two-way prayer with my higher power.

I use focused breathing to achieve that quiet state of mind that allows me to listen. From that state I can pray and tell God my needs and listen, really listen for the answer. I can meditate anywhere I have a moment alone. That might mean taking an extra minute or two in the restroom. Spending a few meaningful moments in my car in a parking lot. When I make step 11 a priority, the moments appear.

For this step I am grateful.

Thoughts of the Eleventh Tradition

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

The spiritual principle behind the 11 th tradition is ANONYMITY. This is such a protective and respectful guide in how the fellowship as a whole and us as individual members are conduct ourselves out in the world. The primary purpose is to put the spotlight on the OA program as a solution to a problem—compulsive food behaviors. The focus is not to place that spotlight on the individual who is engaging in that solution no matter how well known she, he or they may be; no matter how skilled and persuasive a public speaker she, he, or they may be.

This truly is such an intuitive notion our AA predecessors conceived: at all costs to our individual need for ego driven glory, we are compelled to only provide information about the solution, i.e., where meetings may be found, when they may occur, and what the person wishing to attend might encounter. That any particular person with whom they be familiar is also attending is
not important.

Humility is the underlying attitude we take in attracting our fellow sufferer to this solution. We calmly present the facts, we don't offer quick fixes, dramatic weight losses or gains, or link our personal success or failure in the OA program. We humbly say, "Here we are, if you think you are a fellow sufferer, please join us—give our solution a try."