

Expressions of Unity

hello

February 2026



News & Noteworthy



Step Of The Month

Step 2:

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

Together We Can!

The Feb Intergroup meeting will be held on Sat Feb 14 AND March 14, 2026 from 12:30 – 2:30pm via Zoom ID 810 4426 4132 /

PW 12345

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.

Buffalo Retreat News! Pg 2



Lots Of Shares!

Pg 2-11

Spiritual Principle of Tradition 2:

Trust

Thank You All for your service! Readers: Think of them as a Valentine filled with Love & Support ~ written just for you!





Buffalo Retreat 2026

ROCK INTO RECOVERY

This could be the final Unity event at this beautiful retreat facility.
Register soon at overeaters.org

APRIL 17, 18, AND 19

LIVE
at

Christ The King Retreat Center
Buffalo, MN

HEADLINERS :

- OA Recovery Speakers
- Interactive Workshops
- Raffle
- Morning Meditation
- Fellowship
- Bingo
- Literature for Sale
- Games and Crafts

\$390 Shared Room \$470 Private Room
Includes Room, Meals, and Retreat Activities!

If you have questions about handicapped rooms, partial scholarships, or other special accommodations for hearing, vision, meals or other questions, contact Michele G 651-247-1858, OA2recover@gmail.com





Second Step Reflections

As I put down the food again I feel the impact of my destructive over eating tendencies, and the wake of damage that I have done. Before step two I have to put down the food. My sponsor said, "This is the one and a half step." I turn to something greater than myself but there is something more profound this time. I have to, for I know I can't go back.

Up till now I have been a chronic relapser. After working on losing over a hundred pounds for the third time, my body has been damaged thoroughly where if I gain the weight again it could be the end of me, it will be the end of me. At this point, I don't have another recovery in me. I see clearly as a choice between life or death with compulsive overeating.

Step two is where I literally got to my knees and prayed for something, anything to relieve me of my compulsive overeating and the way of life I have lived.

This time is different. In the past after I got sober I felt the presence of something greater than myself and then felt I got this only to have my life spiral down again. How many times does it take to learn my lesson or reach my bottom? I apparently had not found it yet until now. The realization this is not a lesson, but this really is an addiction and a disease that only can be a healed in a spiritual manner to keep my addiction at bay.

Of course it takes work, "Without work faith is dead." Since I've been sober I've had those feelings or inklings to go back to Food what's the interruption of my connection with my higher power. When I maintain my connection with my higher power the notions to compulsively overeat and my willfulness is dissipated.

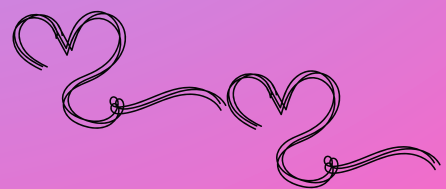
There are also times when I feel a million miles away from a higher power and I feel fear. When I have told that to my sponsor responded, "who turned?" Instead of turning to God, my ego and will ran the show and I bear down and white-knuckle it. This left me in my painful isolation.

Sensing God, higher power or something outside of myself, there was a huge sense of relief and humility. The weight on my shoulders was suddenly lifted. I was left with I was loved, forgiven, and cared for the first time in my life. Yes, at times I get amnesia and forget to be brought back to feeling my life is unmanageable again, but without the food and go back to step two. First and foremost is the food and compulsive over eating is the top of my list of coping. When that was removed. I have turned to spending, sex, or whatever that may give me a moment of relief,

When life seems unmanageable in different areas of my life I do the second step prayer. It is instrumental in my recovery. "Heavenly Father, I know in my heart that only you can restore me to sanity. I humbly ask that you to remove all twisted thoughts and addictive behaviors from me this day, heal my spirit and restore me a clear mind."

Step two is the beginning of my recovery from compulsively overeating with a spiritual component. There is no other way for recovery without it.

Chip tB From the Eagan OA group



Step 2



Step 2 says, “Came to believe that a Power greater than ourselves could restore us to sanity.” This step changed everything for me. It was the moment I finally admitted that I could not do this alone. No matter how hard I tried, I kept ending up in the same place. I had to accept that I needed help — real help — and for me, that help is God.

For a long time, I believed that if I just tried harder, stayed more disciplined, or had more control, I could fix myself. But the truth is, I couldn't. My willpower alone was never enough. Step 2 taught me that this doesn't make me weak; it makes me human. I had to learn humility and let go of the idea that I had all the answers.

Letting go of control was hard, but once I did, something shifted. I felt RELIEF. I felt HOPE. I felt like real change might actually be possible. This step opened the door to spiritual growth and helped me believe that I could be restored, even when I felt broken.

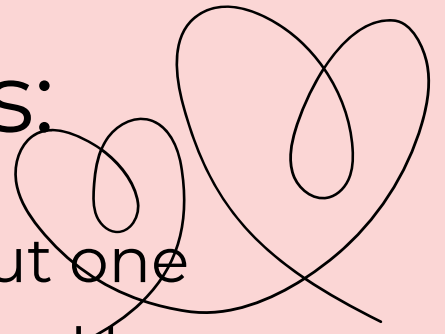
Step 2 also gave me hope on the hard days — the days with obstacles, ankle-biters, shin-kickers, and setbacks. Instead of giving up, I now know I can lean on my higher power and trust that I am being guided, even when I don't understand the path.

Today, I no longer feel alone. I belong. I have a community, a we, and fellowship. That has changed everything for me. With God, OA, and the people walking beside me, I know that healing is possible, one day at a time.

“Q”



Tradition 2 Says:



“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.”

In simple terms, Tradition 2 means that no one person is in charge of the group. The group is guided by a higher power, as understood by the group, and decisions are made through group conscience, not control or hierarchy.

It also reminds us that leaders in the program are not rulers — they are trusted servants. Their role is to help, not to command. This keeps the fellowship humble, equal, and focused on recovery rather than power.

Anonymous, Monday Night Eagan Group

The spiritual principle of Step 2

The spiritual principle of Step 2 is Hope.

Step 2 says: “Came to believe that a Power greater than ourselves could restore us to sanity.”

This step is all about learning that change is possible, even when we feel broken, stuck, or defeated:

Hope means:

Believing recovery is possible

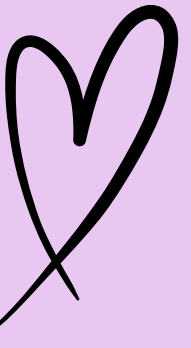
Believing you are not beyond help

Believing you don't have to do this alone

Believing something greater than you can help restore you

Before Step 2, many of us feel hopeless.

We've tried everything, and nothing worked. Step 2 gently introduces the idea that maybe—just maybe—there is another way. Anonymous, Monday Night Eagan Group



"Freedom is the only worthy goal in life; it is won by disregarding things that lie beyond our control." – Epictetus

I was working steps six and seven and was answering the questions on what a specific character defect 'provided me' and 'what it did to me'. It had provided me freedom. I was free to make my own choices about food, friends, what action I take or don't take. What it did to me was a surprise. I was in jail, the jail of insanity. As I kept doing everything to feel free, including compulsive eating, the more fear, anxiety, and isolation I had. It is amazing to see that I was getting the opposite out of my actions than what I thought I was really getting from them.

I thought I was doing all these things to be free, but it was to control. I wanted to control as much as I could because I felt so out of control due to fear and anxiety I have had my whole life. The more control I tried to have, the more insane and less free I was.

How do I restore myself to sanity and true freedom, the freedom to be at peace and at ease with my life? First, I needed to believe that a Power greater than myself could restore me to sanity. Since I already believed in God, I thought this step would be easy. It was not. I had lost my trust in God because of the insanity in my life. While I worked on that relationship and redefined it, my Higher power became my OA home group and Mother Nature. Both helped me feel a part of something greater than myself, and that I was not alone anymore. I continue to work on my relationship with God and it is growing every day as I continue to learn and grow in the OA program

Anonymous, Monday Night Eagan Group



January Article Recap

Since the holidays are a time of so many traditions, it made me think “What if, in addition to family and religious and cultural traditions, we incorporated the principles of the Twelve Steps and Traditions into our gatherings ?” After all, the Twelve Traditions are the directions for getting along as a group. What would it look like ?

The principle of Tradition One is Unity. When I walk into that room with the dining room table overflowing with food, what is my first thought? Is it gratitude for the blessing of being one of many, or is it the intention of staying as far away as possible from Uncle Harold? He drinks, he smells and he’s boring. Tradition one says : Be kind anyway. It turns out that no one ever died from practicing good manners The spiritual principle of Tradition Five tells me that my primary purpose is to carry the message. At a family gathering, that message can be hope and respect and tolerance of others. My Higher Power did not get me up this morning so that these folks can make my day. I’m pretty sure my purpose is to make theirs.

Neutrality is a prized position, and a good response to practically anything that I disagree with is, “you may be right”. It works when all else fails.

Bill W. called all the principles “Spiritual Values “. And the Twelfth principle is humility. It is absolutely essential for unity, and honesty, and self-discipline and anonymity, and it reminds us , during the stressful and confusing times , to place principles before personalities.

We are blessed to have these principles that are full of the suggestions and directions to live a life of sane and happy usefulness

Kathy C



What I've learned since joining OA How:

I've learned that Every day I make many choices. These choices are:
First I needed to accept that I was a compulsive overeater. If there is no acceptance, there is no recovery. Today I choose to accept it.

Willingness is needed for this program. If you're not willing then you're not working it. Today I choose to be willing.

Being honest is a must for this program and it will not work without it. Today I choose to be honest.

I have a choice. I can have all the tools and steps for recovery, but if i don't choose to work it, recovery will not happen. Recovery is hard but it is worth it. Today, I choose recovery.

Stay focused all the time because it is too easy to slip. All it takes is one little slip and you're back over eating again. Today, I choose to stay focused.

I learned that being humble is not a sign of weakness. Today I choose to be humble.

I can face my fears and grow. Today I choose to grow.

You're never too old to learn. Today I choose to learn.

I cannot work this program alone and we are not meant to do this alone. Today I choose fellowship, friendship and God.

If I wanted my character defects to be removed, I needed to change. Today I choose to change.

I commit to making my phone calls, my reading and writing, calling my sponsor, following the steps and the tools, and following my meal plan. Today I choose to commit.

Recovery is possible, and it is not easy but nothing worthwhile is ever easy. Today I choose recovery.

All of these lead to the most important choice, abstinence. Abstinence is the most important thing in my recovery and today I choose to be abstinent one day at a time.

Denise T

I am so grateful to OA for fellowship, sponsorship, service and anonymity. I don't have to earn, it I don't have to compete for it, because I'm just "another bozo on the bus!"

OA has demonstrated love and service in a way someone like me can accept it- I had been too ashamed and proud to ask for help until this disease brought me to a full stop.

And now I don't have to navigate life alone. I have OA and my higher power to show me the way!

Judy M

Me Too, Judy M!!! Me Too!
~VM



HEARD IT IN A
MEETING
CONTRIBUTED
BY JW



Life is
a journey,
enjoy it.

When in
doubt,
don't!!!



In relapse, this
disease gladly
refunds our
misery

