



Expressions of Unity



2026

STEP 7

Humbly asked Him to remove our shortcomings.

Spiritual Principle: Humility

TRADITION 7

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

Spiritual Principle: Responsibility

PROMISE 7

We will lose interest in selfish things and gain interest in our fellows.



Monthly Reminders

UNITY COMMUNITY BUILDERS

Upcoming Hosts

- July: Freedom From Bondage Group
- August: Wednesday Joy of Recovery
- September: Walk for Recovery
- October:
- November:
- December:

Break down the deadly isolation of our disease! Tell your intergroup rep when you want your group to host something fun!



MONTHLY NEWSLETTER

Share your experience, strength, and hope any month!

Send submissions by the 27th for the next month's newsletter to unity.intergroup.newsletter@gmail.com

MONTHLY INTERGROUP BUSINESS MEETING (ZOOM)

All are welcome!

Every 2nd Saturday of the month
12:30-2:30

ID: 810 4426 4132

Passcode: 12345

Phone: +13126266799

Passcode: 12345

EVENTS



UNITY COMMUNITY
BUILDERS EVENT
JULY 27TH HOSTED BY
FREEDOM FROM BONDAGE
SEE PAGE 3 FOR DETAILS



UNITY COMMUNITY BUILDERS EVENT
AFTERNOON IN THE PARK
FAMILY, FRIENDS AND FELLOWS!
SATURDAY, AUGUST 1 HOSTED BY
THE JOY OF RECOVERY MEETING
SEE PAGE 4 FOR DETAILS



WALK FOR RECOVERY
SEPTEMBER 12TH
MINNESOTA STATE CAPITOL
MORE DETAILS TO COME



REGION 5 CONVENTION
SEPTEMBER 4TH-6TH 2026
INDIANAPOLIS, IN
SEE PAGE 5 FOR DETAILS



REGION 5 FALL ASSEMBLY
OCTOBER 23-25, 2026
CHESTERTON, IN
MORE DETAILS TO COME



SPRING RETREAT
APRIL 9-11, 2026



REGION 5 CONVENTION
2027 IN MINNESOTA!
CONTACT CHRIS C
TO BE INVOLVED!
CHRISCHELL@GMAIL.COM



SCAN TO SEE EVENTS
HOSTED ALL OVER THE
WORLD



**What is Overeaters Anonymous?
An Introduction to Overeaters Anonymous (OA)
for Family and Friends
An Open Meeting for Family, Friends & Newcomers**

If you or someone you love struggles with food compulsion, binge eating, or food behaviors, there is hope and support available. Come learn how the OA recovery program works in a welcoming, non-judgmental environment.

Monday, July 27, 2026

- **6:30 PM – 7:00 PM: Socializing & Welcome**
- **7:00 PM – 8:00 PM: Introduction Meeting (Open to all)**
- **8:00 PM – 8:30 PM: Fellowship & Connection**

**First Congregational Church
1923 3rd Ave, Anoka**

What is an "Open" Meeting? This meeting is open to anyone interested in Overeaters Anonymous, including compulsive eaters, their concerned family members, friends, and healthcare professionals who want to learn more about the 12-step recovery process.

Free to attend (No registration required)

What to expect: A shortened format of our usual meeting, personal stories of recovery from local members, time for questions, and information on regular local meetings.

**Everyone is Welcome.
Hope is Found Here.**

<https://overeaters.org/>



OA Unity Intergroup and OA HOW Joy of Recovery

Wednesday Night at Valley Community Presbyterian

joyfully presents

Afternoon *in the* Park

a Unity Community Builders event



Saturday, August 1st

11AM – 4PM

Silver Lake Park

19th Ave E, North Saint Paul



Family, Friends & Fellows Invited!



Bring Your Own Meals



Clothing Swap Tables

◆ AT THE PARK ◆



Picnic Shelter



Yard Games



Playground



Walking Path



Fishing Dock

*Come enjoy an afternoon of fellowship, food & fun
under the summer sky!*

REGION 5 2026 CONVENTION Flutter into Freedom!

**Last Call For
Early-Bird
Pricing!**

BASED ON THE TWELVE FREEDOMS FOUND IN "VOICES OF RECOVERY" JULY 23RD
September 4-6, 2026 - Indianapolis, IN

**REGISTER BY JUN 7,
2026 FOR EARLY-BIRD
PRICING**

Pre-Convention Workshop: \$65

"Emotional Sobriety"

Friday September 4th; 10am-2pm (lunch
included in cost)

Early Bird Registration: \$155

Includes Convention, lunch and dinner
buffets on Saturday only

Online or mail (postmarked by June 7th, 2026)

Regular Pre-Registration: \$180

Includes Convention, lunch and dinner
buffets on Saturday only

**Online or mail (postmarked by August 1st,
2026)**

To Register:

Go online to www.REGION5OA.org

Payment by major credit card

Print, complete, and mail the paper information and
registration form (1 per person) to:

Region 5 of Overeaters Anonymous;

P.O. Box 22175; Louisville, KY 40252

Payment by money order or check: payable to **OA**

Region 5

please do not send cash

**Crowne Plaza Hotel by the
Indianapolis Airport**
2501 S High School Rd,
Indianapolis, IN 46241

Room Block is OPEN!

Special Room Rate: \$109+tax
Thursday, September 3 - Saturday, September 5th

- Smoke-free property
- Complimentary onsite parking
- Complimentary airport shuttle
- Fitness center
- Coffee/tea maker & Hairdryer in each room
- Workspace in each room
- Mini fridge

Hotel Check-In: 4pm

Hotel Check-Out: 12pm

Pre-reservation cutoff is Saturday, August 1st

To make your reservation:

Call: 317-244-6861 and mention the OA
Convention room block

Visit this link: Region5-OA

OR Use the QR Code:



**DON'T LET THE LOWER RATES
BUTTER "FLY" BY!!!!!!**

Hosted by:



Sponsored by:



2027 Region 5 Convention

Unity Intergroup is hosting the 2027 Region 5 Convention!

Join the committee via Zoom

Every 3rd Sunday of the month at 6 PM

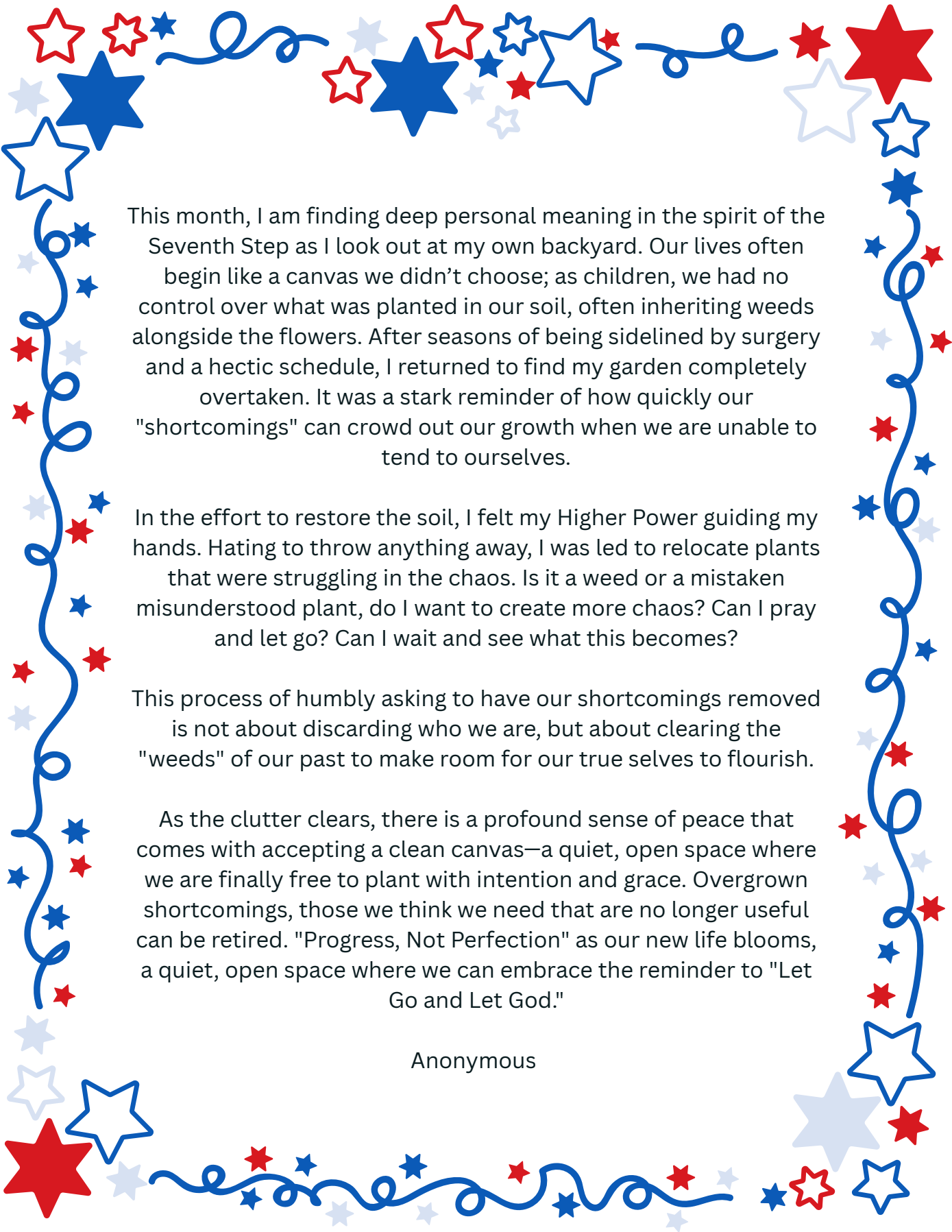
ID: 810 4426 4132

Passcode: 12345

Phone: +13126266799 Passcode: 12345



Contact Chris C with questions chrischell@gmail.com



This month, I am finding deep personal meaning in the spirit of the Seventh Step as I look out at my own backyard. Our lives often begin like a canvas we didn't choose; as children, we had no control over what was planted in our soil, often inheriting weeds alongside the flowers. After seasons of being sidelined by surgery and a hectic schedule, I returned to find my garden completely overtaken. It was a stark reminder of how quickly our "shortcomings" can crowd out our growth when we are unable to tend to ourselves.

In the effort to restore the soil, I felt my Higher Power guiding my hands. Hating to throw anything away, I was led to relocate plants that were struggling in the chaos. Is it a weed or a mistaken misunderstood plant, do I want to create more chaos? Can I pray and let go? Can I wait and see what this becomes?

This process of humbly asking to have our shortcomings removed is not about discarding who we are, but about clearing the "weeds" of our past to make room for our true selves to flourish.

As the clutter clears, there is a profound sense of peace that comes with accepting a clean canvas—a quiet, open space where we are finally free to plant with intention and grace. Overgrown shortcomings, those we think we need that are no longer useful can be retired. "Progress, Not Perfection" as our new life blooms, a quiet, open space where we can embrace the reminder to "Let Go and Let God."

Anonymous

The Lies We Tell Ourselves

Lately, I've been thinking about the lies we tell ourselves. Not the lies we tell other people. The ones we tell ourselves. The ones we repeat so often that they begin to sound like truth.

Many of us came into OA carrying years—sometimes decades—of these beliefs. We didn't consciously choose them. Often they grew out of painful experiences, disappointments, failures, or messages we received from others. Over time they became part of how we saw ourselves, God, and our recovery.

I remember a single comment made by a passing stranger. He looked at me and said, "You'd be pretty if you weren't so fat." That was over 40 years ago. One sentence. One stranger. And yet I can still hear it today.

Not because it was true, but because it attached itself to a wound that was already there. It reinforced a belief I was already carrying—that somehow, I wasn't enough. That's how lies work. They find a vulnerable place inside us and settle in. Then, over time, we stop questioning them. We stop recognizing them as lies. They simply become part of our story.

And what I've learned is that compulsive eating doesn't just feed on food. It feeds on those stories. It feeds on shame, fear, self-doubt, and the beliefs we've accepted as truth. The OA 12 & 12 teaches us that recovery begins with truth. In many ways, the Twelve Steps are a process of replacing lies with truth.

One of the first lies many of us believe is: **"I should be able to do this myself."**

I know I believed that one for years. The next diet. The next plan. The next promise. I thought if I just tried harder, found the right answer, or exercised enough willpower, I could solve my food problem.

Yet every failure reinforced another lie: **"What's wrong with me?"**

The truth of Step 1 is that there was never anything wrong with me that more willpower could fix. I wasn't weak. I wasn't lazy. I wasn't lacking character. I was powerless.

The OA 12 & 12 reminds us that admitting powerlessness isn't giving up—it's finally giving up the struggle to do alone what we were never meant to do alone. And strangely, admitting that wasn't defeat—it was freedom. Because the moment I stopped asking, "What's wrong with me?" I could finally start asking, "What if God has a better way?"

That shift changed everything.

Instead of relying on my own strength, I became willing to seek a strength greater than myself. Instead of fighting alone, I could begin recovering alongside God and all of you.

Another lie many of us carry is: **"I'm not worthy of God's help."**

Maybe we've failed too many times. Maybe we've broken too many promises. Maybe we're ashamed of what we've done or how we've eaten. The disease loves to whisper: *"God helps other people, but not you."* or maybe: *"You've made your bed. Now lie in it."*

Yet Step 2 tells us that a Power greater than ourselves can—and wants to—restore us to sanity. I love that word *restore*. It means bringing something back to the way it was intended to be. Not because we've earned it. Not because we deserve it. But because grace is freely given.

God doesn't wait for us to get better before helping us. He meets us exactly where we are. God loves us just as we are, but also loves us too much to leave us stuck there. We are worthy. We are enough. We simply need to become willing to believe it.

Another lie sounds like this: **"I can't move past my experience with religion."**

Many of us arrive carrying wounds from churches, religious leaders, family members, or spiritual experiences that left us feeling judged or rejected. And because of that pain, we sometimes assume that God is like the people who hurt us. Simply not true. OA offers something different.

Not religion. Relationship. Not someone else's understanding of God. Our own.

The program simply asks us to become willing to believe that there may be a loving Power greater than ourselves who wants our recovery. For many of us, that willingness is where healing begins. When I feel overwhelmed, I often imagine myself simply being held by God. You know that feeling when someone gives you a long embrace and for a moment everything relaxes?

That's the difference between religion and relationship. Relationships bring comfort. Connection. Peace.

Then there's the lie many of us know all too well: **"I can't live without this food."**

Maybe it's sugar. Maybe it's flour. Maybe it's nighttime eating. Maybe it's using food to celebrate, comfort, escape, or numb. At some point, we become convinced that life without that food will be empty. Yet every time I've surrendered something I thought I couldn't live without, I've discovered that I could. More than that—I discovered freedom. The thing I thought was helping me cope was actually keeping me trapped.

The lie says: *"I need this food."* The truth says: *"I need God."*

Then there is a lie that I've been thinking about a lot lately. **"This disease is a curse."**

Maybe you've thought that too. Why me? Why do I have to struggle with food when other people seem to eat normally? Why couldn't God have given me some other challenge?

For years, I viewed my compulsive eating and weight issues as the thing that was ruining my life. The thing holding me back. The thing I needed to get rid of before I could finally be happy.

But recovery has helped me see it differently. What if this disease isn't a curse? What if it's an invitation? What if the very thing we've spent our lives fighting is the very thing God is using to draw us closer to Him?

Because if I'm honest, when life is going well, I can become pretty self-sufficient. I rely on my own plans, my own ideas, and my own strength. But my disease won't let me do that for very long. Eventually it reminds me that I need God.

Not once. Every day. And maybe that's the gift hidden inside this struggle. Without this disease, I might never have found OA. Without OA, I might never have worked the Steps. Without the Steps, I might never have developed the relationship with God that I have today.

The OA 12 & 12 reminds us that our weaknesses can become our greatest teachers when they bring us closer to our Higher Power. So perhaps the greatest lie isn't that we're compulsive eaters. Perhaps the greatest lie is *believing that our disease has no purpose*.

Today I can honestly say that while I would never have chosen this path, I am grateful for where it has led me. Because my greatest struggle has become one of my greatest opportunities for spiritual growth. The longer I'm in OA, the more I realize that recovery is less about giving up food and more about giving up lies.

The lie that I'm alone. The lie that I'm unworthy. The lie that I have to do this myself. The lie that I can't change. The lie that I can't live without a particular food. The lie that my disease is only a curse.

Every Step is really an invitation to replace a lie with truth. And every time I choose truth, I become a little freer. So I'd like to leave you with two questions:

If there is one lie you've been believing about yourself, God, your food, or your recovery—one belief you've carried for years—what would that lie be?

If you woke up tomorrow and that lie was completely gone, replaced by God's truth, how different would your life be?

Betsy L.

Step Seven asks me to practice humility: “Humbly asked Him to remove our shortcomings.” For me, this step is about recognizing that I can't change myself through willpower alone. If sheer determination worked, I probably would have fixed all my shortcomings years ago and graduated from OA by now. Instead, Step Seven reminds me that I need help from my Higher Power to become the person I want to be.

After identifying my character defects in Steps Four and Five, Step Seven asks me if I'm truly willing to let them go. That's where things can get interesting. It turns out some of my shortcomings have been around so long they feel like old friends. Not good friends, exactly, but familiar ones. Letting go of control, resentment, self-pity, or perfectionism can feel uncomfortable, even when I know they're not serving me.

As I work this step, I learn that humility isn't about putting myself down. It's about being honest about who I am and accepting that I don't have all the answers. For me, Step Seven is a daily practice. Some days I hand my shortcomings over to my Higher Power and feel lighter. Other days I seem to take them back before lunch. Thankfully, recovery is a program of progress, not perfection. Step Seven reminds me that I don't have to become a perfect person—I just have to stay willing, and trust that change will happen one day at a time.

A.M.

7TH STEP PRAYER FROM “ALCOHOLICS ANONYMOUS”



“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.” (p. 75)