

Expressions of Unity

2026

STEP 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Spiritual Principle: Love

TRADITION 9

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Spiritual Principle: Structure

PROMISE 9

Our whole attitude and outlook on life will change.



MONTHLY REMINDERS

UNITY COMMUNITY BUILDERS

Upcoming Hosts

- October:
- November: Eden Prairie Traditional
- December:
- January:
- February:



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



SCHOOL ZONE

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



Did you Know?

A Monthly Announcement from the Region 5 Secretary

- Region 5 hosts a virtual meeting called Coffee and Recovery. You can often meet Region 5 Board members or past members there.

Sundays 9am-10am ET
Meeting ID: 842 2999 2660
Password: 23@Coffee

- There is still room for walk-ins at the Annual Convention in Indianapolis
 - Located at the Crowne Plaza Hotel by the Indianapolis Airport
2501 S High School Rd, Indianapolis, IN 4624.
 - You can find information at Region5oa.org under the events tab.
 - Questions and concerns should go directly to Convention@MCI-OA.org.
 - The last time I looked there were still hotel rooms available as well. The phone number for the hotel is 317-244-6861. Mention the OA Convention for room block prices.
- Cleveland Central Intergroup is excited to announce their new Zoom meeting called Fluidity Within OA.

Wednesdays 6pm ET
Meeting ID: 404 464 2180
Password: fellowship

- The Find A Meeting link on OA.org has been revised. It is a lot easier to find meetings on specific topics. Use the filters by clicking on the plus button. You can choose a specific focus or a specific topic. You can even choose a specific piece of literature you want to focus on. The program will also calculate the time based on your time zone at the time of your search.

In loving Service,
Kerry M
Region 5 Secretary



Cleveland Central Intergroup
of Overeaters Anonymous

Fluidity Within OA

Wednesday Evenings @ 6pm ET

A new meeting, beginning 8-5-26

Within the OA structure,
there is room for
flexibility over rigidity,
progress over perfection,
curiosity over judgement, and
healing over black-and-white thinking.

Join us!

Zoom ID: 404 464 2180

Passcode: fellowship

Questions? Visit: www.oacleveland.org³

EVENTS

**WALK FOR
RECOVERY
SEPTEMBER
12TH
MINNESOTA
STATE CAPITOL
SEE PAGE 5
FOR DETAILS**

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

**UNITY
COMMUNITY
BUILDERS
NOVEMBER
EVENT HOSTED
BY EDEN PRAIRIE
TRADITIONAL:
SERENITY AND
CELEBRATIONS
THROUGH THE
HOLIDAYS.
MORE DETAILS
COMING!**

**UNITY INTERGROUP
SPRING RETREAT
APRIL 9-11, 2027
MORE INFO TO COME!**

**REGION 5
CONVENTION
2027 HOSTED BY
UNITY
INTERGROUP!
SEE PAGE 6 FOR
DETAILS**

**Contact Chris C
to be involved!**

chrischell@gmail.com

**SCAN TO SEE
EVENTS HOSTED
ALL OVER THE
WORLD**



MINNESOTA RECOVERY CONNECTION's

WALK FOR RECOVERY



Saturday, September 12, 2026
10 a.m. to 3 p.m.
Minnesota State Capitol Grounds

Free Parking Available
Free to attend

Lots of **fun** and **celebration**!

Unity Intergroup will be hosting an OA table at this year's Walk for Recovery!

[Click here to learn more about the event!](#)

Volunteers will welcome people who stop by our table and share their **experience, strength, and hope** through conversation. No special expertise is needed—just a willingness to be present, listen, and share your experience with others.

Please feel free to sign up for more than one time slot. If all the spaces are filled but you would still like to participate, simply add your name to an additional line.

[Walk for Recovery - Google Docs](#)

Questions? Email UnityPIPO@gmail.com

SEE PAGE 7 TO HEAR
FROM A FELLOW ON
THIS OPPORTUNITY!

SAVE THE DATE

REGION 5 CONVENTION

ROOTED IN RECOVERY

 **October 1st – 3rd, 2027** 
 Minneapolis, Minnesota 

Join Us for Fellowship, Recovery & Spiritual Growth

Celebrating our theme: **ROOTED IN RECOVERY**
More Information to Follow

Hosted by  **Unity**
Intergroup

QA

Always to Extend the Hand and Heart of OA

"Always to extend the hand and heart of OA, for this I am responsible."

We recover from compulsive eating 12 months a year, but September is officially **Recovery Month**—and what an incredible opportunity to share the message that **there is a solution!**

Please join us at the **Walk for Recovery on Saturday, September 12, from 10 a.m. to 3 p.m.** **To learn more click here or go to**
<https://www.minnesotarecovery.org/walk/>

Unity Intergroup will be hosting an OA table at this year's event, giving us an opportunity to carry the message to people who may not yet know that recovery from compulsive eating is possible.

You know that incredible feeling of walking—or Zooming—into an OA meeting and immediately experiencing a sense of belonging? Now imagine that feeling multiplied by hundreds of people in all stages of recovery from addiction. I've attended the Walk for Recovery for years, and it is nothing short of miraculous. There is something incredibly powerful about being surrounded by so many people who understand the journey of addiction and recovery.

I'm especially excited about this year's Walk because **we get to bring OA into that community.** We get to let people know that there is a solution to compulsive eating and that they are not alone.

Many of us, myself included, have experienced more than one addiction. I need to admit my powerlessness over food **and my other addictive substances and behaviors** in order to fully access my Higher Power. For me, this makes the Walk for Recovery especially meaningful. It is an opportunity to connect with newcomers and with people recovering from other addictions and simply share what we have found in OA: **hope, recovery, and a solution to compulsive eating.**

We don't know who might walk up to our table that day—or what they might be looking for. Maybe it will be someone who has been struggling with food for years. Maybe it will be someone who has found recovery from another addiction but doesn't know OA exists. Maybe it will simply be someone who needs to hear, at exactly the right moment, that **there is a solution.**

Please come out and 12th Step with us on September 12!



Step 9: Made direct amends to such people except when to do so would injure them or others.

Spiritual Principle: Love

The 9th Step is more than saying "sorry." An apology is frequently a justification. An Amends is: Reparation

The prospect of proceeding through Ninth Step amends was daunting to me from the position of Step One. It is part of my pattern to project forward through worst case scenarios and catastrophic consequences of practically anything in my life. Sitting at Step One, I didn't recognize that pattern. I didn't have any practice in doing the next right thing. The process of doing the steps in order, with the guidance of my sponsor and fellows, kept me focused on now. By the time I got to Step Nine, I was positioned to move forward - moving through all of the preceding steps and becoming willing to make those amends.

It didn't mean I enjoyed humbling myself to admit my mistakes and harms, but I was willing because I wanted to stay on the path to recovery. I had already experienced a greater connection to my Higher Power and some freedom from the obsession with food. One of the things I heard over and over again as I worked on my Fourth Step inventory, made my Fifth Step, continued on through Six, Seven, Eight was "trust the process." Learning to see my part in the unsatisfactory encounters I have with others has given me new skills for building healthier, more satisfying relationships. The footwork of each step, taken out of context, doesn't really seem logical, but it works.

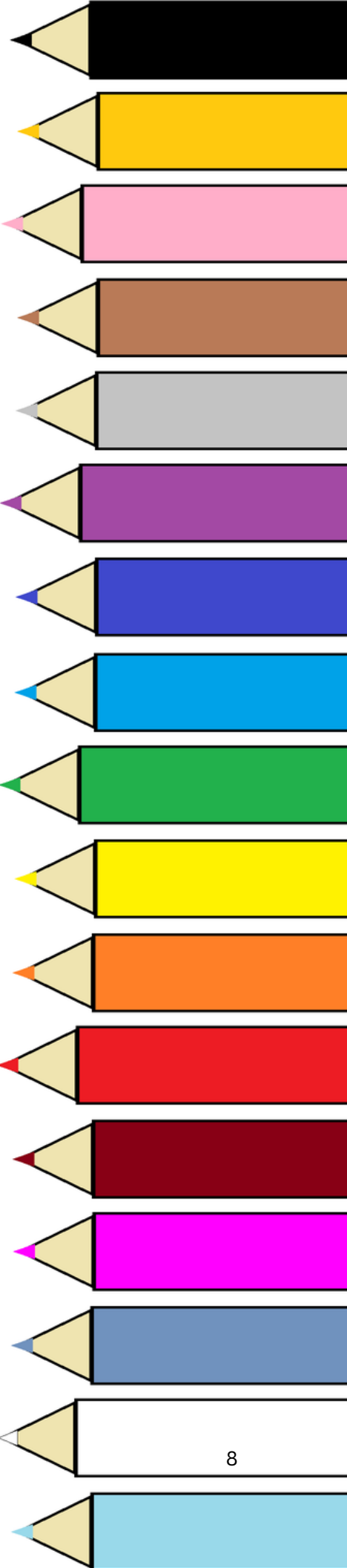
When we make our Step 8 list, some of the people on the list, we will know what the appropriate amend is and be ready quickly. These can be done while we are working on becoming willing to make amends to those in the we have to haven't gotten all the way ready for. It's also my opinion that we should work on steps 10, 11 and 12 WHILE we are doing the 9th step.

For organizing amends, I heard a suggestion from a speaker that I found helpful. They suggested using 3x5 cards and writing the name of the person, institution, or principle at the top and then the items from the from the fourth column of our 4th Step Inventory below. It might look like:

Person I'm resentful toward: My husband;

My Part: I am acting from selfish motives, fear and have been inconsiderate.

When I did my first 9th Step Amends so many years ago, one of the things I wasn't sure what to do about was the excess food I ate from other people's homes, or at



church functions etc, where there wasn't really a way to go to and say "when I came to your wedding reception in 1975, I ate six pieces of cake. Here's \$5.00." What I have done though is to make ongoing financial donations to my local food shelf as part of my amends.

Both of my parents had died before I came into program, so I wrote a letter to each of them and read it aloud.

In the Big Book of Alcoholics Anonymous p 83 says "Our behavior will convince them more than our words." We need to think about and talk about what reparation looks like - what changed behavior are we striving toward.

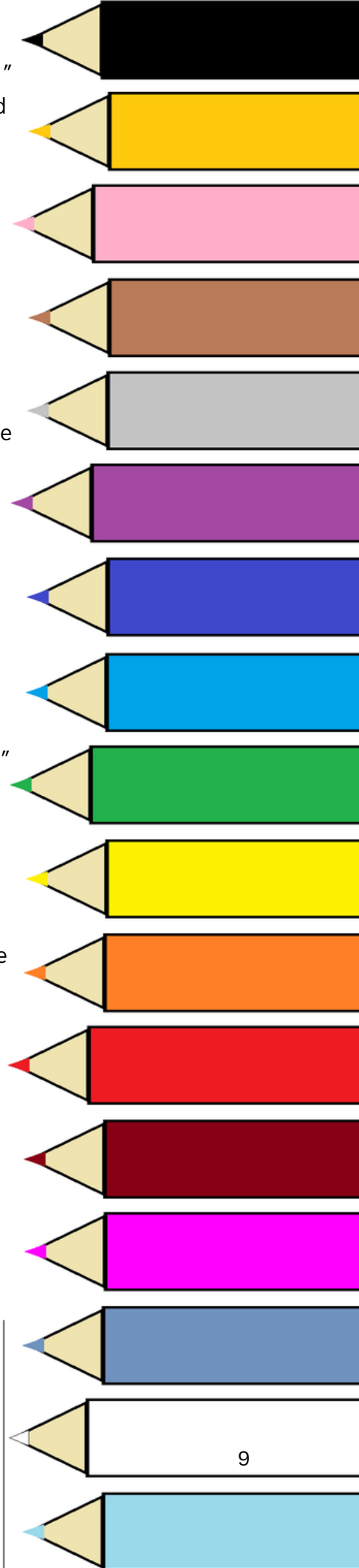
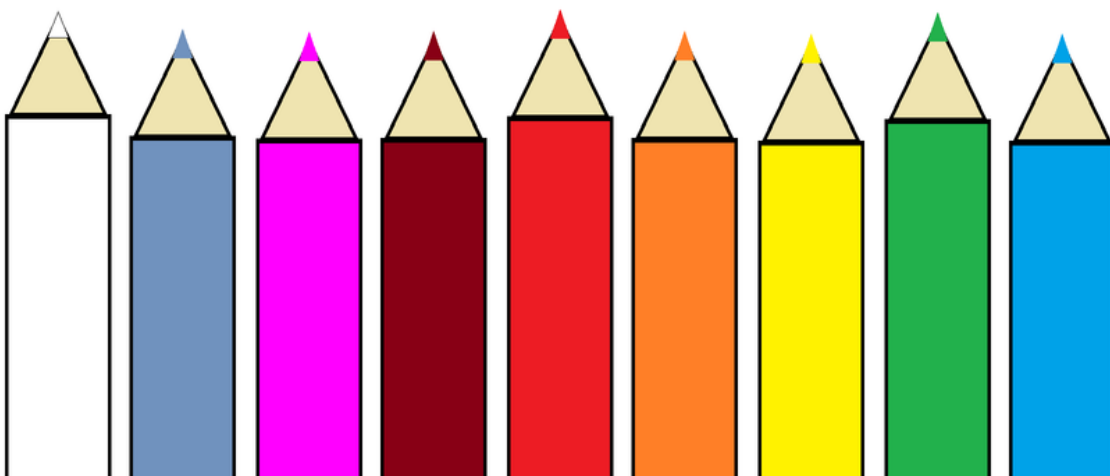
I think we need to work all the steps with a sponsor; Step 9 is no exception. Some of the people on our list may have done grave harm to us. There are many survivors of physical, emotional, and sexual abuse among our numbers. It's going to take support and prayer and discernment to figure out what a healthy amends would look like in those complex instances. There is no "one-size-fits-all" to those situations.

What are some of the promises I saw in my life as I went through Step Nine?

OA Step 9 promises: p 63 "Our lives are changed, our broken relationships mended, and the resentment that poisoned our hearts for years is washed away."

In my own life, I experienced this in being restored to physical health—so much less pain and inflammation and improved mobility. Enjoying going and doing something active rather than only going to movies or out to eat. My relationship with my adult son is vastly improved - my ongoing amends to him is to shut my mouth and open my ears rather than jump in with judgement and advice. Miracle of miracles, he now asks for my input and trusts me with his heart. As I continue to practice these behaviors and principles, there are fewer occasions where I need a full-scale house cleaning, and I am grateful.

-Jean



Since being abstinent, I have experienced Peace, Hope, and Forgiveness. Yes, being abstinent is a reward in itself. I have been able to experience healing on all three levels- physical, spiritual, and emotional recovery. I would like to speak to the freedom of recovery in these areas.

First, physical recovery... since being imperfectly abstinent, I have been able to feel much better physically because I am nourishing my body with real, whole foods and staying away from binge and trigger foods. The binge and trigger foods were poisoning my body and causing cravings. Benefits I'm experiencing physically are that my body is running more smoothly and I have more energy. I am more productive and get more accomplished in my day. I walk everyday, volunteer, don't isolate as much and enjoy people, places, and things.

"Abstinence is a choice that keeps my life manageable. I am able to sleep better and wake up glad I have abstained and greet the day with joy and gratitude. Abstinence is the foundation underlying my ability to appreciate all that is good in my life." (Voices of Recovery p. 204).

My physical recovery did not become a reality until I surrendered all my food thoughts and cravings over to my HP.

Spiritual recovery is the foundation to sustaining my abstinence. Each morning I read out of the Big Book from p. 86; "On awakening let us think about the 24 hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self pity, dishonest, or self seeking motives..."

Spiritual recovery has brought with it peace, courage, strength, hope, and joy. I recognize that abstinence would not be possible without spirituality. I place my spiritual life as the #1 priority in my life.

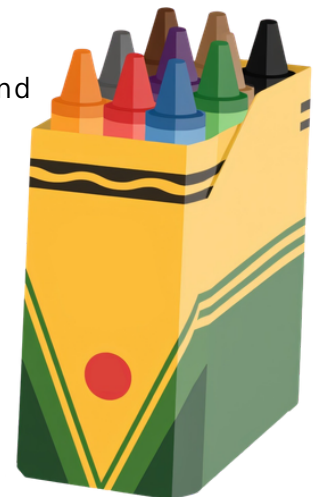
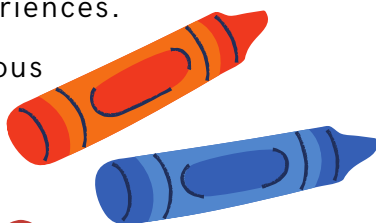
The last reward of abstinence is emotional recovery, where I am learning how to manage my emotions instead of pacifying them with food. This has been the most difficult aspect of my recovery. I've had to get acclimated to feeling my emotions and then expressing them to those in my life. By sharing with others what makes me angry or owning my part in a conflict, I am improving my communication and experiencing lots of joy and peace in my relationships.

I have found that by owning my part in a conflict, I have more emotional intimacy, stronger relationship bonds and I no longer chastise myself emotionally. For years I used food to try and regulate my emotions and this has never served me.

Now in mid-life I have greater insights into what healthier relationships are all about. I name my emotion, claim it, and tame my reactions. I am so grateful for my imperfect abstinence and all the life lessons I have learned through working the 12 Steps.

I have not arrived and will never arrive in life, since life is meant to be lived and we grow through our recovery and life experiences.

Anonymous





Tradition 9 (spiritual principle: structure)

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

To outsiders, it probably seems chaotic and irresponsible that the OA Fellowship is not organized. The AA 12x12 offers the example of a psychiatrist who might label us as “defiant brats” who won’t follow rules of society. In actuality, we do have a limited service structure. In the Twin Cities, Unity Intergroup is directly responsible to local OA groups. Intergroup Representatives serve as the voice and vote for their group, connecting their group with OA as a whole. If your home group does not have an Intergroup Representative, please prayerfully consider serving in this vital role.

Instead of having leaders who enforce rules, we simply choose to live by spiritual principles in order to survive the deadly disease of addiction. We choose to honor the Traditions to protect the OA Fellowship from being watered down. This is the only discipline we need. It is everyone’s responsibility to speak up when others break the Traditions because we must protect OA, and many people have not learned about the Traditions and why they are important.

Our Fellowship strongly believes in the spirit of rotation, with term limits for every position. For any service commitment, we gracefully step aside when our term is over - even if there is nobody to fill the role. In doing so, we honor the spiritual principles of humility and anonymity. We don’t serve in order to make a name for ourselves. We serve as an act of love toward our fellows.

On a personal level, Tradition Nine guides me to view my various relationships with humility. I don’t get to be a control freak and boss everyone around. We have a spirit of rotation when possible. Since my mom and step-dad started dating, they’ve rotated planning a monthly Surprise Adventure Day (or weekend) for the two of them. What a fun way to practice the spirit of rotation in relationships!

Please learn about the Traditions, apply them to your relationships, and speak up when they’re broken. And please prayerfully consider serving as an Intergroup Representative for your home group. By connecting your group to OA as a whole, you can strengthen the OA Fellowship so it continues to thrive for generations to come.

Love & service,
Johni B
OA HOW Joy of Recovery



9TH STEP PRAYER FROM “ALCOHOLICS ANONYMOUS”

God give me the strength and direction to do the right thing no matter what the consequences may be. (p. 79)



The personal stories express the experience, strength, and hope of the individual members and not OA as a whole.