



Expressions of Unity



2026



STEP 10

Continued to take personal inventory and when we were wrong, promptly admitted it.



Spiritual Principle: Perseverance

TRADITION 10

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Spiritual Principle: Neutrality

PROMISE 10 Fear of people and economic insecurity will leave us.



MONTHLY REMINDERS

UNITY COMMUNITY BUILDERS

Upcoming Hosts

- November: Eden Prairie Traditional
- December:
- January:
- February:
- March
- April

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

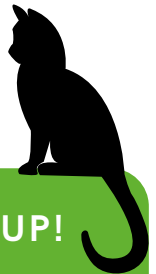


**REGION 5 FALL ASSEMBLY
OCTOBER 23-25, 2026 CHESTERTON, IN
MORE DETAILS TO COME**

**UNITY COMMUNITY BUILDERS NOVEMBER EVENT
HOSTED BY EDEN PRAIRIE TRADITIONAL: SERENITY
AND CELEBRATIONS THROUGH THE HOLIDAYS. SEE
PAGE 4 FOR DETAILS**



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



**REGION 5 CONVENTION 2027 HOSTED BY UNITY INTERGROUP!
OCTOBER 1-3
CROWNE PLAZA IN BLOOMINGTON
SEE BELOW FOR SERVICE OPPORTUNITIES!
SEE PAGE 5 FOR FLYER**

We need you to help plan the event. Are you interested in selecting speakers? Helping with raffles or decorating? Maybe publicity is your thing, hospitality? - we have many different areas that we need volunteers to help with.

Please review the list and reach out to Chris C

612-386-4669

uigr5con2027@gmail.com



SCAN TO SEE EVENTS HOSTED ALL OVER THE WORLD





A Monthly Announcement From the Region 5 Secretary

- Region 5 can send up to five additional members to WSBC 2027. They must meet the delegate requirements listed below. This is a great time to consider talking to your Intergruop about attending since this year's Business Conference will be held virtually only on May 4-8, 2027, and the cost will be minimal to your Intergruop. Registration will open January 2027.
- World Service Delegate Requirements: Qualifications for selection of World Service delegates/alternates shall be set by each intergruop, region (in the case of region delegates) or national/language/specific focus service body provided that each delegate/alternate shall have at least one year of current abstinence and at least two years of service beyond the group level. (Permission for any exception in qualifications for valid reasons, if deemed credible by the trustees, may be received by application to the World Service Office.)
- OA Region 5 has an Online Newsletter "Freedom From Bondage" that is filled with wonderful, short articles of Recovery. You can read the newsletter here:
<https://www.region5oa.org/online-articles/>



- You can also help Region 5 with a simple gift of service by sharing your story for the "Freedom From Bondage" Newsletter. Were especially looking for stories of Fellows recovering from Bulimia, binge eating and Anorexia.
- There are also wonderful new stories on Lifeline at OA.org, all written by OA members and published in the last month! Reading these with a nice warm cup of tea is a great way to spend a cold, rainy fall day.

OA Can Help You Learn to Trust Again

Living Step Ten: Daily Inventory as a Path to Awareness and Joy

Day Five (Something Sparked)

In the Storm of Uncertainty, I Hold On to My Higher Power

Thank you again for allowing me to be of service to this Fellowship that saved my life.

In recovery,
Kerry M
Region 5 Secretary



Serenity in Celebrations

Practicing Recovery through the Holidays



**Saturday,
Nov 14, 2026
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!



SAVE THE DATE

REGION 5 CONVENTION

ROOTED IN RECOVERY

 **October 1st – 3rd, 2027** 

Minneapolis, Minnesota
Crowne Plaza Minneapolis Airport

Join Us for Fellowship, Recovery & Spiritual Growth

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

Presented by

REGION 5
Southern, N.A. | N.E. | S.E. | W.

Hosted by

 **Unity**
Intergroup



"Continued to take personal inventory and when we were wrong, promptly admitted it." When I hear that, I imagine taking an inventory about harm I may have caused another person or myself. When you open your 12 x 12 and read about it, you'll learn about this great step. Here's a chapter from the story of my life and how it worked for me...

As I write this, I'm sitting in the aftermath of a devastating event that happened with one of my friends. My first feelings that came to mind were anger and hatred. How could he do something like this to me? Does he not care about that he's done?

After my personal inventory, I took a few deep breaths, then a few more. Okay, let's keep it real. It took a few hours of contemplation to think about those feelings. I know anger is a secondary feeling. I'm hurting. I feel alone because my friend isn't readily accessible anymore. He didn't say goodbye to me! There is a lot of hurt and disappointment. All of this can trigger my character defects of anger/resentments, pride/false pride, and fear. All of which, in the past, would have led me to an assortment of sugar flavored uppers that I thought would make me feel better. Instead, this caused me pain and discomfort, making it hard on my already arthritic knee and bad back.

When struggles come across our plate, whether it's driving a car and another driver cuts you off in traffic, you want to tell him he's number one, and you forget which finger to display. Take a deep breath while you take a second to figure out what feelings are really there. Is it anger? Or is there something deeper like fear for your safety or your loved ones with you. Then ask yourself, are you okay? Do you need to respond with gestures you will later regret?

Taking my inventory on a regular basis is important. Small annoyances can weigh on a person. If I don't talk about them, it can become toxic then when a loved one says good night, you think they come off snooty. This comes from my plate being full from other distractions. Then I may fight for a silly reason.

I have found strength in talking to friends and support people. Listening to them and having them understand what I'm going through means the world to me. There is also a lot to be said about journaling. When I'm in the height of my emotions and not thinking all that straight, it's amazing some of the crazy thoughts that I write down. Like they say, "clearer heads will prevail." There is a lot of truth to that. I think I can also reflect on what goes on when I get angry by going back and reflecting on what I wrote in those heated and passionate moments.

It is never too small of an emotion to talk about. If you stub your toe and it's lingering with you, talk about it. If you break a nail and you find it's lingering in your mind, talk about it.

In conclusion, I found compassion in understanding my friend has been hurting and felt he had a sense of hopelessness that he had to make the choices that he did. Possibly fear of people not understanding his pain or knowing how to communicate those feelings without any fear of judgement or repercussions from others may have driven him to his choices. He might have felt this was the only way to escape from his pain that he was currently experiencing. That I can relate to because I have sought out food to escape many of my pains in the past. Thanks to OA, I can now entrust the support of the group to talk with and share my struggles for them to understand me and get me. There's no judgment of who I was or who I am. For once I feel like I'm actually home.

Submitted by: Jesse



Tradition 10

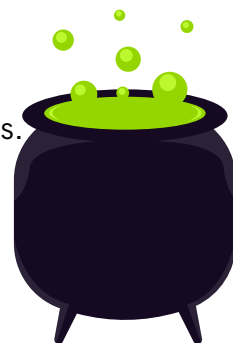
Spiritual principle: Neutrality

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

When I think about Tradition 10, obvious outside issues come to mind: politics, religion, and other controversial subjects. But lately I've been asking a different question: "What belongs here?"

Something can be deeply important to me without needing to become an OA issue. I don't stop being a whole person when I walk into an OA meeting. I bring my experiences, relationships, beliefs, fears, and opinions with me. Tradition 10 invites me to practice discernment about what I do with them. There is a difference between "this matters to me" and "this belongs here."

Food and weight-loss programs are an obvious example. OA fellows have collectively tried countless diets, eating plans, weight-control programs, and therapies. When I share my story in OA, I don't name specific programs that are part of my journey because my opinions about them are outside our primary purpose of carrying the message. I want the newcomer to hear that OA offers a spiritual solution for compulsive eating, not that other programs don't work.



Even something technically inside OA can become an outside issue for OA unity. The OA HOW format works well for my personal recovery, but it doesn't work for everyone. I can share what works for my recovery without suggesting that OA endorses my format over another.

Outside issues can also affect relationships even when we never discuss them. A couple of years ago, I wanted to avoid discussing politics with my brother, so I temporarily stopped answering his calls. I inadvertently communicated that I didn't want to talk to him, and eventually he stopped calling me. We recently started talking again after about 18 months.

The irony? I still don't know who he voted for. My assumptions about his opinions affected our relationship more than an actual political discussion ever did.

Going forward, I'm committed to picking up the phone. If politics comes up and I'm spiritually grounded enough to be curious, I can engage. If I'm not, I can redirect the conversation toward what's happening in his life. I can decline a subject without declining the person.

Tradition 10 calls me toward discernment, not avoidance. I get to have opinions, and I certainly do! But I can ask: Does this topic belong here? Does it serve the primary purpose of this group or relationship, or get in the way? Is this the right room for this conversation?

OA includes people with different experiences and beliefs about food, bodies, healthcare, spirituality, exercise, treatment, family, and recovery. We don't have to resolve those differences in order to recover together.

Tradition 10 asks me not only what I believe, but what my beliefs are doing in the room. Sometimes discernment means I engage. Sometimes I listen. Sometimes I redirect or set a boundary. And sometimes, I simply pick up the phone.



Love & service,
Johni B 
OA HOW Joy of Recovery

I came to OA desperate for a way to deal with my bingeing and food addiction. At first it seemed a little weird but I knew right away that it was the way forward for me. I had hope. I got a sponsor, worked the steps and slowly began doing service. When I became willing to go to a dietitian for a food plan, abstinence became easier. I was willing to submit to someone else's idea!

I'm thankful to be at maintenance weight for many years but there are times when food still seems like the best option. Dealing with that sandpaper feeling inside me when I'm uncomfortable or when I sense conflict between others around me are difficult times when I want to escape to food. I ask God to lift the compulsion and give me contentment with my present situation. I am thankful for the fellowship and the reminder that I want to live life on life's terms rather than escaping so that I don't have to feel.

Going to meetings is an essential part of my recovery. If I go too many days without a meeting, a little lie can start to creep into my mind that I just might be normal, and it's okay to eat like other people. Meetings remind me that I'm a compulsive eater and that there is a solution.

One of the biggest gifts of the program for me is being up to date in my relationships with others and with God. The program has taught me how to make amends and also to quickly be aware of when I need to. I love the weight that is lifted when I take care of my side of the street.

I have become much less controlling and more willing to wait on God for a solution or even if I should take an action or just stay out of it. My Higher Power really can do for me what I cannot do for myself!

-Anonymous

10TH STEP PRAYER FROM "ALCOHOLICS ANONYMOUS"

God remove the selfishness, dishonesty, resentment and fear that has cropped up in my life right now (p. 84)