Unity Intergroup Expressions of Unity

November 2026

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.

Spiritual Principle: Spiritual Awareness

TRADITION 11

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.

Spiritual Principle: Anonymity

PROMISE 11

We will intuitively know how to handle situations which used to baffle 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

VIRTUAL WORKSHOP
SERENITY THROUGH THE HOLIDAYS
NOVEMBER 7TH
SEE PAGE 3 FOR DETAILS

UNITY COMMUNITY BUILDERS NOVEMBER EVENT HOSTED BY EDEN PRAIRIE TRADITIONAL: SERENITY AND CELEBRATIONS THROUGH THE HOLIDAYS.
NOVEMBER 14TH 9-12:30
SEE PAGE 4 FOR DETAILS

QUICK STEPS
MARCH 6 & 20
IN PERSON AT LAKE NAKOMIS PRESBYTERIAN CHURCH
MORE DETAILS TO COME

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

FIND SERENITY THROUGH THE HOLIDAYS



OA Virtual Workshop

Sponsored by your local **Let go Let God Intergroup!**
There will be guest speakers, productive discussions, refreshing fun as we learn about:

SERENITY THROUGH THE HOLIDAYS

NOVEMBER 7th2026 at 1pm (CST)

MEETING CODE: 876 0074 8106
PASSWORD: Serene2026
MOBLE : +16465588656,,87600748106# US (New York)

Serenity in Celebrations

Practicing Recovery through the Holidays



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)

Saturday,
Nov 14, 2026
9:00 AM

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



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

Hosted by Unity Intergroup

Public Information & Professional Outreach (PIPO)

PIPO is the OA committee that shares clear public information about compulsive eating and OA's Twelve-Step solution. It educates therapists, social workers, physicians, dietitians, and other professionals so they can refer clients who may benefit. The committee organizes outreach events and presentations and ensures OA is represented accurately and in harmony with OA's Traditions, especially anonymity. PIPO also supports OA groups in carrying messages to those who still suffer.

My PIPO Story

My name is Chrissy M, and I am a grateful recovering compulsive overeater and a mental health professional. For years, I believed helping others meant I didn't need help myself. I avoided substances and focused on work while living over 100 pounds overweight, diabetic, with fatty liver disease, and cycling through short-lived diets that always ended in defeat.

In October 2020, surgery and being placed on insulin despite fasting finally broke through my denial. After watching a beloved aunt die young from this disease, I knew I needed to change or I would do the same. Because I had seen loved ones and clients recover through Twelve-Step programs, I reached out, attended a virtual OA meeting, and learned the Steps and tools of recovery. As a clinician, I recognized immediately that OA aligned with everything I knew about sustainable behavior change and this would work if I was willing.

Five and a half years later, I feel called to share this message with other professionals. Many of us know what it's like to try other solutions and "inevitably lost control and overate again…" (OA 12&12, Ch. 2). OA helped me reach maintenance weight, reverse diabetes and fatty liver, and remove all diabetic medications—my doctor knows OA is why.

Through doctoral work, I researched OA's effectiveness and included it in my academic writing. Studies show this program works. The more I practice mental health—and OA—the more convinced I am that "a spiritual mode of living is a most powerful health restorative." Serving on the PIPO committee feels like a calling to give back what was freely given to me. I ask that God guide us in living well and being well, because we are the message, one day at a time.

Always to extend the hand and heart of OA to all who share my compulsion;
for this I am responsible.
Chrissy M, Unity PIPO Chairperson



How You Can Help PIPO!

Please print this page and make available at your meeting!

1. Share the Message: Talk with professionals in your life about how OA has supported your recovery. Check out the Healthcare Professionals page on www.overeaters.org including items you can print for, or share with, your professionals!



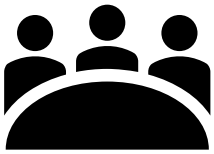
2. Complete the Impact Survey (through Dec 31) https://s.surveyplanet.com/5v25f5d9 or scan the QR code. This will tell us how you heard about the message and may help guide our outreach planning! Thanks so much for your service in completing this brief survey! We'll share results soon!

3. Email unitypipo@gmail.com
   - Share outreach opportunities (dates, times, locations, cost, contact info).
   - Let us know when you've shared with referral sources.
   - Tell us if you'd like to do service for PIPO (tabling, speaking, flyers, etc.). You can also fill out this survey to let us know interests, valuable contacts or other info: https://s.surveyplanet.com/jf8js3ax
   - Print and Post the Outreach Flyer: There is a one-page Flyer on the next page that can be printed. Place it somewhere visible in your community to spread the message! Let us know where you placed it!





4. Upcoming PIPO Table Events
   - National Alliance for Mental Illness (NAMI) State Conference
     - Fri, Nov 6
     - 8:00–4:30
     - Park Event Center, 500 Division St, Waite Park, MN



IS YOUR EATING OVERWHELMING YOU?



You're not alone.
We stopped eating compulsively and so can you.

OVEREATERS ANONYMOUS®

www.overeaters.org 612-377-1600

For Local Meeting Information:

Tradition 11: Attraction Rather Than Promotion
Spiritual Principle: Anonymity

When I first encountered Tradition 11, I understood anonymity primarily as protecting my identity in public. Over time, I've come to appreciate how anonymity also invites me to practice humility, attraction rather than promotion, and principles before personalities.

Anonymity doesn't mean I need to hide my recovery or keep fellows at arm's length. And attraction doesn't mean I need to be a perfect example of recovery. Both principles invite me to consider how my words, actions, and choices might affect others, whether I'm sharing my experience, strength, and hope or simply going about my day.

Years ago, I met with a sponsee at a coffeehouse for our weekly chat. As a man at a nearby table was leaving, he mentioned overhearing our recovery conversation and that our frequent cussing was making a mother seated behind us cringe. We hadn't realized she and her child were there, hidden behind the tall booth seats. A cringe-worthy moment, indeed! We certainly weren't promoting recovery, but we weren't exactly demonstrating attraction, either! That experience reminded me that my behavior can influence someone's perception of recovery, even when I don't realize anyone is listening.

Anonymity, on the other hand, doesn't mean that I need to remain a stranger to my fellows. I'm comfortable sharing my full name at in-person meetings, although I generally use a nickname and don't include my last name on phone lists. If I were hospitalized, I would gladly share my legal name with trusted fellows who needed that information. Anonymity isn't secrecy, and protecting my identity doesn't have to interfere with meaningful fellowship.

Technology adds another dimension. I choose not to display my last name during Zoom, hybrid, or recorded meetings, even when my camera is off. I'm also mindful about photographs and identifying information when publicly sharing my recovery. What happens in a virtual meeting or appears in an online publication can potentially reach an audience far beyond the people originally involved.

Recently, I discovered that archived digital newsletters from another Twelve-Step fellowship still contained a service roster listing my first and last name, former home address, email, and telephone number. Although I no longer live at that address, the other identifying information remains current. I contacted the webmaster to request redaction and, within an hour, I received a response. All archived issues were promptly corrected. I appreciated the webmaster’s quick action and was reminded that protecting anonymity requires ongoing awareness, especially in our digital world.

Tradition 11 reminds me that I can share my experience, strength, and hope without making my identity the focus. I don't need to be a perfect example of recovery, but I can remain mindful of how my behavior affects others, respect their anonymity, and allow the message to speak for itself.

Love & service,
Johni B
OA HOW Joy of Recovery

“Sought through prayer and meditation”

Was I willing to go to any lengths?

When I first walked through the doors of OA, I wasn’t. I wanted to lose weight. I knew I had a problem, but I was only willing to do part of the program and use some of the tools. I wasn’t completely abstinent, although I did work the Steps. I told myself I didn’t have time to meditate. I couldn’t sit still. But the reality was, I didn’t even try.

In July of 2020, I went to a retreat where I detoxed from my alcoholic foods. There, I finally heard that I had to be willing to go to any lengths.

This time, I was ready.

I had progressed far enough in my disease of compulsive overeating that I was finally willing to do everything that was highly suggested. I followed a food plan that eliminated my triggers. I read the Big Book, listened to A Vision for You, and reflected with my sponsor. As I read, I began to see myself in the pages of the Big Book.

And most importantly, I began to meditate.

I started with just ten quiet minutes. When my mind raced with thoughts or I wanted to get up and leave, I prayed for people I knew. I prayed until the ten minutes were over. Then I did it again—and again—one day at a time.

Today, I connect with my Higher Power throughout the day. I ask for the strength and help I need to remain abstinent and to do the daily work required for a spiritual change.

I truly believe that when I trust God and listen, He will continue to bring great things into my life and into the lives of others.

For me, being willing to go to any lengths wasn’t about doing everything perfectly. It was about finally becoming willing to do whatever it took, one day at a time.

Joni O

11TH STEP/MORNING PRAYER FROM “ALCOHOLICS ANONYMOUS”

“God, please direct my thinking; especially, that it be divorced from self-pity, dishonesty or self-seeking motives.” (p. 86)

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