



Expressions of Unity

The newsletter of Unity Intergroup

www overeaters.org

Step Eight: Made a list of all persons we had harmed and became willing to make amends to them all.

Having a problem with food, weight or purging? Call our 24/7 hotline at 612-377-1600 and one of our volunteers will return your call.

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Harms Through Omission Vs. Commission

The first time I did Steps Four through Nine, my sponsor taught me the difference between omission and commission. As she listened to my Fifth Step, she pointed out that I didn't act on all my resentments. I also needed to make amends for times I had failed to act, as well as when I actually harmed someone. Some of these harms of omission needed a more creative amends solution.

This is why it was so important for me to have a trusted sponsor to work with. In early recovery, I just wanted to make everything right. I wanted to shout from the roof tops what I was learning about myself. And I needed her there to put brakes on for me, before I harmed somebody with information that had been confined to my brain the whole time. I could very easily have unburdened myself at the expense of others, if it hadn't been for her wise counsel.

So when it came time to address the Eighth Step, "Made a list of all people we had harmed, and became willing to make amends to them all," I needed all the help I could get. We talked about each person to whom I thought I owed an amends. She helped me decide whether I actually owed an amend or if a different way was needed to address a strained relationship.

There were two columns, direct amends and living amends. If left to my own devices I would have put everyone under living amends, because I was nervous, of course, about having

to swallow my pride. So it was doubly important for me to have an outside opinion about who belonged on which list.

I knew I wanted to be free. I knew I was on borrowed time. My blessed relief from the obsession to overeat was temporary. I needed to clean house or the compulsion to overeat would return. With this motivation, I honestly figured out who I had harmed. Often this meant digging down into the event. Had I really harmed somebody by gossiping about them, or was it the person I'd gossiped to that I owed an amend to? This would go on the side of direct amends. I'd binged in the bulk section of my grocery store for years, filling a bag with my favorite bulk items and nibbling on them as I made my way through the store. If the bag was empty by the time I hit the check out counter, I'd throw it away. So I had to put my grocery store on the side of direct amends.

On the side of living amends, I had uncharitable, selfish thoughts towards certain people. People I'd taken for granted and treated cavalierly. Now would be my chance to tell them how much I appreciated them. I would learn over the upcoming years how to have better boundaries and less resentment through the application of the Steps. For now I was pinpointing the places I wanted to improve, and finding the people I had harmed through omission rather than commission.

~Anonymous

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Unity Intergroup's 2014 Fall Workshop

Abstinence – Who Needs It?

Saturday, September 13

9:00am - 3:30pm

Registration begins at 8:30am

**MN Landscape Arboretum
3675 Arboretum Drive, Chaska**



Cost: \$35 includes box lunch (sugar and wheat-free), or \$25 without lunch. Includes admission to the Arboretum (\$12 value), and free parking.

Sponsor: Bloomington, Tuesday 6:30 pm group

Come find out about this elusive thing called abstinence. What is it and who needs it? You will hear from people in all formats of Overeaters Anonymous who have found recovery in this program. You will also engage in some individual and small group activities to help you find your own definition of abstinence and maintain it.

NEW THIS YEAR: Unity Intergroup (UIG) will be holding their monthly business meeting in conjunction with this Workshop. The UIG meeting will be from 2:00 - 3:30 pm; Abstinence workshop sessions will be held from 9:00 am to 1:45 pm. **ALL workshop participants** are invited to attend the UIG meeting, although the meeting is optional of course. If you are planning to attend the UIG meeting only, please register for the UIG meeting **ONLY** option so we can plan for space needs.

Whether you're abstinent or struggling, come take your program to a new level!

Name: _____ Email: _____

Address: _____

City/State/Zip: _____

Phone: _____ Please contact me for service opportunities

PLEASE NOTE: the Arboretum does not allow food to be brought into the building. If you bring your own food, please plan to eat it in your car or off-site.

Please register me for (choose only one):

- \$25 - Registration only (no lunch)
- \$35 - Salad with chicken
- \$35 - Salad with turkey
- \$35 - Salad with cheese
- I will be attending the UIG meeting only

Checks should be made out to Unity Intergroup

Mail this form, along with your check to:

UIG 2014 Fall Workshop
5232 Heritage Hills Drive
Bloomington MN 55437

Contact Julie C at juliec-ug@hotmail.com or 612-558-3687 with questions or scholarship requests.

Online registrations available at: www.overeaters.org Registrations end September 7 but hurry! This event has a history of filling up fast!

New Meeting In Edina, MN

"The Keys to Serenity" is a new OA meeting that will begin on Saturday, September 6 from 10:30 am - 12:00 pm. This meeting will emphasize the use and study of Alcoholics Anonymous "The Big Book." "The Keys to Serenity" is also a place to focus on the spiritual aspect of the OA program.

The meeting location is Normandale Lutheran Church: 6100 Normandale Blvd., Edina, MN.

New Meeting!

This meeting is open to all who seek freedom from the bondage of food and a stronger relationship with the Higher Power of your understanding. We hope you can join us as we journey together in our recovery!

For more information, contact Caitlin by email at caitlin.lucic@gmail.com or by phone at [612-802-4884](tel:612-802-4884).

Step Eight List

Step Eight is not hard. You have your list from your Fourth Step inventory. You remember? The list of people, institutions and principles against whom you have a resentment. That is the list to use. Perhaps not everyone on your inventory will need to be on your Eighth Step list, but it's a great place to start. Talk to your sponsor about who needs to be on that list, but your list is pretty much done already. Easy.

Now for the tough part: "...became willing to make amends to them all." That can be tougher. The great news is, with God's help this is possible. Maybe you're not willing to make amends to them all right now. Pray. Pray as if your life depends on it, because it does. Ask God for the willingness to make amends to them all and it will be given to you.

What if you have someone on your list that you know you harmed, but feel they harmed you more? You would never have harmed them if they hadn't been so cruel to you in the first place, right? Pray. Ask God to remove your resentment. The Big Book of Alcoholics Anonymous says on page 552:

"...If you have resentment you want to be free of, if you will pray for the person or thing that you resent, you will be free. If you will ask in prayer for everything you want for yourself to be given to them, you will be free. Ask for their health, their prosperity, their happiness, and you will be free. Even when you don't really want it for them

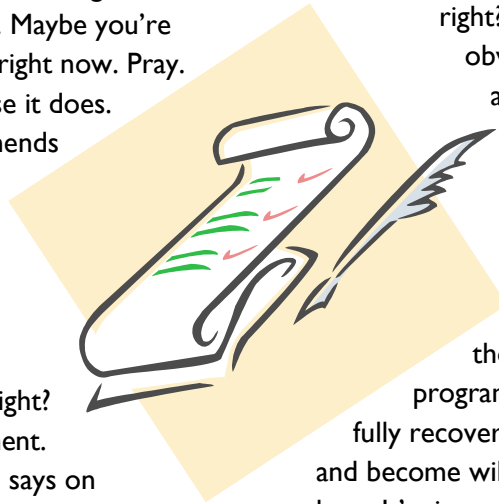
and your prayers are only words and you don't mean it, go ahead and do it anyway. Do it every day for two weeks, and you will find you have come to mean it and to want it for them, and you will realize that where you used to feel bitterness and resentment and hatred, you now feel compassionate understanding and love."

You can also pray the prayer from page 66 of the Big Book: "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done." Hey—wait a minute. That's the Fourth Step prayer, right? Maybe, but if you are still resentful, obviously you need to do it again. Do it again for two weeks. Still resentful and unwilling to make amends? Do it again. Pray again every day for two weeks.

It comes down to this; are you willing to do what it takes to recover? These Steps have worked for thousands of people recovering in this program. This is what it takes. We can never fully recover until we let go of all our resentments and become willing to make amends. We've all been hurt. It's time now to recover and get on with living happy, joyous and free lives.

I did—so can you! This program works if you work it. I pray you will all find recovery in this program. We're all worth it!

~Anonymous



HOW FREE DO YOU WANT TO BE?

Mark **YOUR** calendar for November 7, 8, and 9, 2014 for our
34th Annual MN STATE OA CONVENTION!

Minneapolis Boulevard Hotel
2200 Freeway Boulevard
Brooklyn Center, MN 55430

REGISTRATION OPENS ONLINE JULY 7. Registrations accepted online or by mail.
Brochures are being mailed now. Look for yours in the mail or download from the [website](#).

Whether you have two hours or twenty years, this year's convention has something for you!

- Hotel room drawing for the first 100 to register
- National keynote speaker
- How to get started & how to keep it going – maybe just the boost that you need or can share
- New this year -- Special session for friends & family
- Workshops, panels, and personal stories
- OA meetings – different meeting formats under one unified OA community
- Sponsorship workshop – a chance for sponsors to give and gain from experiences of others
- Meditation room
- Entertainment from your fellows
- Fellowship and community through incredible hospitality and abstinent meals
- Discount for early registration – register by October 4 and save \$10.00 off the weekend.
- As always, scholarships available.



OA Quick Steps Workshop

Check www.overeaters.org/oaqs.html for future classes

To register, contact Julie C. at 612-558-3687 or oaquicksteps@gmail.com. Registration mandatory. Numbers are limited. There are no fees for this workshop, but we will be collecting a Seventh Tradition donation. Time commitment is four, 90-minute sessions, plus homework. Expect to be very busy working on recovery for these weeks!

VOLUNTEERS NEEDED

YOU ARE NEEDED to fill the following service positions for Unity Intergroup. Without you, we cannot carry the message!

A **Board Secretary** is urgently needed. Six months' abstinence and previous attendance at three or more intergroup meetings (not necessarily consecutive) are required. Unless a new secretary is found, we will need to ask for temporary volunteers each month or simply record the meetings without transcription. The half-term runs through January 15, 2015.

A **Public Information Chair** is needed for July through January 15. The requirement to fill this position is 90 days of continuous abstinence. Our outgoing chair is happy to provide position details and all the training you'll need. Contact Jenee at 612-807-3134 or jeneepetri@gmail.com.

A **Professional Outreach Chair** is also needed for the same July-January 15 time period. Duties for this and all positions are on our website at www.overeaters.org.



Finally, we need a **Co-Volunteer Coordinator** for the Convention. Contact Peg M at 612-280-6119, pegmitch16@gmail.com. It's no problem if you live a distance from the Cities; all meetings can be attended via our virtual meeting network.

Thank you for considering these volunteer opportunities and canvassing your group for volunteers so we can continue to carry the message.

Tradition Eight: Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

At the heart of Tradition Eight is the notion that Twelfth Step work should never be something done for money. This ensures our motive in carrying the message to other compulsive overeaters remains pure and simple. It also gives us credibility when we speak to newcomers. There can be no second guessing of our desire to help. We are here simply to tell our stories and in doing so we are also protecting our own recovery. What we offer is not influenced by money. There is a singleness of purpose to our Twelfth Step work, and that is what gives our message depth and weight. As the AA 12 Steps and 12 Traditions puts it, "Every time we have tried to professionalize our Twelfth Step, the result has been exactly the same. Our single purpose has been defeated." (p.166)

I just came from speaking at the monthly newcomer meeting, and afterward I felt spiritually "filled up." That feeling is not something any amount of money could buy. I felt more peaceful, more connected to my higher

power, and better about myself than I felt before I spoke. Would I have felt the same if I had been paid to speak? I may still have desired to be helpful, but my motivation, at least in part, would have been to do a job and be paid for it. The impact to the newcomer and to me would be greatly diminished.

Carrying the message is such a core part of our program, I sometimes take this Tradition for granted. It may seem obvious that we should not be paid for Twelfth Step work, but this wasn't always the case. Just like every other tradition, Tradition Eight came about as a result of hard won, often painful experiences of the early AA members. Today we know how best to function as a fellowship because these pioneers were willing to make mistakes, learn from them, and freely share their experiences. We are forever indebted to those who came before us and showed us the way.

~Anonymous

**2014 OA
Convention
Oct. 3-5, 2014**

Speakers Workshops
Fun
Hospitality Suite
Fellowship
Clothing Boutique
Entertainment



Happy, Joyous & Beachy

OVEREATERS ANONYMOUS HOUSTON-GALVESTON 2014 CONVENTION REGISTRATION

(Please print)

Full name: _____ For name badge: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

SERVICE OPPORTUNITIES: SERVICE TIME PREFERENCE(S): Friday _____ Saturday _____ Sunday _____

Clothing Boutique Hospitality Registration Literature Hugger/ greeter Donate Door Prize (s) Clean-up

Interested in being a Speaker at this Convention: contact Rebecca **by 7/31/14** at 832-287-4114 or melchor.beccaj@yahoo.com

Entertainment: Do you have a song, poem, dance, joke, artwork, craft? Do you have a *DREAM*? This could be your **BIG CHANCE!** Talent show Saturday night!!! What would you like to share?*

_____ *The entertainment chairperson will contact you to work out the details.

REGISTRATION FEES**

Registration (until 9/12/2014) \$55 x _____ = \$ _____ Registration (after 9/12/2014) \$65 x _____ = \$ _____

Registration and Saturday Dinner (until 9/12/2014) \$90 x _____ = \$ _____ Registration and Saturday Dinner (after 9/12/2014) \$100 x _____ = \$ _____

Saturday ONLY Registration \$35 x _____ = \$ _____ Saturday ONLY with Dinner \$70 x _____ = \$ _____

Scholarship Donation \$ _____ **TOTAL ENCLOSED \$ _____**

Scholarship Request***: (1) What amount can you pay? \$ _____ ; (2) What amount is requested for scholarship? \$ _____

*** Scholarships are awarded first come/first serve and are limited by amount donated for this purpose. A commitment to service during the convention is requested in consideration of scholarship awards. A Registration volunteer will contact you with your scholarship information.

Please mail this registration form with your check to:

Elaine Saenz-Pena | 4501 Cartwright Rd, Ste 407 | Missouri City, TX 77459

*Make checks payable to OA. **Please note there are no registration refunds after September 26, 2014.*

For more info email OAFallConvention@gmail.com; See form online at www.oahouston.org

CONVENTION SCHEDULE

(Subject to Change)

FRIDAY, October 3, 2014

Registration	5:00-7:30 pm
Meeting	6:00-7:00 pm
GRAND OPENING (Speaker)	7:30-9:00 pm
Meeting	9:15-10:15 pm

SATURDAY, October 4, 2014

<u>Afternoon</u>	
Registration	Until 2:00 pm
and then closes	
Workshops & Sessions	1:00 - 5:30 pm
Free Time	5:30 – 6:30 pm

SATURDAY, October 4, 2014

Morning

Registration	7:30 – 2:00 pm
Morning Option	7:30 - 8:30 am
Workshop	8:30 - 10:00 am
GRAND SESSION (Speaker)	10:30 - 11:45 am
Lunch & Free Time	11:45 – 1:00 pm

Evening

Dinner Banquet	6:30 – 7:45 pm
(Raffle Basket drawing after Dinner – must be present to win)	
GRAND SESSION (Speaker)	7:45 – 8:45 pm
Talent Show “Catch a Wave”	9:00 – Midnight
Candlelight Meeting	11:00 - Midnight

SUNDAY, October 5, 2014

Workshop	9:00 - 10:00 am
GRAND CLOSING (Speaker)	10:15 – 11:30 am

At the Convention

- ❖ The Clothing Boutique is located on the 1st floor, Family Suite. Volunteers are needed to keep the doors open. It will be closed during General Sessions and workshops.
- ❖ The Hospitality Suite is located on the 8th floor, Onyx Suite, with beverages and snacks, a place to take a break and connect. Volunteers are needed to keep the doors open. It will be closed during General Sessions and workshops.
- ❖ Donated Raffle Baskets are located in the Hospitality Suite until Saturday 6pm when they will be moved to the dining room for the drawing after the Saturday evening Banquet.
- ❖ Raffle tickets will be available for sale up until the drawing after Saturday Dinner Banquet. Ticket sellers will be identified throughout the convention. Ticket prices are 1 for \$1; 6 for \$5; 12 for \$10 and 25 for \$20. You must be present to win.
- ❖ Donated Door Prizes will be given away throughout the convention. The ticket for door prizes will be included in your registration packet.

Saturday Banquet Menu

- ❖ Herb Grilled Chicken
- ❖ Blackened Tilapia
- ❖ Mixed Vegetable Medley
- ❖ Sautéed Green Beans
- ❖ Brown Rice
- ❖ Tossed Garden Salad with Sugar-Free Dressings
- ❖ Tomato and Cucumber Salad
- ❖ Seasonal Sliced Fruit with Sugar-Free Whipped Topping on the side
- ❖ Iced Tea, Water & Coffee

HOTEL REGISTRATION INFORMATION

Holiday Inn Resort on the Beach
5002 Seawall Blvd. | Galveston, TX 77551
OA Convention Room Rate Special | \$115 per night until 9/20/2014
Limited availability | Reservations 877-859-5095

Registration Committee Use:

Expressions of Unity

The September *Expressions of Unity* will focus on Step Nine: “Made direct amends to such people wherever possible, except when to do so would injure them or others.” and will be sponsored by the Minneapolis, Monday morning meeting. Although one meeting or group generally sponsors each newsletter, we welcome articles from anyone. Please indicate if it is okay to print your name with your article and email your contributions to ExpressionsofUnity@gmail.com by Saturday, August 16.

All articles written are the opinion of the writer and not of OA as a whole or of the *Expressions of Unity* newsletter.



August’s Twelfth Step Call To Action

Write an article for Expressions of Unity, our local OA newsletter, 4 Thought, our Region 4 newsletter, or Lifeline Magazine, our worldwide journal of recovery .

Intergroup Board



Steve R, Chair	603-540-0634	UIGchairSteveR@gmail.com
Sue L, Vice Chair	952-201-7326	suewlundeen@comcast.net
Bob S, Treasurer	763-229-6196	bonasachs@q.com
Secretary—open		

**Conference Dial-in
Number: (712) 432-0360**



UIG Meeting Participant
Access Code: 468702#

Details of the telephone
system and keypad options;

[http://www overeaters.org/
conferencing.html](http://www overeaters.org/conferencing.html)

Mark Your Calendar



Saturday, September 13	Fall Workshop at the Arboretum in Chaska, MN
Saturday, October 11	Booth at the Diabetes Expo <i>Volunteers needed!</i>
Saturday, November 1	Unity Intergroup meeting (instead of Nov 8)
November 7-9	MN State Convention Minneapolis Boulevard Hotel <i>Volunteers needed!</i>
November 15	12th Step Within Event at Sumner Library

Web submissions are due the **first** Saturday of each month.

Unity Intergroup meets the **second** Saturday of each month at Sumner Library.

Newcomer Meeting is the **third** Saturday of each month at Sumner Library. All are welcome.

Newsletter articles are due the **third** Saturday of each month.