

# SOCIETY PAGES

The newsletter of  
Unity Intergroup  
Sharing experience, strength,  
and hope.

August 2004

(The opinions expressed are those of the writers and do not represent OA as a whole.)

## Step Eight

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

### A Thorough Job

This time, I would leave no stone unturned. This time I wasn't going to minimize or rationalize anything on my list. I now knew there was no way around this disease, no way around my defects, no way around my past. I no longer wanted to find out what I could get away with hanging on to - no food, no beverage, no prior harm done was worth jeopardizing my abstinence and serenity.

This most recent 8th step includes quite a few of the names that have cropped up in the many inventories I've done since 1989. The major thing that has changed this time around is that I finally, FINALLY became willing to make amends to them all. Seems I conveniently missed that last bit of step 8 in the past. I took what I liked and left the rest about step 8 and, let me tell you, I did not like that bit about making amends to them all. I worked my program in a half measures way, and so I received a half measures kind of recovery. Today, however, I believe I am experiencing the happy, joyous and free part of the

promises! This, my friends, is nothing short of a miracle. To feel joyous about making amends to every single person on my list is amazing. And I feel joyous because this is where my hope lies - God is doing for me what I could not do for myself.

The Big Book says, "we beg of you to be fearless and thorough from the very start" (p.58, Alcoholics Anonymous). Well, I was always full of fear and I balked at a lot of steps and parts of the steps. I wasn't ready. As my disease progressed, as my relapses became more frequent and more painful, I received the Gift of Desperation (a.k.a. G.O.D.). This gift has catapulted me to the point of dying to myself, dying to my old ways of hanging on, of trying to control, and of justifying and rationalizing.

The fact that I just the other day mailed a money order to my high school teacher from 22 years ago, paying restitution for the poster I stole from her in retaliation for being snubbed at an audition is a MIRACLE, a miracle. I didn't do that. God did it for me and I am so happy about it, I feel so free. I hated that woman. Today I feel love and compassion for her. What freedom there is in cleaning my side of the street. It is making room for love which is the very thing I have craved my whole entire life.

With love in program,  
Tara

## Farmington A Hit!

Thanks to everyone who helped make the Farmington Retreat a big success this year. The retreat was held at the beautiful Mt. Olivet Retreat Center from July 23-25, 2004. Retreat participants enjoyed a weekend filled with recovery, fellowship and relaxation. We had many different activities this year including a bonfire meeting (which lead to a spontaneous outbreak of joyous singing), a 4<sup>th</sup> Step workshop, a Food Plan Q&A Panel, and a yoga session. Many

people also took advantage of the wonderful retreat center facilities, which include five walking trails, a prayer maze, a pool, sauna, and whirlpool.

Six speakers shared their experience, strength and hope, basing their talks on quotes from the Big Book of Alcoholics Anonymous. Our speakers this year did an amazing job of proving that although we come from many different backgrounds and experiences, we can and do come together as sufferers of a common disease. More important, we have found a common solution in the 12 Steps of OA. We heard a strong message of hope: There is a way out for those who are willing to work this program.

Just as we do not recover alone, an event like this does not happen without a lot of help. Thanks to the dedicated service of our committee members and retreat participants, this year's retreat was a huge success.

The dates for next year's retreat have been set! The retreat will be held June 10-12, 2005. We still need a group or individual willing to chair next year's committee. If you are interested in this amazing service opportunity please contact Jason (952-942-2903) or Sarah L. (612-929-1211)

**OA Outreach:**  
**A Special Form of Service**

**Step 12 “Having had a spiritual awakening as the result of these steps we tried to carry the message to compulsive overeaters and to practice these principles in all our affairs”.**

**Step 12 is about service. This program encourages us “to give away what we have so generously been given. A life of sane and happy usefulness is what we are promised” by working the 12 steps. Service helps us to fulfill that promise. As our responsibility pledge states...”always to extend the heart and hand to others, for this I am responsible.”**

**Outreach is a form of service. Outreach to the compulsive overeater who still suffers is the basic purpose of our fellowship. Outreach may focus on newcomers, members who are no longer attending meetings, or health care professionals who work with, or come in contact with, compulsive overeaters.**

**Over the past few years, Unity Intergroup's Outreach Committee has sponsored several outreach events such as the Women's Expo in Minneapolis, the Women's Expo in St. Paul, the Gay Pride Festival, and the monthly Newcomer Orientation at the Minnetonka Community Center. Unity Intergroup's**

Outreach Committee will continue these events next year. A special thank you to Kristie M. for serving as our Unity Outreach Committee chair this past year.

We've also been discussing the addition of more outreach strategies to health care providers. If you have outreach ideas to share or would like to be a part of the Unity Intergroup Outreach Committee, please contact Anne M. at 763-473-3672.

If you are more inclined to do service at the group level, here are a few outreach ideas from fellow members:

- Greet newcomers at your meeting and provide them with a Newcomer packet and a 24-hour medallion.
- Call newcomers during the week following the OA meeting they attended to welcome them back.
- Call members from the phone list who are no longer attending the meeting.
- Donate used Lifeline magazines, general OA literature, an OA materials catalog, and/or OA meeting lists to offices of health care professionals (nutritionists, doctors,

therapists, clinic nurses, school counselors, etc).

- Organize an OA literature display at the local county fair (Unity Intergroup has a portable display billboard that can be loaned to Intergroup representatives.

Thank you for your service.  
Anne M., Unity Outreach Chair

*Dignity of Choice Pamphlet*

OA's World Service Business Conference has approved a new pamphlet called "Dignity of Choice." This pamphlet is a listing of numerous possible food plans members can review for their own use. The pamphlet was written and edited with input from many OA members and health professionals. The pamphlet was designed to give members ideas for possible food plans to follow, if they decide to follow a food plan. The pamphlet can be ordered along with other literature from:

OA World Service Office  
P.O. Box 44020  
Rio Rancho, New Mexico  
87174-4020

Intergroup Donations

**S.L. Park Wed pm...\$370.00**

Eden Prairie Sat am...\$260.00

Burnsville Thurs pm..\$60.00

**Sat a.m. St. Paul...\$600.00**

**Crystal babysitting..\$23.00**

**Rochester Meetings...\$192.20**

**Apple Valley Sat am...\$30.00**

**Mtka Monday pm....\$60.00**

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*Society Pages is available by  
subscription.*

*One year = \$6.00*

*Please print your name,  
address, and zip code, along  
with a check payable to Unity  
Intergroup (with Society Pages  
in the memo section) to:*

*Sheila Hyde  
311 First Street NE  
New Prague, MN 56071-1821*

Editor's Note: A special convention issue of Society Pages will be published in September, so the regular Society Pages will not be issued again until October. That month, we will feature Steps Nine and Ten, "Made direct amends to such people wherever possible, except when to do so would injure them or others," and "Continued to take inventory and when we were wrong, promptly admitted it." Send your submissions to [pmarsicano100@hotmail.com](mailto:pmarsicano100@hotmail.com). *Deadline is Friday, October 1st, 2004.* Please indicate how you want your submission signed. Unsigned submissions will be signed "Anonymous." Thank You!

To contact OA

Twin Cities: 612-377-1600

Toll Free: 888-540-1212

Unity: [www.overeaters.org](http://www.overeaters.org)

Region: [www.oaregion4.org](http://www.oaregion4.org)

World: [www.oa.org](http://www.oa.org)

*We have been rocketed into a  
fourth dimension of existence of  
which we had not even dreamed.*

*~Big Book, pg 25*