

SOCIETY PAGES

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

July 2004

STEP SEVEN

"Humbly asked Him to remove our shortcomings."

A new way to live

When I surrendered to the 12 step recovery program of OA, I agreed to work all of the steps. Doing a thorough moral inventory, being entirely ready to have my Higher Power remove my defects and then having to ask for the removal is an act of humility. I ask each day to be of love and service and with that comes a need to ask to have my difficulties removed. Step 7 is an action step that helps me face, rather than escape, my problems.

I am allowed to make mistakes and so are others. I am learning the difference between living in shame, thinking I am a problem...to...I made a mistake

and I have a system to correct the mistakes. As it states in the AA 12x12 "...where humility had formerly stood for a forced feeding on humble pie, it now begins to mean the nourishing ingredient which can give us serenity."

While in the food, I was running from my life, the pain and problems my addiction were causing. I used to avoid, run, deny, and lie about any shortcomings I had. But deep down, I believed I was a failure as a person, and kept eating to hide the difficulties and all the character defects I had. Deep down, my soul was dying. I didn't care about anyone or anything except where my next bite was coming from. I am lucky to not be in jail, homeless or jobless.

My pain was the key to a new life. I now have something to offer other compulsive overeaters - my story. Each day, I rely on my Higher Power more and rely on ego less. The tools and 12 steps are my way to lead a serene and service oriented life. When I get disturbed, I have steps 4-9 to help me get stabilized. I use a 10th step daily inventory to

help me not get too far off the mark and report the daily inventory each morning to my sponsor. I want to be in as fit spiritual condition as possible, which is the only guarantee I have to not slip.

Living life on life's terms has allowed a change in my attitude, to move out of myself toward others and the God of my understanding.

*In love and fellowship,
-Susan K.*

Godliness in Me

This program has been transforming. Following the suggestions of my sponsors and friends in OA, I take a daily inventory, which flushes out any fears, resentments, or unresolved issues, preferably as soon as they occur. When I complete my inventory before getting into bed, I sleep peacefully through the night and awake refreshed ready to greet the day.

Though I would prefer to fancy myself flawless, to match my expectations, the clarity of mind brought me by my clean abstinence makes me more aware and more honest than that. If during my inventory, I

find I am judgmental of anyone or any situation, I look at my level of acceptance. I forgive myself for my frailties and am able to accept others' too. I don't actually have to do anything; just awareness is helpful. All I need to do is say, "Oh, that's what that is." Then I am ready to do the next right thing. It is the way to live in the day.

With my sponsor in the morning, I pray that God will have all of me, the good and the bad; I accept the fact that I am human. While I used to be certain that if you saw my "warts" you would not like me, today it is in admitting those, and bringing them to the forefront, that I am able to be relieved of those traits I find most unacceptable, and see that within me as well as you there is a godliness and perfection we are meant to have.

Today I am grateful for the clarity of mind that my abstinence provides me to see and understand these things. Crystal clear. Now, what can I do to be of service to someone else today?

-Anonymous

Farmington Retreat is Near!
“Many Symptoms – One Solution”
July 23-25, 2004
Mount Olivet Retreat Center
7984 257th Street West
Farmington, MN 55024
952-469-2175

Speakers, small group sessions included
Contact:
Jason 952-942-2903
Sarah L. 612-929-1211

\$

Start Up Money for Groups!

The Unity Intergroup has allocated \$700.00 to help new meetings get started and to help groups in their first year with expenses! This money has been set aside for the new fiscal year (Jul '04-Jul '05), and comes from unspent funds from the previous budget.

Groups interested in the seed money are asked to present a proposal to Intergroup. If you're starting a new meeting and need a helping hand with that first rent, purchase of literature, medallions, etc. – you've got a place to come!

Other Money News:

Unity Intergroup has about \$9,800 for OA service for the coming fiscal year. Unity decided it would allocate that money in the following ways:

- Ø \$3,000 for outreach (\$2,200 of that for the newsletter)
- Ø \$2,500 to send representatives to the Region IV Assembly and World Service Business Conference.
- Ø \$1,425 for rent, PO box, telephone, web site
- Ø \$310 for meeting minutes
- Ø \$150 for office supplies and miscellaneous costs
- Ø \$300 for World Service and Region IV donations

Intergroup also voted to send \$2,200 in unspent money from last year's budget to World Service and Region IV, in addition to the regular budgeted donation (for a total of \$2,500 to be donated in the coming year).

Thanks to Sharon R., Unity Treasurer, for her diligent and detailed work on the budget!

*OA Carries the Message at
Pride!*

Overeaters Anonymous carried served its primary purpose during the last weekend of June at the Twin Cities Gay Pride celebration in Minneapolis – by carrying the message of recovery to those who still suffer.

The OA Unity Intergroup sponsored an outreach booth at pride during both days of the event – *more than 200 people* came up to our table asking for information, taking literature, and being introduced to the idea that recovery from compulsive overeating is possible.

Great job Pride committee!

Group Donations

- q Fri Minnetonka..\$48
- q Sun Hopkins...\$300
- q Wed Crystal...\$25
- q Sat Golden Valley.\$60

QUESTION:

What has national speakers, entertainment, fellowship, recovery, and some of the best fun OA produces every year?

ANSWER:

The Minnesota OA State Convention!!

Theme: “There is a Solution”

November 5, 6, 7, 2004
Mpls North Hilton

Registration:

Barb N: 763-434-7260

Partial Scholarships:

Etta 763-560-3493

To Volunteer:

Eileen 651-688-9373

Sheryl 651-786-0461

Big Book Study Weekend

Aug. 13th, 14th, 15th

*Audubon Center of The North
Woods, Sandstone, Minnesota*

\$120.00 by July 15th

\$130.00 after July 15th

Registration Deadline: Aug. 10th

*Led by a recovered OA from
Canada*

For more information:

Wanda B. 218-724-1726

Becky N. bnorlien@lakenet.com

Step 7 – Humility in Action

Humble, according to Webster is defined as: *Marked by meekness or modesty in behavior, attitude, or spirit; not arrogant or prideful.*

Being a compulsive overeater, I realize that pride was one of the main factors that kept me going back to the food over and over and over. I knew it all and could do it all for myself and by myself. I also know God but never thought to trouble Him with such insignificant details of my life. I have worked 101 diets but asking for true help would be considered weak. After all, I learned early that these are things I am expected to know how to handle on my own.

Humility is considered weak in today's society. It is not popular to be humble. After all we are all in a rat race to out do the next person. Have more than, be more than and unfortunately, in my case ate more than. No matter how much more I tried to obtain or digest, it was still not enough. There were times when I actually got angry that I did not have more room to fill the still empty pit in my belly. How could I be full already? I am not satisfied yet.

After discovering this program I realized that only God could do the work in me that needed to be done.

Yes, I am a Christian but food was my god and that's what I worshiped every chance I could. It was time to reconcile with my Creator. It was time to invite Him to orchestrate my life. I had made a mess of it doing things I thought I should do. I humbly asked God to remove my false pride, self centeredness, my self reliance, my dishonesty, my need to please others, my sense of importance, my obsession with food, and my false gods.

I realized that I could not be too intelligent to ask the God I serve for His guidance. I needed Him to remove all the superficial *stuff* and fill me with His genuine power, love, wisdom and will. Then I was able to experience true fulfillment, true satisfaction and true honesty in life. I've been a spoiled brat. I've been stubborn, selfish, and greedy. This was a harsh reality. If I wanted God to clean me up, I would have to face the mess that I had made of my life. But that's not all. I also need Him to direct me and grant me the willingness to do this over and over again, day after day, *one day at a time.*

I thank God for granting me the precious gift of a new perspective. Each day that I commit my food and writing to my sponsor, I am willingly humbling myself to a greater power than my self will. I

ask God to help me to serve and not look to be served, to love and not look for loving. I ask that His will, not mine, be done in my life. I humbly ask God to remove fear and replace it with kindness, gentleness, and forgiveness. I ask Him to help me to have realistic expectations of others and myself. I humbly ask Him to give the opportunity and the boldness to share of His power, His love and His wisdom with someone who's still suffering.

~Anonymous

Society Pages is now available by subscription for individuals outside the Unity Intergroup region.

One year subscription = \$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
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Each month, *Society Pages* features a step. In August, we will feature Step Eight, "Made a list of all persons we had harmed and became willing to make amends to them all." Send your submissions to pmarsicano100@hotmail.com. Deadline is Friday, Aug 6th, 2004.

Editor's note: Please indicate how you want to sign your submission. Unsigned submissions will be signed "Anonymous."

To contact OA
Twin Cities: 612-377-1600
Toll Free: 888-540-1212
Unity: www overeaters.org
Region: www.oaregion4.org
World: www.oa.org

~The most satisfactory years of your existence lie ahead.
Big Book, pg 152