

Society Pages

**The Newsletter of Unity
Intergroup**

**Sharing experience, strength,
and hope**

November 2004

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

Convention 2004 A Smash!!!!

A message of recovery was most definitely carried at our OA State Convention this year!

Convention 2004 was attended by 401 people, one of the largest convention attendance numbers we've had in years! Most of the compulsive overeaters in attendance were from Minnesota but we also had people from twelve other states: California, Florida, Iowa, Kansas, Maryland, Michigan, Missouri, North Carolina, North Dakota, South Dakota, Virginia, and Wisconsin. We also had someone come from Canada!

It was a wonderful recovery event with step workshops and people sharing their personal stories of

being transformed from active food addiction to recovery, one day at a time, into a new life.

The convention was complete with eye-catching Broadway-themed decorations and a Broadway-themed performance Saturday night of music and sketch comedy which portrayed themes of recovering from compulsive overeating – and the show brought a standing ovation!

The energy was nonstop, with everyone from newcomers to old timers confirming our common problem and, most importantly, our common solution.

The Spirit of Service

The convention volunteer committee was overwhelmed with the wonderful response of OA members from across the state and other states such as Michigan and Iowa. We needed about 125 volunteers and had many more than we needed. It was amazing. The Spirit of Service is alive and well in OA. It was a privilege to speak with so many OA members who were excited and willing to be of assistance in any way that help was needed throughout the convention.

In the Big Book on page xxv, Dr. Silkworth says “The unselfishness of these men as we have come to know them, the entire absence of

profit motive, and their community spirit is indeed inspiring...”

It was indeed inspiring to be a part of over 200 people who worked on this convention. Thank You.

Eileen and Sheryl

A True Team Effort

As the OA Preamble states, “Our primary purpose is to abstain from compulsive overeating and carry this message of recovery to those who still suffer.” Thank you to the 35 speakers who offered so much of themselves to carry the message at the convention this year!

Thank you especially to the Program Committee. These committee members put in countless of hours of behind the scenes work to bring in two great national speakers and organize all of the local speakers. The convention was also blessed with people who worked very hard to design the convention program and make it look beautiful.

Thanks also to *all* the committees for working together so well to make the convention the smashing success that it was.

In love and service,

Kristie

Program Committee Chair

Powerful and Peaceful

The Big Book, on Page 17 says, “We are average Americans. All sections of this country and many of its occupations are represented, as well as many political, economic, social and religious backgrounds. We are people who would normally not mix. But their exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful.”

As I pack up my suitcase and clean out my hotel room, I have a deep sense of peace. It was a powerful weekend. I am so glad I was a part of it. What I’ll remember most is the warmth and friendliness of the convention participants. Whether I was in the elevator, the hall, or sitting listening to the speakers, the friendliness of those around me was heartening.

We do indeed share a common bond because we have faced a common peril. A heartless disease that has taken so much from us. But this weekend we celebrated that there is a

solution. And it was indeed a celebration. ~Anonymous

relieve my internal pain. There is a solution and I am not alone.
~Anonymous

A Very Different Year

Last year during this convention I sat at home with a head full of OA and a belly full of food. I was sad and miserable. This year's experience is so different. Now I am on the path to recovery, now I have a solution. Now I am not alone. Last year I was isolated and alone at home. This year I am in a room with 400-plus people and only in my head am I alone. I have fellow sufferers who understand me. The biggest differences between last year and this year is my level of hope and freedom from the food. To be such a part of something is incredible. To be on the path to find out what my Higher Power has in store for me is so exciting. Now I look forward to seeing the days come and my every thought is not about ending my days.

What I've learned is that if you are alone in your head, go to a meeting. Keep going until you are willing to take the next step of recovery. The cure does not come unless you take action. Recovery comes when you're willing to surrender and change, and it does not come overnight.

And, finally, I have learned that overeating and the food is not my problem, but that I must take action to quiet my head and to

An Event that Made an Imprint

I attended the Convention 2004 and what an incredible experience it was. The speakers were amazing, and the entertainment was so great. There are so many behind the scenes people who make something like this happen. This event was truly our fellowship in action because all of these people gave service in big and small ways. Thank you everyone who put so much work into this year's event. Thank you for your service – thank you for your abstinence.

-Robin B.

January Elections

The Unity Intergroup will be holding its yearly elections on January 8, 2005. Voting will take place for the following: Chair, Vice Chair, Secretary, and Treasurer.

Come make your voice heard at this important event. Unity affiliated groups are encouraged to

send up to two voting representatives to the meeting.

Saturday, January 8, 2005
12:30 p.m.
Parkdale Plaza West
1660 Building
(one block east of Northwest
Tennis Club)

Also open are the following positions:

Newsletter Editor
(Compiles and edits items for newsletter)

Intergroup Registrar
(Maintains registry of OA groups within Unity Intergroup region)

Newsletter Print Coordinator
(Coordinates the printing of the newsletter)

For more information on these positions, contact your Intergroup representative.

STEP ELEVEN

“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.”

“But we recoiled from meditation and prayer as obstinately as the scientist who refused to perform a

certain experiment lest his prove his pet theory wrong.” (AA 12x12 pg. 97)

Obstinate? Yes, I am. I came to these rooms quite the example of self-will run amok. But I also came desperate, willing to do whatever I was told, hoping against hope that the recovery I saw in these rooms could be mine as well. I was told to surrender and to take up the spiritual program laid before me.

I struggled to devise a concept of a higher power. I knew that if I was going to recover, I was going to have to believe that I could be restored to sanity and I was going to have to turn my will and life over to the care of this higher power. With awkwardness and a fear of seeming foolishness, I asked this higher power to deliver me from this merciless obsession. I put down the food. The cravings stopped within days and the obsession has been removed. I was told to move forward and work steps 4 through 9. I did so and the obsession continued to be removed on a daily basis.

And now I am being asked to develop a daily practice of prayer and meditation in which I seek to improve my conscious contact with this higher power and ask for the knowledge and power to carry out his/her will. This is a whole new level of challenge. It assumes that I will sit still. “Conscious contact”

assumes that I have a concept of a higher power that allows me to communicate directly. After years of externalizing my life, I am now asked to go within. My extrovert rebels, claiming that this whole process is antithetical to my personality.

But all the rebellion I can muster does not diminish my responsibility. I have been delivered from a deadly disease. My reprieve is based on a fit spiritual condition. Step 11 provides a clear path to that fit spiritual condition. I trust that my skill in working this step will grow, just as my skills around working the tools and other steps of this program have grown. For right now, my job is to engage the discipline of sitting (or sometimes kneeling) for an uninterrupted period. When I first began, five minutes seemed like an eternity. Now I can handle ten. The payback is astonishing: I experience serenity, a sense of purpose, and a clear sense of my place in the universe.

“Perhaps one of the greatest rewards of meditation and prayer is the sense of belonging that comes to us. We no longer live in a completely hostile world. We are no longer lost and frightened and purposeless. The moment we catch even a glimpse of God’s will, the moment we begin to see truth, justice, and love as the real and

eternal things in life, we are no longer deeply disturbed by all the seeming evidence to the contrary that surrounds us in purely human affairs. We know that God lovingly watches over us.” (AA 12x12 p. 105).

-Anonymous

UNITY IG CONTRIBUTIONS FOR OCTOBER

Sat. Apple Valley	\$30.00
Wed/Sat Rochester	25.70
Mon. night Lynnhurst	64.00
Sun PM OA/HOW	195.00
Mon. Minnetonka (disbanded)	140.15
Wed. PM Col. Heights	39.00
Mon. AM Minnehaha	26.00
Sat. Circle Pines OA/HOW	55.00
Wed PM OA/HOW	120.00

Thank you for your contributions!!

NOON HOUR MEETING?

Do you work in downtown Minneapolis and wish that OA had a meeting you could attend on your lunch hour? I am thinking of starting up a noon meeting on Tuesdays to make up for the lack of any Tuesday meetings in the metro area, (Burnsville is the closest.) But, before doing so, I want to find out how many people would be committed to coming.

If this is something you would be interested in, please call Caryn at (952) 476-2472. Thank you!

311 First Street NE
New Prague, MN 56071-1821

“If you persist, remarkable things will happen.” Big Book, pg. 100

In December Society Pages will feature Step 12, *“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”* Send your submission to pmarsicano100@hotmail.com. **Deadline is Wed., Dec. 1, 2004.**

Editors note: Please indicate how you want to sign your submission. Unsigned submissions will be signed “Anonymous.”

Society Pages is now available by subscription for individuals outside of 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