

Society Pages

The Newsletter of Unity Intergroup

Sharing experience, strength, and hope

October 2004

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

CONVENTION ALMOST HERE!

“There is a Solution”

**November 5, 6, 7 2004
Minneapolis Hilton North
2200 Freeway Boulevard
Minneapolis, MN 55430
763-566-8000**

**Mail in registration deadline is
October 15th.**

**You can get a registration form
via email from Barb N.
barbjnyhammer@usfamily.net
or call Barb at 763-434-7260**

**You can also register at the
door.**

\$40.00/registrant

CORRECTION!!

Those looking for the OA convention discount at the Hilton Hotel must call the hotel's local number (763-566-8000) in order to receive the OA room discount. DO NOT CALL THE 800 NUMBER! Due to circumstances outside of OA's control, the LOCAL number must be called in order to receive the discount.

Two National Speakers

We will hear from a woman from Maryland with a history of bulimia, anorexia, and compulsive overeating. Using food to cope with life got her to the point of wanting to die. In a desperate attempt to get help, she came to her first Overeaters Anonymous meeting in March of 1983. As a critical level food addict, she became willing to go to any lengths to recover. Today, using what she believes to be the winning combination of God, the 12 Steps, and action, she has been blessed with 16 years of back-to-back abstinence, working it one day at a time. She has been maintaining a healthy weight for 16 years, which is about 40 pounds up from her low weight and about

50 pounds down from her high weight.

We will also hear the story of a man from California who has been abstaining from sugar, wheat, and bingeing for 25 years. He first came to Overeaters Anonymous in 1973 and lost 125 pounds in 5 months. As a result of not working the 12 Steps to get to the root of his overeating, he relapsed and gained back 75 pounds. He came back to OA in 1978, has been abstinent since January 6, 1979, and is maintaining a weight loss of over 100 pounds. He is active in recovery by working the 12 Steps, sponsoring, speaking, leading retreats, and giving service at both the meeting and intergroup levels.

Entertainment

The convention will also feature a Broadway-themed performance on Saturday night, promising to be full of recovery-oriented fun!

The state OA convention is one of the highlights of the year for our fellowship. There, we get to see and hear how recovery is possible, one day at a time. See you there!!

Minneapolis to host Region IV
Convention

We are proud to announce that Minneapolis will host the 2006 Region IV Convention. (This is a recovery event, not a business conference.)

Region IV represents several Midwestern states and a part of Canada.

We look forward to hosting this large recovery happening!

BIG BOOK STUDY A HIT

On August 13th-15th, 50 people attended the Big Book Study hosted by Northern Serenity Intergroup at The Audubon Center of the North in Sandstone, Minnesota.

A recovered compulsive overeater from Winnipeg, Canada guided the group through the Big Book's first 164 pages, which describe the disease of compulsive overeating and how to apply the Big Book's instructions to recover from compulsive overeating. His discussion included the history of the writing of the book, and numerous AA resources and contributors to this program of recovery.

For many of us, this was the first time such a clear message of recovery was heard. As compulsive overeaters it is sometimes difficult to overlook the words 'alcohol,' 'allergy of the

body,' and 'obsession of the mind,' and how our disease is the same as alcoholism (different symptoms, same disease). Clearly we have an extremely serious illness that requires a serious solution. We were given directions in an outline of the first 159 pages, forms to do a 4th step inventory using the Big Book method, and instructed that remaining steps, when applied, will give us the gift of recovery and freedom from our food obsession.

Step Nine

“Made direct amends to such people wherever possible except when to do so would injure them or others”

For me the biggest hindrances to Step 9 were pride and ego, and underneath that was fear; fear of looking bad, fear of embarrassment, fear of ridicule, fear of rejection, fear of looking like a fool, fear of giving someone I dislike or disrespect the “upper hand” – fear, fear, and more fear. I have been in 12 Step programs for years – struggling to find peace and serenity. I would switch addictions instead of work the program of recovery found in the Big Book. I did the easy amends and the not so easy amends, the ones that did not cost me too much, but I hung on to a few “no way in hells.’ I was always going to get around to them – when I was ready. I was never ready. I had excuses and reasons, forgetting the principle that we make amends because we owe them and need to do them immediately unless they would injure them or others. When I finally became ready in desperation and hopelessness to surrender the food, I realized that in order to stay free of my food addiction I would have to be fearless and thorough and complete my amends list. I had to get honest about my resistance. I prayed for willingness and humility. I worked with

my sponsor to be free of self- seeking motives and agendas, and I made these last painful amends. I proved to myself one more time that my fear of something is far greater than the thing itself.

I am free of my past. It no longer torments me with guilt, shame, or remorse – just like the Big Book promises. My past is just my past. I can now use my story to help others. I can show them a way out, just like someone showed me. ~Anonymous

Step Ten

“Continued to take personal inventory and when we were wrong, promptly admitted it”

The word “continued” sticks out for me when I reflect on Step 10. This indicates to me that the inventory process has begun to take place in prior steps, especially in Step 5. I take a disciplined approach to working Step 10. Every night I answer the questions on page 86 in the AA Big Book. When I do this, I am careful to make sure I leave nothing out when answering these questions. All the questions on page 86 are critical for me to answer daily but the one that sticks out for me is question #3 - is there something we have kept to ourselves that should be discussed with another person at once? I am sick as the secrets I keep, and it is critical for me to make sure every night I am not keeping something to myself that could lead me back into my character defects and eventually back into the food.

Sometimes when answering these questions, I find that making an amend is appropriate, or returning to Step 4 and writing about a resentment I might have

towards someone or something. I might be having a fear that I am harboring. Working Step 10 allows me to have a channel in which to release these things that in the past would often take me into a downhill spiral of depression, overeating, and self centered fear for weeks or even months at a time. There is a solution today to any fear, resentment or problem I may have. I have to do the footwork towards the solution and my higher power leads me to the next right thing or action. I am so grateful to be living in the solution today. ~Sue WE

Women's Expo

Mark your calendars for the next outreach event: The Women's Expo on January 14th, 15th, and 16th 2005 in St. Paul! This is one of the three main outreach endeavors Unity takes on each year. We need lots of volunteers to staff the booth to give out information and answer questions. Details in upcoming issues.

OA Outreach is Vital

Step 12 says, "Having had a spiritual awakening as the result of these steps, we tried to carry this 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 to fulfill that promise." As our responsibility pledge states 'always to extend the heart and hand to others who share my compulsion, 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 might focus on newcomers, members who are no longer attending meetings, or health care professionals who work with, or come in contact with, compulsive overeaters.

Priorities for Unity Intergroup's Outreach Committee include doing outreach to health care professionals and to newcomers through the monthly newcomer orientation meeting in Minnetonka. If you have outreach ideas to share or would like to provide service for an outreach project, please contact Anne Mc. at 763-473-3672.

Editor's Note:

In November, Society Pages will feature 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." Please send your contributions to pmarsicano100@hotmail.com by Wednesday, November 3.

Editor Position Open

In January 2005, Society Pages will need a new editor. If you are interested, please consider this fabulous service opportunity! The editor is responsible for compiling and editing submissions to the newsletter, working with the printing coordinator (also an OA member), and attending Unity Intergroup meetings. Please contact your Intergroup rep or Patty M. at 612-377-4502 for more information.

Group Contributions
(Aug/Sept)

Mon Lynhurst...\$120.00
Sat Mac Plymouth..\$264.00
Tues pm Shoreview..\$120.00
Mon, Wed La Crosse..\$75.00
Wed OA/HOW....\$280.00
Sat am Mpls...\$89.60
Sat am Golden Valley..\$60.00
Highland Park OA...\$120.00

Wed Good Shephard...\$68.96
Tues 7th Tradition Eagan..\$96.00
Sat OA/HOW....\$80.00
Fri OA/HOW...\$140.00
Sat Roseville...\$60.00

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
311 First Street NE
New Prague, MN 56071-1821

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