

Society Pages

The
Newsletter of
Unity Intergroup April 2005

There Is A Solution

News from Unity Intergroup

Thank you to those who volunteered to audit the books, we are grateful that we now have someone to do this. We are looking for members to be part of a new Public Information committee. If you are interested, please call Sharon R.S. 763-544-5955

For personal reasons, Randy F. is not able to continue as our Region IV representative or Region IV 2006 convention chair. Sue B. was elected to take his place in these two roles. The Region IV 2006 convention will be held in Minneapolis. Randy F. will continue as our World Service representative. Thank you Randy F. and Sue B. for your service.

A point of discussion at the March Intergroup meeting was how to proceed with the printing of the Society Pages newsletter. The Intergroup owns a printer which in the past has been used to print the 750 paper copies of the newsletter. This is a very time consuming job, and the Intergroup discussed alternate methods of printing and distributing the newsletter. Group representatives were asked to present the question to their groups; would you prefer to receive the newsletter by e-mail, to print yourself, or to receive the paper copy of the newsletter, as in the past? For the present time, the printer will be used to print 750 copies.

Becky 612-721-7445 has agreed to lead a group of volunteers that will do this service monthly, unless groups vote to change this procedure. Becky needs people to help. If you would like to volunteer, please call Kathy C. at 952-925-6162. Thank you Barbara S. for providing the following clarification on the purpose for

Robert's Rules which are used by the Unity Intergroup to conduct its' meetings.

Purpose of Robert's Rules:

1. To give the group tools to get decisions made.
2. To train us all to think ahead about motions and actions we want to take, which we can then write out and submit, to be added to the agenda ahead of time.
3. To give all a chance to express ideas that would help to move the motions forward.
4. As OA majority rule is not the last word, a Higher Power as expressed in our group conscience can lead us to helpful actions. The 12th concept states that we try to make decisions with consensus when possible.
5. To teach us all respect for one another and each others' time.

Letter from the Chairperson

I am so grateful to be a part of Unity Intergroup and the valuable role it serves. Our primary purpose is to aid in recovery those who still suffer from compulsive overeating as well as to serve and represent our affiliated OA groups. To this end, we provide outreach work; our newsletter the Society Pages; our annual convention; our phone system; our newcomers meetings; our two retreats; and are hoping to do even more to build strong individual recovery and a vital unified OA community. The Intergroup representatives who attend our monthly meetings participate in our decision-making process and help guide our

community. I appreciate their work and contributions.

Please remember that every OA meeting affiliated with Unity Intergroup is entitled to two representatives and I encourage you to make sure that you are fully represented at our meeting.

Over the next year I hope we can do even more to reach out to the still suffering compulsive overeater. I would like us to deepen our connections to OA World Service. The World Service, headquartered in Albuquerque, N.M. has many resources to help us and we need to take advantage of that. We in the Twin Cities are also part of Region IV and they also have important resources. We need more involvement in that area as well. In 2006, probably sometime in June, our Intergroup will be hosting the Region IV conference, that will bring in OA members from across the midwest. This will provide us more opportunities to learn and provide service, so essential for our continued recovery.

Yours in Recovery, Sharon R.S.

Outreach

- Teenage Outreach - members of the committee are currently working on ways to best meet the needs of teenage compulsive overeaters in the area. If you are interested in helping out with this, please call Ann MC 763-473-3672
- The Outreach committee has put a lot of work into assembling information packets and sending them to health care professionals in the Twin Cities area. They are now considering sending the packets to clergy of all denominations in the area.
- The next community Outreach project is the Gay Pride Festival, June 25-26, 2005. Unity Intergroup will have a booth at the festival and OA volunteers will be at the booth to talk to people interested in Overeaters Anonymous.

Unity Sponsored Events

Unity Intergroup is sponsoring two retreats.

Step Into the Solution -still has open registration! Give yourself a weekend to focus on the steps of recovery at this popular retreat site. Please use the

registration form on the Unity website, www.overeaters.org. The planning committee is looking for donated raffle items for the retreat. If you would like to donate something, please call Jason. Dates are April 8-10, 2005; Location is Christ the King Retreat Center, Buffalo, MN. You may contact Laura D. 763-535-4865 or Jason R. 952-942-2903 for information.

A New Beginning Summer Retreat

Join us on June 24, 25 and 26 at Villa Maria Retreat Center in Frontenac, MN near Red Wing on Hwy 61. This beautiful center offers us a chance to come together for retreat time, fellowship, abstinent meals, exercise in an indoor pool, and singing around the campfire. \$117 for a shared room or \$142.50 for a private room if you reserve by May 24. Call Judy M with any questions about the retreat, at 763-473-4920. Come and join us!

Group Contributions March 2005

Meeting Day, Time & Location	Contribution Amount
Thursday HOW-Burnsville	150.00
Saturday 9am-Eden Prairie Delegate Fund	126.67
OA Unity-Golden Valley	60.00
Saturday HOW-Circle Pines Delegate Fund	106.20
Thursday 1pm-Mt Olivet	50.00
Newcomers Group Delegate Fund	176.55

Thank you to all groups for your support of Unity Intergroup. Thanks also to groups that have donated to the special delegate fund. To date, \$1084.42 has been contributed.

Subscriptions

Society Pages is available by subscription for individuals outside the Unity Intergroup region. The cost is \$6.00 for one year. It is also available at no cost on the website www.overeaters.org. For a subscription, please send your name, address and zip code, along with a check

made payable to Unity Intergroup (with Society Pages in the memo section) to: Sheila Hyde, 311 First Street NE, New Prague, MN 56071-1821

Intergroup Board

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The next Intergroup meeting will be on May 14, 2005 at 12:30, at 1660 Parkdale Dr., St Louis Park, MN. Every group can send two voting representatives to the meeting, but all are welcome to attend. Please join us!

Step Four – Made a searching and fearless moral inventory of ourselves.

In its' place goes new bedrock.

“That the faulty foundation of his life will have to be torn out and built anew on bedrock” (AA 12X12 pg 50)

This passage reminds me of the line I've heard in the program, “What needs to change? Oh, just everything.” At first this seemed too radical to be really serious, really true. Surely not everything needs to change.

But this passage captures the radical, from the bottom up, change that recovery requires. The foundation on which I built my entire life needs to be torn out, a painful process, when it's my self, my ego, my ambition, my self-centered orientation to life, my way of seeing the world and moving in it, my very identity, my impulsive and erratic emotional makeup, my twisted thinking, all this has to go, to be torn out. So just

what is left of me when all that is torn out? Virtually nothing of consequence. It's the whole foundation from which I've done my life for decades. And it has to go if I'm to have a chance of recovering. In its' place goes new bedrock, known for its' solidness, it's unshakeability. These are the steps, the unfailing steps I must take daily to receive anew life, and the spiritual principles on which our way of life is based, and the tools. This together is the bedrock which will always be strong enough to support my weight, to hold me up when all else may seem like shifting sand.

VVS, Minneapolis

Personal Stories

Developing the pause

“When we speak hastily or rashly, the ability to be fair minded and tolerant evaporates on the spot.”
AA 12X12 pg 91

One of the greatest gifts I've gotten from this OA program is the recognition of the need to go slow, to exercise the *pause*. I didn't even recognize it as an option in the past. I felt that I was totally at the mercy of my emotions, that they could carry me away, and I had very little control over what came out of my mouth when I was emotional. I worked pretty hard at keeping my emotions under wrap, so when they did overcome me I had no experience dealing with them in a rational adult manner. I was just swept away, and then left to deal with the repercussions. I'd be so shocked at what I'd said when I regained my tight control over myself. I'd look back at what I'd done and said in the heat of passion, and be so embarrassed and ashamed. The damage would be done, I had no idea how to undo it, so I'd end up pulling away from the person. Just kind of going under ground and hiding out till they lost interest in me as a friend.

Now what's different is that I don't need to have that tight control over myself anymore. I feel my emotions appropriately and express them as they surface. They wash over me and leave me standing. Emotions do not kill! I didn't know this! When an intense emotional interaction comes up, I don't blow like I used to, I'm able to draw back and be as objective as possible. What happens now in those circumstances, is that I'm able to say "That's interesting, let me get back to you" instead of responding in the heat of the moment. Then I have the time to take the issue to my support network in OA, where I can get grounded and dialogue about possible responses on my part. It works!

Anonymous

Away from self-absorption

"We are problem people who have found a way up and out and who wish to share our knowledge of that way with all who can us it." (AA 12X12 pg 125)

Problem people, that is true for me. One direction that this program takes me is away from self-absorption and toward action. Plan of action – those three words have helped me so much. The adage, "Fail to plan, plan to fail" helps. Plans regarding the day, plans regarding my food plan. Plan of action takes me away from worry, remorse, and morbid reflection.

Last night, one of my kids woke me up at 4:30 because he was having a nightmare. After I settled him, I couldn't get back to sleep myself. I think I was awake for over an hour and fell back to sleep minutes before my alarm rang. What was new was this: I even had a plan of action when it came to not sleeping, but worrying instead. Worries in the night are never productive. This time, I just prayed to have my Higher Power surround me with strength and to let me rest, since it was resting, not "doing" time. My plan of action as an antidote to worry was deep breathing. The prayer and breathing worked. Without this program, I would have just worried. This is one example of getting up and out of the confinement of problems, thanks to the 12 Steps. My Higher Power is doing for me what I could never do for myself.

Anonymous

The May Society Pages features Step Five, "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs." If you would like to contribute to the newsletter, please send your reflections on the step, or a personal story to rboe@mn.rr.com. Deadline for submission of articles is Thursday, May 5.

"unless he is now willing to work hard at the elimination of the worst of these defects, both sobriety and peace of mind will still elude him." *Twelve Steps and Twelve Traditions-pg50*