

# Society Pages

The  
Newsletter of  
Unity Intergroup December 2005

## Carrying the Message

### News from Unity Intergroup

On January 14 we will be electing Unity Intergroup board members for 2006. The positions of chair, vice chair, secretary, and treasurer will be elected. Qualifications for these positions include 6 months of current abstinence, at least 3 months as an intergroup representative, minimum of 1 year in an affiliated OA group and working of the 12 steps, and familiarity with the 12 traditions and 12 concepts of OA which are read at every intergroup meeting. Other positions are newsletter editor and outreach committee chair.

### 2005 Minnesota OA Convention A Special Time for Sharing, Peace and Recovery

After a year of planning, the 2005 MN State Convention took place in November. It was an amazing weekend. The fellowship came together to share, listen and learn. Newcomers were welcomed and introduced to the miracles of the program. There were 406 people in attendance, all performing service, just by attending. Some of those folks volunteered by speaking, greeting, hosting, and serving as ambassadors or committee members. There were many other service positions that were filled throughout the two and half days. All volunteers made this conference happen! It would have not been possible without their dedication to spreading the message of recovery. Traditionally, the etiquette is to thank all those who volunteered, and on behalf of everyone, I do. However, **everyone** should be thanked, volunteers at all levels and all the people that attended.

The keynote speakers shared their personal stories and provided a sense of hope while yet reminding us of the realities of daily living and the blessings we have with the tools of recovery, if we choose to practice them, daily. Each keynote shared freely and unconditionally, in her own delivery style. We are grateful to them for all that they gave of themselves for the sake of those still suffering!

The atmosphere of the convention was calm and filled with love and peace. The first evening I was trying to sense what I was feeling and when I stepped back from the moment I realized there was peace and love amongst the fellowship. This atmosphere continued throughout the duration of the convention. It was an incredible experience.

The wrap-up meeting will be held on December 17<sup>th</sup> and at that time the 2006 MN OA State Convention chair, Ann D. and vice chair Barb B. will join us to hear the discussion. This will provide continuity for the 2006 planning process.

If you have not had the opportunity to attend a state convention or volunteer in some capacity, the service is a great experience. Don't hesitate to do so.

As we bring the 2005 convention to a close, I wish you all continued recovery and would like to share my gratitude with each of you!

In love and service, Barb TW, Chair, 2005 MN OA State Convention

## Group Contributions November 2005

Meeting Day, Time & Location	Contribution Amount
Monday 7pm-Highland Park	197.02
Tuesday am-Roseville St Christopher's	60.00
Wednesday 1:30 pm-Crystal	94.00
Thursday pm-Burnsville OA/HOW	180.00
Friday noon -Minnetonka	90.00
Saturday am-St Paul Mac/Plymouth	180.00
Sunday 7:00 pm-St Louis Park OA/HOW	165.60
Eden Prairie OA	200.70
Newsletter contribution	18.00

Thank you for your contributions!

### Event Announcements

- **Buffalo Retreat - March 31/April 2**

MARK YOUR CALENDARS for the annual Buffalo Retreat to be held at the beautiful King's House in Buffalo, MN Friday, March 31- Sunday, April 2. Registration forms will be available at your meetings by mid-December. Come and enjoy the nurturing fellowship, and hear the experience, strength and hope of recovery shared in a lovely, peaceful setting.

- **The Region 4 convention**

SAVE THE DATE: June 23, 24 & 25, 2006 so you can hear the message and carry the message that... **"THERE IS A SOLUTION, TOGETHER WE CAN!!!"**

The Region 4 convention is being held on June 23, 24 and 25 at the Holiday Select Hotel in Bloomington, MN. (494 and 34<sup>th</sup> Ave. S). The hotel is right across from the Minneapolis Airport and the Mall of America and is right off of the 35W Interstate Highway.

The theme for the convention is "There is a Solution, Together we Can" The convention

will feature 20-25 keynote and workshop speakers from all around Region 4. Region 4 is made up of 24 Intergroups from 8 states and Canada. They will tell us how they recovered and how they work their program today. There will be literature available, a dance and entertainment.

Don't miss this wonderful opportunity to enhance your recovery and/or share your recovery with other compulsive overeaters. Mark these dates on your calendar and start planning your trip today. Bring an OA friend along, invite a newcomer to be your roommate, get a carload to come from your local group... together we can recover!!! Your Intergroup Representative will be bringing registration forms to your local meeting. Sign up now!

- **Happy 46<sup>th</sup> Birthday OA**

Our Invitation to You Please Join Us in a Double Celebration

For – OA's 46<sup>th</sup> Birthday - and Golden Valley groups 20<sup>th</sup> Anniversary

Date – Sat. January 28, 2006

Time – Regular Meeting 10a.m. – 11a.m. – Celebration 11a.m. – 12 p.m.?

Place – Unity Christ Church – 4000 Golden Valley Road

Come to our party and celebrate!

We will have speakers, door prizes and lots of good fellowship – followed by a Candlelight Gratitude with passing of the candle and each person sharing their personal gratitude. Join us for our regular meeting or just the celebration.

A continuation of the celebration will follow at Byerlys (located about one mile from our meeting) for an abstinent lunch and more good fellowship. All are welcome.

For more information or directions

Contacts: Michelle S. (763) 772-5630, Etta W. (763) 560-3493, Bernie R. (763) 712-8051

- **Services and Traditions workshop**

### **February 4**

The region 4 representative is coming for a services and traditions workshop on February 4. All those interested in contributing to OA in the Twin Cities please plan on attending. Join us at the Unity Intergroup meeting location: 1660 Parkdale Dr, St Louis Park. Call Stephanie 651-298-1423 or Becky 612-721-7445 for more information

### **Receiving the newsletter at home**

Society Pages is now available via the Internet or e-mail. Go to [www.overeaters.org](http://www.overeaters.org) to download a copy of current or past newsletters. To have Society Pages sent directly to you, send your email address and request for direct mailing to Sarah L. [cricket@alumni.lyon.edu](mailto:cricket@alumni.lyon.edu) Society Pages in hard copy is also available by subscription for individuals outside the Unity Intergroup region. The cost is \$6.00 for one year. 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**

Sharon R.S., Chair 763-544-5955  
[ssund@skypoint.com](mailto:ssund@skypoint.com)

Sarah L., Vice-Chair 612-929-1211  
[cricket@alumni.lyon.edu](mailto:cricket@alumni.lyon.edu)

Maggie Rose M., Treasurer 612-382-5257  
[maggie\\_muldoon@mac.com](mailto:maggie_muldoon@mac.com)

Judy M., Secretary 763-473-4920  
[dobedoberjudy@soncom.com](mailto:dobedoberjudy@soncom.com)

The next Intergroup meeting will be on January 14, 2006 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!

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## **Step Twelve**

**Having had a spiritual awakening as a result of these step, we tried to carry this message to alcoholics (compulsive overeaters), and to practice these principles in all our affairs.**

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### **Would I pass muster?**

When I look at step twelve, I see three parts to the step. The first part tells me that the first eleven steps are going to give me a spiritual awakening. Meaning there's going to be a shift in the way I feel and the way I see the world. The second part of the step tells me that this spiritual awakening is what I'm supposed to share with others. And the third part of the step tells me that I am supposed to practice different behavior and different attitudes in my every day life.

When I think about how to approach someone who might have a problem with their eating I sometimes believe it's important to establish a friendly relationship with that person if I can. This way I make myself approachable if the subject of compulsive overeating ever arises. I also believe that less is more when I'm telling my story to someone else. I give them a very quick snapshot of my eating history and the fact that I've been maintaining a large weight loss and that my attitude toward food has dramatically changed. I also make sure to give the other person OA's name and to tell them that OA is in the phone book and on the internet, that way they have the freedom to get more information without having to come back to me if they don't want to.

Once I do these things I consider that my job is done. I keep in mind that anyone that I might twelve step is watching my other behavior and the way that I behave on a daily basis is a reflection of whether or not I am working the program. One of the gauges that I use is to ask

myself “what if my fellowship was watching me right now, would I pass muster?”

Anonymous

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### Personal Story

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I came back to HOW just before the November 2005 convention. Since first coming to OA-HOW in January 2003, I have had repeated slips and no sustained period of recovery. Feeling I had done all I knew to do, I finally quit. I was like AA number 3, Bill D., who said “I had come out fully determined in my own mind that I would not [overeat] again...It hadn’t worked out that way, and I didn’t know what the matter was and did not know what to do.” I left HOW feeling nothing but shame. Although I am very overweight, and this is what brought me to HOW, I came to understand that what I really craved in my life was emotional stability and spiritual peace and that the only place I had seen people who had really achieved that was OA-HOW. I had also found what it was that I wanted, the thing that I would “go to any lengths” to achieve.

The 2005 Convention coincided with my church bazaar and with not attending meetings, I had signed up for a lot of volunteer work. Many people asked me if I were going and I had to say no, although I did think I could make it to hear the Saturday night speakers. I dreaded going though, encountering people I knew. Each time I started over, I felt I had to explain myself, tell people what I was going to do differently, to

earn their good graces. This time, I felt I had no answers; I didn’t know what I would say.

I drove out to the convention and as I stepped into the hall, I immediately saw a HOW friend, who came and hugged me and said it was good to see me. As people were settling into their seats and still moving around, in the space of three minutes I was touched, hugged, waved at and greeted by at least six people I knew. A person who’d called me during the day and left a message encouraging me to come that night ran up to her room and later gave me a prayer she had written out for me. This was my ninth day of abstinence. By the time you read this, God willing, I will have picked up my 30 day chip. I learned during those three minutes at the Convention that there was no reason to fear coming back, that the door to recovery and fellowship is always open. I found I didn’t need an answer. In fact, not having the answer was the beginning of my real recovery. Every day I gratefully say the prayer I was given at the convention, among others, and work to accept and live the answer that my higher power has provided through the Big Book, OA-HOW and the Convention.

Anonymous

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The January Society Pages will feature Step One, “We admitted we were powerless over alcohol (food)-that our lives had become unmanageable.” 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](mailto:rboe@mn.rr.com). The Deadline for submission of articles is Saturday January 7.

**“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 use it. For it is only by accepting and solving our problems that we can begin to get right with ourselves and with the world about us...”**

*AA Twelve Steps and Twelve Traditions page 125*