

# Society Pages

The Newsletter of  
**Unity Intergroup**  
Overeaters Anonymous-March 2005

## Carrying the Message

### News from Unity Intergroup

Unity is looking for someone within the fellowship who can audit the Intergroup budget for the year. In the past we have used external auditors. This year we would like somebody with financial experience, who is an OA member, to do this service. Please contact Sharon 763-544-5955, if you have this skill. Thank you.

The April Intergroup meeting will not be held on the second Saturday of the month as usual. It will be held on April 2, to accommodate the Buffalo Retreat.

Thank you Cathy G for volunteering to be phone coordinator, and thank you outgoing phone coordinator, Sue WE for your service.

### 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 been working on assembling informational packets to send to health care providers and nutritionists. These packets educate professionals about the OA program and include meeting location lists. 350 packets have already been sent and 370 more will be sent. The outreach committee will be working on the assembly of these packets on March 12, at 11:00 before the Unity meeting. If you would like to help with this project, please come to the Parkdale Office Building, 1660 Parkdale

Dr., St Louis Park. We will meet in the center courtyard.

- 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. More information about volunteering and who to contact will be in the April Society Pages.

### 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](http://www.overeaters.org). 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!

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## Group Contributions January 2005

Meeting Day, Time & Location	Contribution Amount
Monday-Rochester HOW	84.00
Monday-Anoka	60.00
Wednesday & Saturday-Rochester	54.00
Friday noon-Minnetonka	60.00
Wednesday p.m., HOW—St. Louis Park	210.00
Saturday-St Paul, Lost & Found	138.00
Saturday-St Paul, Lost & Found Delegate Fund	34.00

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, \$675.00 has been contributed. Unity is accepting donations from groups to finance the delegate fund. This is a collection that is being taken so extra delegates from Unity may attend the region and world service conferences this year.

### 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](http://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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Judy M., Secretary 763-473-4920  
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The next Intergroup meeting will be on April 2, 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!

### Corrections

The February newsletter incorrectly stated that the Summer Retreat is to be held at the Farmington Retreat center in Frontenac MN. It will, in fact, be held at the Villa Maria Retreat Center in Frontenac MN.

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## Step Three – Made a decision to turn our will and our lives over to the care of God as we understood him.

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### Your will is our peace

Recently I was given the assignment of reflecting upon a passage on page 118 of the Big Book of Alcoholics Anonymous (3<sup>rd</sup> Edition) which says, "...you and your husband will find that you can dispose of serious problems easier than you can trivial ones." The longer my recovery progresses, the more I recognize this to be true. It is in the mundane, the daily, the ordinary tasks and irritations over minor matters—matters of no great importance—that can raise great thunderclouds of disturbance on the domestic horizon. It's also in the small stuff like the slow driver in front of me that adds only a few minutes delay that I sometimes experience real regression into resentment. In those trivial daily challenges—like who will take our puppy Gracie outside to pee this time, or where the mail is to be placed after bringing it in from the mailbox, or who left the dish cloth lying at the bottom of the sink (...that would be me), or who left soda cans lying around instead of putting them into the recycling (that would usually be my partner)—that have potential to raise a rousing disturbance in me. If I'm overly tired or feeling overwhelmed, the risk of 'revisiting' resentment and the self-pity which always seems to follow on its heels, is all the

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greater. Ditto for perfectionism, which is how I sometimes try to control others while telling myself it's for our greater good...It is precisely in these moments that I need to take the Third Step, surrendering my will and praying, "Your will is our peace."

While it is somehow easier to pray in the big crises of life, it is in the daily annoyances and petty disagreements—those tempests of self-centeredness and self-will run riot—that I forget, or feel somehow exempt from bringing out my spiritual tool kit. In those situations, for some insane reason, I'd rather muddle through on my own and face the mess that often results. I rationalize to myself that the situation is too insignificant to warrant a spiritual response—I should be able to handle it. This is deluded thinking, though, because it is in just such seemingly minor or mundane situations that my serenity can be easily lost, and character defects can reassert themselves with the same potency, the same destructive impact, that they did in active addiction, or in more obviously high-stake/high-stress situations.

I have come to believe that in God's calculus, all situations are equally important to my daily reprieve from the excruciating bondage of food addiction. Slowly, I am surrendering the delusion that I can pick and choose when I run things. Picking and choosing what situations or challenges are 'important' enough for me to clear out of the driver's seat is an old idea I have to give up absolutely if I want the peace of mind I have come to crave, now that I have had big 'tastes' of it. My abstinence is too precious to play with. Facing that whether I like it or not, I have a ton of personal experience that has demonstrated things go amazingly better when I'm surrendering my will and my life. Even though that is still a bit of a blow to my oversized ego from time to time, the ego reduction which always accompanies turning it over invariably brings the relief I was seeking.

VVS, Minneapolis

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## Personal Stories

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### **The promises of food addiction**

If we are casual about this phase of our development, we will be bingeing before we are halfway through. We are going to know a new imprisonment and a new misery. We will relive the past, and won't be able to shut the door on it. We will comprehend the word "conflict" and we will know pain. No matter how far down the scale we have gone, we will sink even lower. That feeling of uselessness and self-pity will deepen. We will gain interest in selfish things and lose interest in our fellows. Self-esteem will slip away. Our whole attitude and outlook upon life will suck. Fear of people and of economic insecurity will multiply. We will intuitively know how to run from situations which never used to bother us. We will suddenly realize that God would never have done to us what we are doing to ourselves. Are these extravagant promises? We think not! They are being fulfilled among those of us who are still bingeing-sometimes quickly, sometimes slowly. They will always materialize if I pick up that first compulsive bite.

T.S.

### **Leaving isolation behind**

Hunger and thirst are at the core of each of us. We start out thinking it is a solo event-I can consume in order to be filled-but alas I miss the point. No matter how much or what I eat and drink I will not be fulfilled. Eating and drinking is meant to be a family affair-a sharing with others-a spiritual awakening. It is the gathering and opening of our isolation to include others that fills us and touches our spirits and warms our souls.

I heard two people on Saturday expressing a whole new freedom from fear in their program by seeking out, in a party or dinner gathering, the celebration of their lives. I think what they were saying is that through all the repetition of the tools of recovery (prayer, meditation, food plan,

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connecting with others on the phone and e-mail, working the steps 1 thru 12, 1 thru 12, 1 thru 12, writing 4th and 10th step inventories, amends, forgiveness) they have come to a new delight with people and food and gatherings leaving isolation behind.

My daily inventory in all its wonder for me is the daily writing of where I am on the journey with my God and my fellows. It is what's happening today, what did I do right, what did I do wrong, and what can I change? How can I keep aware of the God who is always there prompting me and reaching out to others who encourage me, to take a leap into the connectedness of spirit, often called love. I'm challenged at Hanukah, Christmas or any celebration of Light this time of year, to wake up, to turn on to the season, the community, the warmth, the goodness, wisdom and wonder beyond myself. And in the humble halting steps to embrace the people, the food, the drink of the day knowing that God and God alone can fill up my hunger and thirst.

Anonymous

### **I was immersed in self pity and resentment**

I always felt really bad for myself like I was not going to get what I wanted or I saw people all around me doing well, so why couldn't I? I thought everyone else was given the secret "how to have a great life", and I was very left out. Thoughts about what a loser I was, always missing the brass ring, nothing would ever work out for me. When things did go my way I would be waiting for something to take it away or go wrong.

With all the negative energy out there it's no wonder things did not work out, what you put out comes back, a lesson I did not learn. To dull the ache of all that crazy thinking going on in my head I would use food to put me out of misery. Being down in the dumps would be the perfect excuse for me to have some really good binges, not try to make things work, just let my life become a shambles all around me.

I really have got to take a look in recovery at how I used the "woe is me" role. I played the "victim" to hide and to face reality. Finally when I was tired of living a really empty life, I found OA to learn that it was all in my head. Today I have learned that being a slave to all the things in my head was my problem and food would never solve that. There is a different solution for me. Now I watch out for negative thinking because that will lead me down the same path I was on before which got me nowhere I would like to revisit. I not only weigh and measure my food, but I look at all aspects of my life. I get to live through my thoughts and feelings by using the tools of recovery, more importantly by turning my life and will over to my Higher Power.

Kevin K.

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The April Society Pages features Step Four, "Made a searching and fearless moral inventory of ourselves." 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). Deadline for submission of articles is Friday, April 1.

**"Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God-or if you like, a Higher Power-into our lives. Faith, to be sure, is necessary, but faith alone can avail nothing."** *Twelve Steps and Twelve Traditions-pg34*