

# Society Pages

The  
Newsletter of  
Unity Intergroup November 2005

## Carrying the Message

### News from Unity Intergroup

Thank you to all members who attended and volunteered at the Minnesota State Convention! Because of newsletter deadlines, Decembers' Society Pages will recap the convention and also print submissions from OA members who would like to share their experiences of the weekend.

### Group Contributions March 2005

Meeting Day, Time & Location	Contribution Amount
Monday 7pm-Brooklyn Center OA/HOW	75.00
Monday night -Minneapolis Lynnhurst	138.00
Tuesday 7pm-Eagan	18.00
Wednesday 7pm-St Louis Park OA/HOW	180.00
Wednesday Rochester	129.00
Saturday am-Roseville Courage to Change	150.00
Saturday am-Rochester	129.00
Saturday 7:30am-St Paul St Clements	270.00

Thank you for your contributions!

### Meeting Announcements

New Teen OA Group, Thursdays 7:00-8:00  
Unity North Church 242 Northdale Blvd NW,  
Coon Rapids, MN Directions: Take Hwy 10 to  
Foley Blvd. go North on Foley to Northdale  
Blvd. Turn east on Northdale and go one block  
into Unity Church parking lot.

Contact Persons: Bernie R 763-712-8051  
Emma 651-633-9264

Friday Night Rule 62 is hosting the Serenity in  
Celebrations event again this year. It will be  
held at Fuller Community Center on 48th &  
Grand in Minneapolis. Registration will be at  
6:30 and we will start at 7:00. Bring your tips  
and spirit to share...hope to see you there. .

### Receiving the newsletter at home

Society Pages is now available via 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

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Judy M., Secretary 763-473-4920  
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The next Intergroup meeting will be on December 10, 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!

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### **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.**

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#### **Alone No More**

Before OA-HOW, I struggled with my view of God. I had believed He created a hostile and cruel world. I had believed He put me in a world that did not make sense. Did God REALLY know or care about me?

This is all changing by living this program of recovery. Early on in my program, my sponsor said an amazing truth which I have not forgotten, "God is within me, I am safe, and I will never be abandoned." Wow!! I am alone no more. I feel it to be true because of the truth I read in the literature and because of the fellowship's phone calls and meetings. Even when I experience pain, problems, and suffering, I know it will never be like the former desolation I experienced before OA-HOW. I had felt like God was over the mountains--hard mountains to climb...mountains of my "own making".

I am beginning to know a God of power, justice, and love. I am beginning to believe p. 449 of the Big Book, "Nothing, absolutely nothing happens in God's world by mistake." I may not have to understand "Why" something is happening, but as my sponsor points out, "Why is a management question." I no longer run the show. As page 62 of the Big Book states, "...we had to quit playing God." Now, I respond "God,

I offer myself to Thee, to build with me and to do with me as Thou wilt." I loved the assignment I had once of keeping the third step prayer in my pocket and repeating it many times a day for a week (and then reflecting back on how my week went). This really helped me to improve my conscious contact with God.

I have decades of proof that I do NOT even know what I want or what is best for me--my decades of eating compulsively, and my decades of being in toxic relationships, etc. The knowledge of what is best for me remains in the hands of God. So now, this program teaches me to pray ONLY for knowledge of His will for me and the power to carry that out. For today, I ask God, "What is the next right thing to do." I now feel I BELONG to this world--a world that has more beauty than I had ever known.

Suzanne M

#### **Able To Breathe**

"The result was the same -- all of us had nearly perished in a sea of alcohol." (AA, 12 x 12, page 124)

I don't see myself drowning as much as I see myself choking. Both are equally terrifying images, but choking and being choked by this disease was my reality until I was ready to stop. I'll never forget one moment in particular. My partner had gone to work. It was all I could do to wait until I was alone -- alone with my food. "Will you just get out of here?" is what I was thinking. I couldn't wait to be by myself where I could eat, unrestrained. I remember thinking as I shoved food in my mouth, "Slow down or you're going to choke!" I could not slow down. My disease had progressed to the point where it was easier for me to think about how to give myself the Heimlich maneuver rather than how to slow down. "I'll just throw myself over a chair if I start choking."

I was choking because this disease had me by the throat and there was no stopping it. The idea of trying to stop myself from choking

rather than slow down my eating did not seem insane to me. It wasn't something I wanted to openly share, but my disease had reached the point where I was willing to justify my behavior in order to eat what I wanted.

Today I am unencumbered by my disease in ways I never imagined. I have no desire to take that first compulsive bite today. I am not drawn to food and don't long for the days where I can just have 'just one bite' of anything not within my food plan. I am so grateful today to be able to breathe and live life instead of feeling like the life is being choked out of me!

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## Personal Stories

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### Keep Moving

Lately FEELING is something that is unfamiliar and sometimes unwieldy to those of us who have "bypassed" our feelings in the past with a dose of food instead. This is how I think of working up to this new way of living.... Have I ever run/walked in a marathon before? No. Would I expect that I could just drop right into one without training and working up to an endurance and tolerance level? No. I would need to do that gradually, over a period of time, with the company and support of others. The rest of the metaphor goes like this...

First, I'll need to get used to putting on my shoes. Then I can be done for the day. Small steps help me to stay willing. The next day, I'll put on my shoes and walk to the end of my driveway and back. The day after that, I'll go as far as the mailbox. If I get to the mailbox and find that I've gone farther than I can handle for that day, I'll hail a taxi to drive me back home OR use my cell phone to call for a friend to come and let me lean on his/her shoulders as I stagger back home. (By the way, I was just reading that, while horses sleep standing up,

they rest their heads on each other for support. Cool huh? We could learn from those equines!) As a general rule, I'll need to take on small distances first, then slow down on the last lap of the day to cool down to REST for the next day. I can rest, I need to rest, I DESERVE to rest....long enough to let my muscles get ready to go again on another day, BUT not so long that they go into a state of atrophy.

Eventually, I'll get to that point in my training where I'm willing to "push past the burn" and get to the other side of it to get the reward of endorphins. I'll realize that it is SOOOOOO hard to get to that point but the payoff feels GOOOOOOOD. This metaphor has been brought to you by your fellow compulsive eater. I believe that it's not about how FAST I go about the emotional marathon of feeling my feelings. It's about making sure that I KEEP MOVING forward at the pace that works for me. I may even find others who see how great I feel, who want that for themselves, and who decide to dust off their shoes and train with me so that we can do the next marathon together. Peace-Shelly O.

### An Entire New Existence

I didn't care about any stupid meaning to life! I was here to consume every cherry pie, every new goulash recipe, and for sure, every new shiny, crinkly bag of crunchy or cream filled delight offered at the Git & Scram super store. I didn't care about you or anyone else - let alone G\_ds' will for me. I only cared about what my next meal would be, worry how I was going to pay for it, and pity pot around feeling blue (which was really sugar laden hangovers).

Along the way who knows who I may have hurt...my husband-criticizing him for leaving the lawn mower out...or my children-spitting out crude comments or ignoring their innocent needs...how about the bank teller, store clerk, or strangers that had to look at my angry face & listen to me rant a rave in yet another immature

scenario. I feel anguish for my behaviors back then.

Today, my HP & this fellowship have given new meaning to my beautiful blessed life. Just from spending time every single day with my HP and the people who are doing what I am doing, I have been released into an entirely new existence! My HP has shown me, in subtle ways, to let things happen. Having my food plan has allowed me to receive these subtle messages. I never want to feel apart from the gifts I receive each day by working my 12 step program. Step 11 has saved me from myself! Thank you G\_d ! CM

### **Taking Direction**

“What we must recognize is that we exult in some of our defects. Self-righteous anger can be very enjoyable. In a perverse way we can actually take satisfaction from the fact that many people annoy us; it brings a comfortable feeling of superiority.” AA 12x12 pg 66  
I always thought I was so nice to everyone. Rather than get angry to their face, I would wait until I could find somebody who would commiserate with me, pat me on the back and say “oh you poor thing, what indignities you have to put up with.” And then I would get down and dirty with righteous indignation and anger. I would vent all over the place, “Can you believe what he/she said to me, how dare they, what were they thinking?” I would have such a sense of superiority in those times.

Now that I am abstinent and working through the steps to uncover character defects I find the truth is that I am a coward and a gossip. I’m afraid to tell somebody to their face when

something bothers me, and I want everybody else to side with me and think that I’m the injured party.

Today I don’t have to live like that. Life just wasn’t so good when I acted out that way. I would always be afraid that the person I was complaining about would find out and then they’d be mad at me, and I was always afraid the person I was gossiping with would gossip about me with somebody else. I was filled with insecurity and fear.

The best way for me to deal with anger today is to walk away from the situation and find another OA member or my sponsor to talk to. As I talk through these situations, I find out that perhaps I was in the wrong, or that perhaps the other person wasn’t even thinking about me, maybe I took something too personally that has nothing to do with me. In other words I find out through an impartial person what to do with that anger. I take direction now instead of blowing up or harboring resentment.

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The December Society Pages will feature Step Twelve, “Having had a spiritual awakening as the result of these steps, we tried to carry this message to other compulsive overeaters, and to practice these principles in all our affairs.” 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 December 2.

**“In AA we have found that the actual good results of prayer are beyond question. They are matters of knowledge and experience. All those who have persisted have found strength not ordinarily their own. They have found wisdom beyond their usual capability. And they have increasingly found a peace of mind which can stand firm in the face of difficult circumstances...”**

*AA Twelve Steps and Twelve Traditions page104*