

# Society Pages

The  
Newsletter of  
Unity Intergroup September 2005

## Carrying the Message

### State Convention 2005!

**Greetings OA Fellows.** The MN State Convention is just two months away! Registration forms are available and more information can be found at [www overeaters.org](http://www overeaters.org), including on-line registration. Please pass along copies of Society Pages, with articles about recovery at convention, to newcomers with a personal invitation to attend convention. There are many ways to participate and get involved. Encourage others to attend by inviting someone to come and hear a speaker, signing up for service with others or as an entire group, asking someone from your meeting to join you in staying at the hotel, just to name a few. The recovery shared at this special event is enriched by all who attend it. The common bond of our disease and the solution found in the Twelve Steps and Twelve Traditions will always lead the way to recovery if I pick it up and use it. I hope to see you in November.

Sarah S. Outreach Co-chair  
MN State OA Convention

**This year I will attend** my ninth MN State OA Convention, and it has always provided a wonderful boost to my recovery. As the Big Book says on page 21, "We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful...The feeling of having shared in a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined. The tremendous fact for every one of us is that we have discovered a common solution.

We have a way out on which we can join in brotherly and harmonious action." The convention is a product of brotherly and harmonious action. My Higher Power often speaks to me through other recovering compulsive overeaters. But, I must be willing to come out of my isolation and be amongst my fellows to hear the message. The convention also provides the opportunity for me to participate in service. It is service which insures my immunity from returning to compulsive overeating. On page 89 of the Big Book it states, "Practical experience shows that nothing will so much insure immunity from (compulsive overeating) than intensive work with other compulsive overeaters. It works when other activities fail." I'm very grateful to have a powerful testimony of recovery from compulsive overeating in our state - The MN State Convention - Check it Out! Anonymous

**I came into OA** around November 1989 and attended the convention that year. It was at the convention where I saw people just like me. People who had similar experiences around food. The summer before entering OA, I was at rock bottom, mangled physically, emotionally and spiritually, just like it states in the BB. I was bingeing almost all my waking hours, continual mental obsession, thinking how, when and where I could possibly get my next bite. I was miserable. Then I attended the 1989 OA Minnesota State Convention. It was there that I saw the experience, strength and hope of people who had found the solution. People who had found abstinence and freedom from the food obsession. I found that I wasn't alone in this

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disease. I talked with people and found out what meetings they attended and realized for the first time that life didn't have to turn out the way I was presently living it.

For the last 2-3 years I have made it a priority to attend the convention. I try to stay over at the hotel so I can become immersed in the whole convention experience. I let my family know that this is an important part of my recovery and they have been very supportive. They know that this is my weekend to be with my recovering fellows. It is a time to listen to great speakers, renew friendships, see fellows I haven't seen for a while and reach out to new people and struggling people who need a helping hand. I was once that new and struggling person and people reached out to me and for that I am truly grateful. The convention reaffirms that we don't have to live like that anymore. Come join the fun!! Meet new people, rekindle old friendships and enjoy a wonderful recovery weekend. Looking forward to seeing everyone this year. In recovery and fellowship Dawn S.

**Why bother**, who cares, its hopeless.... Here's what I get out of an OA convention. Hope, courage, fellowship, program hints, a kick in thebutt, or two or three, complete acceptance, challenge, hope, love, service, joy, serenity, see old friends, meet new friends, and so much more. Oh did I mention, hope? It's worth it, don't miss it, you may get a life beyond your wildest dreams! Susan K.

**Convention for me** for the last three years has been a blast. Three years ago I went because I knew I needed a jump start in my program. I really didn't want to have to go. In previous years I had always found more important things to do with that weekend. Mostly I told myself that my family needed me. In hindsight, I can see that my family needed me ...to be in recovery, which means, being at the convention! I've been in OA for 25 years. It saved my life. I've never went more than 3

weeks without a meeting in those 25 years. As OA attendance goes, that's pretty good. My recovery in OA was always directly proportional to what I put into it. At times I had strong recovery, at times not so strong, and at times, downright no recovery. But I kept going to meetings. I think the thing that kept me away from the convention weekends in the past was my discomfort at getting to know people better. I can do the one hour meeting thing pretty good, but to spend an entire weekend with others, whether it was a family group or OA people, made me anxious. They may see through me and since I didn't know what I looked like on the inside I could very well finish the weekend with other people knowing more about me than I did! Not that any of this was clear to me at the time.

Three years ago I went to convention and heard something really strong there. There was a message of recovery that attracted me and I have been awed ever since. Two years ago I actually stayed all weekend and pitched in and helped. Last year I went as much as possible as I hosted a person visiting from out of state. Depending on what she needed in terms of jet lag, private visiting and runs to the grocery store, we came and went as God directed I look so forward to this year. If I'm not hosting someone here, I plan to be staying at the hotel and fully participating in what needs to be done.

Why the change? When I saw that strong message of recovery 3 ½ years ago, I grabbed hold. I started working a disciplined program in that my recovery is no longer on a roller coaster of strong, not strong and weak. Today, I consistently work my program. I weigh and measure all of my food, am maintaining a consistent weight, read the big book each day, talk to folks in recovery each day and live my life. If I go to the convention this year and people there get to know me better than I know myself, I trust that my Higher Power will have them talk to me about it so I can learn more about myself. Mostly, I'm so grateful for the

peace and serenity I have today, I want to share it and think about how to best serve others. The best part of recovery is getting out of myself and being of service to God and others. I look forward to another year of great fellowship, learning and having fun. Please, please join us. You won't be sorry. Mary T

**Last year** I attended the OA convention for the Minneapolis metropolitan area. It was an opportunity for me to be of service as a speaker, greet newcomers, celebrate the very different life I have been given with those in recovery, reunite with friends in the fellowship, hear powerful messages, laugh and see physical recovery. But more importantly for me, it was an opportunity to meet one of my sponsees face-to-face for the first time. We had worked together for over a year at that time, yet never set eyes on each other. Our program of recovery is one in which she calls me each day, commits her food, and reads her assignment. I have been privileged to get to know the core of this wonderful person and to witness her growth. At the convention I was being given the chance to embrace her and see the fire in her eyes that I have heard on the phone. What magic it was! I watched others in the group greet her and welcome her with such love, warmth and excitement. It affirmed for me how much we all help one another.

We have found a way out of compulsive overeating that works where all else failed. We are waiting to help if you want what we have and if you are willing to work for it. A convention may be the tremendous shot in the arm you crave. If you are struggling, please come to the convention. Come up to those who have that spark of hope reborn and love of life, in their eyes. Elizabeth P.L.

**I have been** to many different kinds of conventions. The OA convention however is completely different than any other convention I have attended. At the two OA conventions I have been to I have felt hope. Hope that there

is a solution to the disease of Compulsive Overeating. I hear it in the speakers who share their experience. I see it in the many volunteers who offer their service. I witness it in one smiling; shiny sparkle eyed abstinent person after another. The power of sheer numbers of so many people sharing my disease and finding a solution to compulsive overeating like I have gives me a renewed and fired up rejuvenation to my recovery. At a convention such as this one we are all there for one reason. "We admitted we were powerless over food and our lives have become unmanageable." If we have one day or 5,000 days of abstinence the reason we all come together is the same. I find this such a gift and I am grateful to all those who give service on any level to make this convention happen. Sue L.

#### SERVICE OPPORTUNITY

There are many service opportunities at the convention. We need people to be greeters, help with registration, sell literature and put up and take down decorations to name just a few. If you are available to volunteer during any part of the convention weekend please call Stephanie at 651-298-1423 or e-mail [dandresen@yahoo.com](mailto:dandresen@yahoo.com) Partial scholarships to attend convention are available, for more information call Sharon R.S. at 763-544-5955 or e-mail [ssund@skypoint.com](mailto:ssund@skypoint.com). For registration information call or e-mail Tammy D. at 952-440-9328 or [tammy.drummond@co.dakota.mn.us](mailto:tammy.drummond@co.dakota.mn.us)

### Group Contributions to Unity Intergroup August 2005

Meeting Day, Time & Location	Contribution Amount
Monday 7pm-Anoka	60.00
Monday 7pm-Highland Park	204.00
Monday 10am-Mpls, Minnehaha UMC	48.00
Monday 7pm-LaCrosse	37.50
Monday 7pm-Brooklyn Center HOW	75.00

Tuesday 6:30pm-Woodbury HOW	160.00
Wednesday 7pm-LaCrosse	37.50
Wednesday 1:30pm-Crystal	25.00
Thursday 7:30pm-Mankato	114.00
Friday 6:30pm-St Paul HOW	299.41
Saturday 10am-Golden Valley Unity	60.00
Saturday 8am-Eden Prairie HOW	180.00
Individual Contribution	10.00

Thank you for your contributions!

### Meeting Announcements

Teen OA Group Open Meeting

Date: Thursday's starting on 9-15-05

Time: 7:00 pm to 9:00 pm

Meeting Place: Unity North Church

242 Northdale Blvd, 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.

There will be speakers sharing their experience, strength and hope recovering from the disease of compulsive overeating. After that, there will be time for questions and answers. We need speakers and trusted servants for future meetings, who had the disease at a young age. A group conscience will be taken that night to decide on a meeting day and time. Please come and share your support with the newcomer teens. Thank you!

Contact Persons: Bernie R 763-712-8051

Emma 651-633-9264 Jim 651-639-1319

### 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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The next Intergroup meeting will be on October 8, 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 Nine

**Made direct amends to such people wherever possible, except when to do so would injure them or others.**

“Above all, we should try to be absolutely sure that we are not delaying because we are afraid. For the readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time is the very spirit of Step Nine.”

*Alcoholics Anonymous 12 Steps & 12 Traditions pg 87*

The October Society Pages will feature Step Ten, “Continued to take personal inventory and when we were wrong promptly admitted it.” 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 Friday September 30