

Society Pages

The
Newsletter of
Unity Intergroup August 2005

Carrying the Message

News from State Convention

Hello OA Fellows. The OA state convention will be November 4-6, 2005 at the Crowne Plaza Mpls North in Brooklyn Center. This is the first of three issues of Society Pages that will have articles about our experience, strength and hope at the state OA convention. Please share these stories and your own with others at your meetings and encourage others to attend convention. Some of the events planned for convention this year are keynote speakers on Friday, Saturday and Sunday, speakers on the 12 steps and OA meetings (early bird and late night). Everyone in OA is welcome to attend all or part of the convention. I have had the pleasure of attending several times and with each one my recovery has been strengthened and I have left the convention with new insight into the disease of compulsive overeating and my recovery.

Sarah S. Outreach, Co-chair MN State OA Convention

My experiences at convention have varied greatly. I think the biggest factor in why they differed was where I was in my recovery, and how willing I was to reach out to others. The first few times I attended the OA Convention, I found it difficult to stay for more than about an hour. I didn't know many people, and I was still isolating behind the food. In more recent years, as OA has grown stronger in Minnesota, I have been blessed with abstinence. Last year at convention, even though I live within a half hour drive, I stayed at the hotel all weekend. I didn't want to miss any of the recovery. This year I am helping the convention planning committee. It's very interesting for me to see

how my personal growth, my availability and the level of service that I am comfortable with have increased since I put down my binge foods! The convention is an amazing event. Never have I seen so much recovery in one place.

Ellen

I have attended the OA MN State Convention for the last 4 years since I began working the program in July of 2000. My first year I felt new and hopeful. The keynote speaker, Laurie, was amazing. I learned so much about the Big Book. I also sat with someone from my home meeting. We found we had a lot in common. I truly felt God put me at that table with her. She became my first MN OA sponsor. I am so grateful for this convention for getting me started in my recovery. Each convention since has played a very important role in my road to recovery. I am grateful to God and the OA fellowship that I have had weighed and measured, sugar-free abstinence since November 17th, 2003. Without a doubt, I would not have the life I do today if not for this program and the OA MN State Convention for carrying the message. Thank You, Unity Intergroup!

Cathy D

At last years Convention I was asked to speak In front of about four hundred people. I didn't tremble inside like I used to, or break out in a massive sweat. Honestly I was still afraid though. I did some program calls and talked about my opportunity to tell my story. I made some more calls to fellows that had been speakers before and asked for their guidance. I prayed and listened to my higher power also. When I heard my name announced to get up on

stage I said the serenity prayer and followed my feet. I turned around and saw all the people, I was afraid. I got into the moment and my fear had vanished, completely gone. After my talk people said "they could relate to me" and "I liked what you said about.." I really felt like a different person. I felt as if I was worthy of recovery. I believe it was my higher power and the power of the convention that had done this for me. I also was a greeter. This really helped me get out of myself. I really enjoyed welcoming everybody that was coming to the convention. I loved all the hugs! The 2004 MN State OA Convention gave me some more opportunities to do service. To give back what I have been so freely given. It also helped me get out of my shell. I had a really fun time. I met as many people as I could, and it strengthened my program. I will definitely be there in 2005!
Greg C. Elk River, MN

When I first came to OA, you wouldn't catch me dead at a convention. I was working an OA "lite" program-attending meetings, controlling my food and not much else. Attending the convention seemed like too much of a commitment-I had better things to do with my time. As you can imagine, working a program like this got me limited results-even I had to face up to the fact it wasn't working when I found my weight climbing again. So, I attended the Friday night speaker session at the convention three years ago, carpooling with some friends from my home meeting. I felt more comfortable going with people I knew and the speakers had useful things to say. Some months later, I found a sponsor to help me work the steps and became more open to doing what I needed to do to change my relationship with food and my life. My 5th step took place at the next convention, sitting with my sponsor in the hotel lobby. I don't remember the speakers at all that year-I was just so happy to finally complete Step 5. Last year, I attended the convention Friday night and all day Saturday, despite a severe migraine headache, it was

great! I loved the keynote speakers and met up with an old OA friend I hadn't seen in some years. He shared his food plan with me, which has inspired me to make further healthy changes to my plan. And I found a new sponsee, beginning an OA friendship that has become very important to me. Convention is an opportunity to pack about three months worth of meetings into one weekend. I am thankful to feeling more open to attending Convention-it has become an important date on my recovery calendar.
Lisa

The best part of convention for me is walking into a HUGE room full of people just like me. We are all shapes and sizes, all at different points in our journey to being happy, joyous, and free, but we are all on the path towards release from our disease. I think the most thrilling part of convention for me is when we join hands and, in one full voice, we recite the Serenity Prayer together. Our collective Higher Power is present in such a strong way for me at that point. I get such strength from the knowledge that I am not alone anymore, and I feel welcomed home.
anonymous

Last year was my first year attending an OA Convention. At first I felt nervous to go, but that feeling disappeared the moment I arrived. I remember the friendly greeters at the door helping me feel right at home, and the excitement of being with so many fellow recovering food addicts. Most of all, I remember listening to a speaker who had been abstinent for half his life! I'd always believed long-term recovery was possible; he was proof. The whole experience was wonderful, and I can't wait to go again
Anonymous

It was thrilling to join such a large group of OAs and pray the serenity prayer together. I heard the speaker, Amy, who had 17 yrs of abstinence in OA HOW. I do not work a HOW program but found her story and recovery very compelling. I was not put off by her HOW

affiliation but drawn to her as another OA like myself, working for recovery one day at a time. I saw an old friend whom I had known in the early years of my program, before my 6 year relapse. I was nervous to see them again, but with another OA friend went over to greet them and was very cordially received. Anonymous

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 Partial scholarships to attend convention are available, for more information call Sharon R.S. at 763-544-5955 or e-mailssund@skypoint.com.

Unity Intergroup is seeking a volunteer to be Co-Registrar

Here is a summary of the registrar duties:

1. Maintain the Intergroup database of group information (group name, meeting time, contact information, Intergroup reps, newsletter subscriptions, etc.) by receiving updates, changes or additions from groups and individuals.
2. Print or e-mail, as requested, specific group information in a variety of formats to Intergroup trusted servants, such as labels for group mailings, updated meeting lists, Intergroup roll call, e-mail addresses of group secretaries and representatives, contact list of Intergroup officers and representatives, newsletter subscription information, etc.
3. Coordinate group meeting information (updates and changes) with the World Service Office (WSO) by submitting changes on-line, by e-mailing the changes, or by marking up (and returning) the quarterly listing received from WSO.

Any OA member may volunteer. It is strongly suggested that the person have a computer to load the database onto, that the person have e-

mail access to receive and provide information, and that the person attend Intergroup meetings on a regular basis.

Group Contributions July 2005

Meeting Day, Time & Location	Contribution Amount
Monday night-Mpls/Lynnhurst	139.80
Wednesday 6pm-St Joan of Arc	75.00
Saturday 9am-Eden Prairie/Pax Christi	155.00
Wednesday 7pm-St Louis Park/OA HOW	150.00
Saturday 7:30am-St Paul/St Clements	240.00
Wednesday 6:30-Columbia Heights	100.00
Monday 7pm-Anoka	120.00
Saturday 8am-Eden Prairie/St Andrews OA HOW	20.37

Thank you for your contributions!

Meeting Announcements

Teen OA Group Open House

Date: 9-15-05- Thursday

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 more speakers who had the disease as a teenager. Also, we need trusted servants for future meetings. 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

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

Sharon R.S., Chair 763-544-5955
ssund@skypoint.com
Sarah L., Vice-Chair 612-929-1211
cricket@alumni.lyon.edu
Maggie Rose M., Treasurer 612-382-5257
maggie_muldoon@mac.com
Judy M., Secretary 763-473-4920
dobedoberjudy@soncom.com

The next Intergroup meeting will be on September 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!

Step Eight

Made a list of all people we had harmed, and became willing to make amends to them all.

There is a line in the AA 12 x 12 that reminds me of my earliest attempts at looking at my past relationships: "triumphantly we seize upon his misbehaviour as the perfect excuse for minimizing or forgetting our own". I can recall the first drafts of many of my letters of apology/amends when working step 9 for the first time. Many of them went something like this: "I'm sorry I didn't handle it well when you were such a horrible mean jerk to me."

I focused on 'What X said to get me mad' because I didn't want to admit to myself that what I had done - never mind what X said or did - which was to act with causing pain to another as my only motivation.

Is that the person I want to be? When I am honest with myself, I would have to say that at the time it was, because that is what I did. I carried around anger and venom and it tainted my whole world, my whole experience. I was angry, and bitter and in pain all the time. But if I apologize, does that mean that I lose? It all depends on the point of view that I choose. There was a movie a long time ago called War Games, in which a supercomputer, in playing constant simulations of wargames, comes close to starting a nuclear war. The way the heroes save the day is that this is a computer capable of learning, and they get it to play itself. After rapidly firing through countless simulations, the computer says that nuclear war is a strange game, because "the only way to win, is not to play."

The only way for me to win, with bitterness and anger, is not to play with them. My previous actions showed that I was unkind. I will show by my actions now that I am not that person any more. I will apologize, and make the amends I can, because that is what the person I want to be would choose to do. Dian I.

You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete -
Buckminster Fuller

The September Society Pages will feature Step Nine, "Made direct amends to such people wherever possible, except when to do so would injure them or others." 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.

The Deadline for submission of articles is Friday September 2