

# Society Pages

The  
Newsletter of  
**Unity Intergroup** February, 2006

## Carrying the Message

### Unity Intergroup News

New Officers were elected for 2006 at the January 14, 2006 Intergroup meeting. Congratulations to the following new officers:

**Sharon R.S., Chair**  
**Randy F., Vice-Chair**  
**Kathleen C., Treasurer**  
**Catherine W., Secretary**

The OA fellowship would like to thank you all in advance for your service to the Unity Intergroup. The fellowship could not function without your service.

### March Newcomer Meeting

The location for this month's meeting only will be changed to the Glen Lake Activity Center at 14350 Excelsior Blvd, Minnetonka. The February meeting will be held at the regular location: Minnetonka Civic Center, 14600 Minnetonka Blvd, Minnetonka. The meetings are always the 3<sup>rd</sup> Saturday of the month and run from 1:00 – 2:30 p.m.

### Next Intergroup Meeting

The next Intergroup meeting will be on March 11, 2006 at 12:30, at 1660 Parkdale Dr., St Louis Park, MN. Reminder: Every group can send 2 representatives. Other interested OA members may also attend.

### Suggested Donation

One group recently starting reading a statement at their meetings: "\$3.00 is the suggested donation. However do not let lack of funds keep you from

attending this meeting. The only requirement for membership in OA is a desire to stop eating compulsively."

What we're suggesting is that people increase their meeting contribution to \$3.00. This will allow Intergroup to do more outreach and public information.

### Group Contributions January 2006

Mtg Day, Time & Location	Contribution Amount
Tuesday 7:00pm – Eagan	18.00
Tuesday 6:30pm – Hastings	25.00
Saturday, 8:00am – Roseville	135.00
Saturday, 8:00am – Eden Prairie OA/HOW	148.00
Saturday, 7:30am – St.Paul, St. Clements	1,080.00

Thank you for your contributions!

### Calendar of Events

Intergroup Meeting	Mar 11, 2006
Newcomer meeting	Mar 18, 2006
Buffalo Retreat	Mar 31–Apr 2, 2006
Region IV Convention	June 23-25, 2006
Summer Retreat	Sept 15-17, 2006
MN State Convention	Nov 10-12, 2006
List of Local Meetings	overeaters.org

## 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 are available at your meetings. Come and enjoy the nurturing fellowship, and hear the experience, strength and hope of recovery shared in a lovely, peaceful setting.

## Region IV News

### Region IV Convention

**Plan Ahead – Register Now –  
Secure your Spot at the 2006 Region IV  
Convention!**

You are invited to attend the 2006 Overeaters Anonymous Region IV Convention at the Holiday Inn Select Hotel in Bloomington on June 23, 24 and 25. The theme is “There is a Solution... Together We Can.” Join us and hear Region speakers from 8 states and Canada present workshops on the 12 steps and living in the solution.

Registration forms are available at your local meeting from your Intergroup Rep or you can download a copy from the Region Website: **oaregion4.org**. If you have questions about the convention you can contact Sue B. at 651-464-3225.

### Mascot Contest

At the convention Region IV will be hosting an OA Recovery Mascot Contest to raise funds to carry the message of recovery to those who still suffer from compulsive overeating.

The contest will be staged after the convention banquet on Saturday night, June 24.

Entrants will dress up in their version of the **OA Recovery Mascot** and do a two minute performance. Individual or group entries are welcome. The entry fee is \$5.00. First place will win \$100.00, second place \$25.00. The crowd will be encouraged to vote with their wallets for their favorite entrant.

Watch for fliers at your meetings.

## Region IV Workshop

Twin Cities OA members learned about the World Service of Overeaters Anonymous and our Region IV structure in a workshop on Saturday, Feb. 4. Connie H., a member of the World Service’s Board of Trustees, led about 20 participants through a day-long program of discussion and education that hopefully will make us better able to serve our fellowship in the Twin Cities. The program was sponsored by the Unity Intergroup, the umbrella organization of OA groups in the metropolitan area.

The sessions covered a range of topics, from the programs and materials that the OA World Service provides, to the importance of our regional structure which serves as a bridge between intergroups and the World Service. We went through an exercise that helped us understand how important it was for us to work together, learning that as individuals we each bring different perspectives to our collective effort. We also discussed various issues within our intergroup and considered the possibility of developing several new intergroup projects. We will no doubt be discussing the ideas at upcoming intergroup meetings, held the second Saturday of each month. (That’s another reason why all OA groups should make sure they send two representatives to the intergroup.)

Connie encouraged us to visit the OA World Service website, OA.org, where we will find a wealth of information and support, including a search engine that can help us to find meetings all over the United States and Canada and downloadable material like the quarterly newsletter of OA, “A Step Ahead,” and material about OA that we can give health professionals such as our doctors and nutritionists. The OA World Service now encourages every meeting to have a designated downloader to get materials for members.

OA is broken into regions and Minnesota is a part of Region IV, which covers a number of Midwestern states including Minnesota. Connie is the elected trustee from Region IV. To learn more about our region, go to the website, oaregion4.org. There we will find all sorts of materials including news about the Region IV convention that will be held this year from June 23 to 25 in the Twin Cities. You can download a flyer about the convention. The Unity

Intergroup is hosting it with lots of organizational support from intergroups throughout the region and it promises to be an exciting recovery event. Many Minnesota OA members have never attended a regional convention, which is held every two years. Be sure to save the date. It is often a way to reach out to people searching for a solution. Certainly, do not overlook the website for OA in the Twin Cities. It can be found at overeaters.org and includes a list of upcoming events as well as details about every OA meeting in the Twin Cities. Many of our members find their way to OA through our website.

I think that the workshop was a very good event, helping us to let down our hair, think “outside the box” and talk about the recovery program which so many of us have come to embrace. I hope we hold more such meetings in the years ahead.

--Randy F.

**Step Two**  
**Came to believe that a power greater**  
**than ourselves could restore us to**  
**sanity?**

When I got to OA I did not believe this to be true. I did not believe God would restore me to sanity around my food or anything else. I always saw Him as having much more important things to do – like dealing with wars and the environmental destruction of the planet. But it’s really true what my sponsor used to say about this step. First, we “came” .....to a meeting and the fellowship.

Secondly, we “came to” ....Sometimes it takes awhile for us to “come to”, but if we keep coming back to at least one meeting a week, do our reading and writing, use the telephone to stay in touch on a daily basis with our sponsor and others in the fellowship & get abstinent with our food, pretty soon we get our brains out of hock or “we come to”..... And wake up from the food fog we’ve been in for such a long time.

The third part is the “believe” part. This probably takes the longest to do. I thought I didn’t deserve God’s attention to my life when I first started this

program. But seeing the thinner bodies emerging from my fellows and hearing them talk about the miracles occurring in their lives through working the program, I finally did come to believe that God could and would restore me to sanity and now after nearly 2 years I can really see His hand in changing me. I am so grateful for that.

--Anonymous

Coming to believe and having an open mind are core factors in working Step 2 and in developing a program of recovery. Reading helps me develop my openness. As I read the program literature, I gain a better understanding of both my disease and this program of recovery. Reading the literature helps me to think of issues/perspectives I hadn’t thought about or maybe need to give further thought to. An example of this is the whole notion of praying and coming to really believe the concept of asking for God’s will, not my will be done.

Writing provides me with an avenue to learn more about myself. As I write I gain new understanding of myself and of my needs. I also gain a better understanding of my dark side, of my character defects. Writing helps me realize I am a compulsive overeater and helps me better appreciate my need for this program. These tools are essential to my recovery as they help me grow. Reading helps me understand the disease and the program while writing helps bring it to me. If I don’t use these tools daily, I stop learning and growing. I don’t believe there is any coasting in this program. While I hate to admit it, I can’t take a vacation day from my recovery. So I must learn something daily about the program or reappraise an old truth. And daily I must also relearn something about myself, my disease, or how I understand this program.

--Rosemary F.

**“Rationalization is giving a socially acceptable reason for socially unacceptable behavior and socially unacceptable behavior is a form of insanity.”** Big Book, 3<sup>rd</sup> Ed, Freedom From Bondage, p.551.

When I was practicing my addictions, I was the queen of rationalization. I’m so good with words, I

could justify most anything I wanted to do. Trouble was I'd start believing the rationalizations and pretty soon they became my facts. If you didn't believe them too, I usually would be able to wear you down by arguing forcefully. My socially unacceptable behavior was totally insane. I was a supper glutton frequently pigging out in front of others at pot lucks, buffets or wherever there were treats or other free food. If I couldn't consume the food right then, I'd stuff my pockets and purse with it. I was insatiable and I had no shame or pride. I cared what people thought of me but I wanted the food more. The insanity was two-fold. I thought the food would make me happy – it didn't – and I thought I could eat what I wanted and not gain any weight or have other consequences like getting sick from over indulging yet again. This type of magical thinking indeed was insane and the fact that I believed it and would repeat the same actions over and over always expecting different results certainly did mean I was insane. Thank God this program saved me from myself.

--Anonymous

### March Society Pages

The March Society Pages will feature Step Three, "Came to believe that a Power greater than ourselves could restore us to sanity." If you would like to contribute to the newsletter, please send your reflections on the step, or a personal story to [cmkareninmn@yahoo.com](mailto:cmkareninmn@yahoo.com).

Please remember Tradition 10 when submitting writing: **"Alcoholics Anonymous (Overeaters Anonymous) has no opinion on outside issues; hence the A.A. (O.A.), name ought never be drawn into public controversy."**

The deadline for submission of articles is Saturday March 4.

### Lifeline Magazine

Lifeline magazine will be downsizing from 12 issues a year to 10. Minimal subscription requests require this outcome. Your meeting can help by ordering a group subscription for \$15.00 per year. You can also subscribe online at the [www.overeaters.org](http://www.overeaters.org) for \$13.00 per year.

### Intergroup Board

Sharon R.S. Chair

763-544-5955

[ssund@skypoint.com](mailto:ssund@skypoint.com)

Randy F. Vice-Chair

612-201-5522

[randyfurst@msn.com](mailto:randyfurst@msn.com)

Kathleen C. Treasurer

612-729-6435

Catherine W. Secretary

612-205-0930

[Catherine\\_oa@hotmail.com](mailto:Catherine_oa@hotmail.com)

**"True humility and an open mind can lead us to faith, and every A.A (OA) meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him.**

AA Twelve Steps and Twelve Traditions page 33