

Society Pages

The
Newsletter of
Unity Intergroup January, 2006

Carrying the Message

News from Unity Intergroup

The outgoing Unity Intergroup board would like to thank all of the volunteers that worked so hard at the Intergroup level in 2005. Thanks to all board members, committee members and chairs, group representatives, visitors, and people behind the scenes. Each and every one of you were important and unified in spreading the message through Unity Intergroup that there is a solution to compulsive overeating. Thank you for your service!

We also want to thank everyone who responded to our call for volunteers for the coming year. So many people expressed interest in helping out on the Unity board and for committee positions. It takes a community to keep Unity Intergroup healthy and unified, and the wonderful turnout indicates that we are that community.

2006 Minnesota OA Convention

We are pleased to announce that Anne D has volunteered to chair the 2006 Minnesota convention.

Thank you Anne for your service and thanks once again to Barb TW for chairing the 2005 state convention.

Region IV workshop

Have ideas about how to more effectively carry the message across the Twin Cities? Ever thought about enriching your program and serving OA as a whole? Wondering about service through Intergroup, Region IV, or OA World Service? If you answered yes to any of these questions you'll want to attend an exciting workshop opportunity on February 4th. Unity Intergroup is sponsoring this free workshop.

We hope many from OA across the Twin Cities will join us as we welcome Connie, our Region IV World Service representative (what this means will be explained in the workshop). Connie will present an interactive workshop based on the Steps and Traditions of OA, with an emphasis on service. A greater understanding of the steps, traditions and concepts of OA will help us work together to build OA in the Twin Cities and more effectively carry the message to other compulsive overeaters. We hope that in addition to individual OA members, that all representatives or their substitutes from each of our 55 groups will attend. Join us at the Intergroup meeting location in St. Louis Park at Park Place Plaza. The workshop has four segments so you can attend for all or part of the day (8:30am-5pm). (The four segments include How the 12-Steps Work, Working the 12-Traditions of OA, Learning from OA World Service, Putting it All into Practice—Small Group Discussion.)

Each workshop segment promises to be stimulating as we get to know Connie and one another, reflect on OA in our lives and how to reach the still suffering compulsive overeater. Together we will be able to shape how the day goes as we focus on our particular Intergroups needs. There will be a chance to explore with Connie how the 12-steps work and have been life transforming. We will develop a deeper understanding of the Traditions of OA and reflect on how the Traditions enrich our groups. We will pose and explore questions related to building OA in the Twin Cities. Another piece of the workshop content will involve World

Service as an organization and help us discover the extensive services World Service has to offer our groups. Finally, we will have an opportunity to practice using the concepts to more effectively work with one another in small groups and then talk about what we learned.

Please join us. A flyer with directions will be available at your groups. There is no charge for the workshop. Call or email Becky with any questions. RSVP (651-226-7445 or becky@pihl.us), however, those unable to RSVP are welcome.

Group Contributions December 2005

Meeting Day, Time & Location	Contribution Amount
Monday – Mpls Lynnhurst	42.60
Monday 7pm – Rochester OA/HOW	47.00
Monday 7pm – Highland Park	80.02
Monday/Wednesday 7pm – La Crosse	60.00
Tuesday pm – Eagan	18.00
Wednesday 7pm – St Louis Park OA/HOW	120.00
Friday 10am – Woodbury	109.00
Saturday 9am – Apple Valley OA	60.00
Golden Valley OA Unity	120.00

Thank you for your contributions!

Event Announcements

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 will be available at your meetings by mid-December. Come and enjoy the nurturing fellowship, and hear the experience, strength and hope of recovery shared in a lovely, peaceful setting.

The Region 4 convention

Save the date: June 23, 24 & 25, 2006 so you can hear the message and carry the message that... "THERE IS A SOLUTION, TOGETHER WE CAN!!!" The Region 4 convention is being held on June 23, 24 and 25 at the Holiday Select Hotel in Bloomington, MN. (494 and 34th Ave. S). The hotel is right across from the Minneapolis Airport and the Mall of America and is right off of the 35W Interstate Highway. The theme for the convention is "There is a Solution, Together we Can" The convention will feature 20-25 keynote and workshop speakers from all around Region 4. Region 4 is made up of 24 Intergroups from 8 states and Canada. They will tell us how they recovered and how they work their program today. There will be literature available, a dance and entertainment. Your Intergroup Representative will be bringing registration forms to your local meeting. Sign up now!

Happy 46th Birthday OA

Our Invitation to You Please Join Us in a Double Celebration For – OA's 46th Birthday - and Golden Valley groups 20th Anniversary
Date – Sat. January 28, 2006 **Time** – Regular Meeting 10a.m. – 11a.m. – Celebration 11a.m. – 12 p.m.? **Place** – Unity Christ Church – 4000 Golden Valley Road
 Come to our party and celebrate! We will have speakers, door prizes and lots of good fellowship – followed by a Candlelight Gratitude with passing of the candle and each person sharing their personal gratitude. Join us for our regular meeting or just the celebration. A continuation of the celebration will follow at Byerlys (located about one mile from our meeting) for an abstinent lunch and more good fellowship. All are welcome.
 For more information or directions
 Contacts: Michelle S. (763) 772-5630,
 Etta W. (763) 560-3493, Bernie R. (763) 712-8051

Receiving the newsletter at home

Society Pages is now available via internet or e-mail. Go to 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

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

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.overeater.org for \$13.00 per year.

Intergroup Board

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The next Intergroup meeting will be on February 11, 2006 at 12:30, at 1660 Parkdale Dr., St Louis Park, MN. Every group can send

Step One

**We admitted we were powerless over food,
that our lives had become unmanageable.**

The tiniest spark of hope

I had to get to a point with my food addiction just like it talks about in the big book on page 153. "He cannot picture life without alcohol. Some day he will be unable to imagine life

either with alcohol or without it. Then he will know loneliness such as few do. He will be at the jumping-off place. He will wish for the end."

That is where I was when I returned from OA since the mid 80's after gaining over 130 pounds. I was at such a point with my eating that I could hardly take in one more bite yet I could not stop eating. I just could not stop. My quality of life had diminished to the point where I hardly left the house and when I did it consumed all my energy and I would have to go home and eat just to make it through another day.

It was after many years of being beaten down by this disease where I came to a place of surrender. It was only then when I admitted my life was out of control and unmanageable that I could be desperate enough to put the down the food.

Someone in my life told me about the meeting they were going to where they weighed and measured their food and called in their food to a sponsor every day. The minute I heard that, there was a knot in my stomach because I knew that was I needed to do. I walked into that first meeting not one second before I was ready. Not one second. It was then that I got the tiniest spark of hope that it may be possible for me to have what these people had. They had physical recovery. That was clearly evident but they had something else as well. There was something about them. A sense of clarity and peace. I was so afraid of failure I had tried everything but I wanted what they had so I did what they did. I got a sponsor and began admitting my life was unmanageable and I was powerless over my food addiction.

That was a little over 3 years ago now. I am now maintaining my weight. I recently got married and started a new job all in recovery. All these things were possible because I had more willingness to stop compulsively eating than to continue down the path I was headed. It took just enough willingness to admit that I was

powerless over food and my life had become unmanageable. . I am truly grateful for OA.

Anonymous

Complete Defeat Leads to Freedom

Powerlessness - To me Step 1 is admitting complete defeat over the ability to control my eating. It is not just saying the words, it is knowing that I cannot in anyway shape or form control my eating once I eat sugar, wheat or eat a large volume of food. It is eating for reasons other than nutrition. As it says on page 30 in the Big Book, "We learned that we had to fully concede to our innermost selves that we were compulsive overeaters. This is the first step in recovery." It took me years to admit that no matter how many diets I tried, how many people I worked with, how much therapy I had or how many self-help books I tried to apply to the problem I could not stop compulsively overeating on my own. Once I ate one candy bar I would have two or three and then would make a number of trips to fast food places. Once I took a second helping I would eat three or more. This happened over and over. Each day or the first day of the week, month or year I would try to stop and eat a normal, nutritious amount of food and I would fail. Powerless? Yes! If you try to do anything thousands of times and cannot you are obviously powerless and need to ask for help. Step One is asking for help.

Unmanageable - As I continued to try to solve my problem on my own and fail my life became more & more unmanageable on three levels. Being 100 pounds over weight took its toll on my physical health---lack of energy, bad knees and back, heartburn and breathlessness.

Emotionally I was a mess. I was depressed everyday from taking in all the sugar and I spent a fair amount of time crying and feeling sorry for myself. I was selfish and often unkind and would not describe myself as a spiritual person. Basically I was unhappy. I was like a diabetic who was not complying with their treatment plan, denying that I had a disease; denying that my life was getting worse as I defied the idea that I could not help myself and unless I got help I could not stop eating and my life would continue to be unmanageable and get progressively worse, like any other untreated disease would.

Free - Once I admitted complete defeat and the unmanageability of my life I was able to get a food plan from my dietitian and with the support of my sponsor and OA fellowship follow the food plan and arrest my disease. Once I stopped eating compulsively I was able to work with my sponsor on the 12 steps and improve emotionally and spiritually.

OA has given me back my life on all three levels----I have lost over 100 pounds and feel good physically, I am emotionally stable and I more kind, tolerant and loving. I am so grateful for OA.

Anonymous

The February Society Pages will feature Step Two, "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 rboe@mn.rr.com.

The Deadline for submission of articles is Saturday February 4.

“Under the lash of alcoholism (compulsive overeating), we are driven to AA (OA), and there we discover the fatal nature of our situation. Then, and only then, do we become as open-minded to conviction and as willing to listen as the dying can be. We stand ready to do anything which will lift the merciless obsession from us.”

AA Twelve Steps and Twelve Traditions page 24