

# Society Pages

The  
Newsletter of  
Unity Intergroup March, 2006

## Carrying the Message

### Unity Intergroup News

#### New OA Meeting

The Crossroad Group of Overeaters Anonymous meets Saturdays at 7:30 a.m. This is a 1 hour 12 Step and 12 Traditions Speaker Meeting. 600 County Road 73 (Hopkins Crossroad) Oak Knoll Lutheran Church (rear door). Contact: Guy M. 612-839-7288.

#### Buffalo Retreat - March 31-April 2

To all those who are registered for the Retreat, we wish you a fun, relaxing, enlightening, satisfying, spiritual and productive weekend. To all who missed the registration deadline, think about registering for the Summer Retreat 9/15-18/2006 (Registration information will be in future editions of Society Pages.)

#### Receiving the Newsletter at Home

Society Pages is available via the 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 e-mail address and request for direct mailing to Sarah L. [cricket@alumni.lyon.edu](mailto:cricket@alumni.lyon.edu). A hard copy of Society Pages 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.

#### 7<sup>th</sup> Step Contributions

At the February Intergroup meeting the issue of 7<sup>th</sup> Step donations was discussed. Despite the many hundreds of hours of donated service (Intergroup has no paid staff), inflation continues to erode our ability

to get the bills paid and continue our efforts to get the word of our solution out to the still suffering compulsive overeater.

Therefore, Intergroup would like to suggest that each OA group consider adding the following to their meeting format by group conscience: "\$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 the desire to stop eating compulsively."

#### Group Contributions January 2006

Mtg Day, Time & Location	Contribution Amount
Mon PM Minneapolis Lynhurst OA	33.00
Mon PM OA HOW Brooklyn Ctr	120.00
Mon PM Anoka OA	120.00
Tue PM Eagan OA	18.00
Wed PM OA HOW St Louis Park	120.00
Thur PM OA HOW Burnsville	180.00
Sun PM OA HOW St Louis Park	126.00
2/4/2006 Workshop Donations	96.00

Thank you for your contributions!

#### Calendar of Events

Buffalo Retreat	Mar 31-Apr 2, 2006
Society Pages Deadline	April 1, 2006
Intergroup Meeting	April 8, 2006
Newcomer meeting	April 15, 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	<a href="http://www.overeaters.org">www.overeaters.org</a>

Region 4 Web Site [www.oaregion4.org](http://www.oaregion4.org)  
 World Service Web Site [www.aa.org](http://www.aa.org)

## A Special Appeal To OA Groups In The Twin Cities

We need your help. A prime function of the Unity Intergroup is to reach out to those still suffering. Service keeps us abstinent. I can personally attest to that.

Every OA group is entitled to send two representatives to the Intergroup. But many groups in the Twin Cities send only one representative or no representative at all. It stands to reason that the more OA groups who send representatives to the Intergroup, the stronger our Intergroup is, the more work we can do, and the more representative we are.

The Intergroup meets once a month on the second Saturday. Next month's meeting will be held on Saturday, April 8.

The Intergroup performs a myriad of tasks. It helps sponsor the annual state OA Convention, which has been a remarkable event where many of our members first discovered there was hope. This year, the Unity Intergroup is hosting the regional convention of OA to be held in June. The Intergroup supports the newcomers meeting and publishes Society Pages. We have an outreach committee that has done wonderful work in reaching out to the medical community including the state's dietitians, and it has more exciting plans in the coming year. We have a public information committee that is working to carry the message to the media. The Intergroup supports other events including the Buffalo retreat and the summer retreat and it is considering other programs in the coming year.

This is an all-volunteer effort. Your voice can make a big difference. If you cannot attend the Intergroup yourself, please talk to other members of your group about making sure that your group has two representatives regularly attending our monthly meetings. If you are a delegate who cannot attend, please arrange to have another person attend in your place. They will have the same voting privileges as the regular representative. A few years ago, someone reached out, and as a result of their selfless effort of service, I found OA and emerged from the terrible trauma of non-stop binge eating. It has

changed my life. The Intergroup's work has done the same for others.

Please consider becoming a representative yourself or finding other members from your meeting who will step forward.

-- Randy F., Vice Chair, Unity Intergroup

## Region IV News

### Top 10 Reasons Why You Should Attend the Region IV Convention on June 23, 24 & 25, 2006

- 10- It's your opportunity to see the first OA Recovery Mascot perform for the first time.
- 9- You'll meet program people and hear OA speakers from 8 states and Canada.
- 8- You'll say the Serenity Prayer with 220 people.
- 7- You can meet your Region 4 Rep and Board members.
- 6- To enjoy 5 keynote speakers and soak up their wisdom.
- 5- To pick up new literature and tapes to enhance your recovery and share with members who could not attend.
- 4- To have fun and be happy, joyous and free: attend the dance, go to the mascot contest and enjoy the entertainment.
- 3- To hook up in person with people from other meetings, cities or out of state.
- 2- To strengthen your own recovery.
- 1- TO CARRY THE MESSAGE to compulsive overeaters who still suffer.

Registration forms are available at your local meeting from your Intergroup Rep or you can download a copy from the Region Website: [oaregion4.org](http://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. Pick up a flyer at your meeting.

**Step Three**  
**Made a decision to turn our will and our lives over to the care of God as we understood Him**

It's been a challenging day today. I was irritated with a client and simply not in a good place. At the end of my work day I realized I hadn't taken any time for Step 3. I hadn't turned my will or my life over to the care of God today and I felt it. I don't know why, but the days I actively do Step 3 turn out better. For one, there's willingness to surrender to something greater than myself. It's the willingness not to be in charge that's so helpful and sets me in the right direction. In order for my life to work at its' best; and for me to be an example of love and service, I need to surrender all of me to my loving Higher Power. In this surrender I'm challenged to trust that God will take care of me and restore me to sanity in all those areas I feel so powerless about today. It reminds me of my cat and how she depends on me to take care of her. I think about how much I love her. I want her to eat well; I want her to have fresh, clean water. Well, I think my God wants only the best for me. Why would I want to be in charge? Why wouldn't I give Him my life to be in charge of, especially when it's worked so well before? When God's in charge I have more loving detachment from the problems that aren't mine. I'm calmer. I don't take everything so personally. I smile more.

Today wasn't the best day but I still have more hours left. I can surrender now. I can choose to let go of my irritations, choose to step out of my crankiness, choose to let go of the tension in my body and bring some humor to my life and to the people around me. I am deciding to get on my knees now, which works best for me, and give God the rest of my day. I don't want to be cranky. I want God in charge. I'm so grateful there's such a thing as Step 3 and this OA

recovery program and a way out of my defects of character, just for today.

-- Aida R.

I always thought I had a lot of faith. I had grown up with religion being an important part of my childhood and had continued my religious practices into college and now into adulthood. Surely I believed in God and had faith. What I didn't understand until my time in H.O.W. was how to give over my will and life to the care of God.

I used to think that God gave me intelligence so I could make my own decisions. I thought that my weight problem and eating issues weren't that important to God with all that was going on in the world like war, disease, and hunger. I thought I was bothering God when I would ask for help. Of course I didn't really ask for guidance so I could follow God's plan for me; I asked that He just make me thin and then my other problems would go away. I really didn't want to change a whole lot else besides my weight so I was following my own agenda and not God's.

Everything really feels better now that I know how to ask God for guidance and how to turn my will over to Him. If I can do this right away in the morning and throughout the day, I feel more calm and confident we (God and I) are making the right decisions and I pass this on to others in my life. My kids, husband, friends and co-workers all benefit because I have to first talk to God before I make any rash decisions or lash out. I also feel so blessed not to have to make any food decisions alone. I don't even have to think about food after I have committed it. I have always said the Serenity Prayer throughout my life starting as a child but always without the last part, "*Thy will not mine, be done.*" Now I know and practice this most important statement. I thank God for this program and for His continued love and guidance.

-- Nancy L.

**The Phenomenon Of Craving As It Appears In The 3 Levels Of My Life**

**Physical Craving:** This may be an allergy of the body. I read that in a recent experiment people were deprived of food for a few days (What fiend thought of this horrible torture!) and then allowed one taste of their stated "favorite" food. A PET scan of their

brain at this time showed a pattern of activity similar to a drug addict's brain when the addict was presented with cocaine. Physically there seems to be a connection between the taste buds and those nerve endings. Because salt, fat and sugar used to be hard to find when we were hunter-gatherers, humans have a built in predisposition to like sweet, salty and fatty foods. Now that we hunt and gather in a supermarket with 3000 varieties of salt, fat and sugar in various combinations this predisposition is a liability. Having eaten poorly and then changing to a healthy eating plan, I can testify to certain physical reactions to food (depression, fatigue, high blood glucose levels) that went away when sugar was removed from my diet and portions were controlled. I used to say that one cookie flipped a switch which made me want to eat more, but I did not know what flipped the switch off. Not having that first one keeps me out of that situation.

**Emotional Craving:** There are certain foods and events that are linked in our history, because food was used as a reward or served at a particular holiday. These comfort foods or reward foods are not usually in the category of healthy foods. An essential connection has been formed and reinforced which puts having that food in the category of reward and not having it in the category of punishment. The idea of eating for nourishment and health runs a distant third to eating for fun and pleasure. Anyone raised by a parent who grew up during the depression, or who has experienced a time of actual scarcity of food, has probably learned that food means security and that more than enough is better than just enough. The problem arises when food is a substitute for comfort and security -- there is NEVER enough.

**Spiritual Craving:** Dr. Jung wrote a letter to Bill W in the early days of AA in which he said that the craving for alcohol "is the equivalent on a low level of the spiritual thirst for wholeness". The power of "evil leads this spiritual need into perdition when man is not protected by an action from above" (a

higher power) and "a community that understands his plight". Many people want more in life, but more of what? Some try to fill this void with material goods, power, sex, food, alcohol or drugs so they will feel better and more significant. The nature of life is fleeting -- how do we deal with that? What do we seek: acclaim, honor, lasting remembrance? Or do we seek our place in the scheme of things? God made us to love Him and serve Him. How can we do that? Certainly not by focusing solely on ourselves and our "stuff".  
- Gail G.

### April Society Pages

The April Society Pages will feature Step Four, "Made a searching and fearless moral inventory of ourselves." **We need your help** -- please send your reflections on the step, or a personal story to [cmkareninmn@yahoo.com](mailto:cmkareninmn@yahoo.com) for publication in Society Pages. Remember, you are the best authority on your own experience and we never know what will pique the interest of the still suffering compulsive overeater.

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 April 1.

### Intergroup Board

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Randy F., Vice-Chair	612-201-5522
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Kathleen C., Treasurer	612-729-6435
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**"Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God – or, if you like, a Higher Power – into our lives."**

AA Twelve Steps and Twelve Traditions, Page 33