

# Society Pages

The Newsletter of  
Unity Intergroup July 2007

## Carrying the Message

### June Unity Intergroup Meeting Notes

#### Administrative News:

- ❖ WE HAVE MOVED! Unity Intergroup now meets at the Sumner Library in Minneapolis. The library is on the NW corner of Olson Memorial Hwy (also known as Hwy 55) and Van White Mem. Blvd. (Location is just west of 94 and just east of Hwy 100 – and just north of downtown Minneapolis).
- ❖ Unity Intergroup meets the 2<sup>nd</sup> Saturday of each month – from 12:30pm through 2:30pm.
- ❖ The preliminary budget for FY2008 (July 2007 – June 2008) has been approved; the final budget will be voted on next month.
- ❖ Katy B and Amy D are working together to develop a Centralized Literature Committee that will handle literature requests and organization for all events sponsored and organized through Unity Intergroup. We could use more volunteers for this effort. If you want to stay on top of the most up-to-date books and pamphlets – this job is for you!

#### Upcoming Events:

- ❖ The 2007 OA MN State Convention is ONLY 4 months away! Mark your calendar for November 2-4, 2007 at the Holiday Inn Select in Bloomington, MN.
- ❖ Save the dates April 4, 5, & 6, 2008 for the 2008 Buffalo Retreat.

#### Service Opportunities:

- ❖ Outreach: School outreach, upcoming Health Fair at the U of M in September, plus lots of ways to spread the OA message: We Need YOU! Contact Nea D ([nea\\_oa@yahoo.com](mailto:nea_oa@yahoo.com) or 612-227-3954) for details.
- ❖ The Society Pages needs sponsoring groups to share through short personal stories, and members' experience, strength and hope for the months of September, October and December. Please contact Ellen W at [Ellen\\_oa@hotmail.com](mailto:Ellen_oa@hotmail.com) or 952-925-3801 if your group is willing to provide this service. This is a great way to provide service and a fun way to work together (to fold and collate the newsletter.)
- ❖ We need people to help with the Newcomers Meeting in September, 2007. This meeting brings the message of recovery to those newest to OA. The meeting is held the 3<sup>rd</sup> Saturday of each month at the Minnetonka Community Center from 1:00-2:00 pm. Contact Becky T, Unity Intergroup Chair ([beckytio@frontiernet.net](mailto:beckytio@frontiernet.net) or 952-243-1527) if you are interested in helping
- ❖ Do you have a subscription to Lifeline Magazine? Think about the value this magazine of member stories and recovery provides and the power to help those still suffering from compulsive overeating. Consider giving a subscription or subscribing yourself! [http://www.aa.org/lifeline\\_mag.html](http://www.aa.org/lifeline_mag.html)

**SAVE THE DATE!!**  
**MINNESOTA OA**  
**CONVENTION**  
**NOVEMBER 2, 3, 4, 2007**

The Convention Outreach Committee is still recruiting boosters for each meeting. Contact Maureen B. at (763) 535-5006 or by email at [MbaileyConsulting@msn.com](mailto:MbaileyConsulting@msn.com). You may also contact Sandy H. at (612) 724-8827 or email her at [hestness@hotmail.com](mailto:hestness@hotmail.com). The meeting booster will serve as the group contact for Outreach and Volunteer committees and will promote the convention and offer updates at his/her home meeting.

Convention Slideshow – Send a Message of Recovery from your Group to the Convention! Jim C. is willing to come to your meetings to take pictures, and record messages for the convention slideshow—or even easier – take some video yourself with a “shout-out” from your home group to those attending the convention and e-mail to Jim! This slide presentation will depict all three levels of recovery: physical, emotional, and spiritual. This is not a diet club video. Contact Jim today to join in on the fun. Jimmie L. Coulthard, 201 West Roosevelt, River Falls, WI 54022 612-735-7276 or [tigerbasellc@comcast.net](mailto:tigerbasellc@comcast.net).

The script is written – and all that's missing is YOU! Be a part of this exciting event on Saturday night at the 2007 OA convention. We are looking for all types of performers and a sound technician. We also need sound equipment if a member can loan it to us. We are also looking for someone who knows American Sign Language. Join us in bringing the miracles of recovery to life! All are welcome. Contact Jann P. at 763-300-2508 or Kirsten S. at 612-839-5079 for more info.

~Ann D, Convention Chair

### Step One—All the Proof I Need

Before OA my life was unmanageable. Family relationships were destroyed from years of isolation. I had friends so I had other people to eat with. I keep a lover through fear and intimidation. I was angry, bitter and lived in extremes (one second I was a crying on the floor and the next screaming at the top of my lungs). No part of my life was experienced without food. Although, I was only 26 years old, my life was spinning out of control. After years of fighting the weight battle (highest weight was 420) I sought medical intervention in May 2003. Although I had some success (dropping to a personal low of 230lbs) I was still unhealthy, miserable and still on a path of self destruction. My lowest point with food came while I was studying in Africa: I had my fiancé send me comfort/trigger foods.

When I showed up to my first meeting I had given up. I was tired, alone and scared. I had already been working at step one: I was powerless over food and my life was unmanageable.

Since then, a lot has changed: I have experienced emotional growth with family and friends; spiritual healing when I found a higher power; and physical recovery when I started a fitness routine which has helped me lose another 60lbs. (current weight 210). I even started a small walking/ running group with other 12 step members.

NO, the last 20 months have not always been great; I have slipped and even relapsed. I have not stopped showing up, humbling myself and returning to step one knowing that when I am in the food my life is lived in fear, isolation and pain. I also know that when I take step one, I live in hope, fellowship and joy. I keep coming back and that is all the proof I need that it works.

~Anonymous

## Step Seven: “Humbly asked Him to remove our shortcomings.”

I came into traditional OA in the mid 1980's. “I had some success” is what I use to say, but now I know I was not ready to let go of my comforter. I left OA for a good 20 years, but I never gave up all the knowledge or meditation books; I just didn't want to give up my food. I knew where to turn and in February 2006, I returned to OA. Things had changed a lot since I was in. It wasn't as structured as I had remembered. The group was struggling and didn't seem to have what I needed. I did lose some weight but I was abstinent one day and off the next. I ran into a good friend of mine who had started a HOW meeting in the area. On June 2006, I went to my first HOW meeting. It was more structured and disciplined, which I needed. I had a slip in February 2007 but, thanks to God, I was able to get back up and ride the horse, so to speak and have been abstinent since. I have lost 81 lbs and have 20 lbs more to lose to reach goal weight.

What I really want to share is how important abstinence is and how powerful that tool is in my life. I look at my abstinence like a monkey does a banana. Do you know how to trap a monkey? Well, it is like this. You set up a cage and tie a string from the middle of the cage with a banana on the end. There is just enough room for the monkey to get his hand through but not enough to get it out with the banana. That monkey will hold on forever to the banana; he wants and desires it so badly. He is not really “trapped” but is determined to have the banana and will not let go. That is how I look at my abstinence. I want to hold on to it like the monkey holds on to the banana. I know how good abstinence is. I know how wonderful I feel inside and out when I abstain from overeating. I attend a small group. We may not have quantity, but we do have quality; most of us are abstaining. Our group had some trouble and there were some miscommunications and misunderstandings that could have ended our meeting. Had I not been abstinent and

following God's will for me, I would have said things I regretted and the group may have folded. I realize that even within our group, we must work the program. We need each other to abstain and I was thankful the group pulled together and became even stronger. We learned it is important to share service duties within the group.

So, whenever you think you want to give up your abstinence, think of the monkey and ponder the joy this brings to make one decision—commit to the program. This is what I have learned. Don't wait as long as I did to commit to this program of recovery. I enjoy myself now. In the past, I have some bad memories. I didn't like some of the things I did or the ways I behaved. From this point on until I die, I will have good memories. I am 58 now and this program has given me so much.

Pat

### A Change in Attitude

Humility is an avenue of true freedom of the human spirit. Failure and misery are transformed by humility; strength comes from weakness. Pain is the admission price to a new life. The 7<sup>th</sup> step is a change in attitude that permits us to move out of ourselves towards God.

I have found it hard to work on the steps. I know that in OA you need to work on staying abstinent and continue to work with God. I know that I will succeed in OA if I keep working the steps and count on God and my fellow OA members.

It works if we work it and we're worth it!

~C.



***Thanks to The Thursday 7:30p Mankato Bell group for sponsoring this “Society Pages.”***

## Rebuilding Our Character

I was reading the OA pamphlet "Guide to the 12 Steps for You and Your Sponsor". I found some helpful information on step 7. It says that self-help techniques, which we tried before OA, didn't seem to rebuild our character. We need God's help. Also, the 7<sup>th</sup> step prayer implies total self-acceptance of the good and bad—self-condemnation has no place in our thoughts anymore. The prayer also speaks of action; being useful to God and our fellow human beings. I've come to accept this program is one of action. My recovery is dependent on my actions.

I used to think my character defects weren't a big deal and were a part of my personality. I've realized now that my defects really do more harm than good—mainly to others! I used to want more and expected others to change. The problem was that I always wanted more and others never acted like I wanted them to; my expectations were not able to be met.

For me, the main reason I need to work step 7 is that my character defects block my relationship with my higher power, which I choose to call God. Okay, that isn't the main reason. I just know that if my relationship with God is blocked, I will go back to the food. Sometimes I think I "want" the food, but really I don't want to return to that insane way of living. Working the program can be challenging, but at least I'm not going crazy eating compulsively. Also, I don't particularly like making amends to people, so dealing with my character defects minimizes that.

I'm camping right now and really feeling peace and serenity thanks to this program. I'm so thankful I have peace with my food today. I almost missed a meal the other day! Just have to remember that I only get a daily reprieve from food. Mainly, I need to remember that God is in charge, not me!!!

~Julie

## Reading as a Tool

As I am sitting here contemplating what I should write about, I am also fighting off the urge to grab the closest food I can find and start munching for the night thinking that I can start again tomorrow.

I am continuing the fight, so I get my 12 and 12 book to see the exact wording of the 7<sup>th</sup> step. That is what I'm supposed to be writing about. I haven't had the book out for many months now and I see the book naturally opens to a page with 2 highlighted paragraphs.

They are....."we all know what happens if we lose abstinence. Food then takes the place of God, and the craving for more controls our lives. Energy and enthusiasm dissolve, each day becomes a chore, and chaos returns. If we let go of abstinence, we can never be sure whether we will get it back again. What first compulsive bite is worth the wreckage? We need to remember that the fun part is over and that from now on the first compulsive bite will always bring pain." (from "Twelve Steps for Overeaters: An Interpretation of the Twelve Steps of Overeaters Anonymous".)

Well, doesn't that just about say it all for me! And to think I've been wondering where God has been lately. He is right here and always has been. I just haven't chosen to listen to him.

I am grateful that I only have to worry about tonight and I am choosing to listen to God tonight instead of the food.

~ Mary C.



### Links

List of Local Meetings	<a href="http://www.overeaters.org">www.overeaters.org</a>
Region 4 Web Site	<a href="http://www.oaregion4.org">www.oaregion4.org</a>
World Service Web Site	<a href="http://www.oa.org">www.oa.org</a>

UNITY INTERGROUP CALENDAR

July 2007		Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7	Convention Planning Meeting 1-3pm
8	9	10	11	12	13	14	-Outreach/PI Mtg -Intergroup Mtg
15	16	17	18	19	20	21	Newcomer Mtg
22	23	24	25	26	27	28	
29	30	31	August 2007				
5	6	7	8	9	10	11	-Outreach/PI Mtg -Intergroup Mtg
12	13	14	15	16	17	18	-Newcomer Mtg -Convention Planning Meeting
19	20	21	22	23	24	25	

## Softball Games Open to all OA Members

Want to play softball and have a bunch of fun? If you don't play, you can learn—it's fun and easy! No equipment or experience is necessary.

We will play for six weeks (hopefully at a regular spot somewhere in Minneapolis.) If you can't make it every week that is OK! The goal is to promote fun and fellowship with other OA's. If you have a mitt, bats and balls, bring them along. Everyone is welcome!

If you are interested in participating, helping to plan, or donating equipment for the group to use, contact Kathryn at 612.824.6886 or [lucrezia2010@yahoo.com](mailto:lucrezia2010@yahoo.com).

## August Society Pages

The August issue will feature Step Eight: "Made a list of all persons we had harmed, and became willing to make amends to them all." The Thursday 7:00p Burnsville group will be sponsoring the August issue. Articles are welcome from other OA members also. Please indicate if it is OK to include your name with your article and e-mail your contributions to [ellen\\_oa@hotmail.com](mailto:ellen_oa@hotmail.com) with the words "Society Pages" in the subject line. The deadline for submission of articles is 12:00 noon on Sunday, July 22, 2007.

### Intergroup Board

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