

# Society Pages

The Newsletter of  
Unity Intergroup May 2007

## Carrying the Message

### The Global Web of OA

On April 13-14th, I had the honor of being 1 out of 6 Unity Intergroup (IG) reps to attend Region IV Spring Assembly. Region IV serves 8 states in the US and 3 areas in Canada.

It was a short, yet jam-packed, weekend. I enjoyed the fellowship building with the other reps, seeing old friends and making new ones.

We got to hear what was going on in other Intergroups and share what we've been doing.

One of the many gifts I took away from the weekend is a sense of how far reaching the global web of OA is. We are a diverse crowd, yet we are not so different than each other.

We're joined together by a common factor, the disease of compulsive eating. I celebrate the diversity of our fellowship and see how it is possible for people to put aside their differences in order to support each other.

Going to the Assembly helped to take me beyond the comfort of my local meetings. It's been enlightening to get a peek at how OA is worked in other areas and the many ways we all work our programs. I'm grateful to be trudging the road of happy destiny with others of this amazing fellowship.

More information about the Region IV Assembly will be included in a future edition of Society Pages

~Julie B-H

### Looking for Speakers

My name is Mary C. I attend the Mankato Thursday 7:30 pm OA meeting.

We are looking for anyone that would be interested in sharing their hope and experience with us at one of our meetings.

If you are interested, please contact me at [marycasssem@mchsi.com](mailto:marycasssem@mchsi.com) or 507-380-5189.

### A Note from the Intergroup Treasurer

Editor's note: This article was inadvertently omitted from the April issue of Society Pages

I attended my first OA meeting in 1994 but I hadn't quite hit my "low" yet. Four years later, I came crawling back and rediscovered this life saving program. I became abstinent and have remained abstinent one day at a time ever since.

Through this program I have learned to enjoy life and the people in my life instead of living in my own isolated world. Because of that life-changing adjustment, I have also been able to lose and maintain a weight loss of over 100lbs. My employment is centered around the accounting field, so I hope to bring some of my bookkeeping experience to the position of Unity Treasurer. I try to live my (new) life with an open mind and an open heart, knowing that we learn from every experience. That is what I like most about my new position: I get the opportunity to learn something new and be a part of an Intergroup that is so GREAT! So thank you!

~Amy D.  
Unity Intergroup Treasurer

### Links

List of Local Meetings [www overeaters.org](http://www overeaters.org)  
Region 4 Web Site [www.oaregion4.org](http://www.oaregion4.org)  
World Service Web Site [www.oa.org](http://www.oa.org)

## Step 5

**“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”**

### REALITY OR ALTERNATE?

Before working the steps of OA, I went through life creating an alternate reality for myself. I wrote the script for every conversation and situation. Then I tried to manipulate and control everything and everyone around me to fit that script.

Here's the irony...in this perfect world I created, I was NEVER a part! Why? Because I didn't feel "perfect" enough to live in that place. So not only was real life passing me by while I was busy trying to "arrange my own show", but even my fantasy life was untouchable. I have one word to sum this up...INSANITY!!!!

Thanks to my wonderful sponsor and the 4th and 5th steps, I am now able to visualize a door to reality. When my "script-writing" insanity begins, I can focus on the doorway to reality. The decision to focus on that door is my decision to turn my will and my life over to God. I don't know what's on the other side, but I am willing, one day (sometimes one moment) at a time, to go to the door. And as I recover, I am walking through it.

Once when I was telling my sponsor how this insanity can keep me up late at night in a fantasy world, she said something that I don't think I'll ever forget. She said "come join us in reality...we aren't so bad!" I don't know if she knows how much that meant to me, and how many times I hear her voice calling that very phrase, drawing me close to the door...to God's will.

Thank God for OA and the 12 steps. I am finally living in reality!!!

~Anonymous

***Thanks to the Apple Valley Saturday Morning Meeting for sponsoring this month's Society Pages.***

### The "Know-Me" Factor

One benefit I cherish as a result of giving step 5 to my sponsor is the "know-me" factor. My sponsor is one person who has all the details of my history and a pretty good look at my assets and defects. She, perhaps, has a better view than I have. It is sometimes difficult to see myself as objectively as an outside party does. I love being able to talk about current interactions and relationships with my sponsor of 8 years because I feel like she *knows me*. She knows things that are important to me, what I'm working on, and where I have come from. She knows where I have trouble letting go and turning things over. A gentle reminder and/or the process of talking with her reveals that to me. When I am on further steps beyond 4 & 5 and look back, I am amazed at the progress and can't believe how things have worked themselves out. That, too, is great to share with her –my sponsor that knows me.

Having my sponsor hear my 5<sup>th</sup> step inspires me to offer myself to others for their 5<sup>th</sup> steps. As much as I am grateful to have my sponsor along for my 12 step journey, I am grateful to be along for someone else's. It is easy to see the promises coming true in people's lives as a result of these steps. The courage it takes to do step 5 is no small feat. It is not easy to trust in another especially if there is a history of people letting us down. Awareness and growth occur in this step. The foundation is reinforced and broadened. It expands what we have to offer others (inside the program and out.) Now there is someone that I *know*, too.

~Becky

## FEAR AND THE 5<sup>TH</sup> STEP

I am good at beating myself up, listing my faults and the people I have harmed (real or imagined.) But to risk...to reach out & stand naked in front of another person can be very threatening. Perhaps the fifth step isn't as it seems. The fifth step, in my opinion, isn't necessarily about an inventory as in the fourth step. It is deeper than that. It is "the exact nature of our wrongs"...the real reason...the why...the motivation. It is the essence of what caused us to harm another. By examining what motivates us we can attain true forgiveness, not only of others but also of ourselves.

I am always amazed at how, when we are most fearful, we drive people away. I talked to a friend who is a 911 dispatcher about her job. I was struck when she shared that the hardest thing was how nasty, angry and verbally abusive people become over the phone. Ah...fear...fear that our basic needs are not or will not be met. When I am afraid of not having my basic needs met, I lash out. I reach for food. But if, instead, I share my fear with my higher power, attend a meeting, or make a phone call, I get out of the isolation. I truly find I have nothing to be fearful of because I have a higher power that is driving the bus.

~Wendi



## NOTICE: NEW INTERGROUP MEETING LOCATION

Our monthly Intergroup meeting will be moved **from** 1660 Parkdale Plaza Building in St. Louis Park **to** 611 Van White Memorial Blvd. in the Cargill Room of the Sumner Library in Minneapolis **beginning June 9<sup>th</sup>**. The day and time remains the second Saturday of every month from 12:30 -2:30 PM. We will no longer meet at Parkdale Plaza.

Unity Intergroup is excited to invite you to meet with us in this cozy, new meeting room. The library phone number is 612-630-6390. The staff is friendly and personable and will assist you with directions, should you need further help. (Ask for Bruce – he gives great directions!)

Directions

- take I94 W (stay in right lane through Lowry tunnel)
- exit on Olsen Memorial Hwy, turn left
- Humboldt, turn right
- jog around through park. Library will be the red building on the right hand side just after the school
- park in library lot or school lot (sidewalks between school and library are connected)

This move will allow us to book the meeting room more than 3 months ahead (which was Parkdale Plaza's limit). This also give us the ability to post our new Intergroup meeting location on our web site beyond that 3 month limit. (Parkdale Plaza preferred that we not list them beyond the 3 month confirmed boundary).

See you at Sumner Library in June!

~Becky T.,  
Intergroup Chair

## Convention Corner

We are planning to have a "Celebrate Recovery" slide show during the 2007 convention. Please think about visual signs of your recovery and submit them for this presentation. We want to display before and after images of people, depicting all three levels of recovery: physical, emotional, and spiritual. Submissions don't have to be just photos...anything indicating a change that has happened during your recovery is welcome. Be creative! Maybe a graph of what your cholesterol numbers have been before during & after, or photos showing the smile on your face before & after. Please feel free to add comments along with your pictures and indicate if there is certain music you might like to have playing when your slides are displayed. This is not to be a weight loss commercial—it is intended to be a celebration of recovery in pictures, comments and music. The more the merrier. Submit photos and other visual signs of recovery to Jim Coulthard, 201 West Roosevelt, River Falls, WI 54022 Email: [tigerbasellc@comcast.net](mailto:tigerbasellc@comcast.net)

We are in need of a convention booster from each meeting to serve as a contact within their group for the Convention Outreach and Volunteer committees. They will also be asked to promote the convention and bring updated convention information to their home 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).

Would you like to be a part of the 2007 OA convention entertainment show? Contact Jann P. at 763-300-2508 or Kirsten S. at 612-839-5079 for more info! We are looking for all types

of performers, a sound technician, sound equipment and someone who knows American Sign Language. Join us in bringing the miracles of recovery to life! All are welcome.

## June Society Pages

The June issue of Society Pages will feature Step Six; "Were entirely ready to have god remove all these defects of character." The Monday evening Lynnhurst group has volunteered to "sponsor" the June issue. Articles on the Step, a tool or a personal story 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.

We also need groups who will "sponsor" future issues. What is involved in sponsoring Society Pages? A group volunteers to write articles on the step that will be featured during the month and submit their articles via e-mail by the 22<sup>nd</sup> of the month. Two or three articles is sufficient, depending on their length, but some months we have had six or more. Then, about a week before the monthly Intergroup meeting, you will get the printed copies of the newsletter pages from the print coordinator. Your group is responsible to fold and collate the newsletter and group them together for distribution at the Intergroup meeting. In addition to the great opportunity for service, your group also gets your name in that issue of the newsletter. Think of this as a little advertising for your group! Contact Ellen if you are interested in volunteering for this service.

**The deadline for submission of articles is 12:00 noon on Tuesday, May 22, 2007.**

## Intergroup Board

Becky T., Chair	952-423-1527
Julie B.H., Vice-Chair	715-381-8470
Amy D., Treasurer	952-270-0098
Janelle N., Secretary	763-780-2794

[beckytio@frontiernet.net](mailto:beckytio@frontiernet.net)  
[jbhgold@hotmail.com](mailto:jbhgold@hotmail.com)  
[amydunker@yahoo.com](mailto:amydunker@yahoo.com)  
[janellenelson1@mac.com](mailto:janellenelson1@mac.com)