

Society Pages

The Newsletter of
Unity Intergroup September 2007

Carrying the Message

Upcoming Events:

The **2007 OA MN State Convention** is less than 2 months away! It will be held November 2-4, 2007 at the Holiday Inn Select in Bloomington, MN. To register and/or see the conference program and highlights, go to www overeaters.org. To reserve a room, contact the Holiday Inn (952-854-9000.)

Volunteers are still needed to be:

Meeting boosters (contact Maureen B 763-535-5006 if interested),

Entertainment participants including a sound technician/equipment and an American Sign Language interpreter -- contact Kirsten S (612-839-5079) if interested.

Tell your story – we need photos/images showing all levels of recovery – spiritual, emotional and physical for our slide show. Contact Jim C (tigerbasellc@comcast.net, 612-735-7276) if you'd like to participate. Any additional questions should be forwarded to Ann D (763-521-6599.)

Watch for details on the upcoming **Sponsorship Workshop** – no matter the format you work, get your questions about the “how to’s”, rewards, and perspective from those who’ve been there.

New OA Meeting! A new step meeting is starting in Bloomington at 8600 Bloomington Ave in room 40 at Cedar Valley Church from 6:30-8 PM! If your meeting can donate funds or attend a few times to help get the new meeting off the ground, please contact Val (952-888-0752.)

New Public Information Chairperson – Congratulations to Rebecca, the new Chair, who is replacing Julie W. Thanks to Julie for her hard work and service. Rebecca will work closely with Nea D., our Outreach Chair, on opportunities to foster awareness of OA.

Service Opportunities:

WSO is seeking articles from healthcare professionals for “The Courier” newsletter.

If you have been referred to OA by a professional, please ask that professional to write a brief article for “The Courier”. Go to <http://www.oa.org/courier07/courier07.htm> to see an online copy. Are you a professional attending OA? Consider writing an article yourself about why you find OA beneficial. Contact Becky T. (beckytio@frontiernet.net, 952-432-1527) if you have a written article or questions. Other OA's are encouraged to print a copy of the Courier from the link above and bring it to the professionals you interact with in your daily life – a simple way to spread the word about OA to the professionals that may come in contact with suffering compulsive overeaters!

Diabetes Expo on October 13-14 needs Chair/Co-Chair. Volunteer to coordinate volunteers for the event to represent and answer questions about OA. This is a great chance to get involved in outreach. Contact Nea D (612-227-3854, nea_oa@yahoo.com) for details.

Intergroup Literature Committee: Love to stay on top of the newest, most interesting OA books and pamphlets? Think about working on the Literature Committee. Contact Katy B (senoritakatyb@yahoo.com, 651-470-3213) for more details.

Newcomer Meeting Facilitators are needed starting in September. Contact Jason R (rimm0004@hotmail.com, 952-942-2903) or Nea D. (612-227-3854, nea_oa@yahoo.com) for additional details.

MINNESOTA OA CONVENTION

**Celebrating the Miracles...Happy,
Joyous, and Free**

Holiday Inn Select & Suites
Minneapolis Airport Hotel Mall of America
3 Appletree Square / I-494 & 34th Ave (Exit 1)
Bloomington, Minnesota 55425
Phone: (952) 854-9000 • Fax: (952) 876-8700

Convention Times (Subject to change)

Friday, November 2, 2007

5:00 p.m. Registration begins
7:00 p.m. – 8:45 p.m. General Session &
Keynote Speakers
8:45 p.m. Social Hour

Saturday, November 3, 2007

7:30 a.m. Registration Begins
8:30 a.m. – 12:15 p.m. General Session,
Sponsorship Panel & Individual sessions on
steps 1 - 5
12:30 p.m. – 1:45 p.m. Lunch Break
1:45 p.m.-2:00 p.m. Entertainment—
Washington State Rap Performance “Ego
Reduction”
2:00 p.m.-5:00 p.m. Individual sessions on
steps 6 - 11
Dinner Break 5:00 p.m. – 7:00 p.m.
7:00 p.m. – 8:45 p.m. General Session &
Keynote Speakers
9:00 p.m. Entertainment—MN OA Performers
“Bringing the Promises to Life”

Sunday, November 4, 2007

9:00 a.m. – noon—Keynote Speakers &
Individual sessions

Meals at the Convention

Please consider purchasing a lunch and dinner as this offsets the cost of our meeting rooms. Also, a drawing will be held during lunch and dinner for a future one-night stay at the Holiday Inn Select

Convention Menu

Saturday Mexican Fiesta Lunch \$17.00

(family style; measure at your table)
Grilled chicken, ground beef
Black beans, brown rice, tortillas (plain corn, whole wheat), baked corn chips
Tomatoes, lettuce, sautéed onions & peppers (no oil), salsa (hot or mild), fresh fruit
Sour cream, guacamole (no mayo), salad dressing, cheese, olives
Iced or hot tea, coffee, 1% and skim milk

Saturday Dinner \$20.00

(Family style; measure at your table)
Slice roast beef (6-1/2 oz. cooked) w/au jus & mushrooms (on side)
Grilled salmon (6-1/2 oz. cooked) w/pineapple & pepper salsa (on side)
Vegetarian Bella pasta (tomatoes, artichoke hearts, ripe olives, onion, all sautéed w/fresh garlic, seasonings, extra virgin olive oil)

All dinners include rolls/butter, salad (dressing on side), baked potatoes, plain green beans, fresh fruit. All dressings/seasonings are sugar free.

Saturday & Sunday Hotel Breakfast Bar--\$10
Includes cereal, fruit, eggs, sausage, hash browns, toast, yogurt, beverage, etc.

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

A BIG THANK YOU to the Saturday St. Paul Macalester Early Bird meeting for sponsoring the September Society Pages. This group stepped in at the last-minute so we had material for this month's newsletter.



New Location

Unity Intergroup now meets at the Sumner Library in Minneapolis. The meeting is held the 2nd Saturday of each month – the next meeting is September 8th - beginning at 12:30pm lasting through 2:30pm. The address is: 611 Van White Memorial Blvd. Mpls. MN 55411 or call at (612) 630-6390.



Batt 'er Up for Next Year!

The final OA softball game of the season was held on Wednesday, August 22nd. From all accounts, those involved had a great time and good fellowship. And the park was very good to our fellows.

Hopefully we will be able to start earlier in the year in 2008. Kathryn (612.824.6886) is gathering a list of interested people for next year. Please contact Kathryn if you are interested or if you have any questions ... AND ... batt 'er up for next year!

Editor's note: The confusion about the softball schedule was mine. Sorry if the bad information caused anyone an inconvenience.



Help Wanted: Society Pages Print Coordinator.

Unity Intergroup is looking for someone to be the Print Coordinator for Society Pages. The job responsibilities are

Order Supplies (toner, paper, envelopes)

Print newsletter and labels each month

Take the newsletter with envelopes to the sponsoring group's representative; they will collate and deliver to Intergroup.

The job requires about 6 to 10 hours a month. The volunteer must have a computer and Internet access. Contact Keith (612-251-6690 or KJ_Connolly@hotmail.com) if interested.



October Society Pages

Our October issue will feature Step Ten: "Continued to take personal inventory and when we were wrong promptly admitted it."... The Wednesday 6pm St. Joan of Arc meeting has volunteered to sponsor the October issue. We also love to get articles written by OA members who are not part of the sponsoring group. Please indicate if it is OK to include your name with your article and e-mail your contributions to ellen_oa@hotmail.com with the words "Society Pages" in the subject line. The deadline for submission of articles is 12:00 noon on Saturday, September 22, 2007.

Useful OA Links

List of Local Meetings	www.overeaters.org
Region 4 Web Site	www.oaregion4.org
World Service Web Site	www.oa.org

Step Nine: "Made direct amends to such people wherever possible, except when to do so would injure them or others."."

Looking at My Life

Steps 4 - 9 give me an opportunity to look at my life honestly and realistically. In doing so, I am able to see the reasons for my behavior and the effect that my behavior has on other people. In determining what motivates my behavior, I am able to change my thinking and behavior. In Step 9, I take responsibility for my behavior and the damage that my behavior has caused. I am able to begin repairing the harm that my character defects have caused by making amends.

~ Dan

To Improve One's Conduct

Step 9 is where "the rubber hits the road" in my program. It is the step that takes my desires to change out into the external world. This is where I make a commitment to self-discipline, the principle behind Step 9.

The dictionary definition of amends is "to improve one's conduct". This definition along with the principle of self-discipline makes me fully aware that my amends to others cannot end with an apology or acknowledgement of my inappropriate behavior. It means that when I make an amend I am also promising (even if I do not verbalize this promise) to change my behavior that harmed them.

It also gives me the knowledge of how I can still make amends to a person I cannot contact because they or others would be harmed or injured by my connection. Even though I cannot verbalize the amend, I still must change the behavior that hurt them in the first place.

What a wonderful gift I give myself and the world around me, when I truly take Step 9 to the best of my ability.

~Sheila



"...except when to do so would injure them or others..."

I am very grateful to program and my sponsors for teaching me how to make amends. If it weren't for this help, rather than cleaning up messes I would have been making more. One of my defects was having unrealistic expectations. I couldn't just make a mistake, learn from it, and move on. Everything was a big deal and wounded my ego. Either I would be in denial that I had done *anything* wrong or I would feel responsible for other people's behavior and unhappiness.

Living amends is something I would not have thought of on my own. I am making living amends to my spouse and children by showing up to meetings and changing my attitudes. Instead of seeing home repairs and cleaning as boring chores I call it service. I get to be grateful I have a spouse and children who need and love me. Also, I am taking time to teach my children how to be more self-reliant and not do for them what they can do for themselves. They learn gratitude, awareness, and the skills they will need when they leave home. I ask for help, I accept help and I let go of perfectionism.

Praying for the people I resent is another thing I would have not thought of this on my own. Praying good things for someone who has harmed me? A strange idea at first but the important thing is: I tried it and it worked.

When a friend was angry with me for something that was not my fault, there was a way to relieve my anxiety and anger. My sponsor told me to see this person as ill and suffering. Two weeks of praying for good things for my friend and I felt better. Remembering how confusing, frustrating and painful my life was before program, I could not stay resentful.

Step 9 is about letting go of guilt and moving on to a fuller life. It is about changing the things we can and leaving the rest to a power greater than ourselves.

~R

Direct Amends to My Boss?

One of the most liberating experiences in my recovery life has been making amends to my former bosses. Before identifying my character defects in recovery, I blamed each of those bosses for my unhappiness at work. I was determined to “run the show” the way I wanted to because I thought I knew better than they did. And I was quick to amuse co-workers by telling tales about each boss. I would point the finger at them, and keep their flaws in the spotlight, rather than accept my own shortcomings. In recovery I acknowledged that my resentments, selfishness, self-seeking and dishonesty kept me from being the best employee I could be and I added these people to my 8th Step list.

Once I became willing to make amends I talked with my sponsor. It was not my task to injure any one further by saying, for instance, “I told everyone in the office that you sleep away the afternoons at your desk”. I made appointments with each of them. Each amend was uncomfortable. Two were well received; two were not. But I swept off my side of the street. The exhilaration I felt after finishing these amend was extraordinary and life-changing.

Now, when I get that “I know it all” feeling, I back off and stop trying to “run the show.” I try to take direction instead of impeding advancement. I am quick to make amends when I am wrong. I am making progress in refraining from commenting to co-workers about my employer. Life is much better.

~Marj N

Changing My Thinking

The principles we practice in eight and nine are self discipline and love for others. Self discipline makes us less likely to hurt other people and quicker to make amends when we do. Practicing the principle of love for others, we learn to accept others as they are, “...establishing the best possible relationship with each person we know.”

After stepping from 1 thru 7, I need to see that my actions have hurt others and I need to make amends.

I no longer see amends as just a note or letter. I have found that I need to change my thinking, my actions, and to basically change the way I deal with the person I've harmed. With God's grace I can do this, even if it takes years. And when I forgive and let go of those who have harmed me, with God's grace, it is as if there never was a resentment.

~Barb S.

Emotionally and Physically Absent? Or Abstinent?

My eating disorders are bulimia and anorexia. I owe the most amends to my children, because I was not able to be there for them emotionally or physically. I remember one cold, snowy winter evening. My sister was giving all her children a warm bath and trying to settle them down for the night. I was just too cold and weak to treat my children that well.

I have been in 12-step programs (OA and others) for 21 years and abstinent for 16 years. Now I can be there emotionally and physically for my grandchild. What a blessing!

I feel the best amends I can make to my children are to be present for them now and fully there for my grandchildren--no verbal amends, just loving action. This is an example of step 9 in my life today.

Some other ideas on Step 9 include:

1. In Step 9 we continue to take responsibility for our past actions. This step is not meant to humiliate us, but it is necessary to free us from guilt. Through it we also forgive ourselves for our past so we can live better today.

2. We do not put off making amends. Also, if there is any doubt in our minds as to whether the amend might cause harm to anyone, we consult a person who can give an objective opinion, perhaps a sponsor.

3. We don't have to make amends for thoughts or feelings we have toward others. Unless we have acted on them, thoughts and feelings really have hurt no one but ourselves

4. It is often helpful to allow some time for prayer and meditation before making amends to insure the best outcome for everyone.

~Deborah

UNITY INTERGROUP CALENDAR

September 2007		Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7	8	-Outreach/PI Mtg -Intergroup Mtg
9	10	11	12	13	14	15	-Convention Planning Meeting- -Newcomer Mtg
16	17	18	19	20	21	22	-Submissions to "Society Pages" due
23	24	25	26	27	28	29	
30	October 2007		3	4	5	6	
	1	2					
7	8	9	10	11	12	13	-Outreach/PI Mtg -Intergroup Mtg
14	15	16	17	18	19	20	-Newcomer Mtg -Convention Planning Meeting
21	22	23	24	25	26	27	

Intergroup Board

Becky T., Chair 952-423-1527
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