

# Society Pages

The Newsletter of  
Unity Intergroup February 2008

## Carrying the Message

News from Unity Intergroup

Join us...at the water!

### Administrative News:

Board & Committee Elections were held. Congratulations to our New Fellows providing service! Jill L is our new Vice Chair; Amanda A is the new Society Pages editor; Deb M is the new Registrar. The following members have been reelected to their positions: Becky T is Chair; Amy D is Treasurer; Janelle N is Secretary. The positions of Outreach Chair and Newsletter Coordinator will be voted at the February meeting. A BIG THANKS to everyone!

### The 3rd Annual OA Big Book Study Weekend

February 15th, 16th, 17th, 2008 at the Minnetonka Community Center (Council Chambers). Workshop Cost \$20 or \$22 (at door). The speaker is a recovered Overeaters Anonymous member from Winnipeg, Canada. He will lead this study of the Big Book—a wonderfully inspirational interpretation—concentrating especially on how the message in the Big Book applies and works as well for compulsive overeaters as it does for alcoholics.

With fascinating insight into the history of the founders, the speaker offers his own unique perspective of how the Big Book powerfully supports OA recovery. Our speaker also goes into detail on actively working all the 12 steps. The 4th-step inventory material (oabigbook.info) used by many in OA will also be presented.

Contact [howardw@isd.net](mailto:howardw@isd.net), 952-930-1212. Scholarships available, no one will be turned away!

Plan your spring retreat and join us at King's House in Buffalo, MN, a beautiful setting overlooking Buffalo Lake. This annual recovery event will be held April 4-6, 2008, and your host this year is Monday Night - Anoka. I have attended nearly every Buffalo Retreat since I joined OA in 1996. It's always held in the early spring, at a time when my spirit can use a boost. Here are just a few of the reasons I go:

- Quiet, meditative setting
- About one hour from the Twin Cities
- Smaller attendance (registrants limited to 140)
- Price of the retreat includes the event, lodging from Friday evening to Sunday noon, and abstinent meals/food. Saturday breakfast, lunch, dinner, and Sunday breakfast and lunch provided.
- Abstinent OA members speak about the 12 steps, followed by time for small groups to meet and discuss.
- Personal time is scheduled throughout the day
- Opportunity to give away (and listen to) 5<sup>th</sup> steps to willing members
- Opportunity to give service
- Fellowship/games/yoga/raffle (raffle proceeds go toward helping carry the message of recovery)
- Scholarships available
- Attendance at any of the weekend events is optional – this is your retreat.

Registrations are coming in – get yours in by 2-14-08 and save \$10 on the fee (registration deadline is 3-14-08).

Registration forms are available in the Society Pages, on the Unity Intergroup website, at your meetings, or contact Amanda at [cortier\\_0506@hotmail.com](mailto:cortier_0506@hotmail.com).

We look forward to seeing you there!

~Barb B, Buffalo Retreat Chair

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**Step Two: “Came to believe that a power greater than ourselves could restore us to sanity.”**

Truly a pathway

Of the three types of addicts described in Step Two in the AA 12 & 12, I was in the third classification: I did believe God existed, but had no faith that He had much time for me and my "little" problems - after all, didn't He have to look after the world? So, shouldn't He be spending his time guiding the leaders of nations, and on resolving wars in conflicting countries, and on curing cancer and solving world hunger? What was a little eating disorder, a little unhappiness, a little fear when contrasted with all of that? I was only one tiny, insignificant person in a huge world... However, the 12 & 12 explained that to work this step, "all you really need is a truly open mind". The 12 & 12 also assured me that the program "does not demand you believe anything"; so I was free to make my HP be anything I needed or wanted. I took these statements seriously, and began to openly inquire about what my HP was all about. And through the course of using the other tools of program (of "practicing the rest of the program as enthusiastically as I could"), I began to learn a bit more about my HP: that He **deeply** loves me, and was just waiting for me to approach Him so he could lift me from my crushing addiction. I am the most important person in the world to Him, and He will do everything He can to give me a wonderful life full of amazing promises. He is a playful, happy guy, who loves to joke and laugh, and He wants to teach me how to play and joke and laugh and be happy. He is sincere and loving, and one of His favorite things to do is to embrace me and envelop me and protect me - if I will let Him. However, He can also be a sarcastic guy, and loves to play with wit and irony; and when He really wants to get my attention, He is not afraid to take action to "help" me slow down, recognize who is *really* running the show, and reset me on my right path. As I got further along in recovery, I realized that all of the time before program when I didn't believe God had time for me, it was because I wasn't asking my HP for true guidance and help; I was asking Him to do what I wanted Him to do - not the other way around. As the 12 & 12 clarifies: "At no time had we asked what God's will was for us; instead we had been telling Him what it ought to be... Belief meant reliance, not defiance... This was not only faith; it was a faith that worked under all conditions." Once I shifted my perspective, and earnestly sought *what my HP*

*wanted for me* [instead of what I wanted my HP to do for me], I began to experience the true power of His amazing wonder in my life; and I began to sincerely believe that a Power greater than myself really **would** restore me to sanity. Indeed, this amazing Step Two truly is the pathway to a way of living that works, under all conditions; and for that I am deeply grateful. Thank you HP!!

~Eden Prairie HOW member

### Freedom from insanity

I had no trouble seeing how insane I was around food. By the time I got to Overeaters Anonymous I was eating nothing but excessive amounts of fast food and sugar, and I knew that I was powerless. The cravings and the obsessions were driving my life. I would wake up every morning so filled with self-loathing and self-pity that the only way I could get any relief was to give in to the voices in my head and the compulsion in my body and go back to the same insane eating of the day before.

But I failed to see how this nebulous Power of yours was going to restore me to sanity. As far as I was concerned, I had prayed my head off and all I got was fatter and fatter. Then my sponsor pointed out to me that the Power was already working in my life. It had brought me to an OA meeting, and that was all I needed to begin to believe. As I got abstinent, my thinking began to clear up, and I started to see the Power in other areas of my life. Making a gratitude list every day helped tremendously. Working all the tools every day began to change my thinking, and recognizing and admitting my devotion to negative thinking and asking God to remove it caused a psychic change that I am powerless to describe.

I have heard that the first three words of Step Two "Came to believe" can be taken literally. First we "came" (to a meeting), then we "came to" (got abstinent) and then we finally "came to believe". This is what is happening in my life on a daily basis. All that I need to supply is a little willingness, and the rest is supplied by the Power. Thank you God for freedom from compulsion, obsession and insanity today.

~Anonymous

### 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)

## Service Opportunities

### Health Class Speakers

Eden Prairie High School is looking for speakers for their health classes as they learn about eating disorders. The format of the class is that Fairview does a brief presentation of the symptoms and effects of eating disorders, and then OA speakers provide real-life stories. It's speaking the way we do in meetings - where we were, what happened and where we are now. We focus on our individual stories and answer questions from the students. There are typically three OA speakers per class.

Here are the openings we have:

Monday Feb. 11th (all day)

Tuesday Feb 26th (morning only 7:55 - 11:00)

Tuesday April 22nd (all day)

Class periods are:

1st hour - 7:55 - 9:22

2nd hour: 9:30-11:00

3rd hour: 11:10 - 12:30

LUNCH

4th hour: 1:13 - 2:40

Please contact Carrie at [cnelson@goeastdesign.com](mailto:cnelson@goeastdesign.com) or 612-247-0655 as soon as possible if you can speak. Please be specific on the day and time(s) you are available. Thanks

### OA Convention 2008

We still need volunteers to fill the following roles: Co-Chair, Program Chair, and Outreach Chair. Contact Convention Chair Linda N at 507-282-9331 or [lindadnelson@gmail.com](mailto:lindadnelson@gmail.com) for more information. Mark Your Calendar with the dates of November 14, 15 & 16<sup>th</sup>. Will it be fun and inspiring? You Betcha!

### Newcomers Meeting

We need volunteer speakers who have at least 90-days of abstinence and are working regularly with a sponsor, to help lead the monthly Newcomer Meeting. Please contact Aida 651-489-8264, Sonja H. 952-484-1481, Sarah D. 612-747-6753 or go to: [www overeaters.org](http://www overeaters.org) for more information or to volunteer for this great service opportunity.

### Outreach Opportunities

Opportunities exist from Unity IG reps to Outreach to sharing your special skills and talents (computer skills, website development/admin, writing, PR skills, speakers, etc.). We need you! Help your program by helping others. Contact a board member or Unity Intergroup Rep for additional information.

### Society Pages

*We Need You! The Society Pages needs a Group to Sponsor the May 2008 issue and beyond.* Volunteer your group to share through short personal stories, and members' experience, strength and hope. Contact Amanda A. at 763-639-7224 or [corter\\_0506@hotmail.com](mailto:corter_0506@hotmail.com) for details. Steps match the months (i.e. January = Step 1, etc.). We truly cannot do this without you!

## March Society Pages

The March Society Pages will focus on Step 3: "Made a decision to turn our will and our lives over to the care of God as we understood Him" and will be sponsored by the Saturday Falcon Heights OA Meeting. Although one meeting generally sponsors each newsletter, we welcome articles from anyone. Please indicate if it is OK to print your name with your article and e-mail your contributions to [Amanda](mailto:corter_0506@hotmail.com) at [corter\\_0506@hotmail.com](mailto:corter_0506@hotmail.com) with the subject "Society Pages" by noon on Wednesday, February 20th.



### MARK YOUR CALENDAR!

Friday – Sunday, February 15 - 17	OA Big Book Study Weekend (see enclosed flyer)
Saturday, February 16	Newcomer Meeting
Wednesday, February 20	Articles due for March Society Pages
Saturday, March 8	Intergroup Meeting
Saturday, March 29	Workshop: Demystifying Sponsorship
Friday – Sunday, April 4, 5 & 6	Buffalo Retreat
Friday – Sunday, September 19 - 21	Frontenac Retreat

### Intergroup Board

Becky T., Chair	952-423-1527
Jill L., Vice-Chair	952-873-4595
Amy D., Treasurer	952-270-0098
Janelle N., Secretary	763-780-2794

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