

# Society Pages

The Newsletter of  
Unity Intergroup July 2008

## Carrying the Message

### News from Unity Intergroup

#### Service Opportunities

Do you speak Spanish? Know ASL? OA is in need of your skills and talents (computer skills, website development/admin, writing, PR skills, speakers, etc.). You make a difference! 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 September 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!

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**Get OA Inspiration on your MP3 player via Podcast! How cool is THAT!** Overeaters Anonymous now has podcasts available via download (free!) on iTunes and the [www.OA.org](http://www.OA.org) website. Simply enter "overeaters anonymous" in the search field in iTunes, and the podcasts will appear. You can also subscribe to get new podcast as they become available! To get the podcasts on the OA.org website, click here: [http://www.oa.org/get\\_podcast.htm](http://www.oa.org/get_podcast.htm). Yup. WAY cool.

#### Region 4 Newsletter

Our latest IV Thought is available on the web.

<http://oaregion4.org/newsletter.html>

Enjoy! And thanks to Catherine W. for all her hard work!

### Greetings, fellow OA'ers!

Unity Intergroup needs YOU to fill one of two positions that have recently opened – **Vice Chair** (completing the remainder of term to January 2009 on the Unity board) and **Outreach Chair** (one year term).

**Qualifications for Vice Chair:** 6 months of current abstinence, working the Twelve Steps of OA and regular attendance at an active OA group for a minimum of one year, familiarity with the Twelve Traditions and Concepts, and served/serving as an Intergroup Rep for at least three months. **Responsibilities include** attending monthly board meetings, serving in the absence of the chair, orientating new Intergroup Reps and alternates, reviewing and auditing Unity bank accounts, and serving as a liaison to Outreach and Public Information committees.

**Qualifications for Outreach Chair:** 90 days of current abstinence, a willingness to serve, and a commitment to the 12 Steps and 12 Traditions of OA. **Responsible for** coordinating OA members to reach out to the still-suffering compulsive overeater. Sponsored events include booth at Twin Cities GLBT Pride, Women's Expo, and American Diabetes Association Expo.

Interested parties should attend the July 12<sup>th</sup> Intergroup meeting from 12:30 – 2:00 pm to be nominated and voted on. Contact me at 952-423-1527 or [beckytio@frontiernet.net](mailto:beckytio@frontiernet.net) with questions.

Sincerely,

Becky T.

Unity Chair

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

### Driving on the Road of Humility

So coming into the program, I just wanted to not be obsessed with food. I hated being me and I was sick of living how I lived. But nonetheless, I still wanted to do it my way. I was not willing to see my part in each situation, to see where I had contributed to all the things that had supposedly traumatized me.

My shortcomings, or rather character defects seem to be at root of everything I fear, resent and begrudge. That is one gift this program has brought to me tenfold, Humility. Humility is not punishment, which is what I originally treated it as. That is why my first 1.5 years in HOW I struggled with slips and surrender. It was like I was still playing victim and recovery had to be uncomfortable and I needed pity and attention for poor me who had to do it differently.....that didn't work to well.

I now realize it is not a thing to make me feel guilty or bad about myself. Humility is purely acceptance. It is accepting that I am a food addict, that I have no barometer of what is right or wrong with food, body, weight and exercise. By accepting that; I can move on into action. I have a program that puts all of that in its place, so that I do not have to be crazy. For when my food was not in a cup, and I did not accept that God made me crazy with food, I had no barometer of what was right or wrong in anything else in life either. It is amazing how all of those other limits, rules and regulations are completely clear now. Now that boundaries are set with food, I am no longer confused on how to drive the road of life how God intended. Now that I humbly admit my wrongs to my HP, I can be free to live life on life's terms.

Humility has helped me to stop, take a step back and realize that most streets are two way, not one way, and that I am definitely on one side of these roads of life. Fortunately I have a fellowship of policemen who can help educate and guide me on how fast to go, when to yield or slow down, when to speed up, when to stop, when to approach with kindness, when to do U-turn, when to change direction, when to ask for directions, when to honk, and when to pull over to a rest stop to decompress, gather my thoughts and rest. This road of life is

hard, but I cannot afford to get a “ticket” (aka slip), because I've outdone and used up my opportunities

for tickets, next one means jail for me. My life would end if I do not grab on and follow the rules, rigorously and honestly.

The greatest discovery about this road is that actually, I am a passenger, because God is the driver. When I turn over my will and way, God works through the fellowship. He tells the policemen what to say to me, God tells me what the rules are, and when I just can't do it alone, he takes over the wheel and drives for me. Thank God for humility, and thank God for recovery.

~Katrina K.

### Big Book excerpt

We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all-every one? If we still cling to something we will not let go, we ask God to help us be willing.

When ready, we say something like this: “My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.” We have then completed *Step Seven*.

~BB pg 76



### 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>

## OA Convention 2008

The Committee for the OA Convention is still in need of volunteers. Please Contact the Convention Chair Linda N at 507-282-9331 or 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

### OA Member Finds Recovery at OA Convention

I have a very strong emotional attachment to the Minnesota State OA Convention. My first convention was in 2005. I had been in the OA program for roughly 6 months and was at a loss. Two of our meeting members decided to go to the Convention and asked me to come along. I said "Sure, why not? I'll go." I figured I didn't have anything to lose! I had no idea of what a life-changing weekend it would prove to be!

There were many little miracles that happened that weekend, but three events spurred me on to my eventual spiritual experience. The first thing that blew my mind was the speakers. Here was not only experience and strength, but HOPE. I realized later that HOPE, one of the main ingredients of recovery, was missing in my life. Here were people suffering as much as I did—some even exponentially more--and they could recover! Why couldn't I? It was an exhilarating revelation!

Another thing that happened occurred when I went to an OA meeting during the convention. The leader of the meeting announced that they would offer a newcomer's chip to anyone who wanted to make a commitment to working the program. A couple people turned and looked at me. I hadn't quite heard what the leader said, so I whispered "What did she say?" Someone whispered back, "Go up there!" I said, "No, what did she say?" Then the leader noticed me and said "Well, do you want what we have?" Well, THAT was a no-brainer! "YEAH, OF COURSE!" I almost shouted! I got my chip...and made a serious public commitment to working the OA program to the best of my ability. It was the first huge step on my journey.

Another element of the convention that was important to me may sound insignificant. Strangers

talked to me. And they weren't selling anything! They greeted me and asked how I was doing and they sounded genuinely interested in the answer. They called me by name. They held my hand and were strangers no more. I was now part of a much larger community of OA. AND I BELONGED!

If you are hesitating about deciding to attend the convention, hesitate no more. Miracles happened to me at the Minnesota State Convention and I have been abstinent ever since. Go and get your miracle—or go and share the miracle you have received!

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### Release and Joy

Who can render an account of all the miseries that once were ours, and who can estimate the release and joy that the later years have brought to us? Who can possibly tell the vast consequences of what God's work through A.A. has already set in motion?

And who can penetrate the deeper mystery of our wholesale deliverance from slavery, a bondage to a most hopeless and fatal obsession which for centuries possessed the minds and bodies of men and women like ourselves?

We think cheerfulness and laughter make for usefulness. Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience out of the past. But why shouldn't we laugh? We have recovered, and have helped others to recover. What greater cause could there be for rejoicing than this?

~As Bill Sees It, pg 163



**Language of Unity.** In January 2007, a motion was considered and passed by Unity Intergroup supporting our belief while meeting formats may differ, there is but one Overeaters Anonymous. We have included the original published explanation and language that first appeared in the February 2007 Society Pages with these Talking Points. Please take a moment to review this commitment with members at your meetings.



### **The Language of Unity (originally published in Society Pages, February, 2007)**

Over the last few months, Unity Intergroup has been discussing “The Language of Unity”. We agreed that what we call ourselves and each other can serve to unite or divide us.

One of OA’s strongest assets is that there is not just one way or one right way to work the program. What works for one person may not work for another. As a result, there is a need for (and room for) many different meeting formats under the OA umbrella. We are all part of OA, joined by the desires to stop eating compulsively and to carry the message of recovery to the still-suffering compulsive overeater. Meeting formats and the ways people work their programs may change. The steps, tool, traditions, and concepts of OA, however, do not change.

Unity Intergroup wants to make sure that it sends the message clearly – **we are all part of Overeaters Anonymous, and none of us is modifying OA.** Sending this message is especially important in our publications and communications. We may attend meetings with different formats, agreed upon by the individual groups’ conscience. We do not, however, belong to different types of OA, nor do we wish to or need to. The framework of OA is broad enough for us all. Therefore, in our language we do not want to directly or inadvertently give the impression that any of us are modifying OA.

It is with this intent that the following motion was considered and passed at the January 2007 Unity Intergroup meeting:

**“There are not different kinds of OA. There are, however, different meeting formats such as HOW meetings, Step meetings, BB Study meetings, Traditions meetings and Literature Discussion meetings. In Unity Intergroup publications and communications, OA will always be referred to as OA. If distinctions are wanted or needed they should refer to meeting descriptors or meeting formats. Meetings descriptors would be the day, time, location or group name. For example, a meeting could be referred to as the Tuesday morning HOW format meeting, or the Tuesday Minneapolis Meeting.”**

This motion was passed in order to provide guidelines for OA’s to differentiate groups within our fellowship, should the need or want arise. The template is very simple – day of week, time of day, location, meeting format. (For example, the Thursday 7:30pm Minnetonka Big Book Study meeting or the Tuesday 9:30am Minneapolis HOW meeting (using the word format is not essential).) This motion’s goal is to provide a framework so that we do not end up implying, by using terms such as Traditional OA, OA-HOW, and the Regular OA in Unity Intergroup publications and communications, that we modify OA. After all, “our...personal recovery depends upon OA unity.” (Tradition One, OA 1 Steps and 12 Traditions.)

## August Society Pages

The August Society Pages will focus on Step 8: "Made a list of all persons we had harmed, and became willing to make amends to them all" and will be sponsored by the St. Louis Park Sunday 7pm group. 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 at [corter\\_0506@hotmail.com](mailto:corter_0506@hotmail.com) with the subject "Society Pages" by noon on Wednesday July 23<sup>th</sup>.



## MARK YOUR CALENDAR!

Saturday, July 12	Intergroup Meeting
Saturday, July 19	Newcomer Meeting
Saturday, August 9	Intergroup Meeting
Saturday, August 16	Newcomer Meeting
Friday – Sunday, September 19 - 21	Frontenac Retreat
Friday-Sunday November 14-16	OA Convention

### 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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