

Society Pages

The Newsletter of
Unity Intergroup March 2008

Carrying the Message

News from Unity Intergroup

Administrative News:

Additional Board & Committee Elections were held. Congratulations to our New Fellows providing service! Donna K is our new Registrar, Sarah D is a new Region IV rep and Mary Ann W is our new Outreach Chairperson. The position of Newsletter Coordinator is still open; interested persons should contact a board member if interested. A BIG THANKS to everyone!

Outreach 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 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 cortier_0506@hotmail.com for details. Steps match the months (i.e. January = Step 1, etc.). We truly cannot do this without you!

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 for more information or to volunteer for this great service opportunity.

12 STEP JOBS AVAILABLE...we need you

Job Title: Trusted Servant

Job Objectives: Maintain your own abstinence and carry the message to those who still suffer

Reports To: A Loving God

Date Available: Immediate Openings

Job Description:

Co-Chair of the MN State OA Convention

-Assists the Chair in overseeing the convention committees activities

-Could potentially Chair next convention

Registration Chair

-Receives and data enters convention registration forms

-Prints name tags, puts meal tickets behind name tags

-Oversees on-site registration with other volunteers

Volunteer Chair

-Coordinates securing the volunteers needed for the convention

-Prepares volunteer packets; Hands packets out at the convention

Entertainment Chair

-Works with another co chair to provide 12 step entertainment for convention goers (Sat. night)

Public Relations Chair

-Sends out the press releases, TV and radio announcements prior to the convention. Works with media consultant.

Qualifications:

-30 days abstinence

-Open, willing, humble

-Spirit of Love & Service

-Desire to live usefully & help other Compulsive Eaters

Applications: Apply in person by contacting: Linda 507-282-9331 lindadnelson@gmail.com

Compensation and Benefits:

-Total Health

-Continuous Abstinence

-Have a Host of Friends

-Watch People Recover

-See a Fellowship Grow Up about You

Step Three: “Made a decision to turn our will and our lives over to the care of God as we understood Him.”

Gift Exchange

We both sit down on the floor opposite one another, with a low coffee table between us. My HP asks me if I would like to give him anything, and at the time we played the game, I said I would like to give him my anxiety. He said, “Sure, go ahead and put it on the table.” So I did. And once I put it on the table, he picked it up, and said, “Thank you so much for trusting me with this gift; I really, deeply appreciate it. Because you have been so kind to me and gave me a gift, I’d like to give you a gift.” And he put peace down on the table, and said, “Go ahead and pick it up”, and I did; and instantly felt so much better. We played a few more rounds of the game – me giving him impatience, and him giving me patience; me giving him frustration, and him giving me tranquility – and then he said, “So, you see how the game is played; now for the rules. They are actually pretty simple: Whatever you want to give to me, I will gladly take; but you can’t hand anything directly to me. Whatever you want to give to me, you have to put on the table; because I can’t pick up anything unless you are willing to let go of it. And I am **so** happy to give you gifts, but I can’t hand them directly to you, either; I have to put them on the table, and then you have to pick them up; because I can’t give you anything you aren’t willing to accept. But so long as we follow these two simple rules, I would love to play this game with you whenever you would like.” And that’s it.

I have played this game with him several times, and it’s always a fun experience. He is just SUCH a cool, fun guy; I adore him.

~An Eden Prairie member

Waking to a Higher Power

Throughout my 67 years, I’ve battled chronic depression. Increasingly intolerant of prescription drugs, I’ve pursued various forms of “breath work” – yoga, meditation, walking, tai chi, reading aloud, core spinal fitness – healthy ways to increase oxygen intake, to reduce anxiety. About 9 months ago, while out-of-town for my 50th high school reunion, I began, as part of my wake-up routine, listening each morning to a CD on breathing. This ongoing listening has been quite a surprise, with the gradual revelation of an existent Higher Power newly present in my life. One particular exercise has given me a new appreciation of what we speak of, in OA, as “surrender,” or “willingness to be willing.” In this exercise, I’m instructed to imagine the universe or cosmos filling me with breath, then drawing that same breath out of me, as if I were completely passive, this breath not my own. Repeated each morning, this small exercise, along with several others, continues to reveal to me the mysteries of breath. I’m becoming more trusting of my physical self, plus increasingly open to spiritual growth. I sense my breath as part of a larger universe, one which envelopes others as well. In the quiet, in the silence of my own breathing, my Higher Power is ever present. This every morning decision to listen to my own breath is changing the way I listen to and observe everything and everyone around me. Repeating this discipline each morning, has given me a renewed respect for myself, as well as a greater sense of intimacy with my Higher Power – each breath another blessing, lifting me out of the isolation of my former depression, encouraging me toward a spiritual life, affirming the wholeness of who I am, in the company of others, as part of some Greater Spirit, some ever-changing Higher Power.

~Judith M.

Links

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

Translations in Recovery

At first reading, Step Three seems easy. I flung the words up to my higher power, "Take my life; I want you to make it all better for me without me." That did not go as well as I planned; recovery was going to take a little more work. First, I had to break down the step into terms I understood. In addiction, turning over is complete submission to food so it can control in your life, will is the food controlled urge to abuse your body, mind and spirit, while life is what you do when you cannot get your food, and that makes god (higher power) the ultimate source of our feelings, decision and joy. As I left the food fog and prepared to take Step Three, I had to redefine these terms in the context of recovery. I began to see turning over as the assumption that god has a plan for me, my will became my god-guided choices and my life was all the things I was able to do now that I was not in the food. I was able to experience my higher power; it was the small still voice chanting, "You do not have to live in fear and shame." Once I had this understanding in my head, I was able to understand in my heart; I was ready to take Step Three. After waking and saying the serenity prayer, I ask myself the critical Step Three question: Am I going to turn (give up) my will (my choices) and my life (my actions) over to my higher power (source greater than myself)? If I am willing to work this program using the tools and steps, the answer is abstinence and a daily reprieve from addiction.

~OA member

A New Beginning

When the phone rang last September afternoon, I had no idea that it would be the beginning of my life's changing course from the direction it had been going. On the other end of the line was a friend of mine asking me if I wanted to go to the Minnesota State OA convention in November, along with a mutual friend of ours who was going to be attending, we would share a room. I hesitated thinking to myself do I really want to do this? My on again off again recovery wasn't bad, was it? Did I want to subject myself to a group of people who might not understand the way I worked my program? As was everything else in my life, my hesitation was fear based. I agreed to go but it was only because I

really wanted to see my friends and this would be our only opportunity to get together.

I'm not sure what my expectations were upon arriving at the convention but it was nothing like what I found. I met a group of people who were excited about not just recovery, but life in general. They were really happy! Everyone was so friendly and willing to stop and share openly about anything. I kept my distance at first not wanting to invest too much of myself with this group. If I did, maybe they would expect something from me that I couldn't give them. It didn't take long, however, before I found their genuine friendship. Caring for others was contagious and I was soon blending in right along with everyone else.

The biggest surprise came about a month after I returned home. I found myself face down in the food on a three-day binge. That had happened before, more frequently than I cared to admit. The miraculous surprise was when my phone rang late one afternoon. On the other end was one of the people I had met at the convention offering a helping hand. She matter of factly told me that I didn't have to keep living this way; there was another way. She shared her program of recovery with me. Suddenly, those twelve steps I thought I knew everything about took on a new life. In the beginning, I was able to persevere in spite of all my fear and negativity. I was able to keep an open mind and become teachable. Almost immediately I experienced a freedom from the obsession with food. As a result my life began to change.

I have a long way to go and a lot more to learn, but I know that I'm right where I am supposed to be today. I am so grateful that I accepted that invitation to attend the convention last year, and even more grateful that I accepted the helping hand when it was offered to me. Now my friends and I are already making plans to attend the convention this year. Unlike my hesitation to attend last year, this year I can't wait!

~Nancy, Idaho



MARK YOUR CALENDAR
ANNUAL MARQUETTE OA/HOW RETREAT
Sponsored by the Thursday Night OA/HOW
Group in Marquette, MI

WHEN: May 16th, 17th and 18th, 2008

WHERE: Best Western Country Inn & Country
Kitchen. Located on US Highway 41 - Ishpeming,
Michigan

COST: To be determined.

CONTACT: Lynn B. at 906-361-5962 (leave
message) or Susie S. at 906-228-9361

TOPICS:

Keynote Speaker: Jason R., Minneapolis,
Minnesota

Spirituality - Maggie R.

Topics Related to the Promises - to be announced

Recovery from Relapse - Ellen W.

Our guest speakers will be from Minneapolis,
Minnesota and will share their recovery.

Please Join Us for recovery stories & topics,
abstinent meals, OA/HOW meetings, entertainment,
laughter, pool & hot tub, hospitality room, walking
trails, and fellowship, fellowship, fellowship!!

**.Rarely have we seen a person fail who has
thoroughly followed our path... Big Book, page
58**

April Society Pages

The April Society Pages will focus on Step 4: "Made
a searching and fearless moral inventory of
ourselves" and will be sponsored by the Wyoming
Tuesday night 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 with the subject "Society
Pages" by noon on Wednesday, March 26th.



MARK YOUR CALENDAR!

Saturday, March 15	Newcomer Meeting
Saturday, March 29	Workshop: Demystifying Sponsorship
Friday – Sunday, April 4, 5 & 6	Buffalo Retreat
Saturday, April 12	Intergroup Meeting
Friday-Sunday, May 16, 17 & 18	Marquette OA/HOW 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

beckytio@frontiernet.net
jklenzmeier@frontiernet.net
amydunker@yahoo.com
janelnelson1@mac.com