

Society Pages

The Newsletter of
Unity Intergroup May 2008

Carrying the Message

New Meetings

Overeaters Anonymous
Tuesday 6:00pm-7:00pm
Holy Family School
Meet in the Library
700 Main St W
Silver Lake, MN

Contact Diane 320-485-2544 for more information

Overeaters Anonymous - Step Meeting
Monday 7:00pm – 8:00pm
Light of Christ Church
Room 106
3976 County Line Rd SE
Delano MN 55328

Contact Julie W 612-616-0453 for more information



Region IV Spring Assembly Update

Unity group was well represented at Region IV Fall Assembly in Des Moines Iowa. Our Chair Becky T., the WSO Rep Catherine W, the PI committee chair, Nea D., myself (Joan S.) and our two new members attended. Our new reps are Sara D and Michele M. We are fortunate to have Michele's experience as a past rep from Region VII and Sara's enthusiasm. Friday night we had intergroup sharing. We were able to give other groups the innovative idea of our secretary, Janelle. She takes it upon herself to compile Unity's intergroup minutes into talking points for the reps to take back to their groups so we are not waiting a month for the minutes to be approved. Other groups feel they are always a month behind.

Unity is fortunate to have Janelle's expertise in developing this excellent communication tool.

The Fall Assembly focused on Strong Meetings and it seemed Unity took the focus to action. We excited shared how Unity's groups have come to respect and honor Tradition 1 (common welfare for personal recovery) and Tradition 4 (Each group should be autonomous). Other groups seem to be struggling with format acceptance and it was rewarding to share the progress made at Unity. We also talked about the success of our sponsor forum held a few weeks ago.

On Saturday we attended to business. Laura M. the acting interim treasurer was elected to the post – good luck Laura and thank you for your service. The Region IV 2008 Fall assembly will be in Winnipeg, Manitoba. The assembly discussed funding for struggling intergroups.

Region IV is asking that you give monthly donations if possible to help balance monthly spending.

We said goodbye to our current WSO trustee, Connie. She gave the Region great service and we are grateful for her hard work.. Thank you, Connie.

Groups should be watching for a membership survey form from WSO. This will give WSO important information about membership and attendance. Do not worry if you are counted at more than one meeting. WSO takes this into account. There is a new Sponsor pamphlet available – ask you literature chair to order it for your group. You can access Region IV's newsletter, IV Though on the OA website. Please think about submitting a personal story – they are in need of stories.

The Region IV Convention is June 27, 28 & 29 in St Louis. Join us – it is going to be a great recovery event. This is just a brief update on the events at the Region IV assembly. If you want to know more contact any of the reps Unity sent and watch for updates at your meetings.

Yours on the journey,
Joan S.

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

Free at last!

For most of my life I have kept secrets about myself to myself and from myself. I always had tremendous fear in admitting anything about me—especially if I did something wrong. I kept living my lie—I mean my life. I would run from all of my problems. I would hide like a little kid. I would never admit any wrong doing and if you didn't see me do it, I thought *I got away with it*. I kept myself in to keep you out.

Then I put the food down and started working the steps with my sponsor I was afraid of doing step 5. I didn't want to have to tell him any of my secrets. I had heard so many stories of how scary it was telling your deepest secrets and that you had to tell everything or else. What I also had heard throughout all of this was that “we are only as sick as our secrets”. I was tired of being sick and fat. I was more afraid of not doing it than doing it.

During my 4th step my sponsor set a date for me to do my 5th step. This helped me keep on track with doing my inventory and kept me accountable for my 5th step.

Before meeting my 5th step my sponsor had told me to pray, bring my inventory and bring my higher power. He lit a candle to signify the presence of God in the room. We said the serenity prayer and got started. The first thing he asked me if there was anything I wanted to get off my chest right away. Then he asked me what I wasn't going to tell him. I started talking and got into my inventory. I was afraid and at the same time I was feeling relieved. I noticed he wasn't yelling at me or laughing at me. He was just listening to me. I finished telling him everything except the thing I wasn't going to tell anyone. He asked me if I had anything else to tell him. I said yes. He asked me again, and I told him what I had told no one else. I cried, I was done lying to myself and others. I wasn't going to live in that cage anymore! I was free at last!

I went home that day and prayed. I read the big book and prayed some more. I thanked God and my sponsor. I began to look the world in the eye for the first time in my life. I had done my 5th step and I didn't die! My sponsor still took my calls. It was a miracle that I was abstinent and I was grateful for my life!

Over the years I have done a couple Big 5th steps. It seems my recovery is so much like an onion. By working the steps God has always revealed more to me. I am so grateful for this program of recovery and using OA as a solution for my compulsive overeating.

~A truly grateful abstinent COE

The Promises

By the time I completed Step 4, with the help of my sponsor, I was quite ready for Step 5. I was admittedly scared, yet believed what the program taught me about the trust and love in our fellowship. I also believed the literature which told me that if I skip this step, I may not recover. I prefer to read it as, I *will* not recover. I know it's written that way because the program is suggestive only, but it's the suggestions that I don't follow that cause problems and relapse for me. So I followed instructions. I could understand about admitting to God and myself, but why did I have to admit to another human? The fear I had was of being potentially embarrassed or judged by my listener. As the literature says, until I say all of my story out loud, my willingness to clean house is only theoretical; and that being honest with another person confirms I am being honest my God and myself. I really needed the advice, guidance and feedback from my sponsor, especially because I have a distorted view of reality. The promises of this step came true for me, and not just the promises in the Big Book. I also felt the promises in the AA 12x12:

- Rid of that terrible sense of isolation we have always had.
- Felt the beginning of true kinship with man and God.
- Get the feeling we could be forgiven, no matter what we had thought or done.
- Felt truly able to forgive others, no matter how deeply we felt they had wronged us.
- Gained humility, realism and honesty.
- Provided I held back nothing, my sense of relief mounted from minute to minute.
- Damned-up emotions of years broke out of confinement, and vanished as soon as they were exposed.
- A healing tranquility took the place of pain.

I've heard that if I don't feel the promises, then I need to re-do the step; there is something I missed. And no one should miss this!

~Barb B



Region IV Convention

Overeaters Anonymous (OA) members from Region IV including Manitoba, & Nunavut in Canada, Minnesota, Illinois, Iowa, Kansas, Missouri, Nebraska, North Dakota & South Dakota in the United States - as well as OA members worldwide - are invited to St. Louis to celebrate recovery at the annual Region IV OA Convention on:

June 27 - 29, 2008
To be held at -
Holiday Inn Airport West
3400 Rider Trail South
Earth City, MO 63045
(314) 824-1003

OA is a fellowship of people who share the common problem of compulsive eating. All are welcome at this exciting event, including people who are compulsive eaters and anyone who is concerned about a friend or relative with an eating problem.

This year's convention speakers and workshops will focus on the theme of "We Have Ceased Fighting". On-site registration begins at 5:00 PM Friday, June 27th. Hotel reservations should be made by May 27th. Pre-registration is currently open. The pre-registration form and additional convention information is available at www.oaregion4.org.

Founded in 1960, OA has no dues or fees for membership; one becomes a member simply by having a desire to stop eating compulsively. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine. Overeaters Anonymous views compulsive eating as a physical, emotional, and spiritual disease. Members find recovery following a 12-step program patterned after that of Alcoholics Anonymous. OA helps men, women, and young people who struggle with compulsive eating, bulimia, and anorexia.

Information about this special event, Overeaters Anonymous, and the location of Region IV OA meetings can be obtained from the Region IV web site www.oaregion4.org or by calling (636) 600-0393. Worldwide meeting information is available from the World Service Office in Rio Rancho, New Mexico, via E-mail at info@oa.org, OA's web site at www.oa.org, and by calling (505) 891-2664.

Media Contact: Jeanine Meyer
(314) 631-5023
jeanine77@aol.com

MN State Convention

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

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

June Society Pages

The June Society Pages will focus on Step 6: "Were entirely ready to have God remove all these defects of character" and will be sponsored by the Eden Prairie, Pax Christi 9am 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 May 28th.

Society Pages

We Need You! The Society Pages needs a Group to Sponsor the July 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 for details. Steps match the months (i.e. January = Step 1, etc.). We truly cannot do this without you!



Original Poems by Tracy Faulkner of Rochester, MN

Quiet wind,
whisper across my heart,
a frozen lake.

Golden sun rises,
great warmth revives
that which looks dead

Cherry blossoms.
Black stick, pink blooms,
beautiful.

MARK YOUR CALENDAR!

Saturday, May 10	Intergroup Meeting
Friday-Sunday, May 16-18	Marquette OA/HOW Retreat
Saturday, May 17	Newcomer Meeting
Saturday, June 14	Intergroup Meeting
Saturday, June 21	Newcomer Meeting
Friday-Sunday, June 27-29	Region IV Convention- St. Louis, MO
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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