

# Society Pages

The Newsletter of  
Unity Intergroup June 2009

[www overeaters.org](http://www overeaters.org)

## Carrying the Message

Now you can read the Society Pages online every month at [www overeaters.org](http://www overeaters.org).

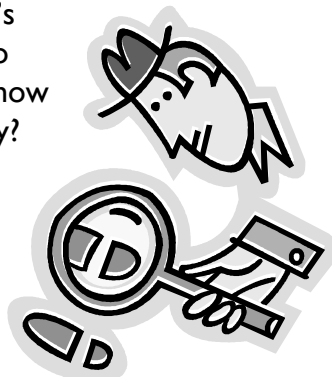
### **Step Six: Were entirely ready to have God remove all these defects of character.**

#### **Entirely Ready**

I used to think this step was impossible... who can ever be “entirely” ready to remove all your defects? I didn’t think it could happen. Then I realized the main point...I needed GOD to help me accomplish this, as a human being I could never, but GOD could. That is when I truly grasped the enormity of this step. It is about letting go. It is about God, a Higher Power - as your understanding. Me, myself, I could not do this. But with God or my Higher Power I can.

I need to be willing, I need willingness and the ability to learn through each day’s experience the difference between self-will and God’s/Higher Power’s will. Again that is huge, so easy to write or say but how do you live that every day? One day at a time?

It isn’t easy, but the steps have the answer. I need to follow them



and take the action...Step One—honesty to admit that I am an overeater. Step Two—hope that I am not alone; I have God to help me. Step Three—faith to trust God with my will and my life. Step Four and Five—ACTION with courage and integrity to face the truth about myself, tell God and one other person my true self, face my mistakes and test my strengths as I let it all go. Step Six—more action to ENTIRELY let go of my defects...but ONLY because I have done the footwork to get to this point.

Without the first five steps I cannot take action on Step Six. It is a relief and a blessing. What would I do without a Higher Power or God that loves me unconditionally? Because that God / Higher Power forgives me entirely and lets me go on my merry way to a wonderful life.

I need to remember that I have the privilege to work this program every day. The results are so worthwhile.

~Anonymous

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## **Powerless—Again**

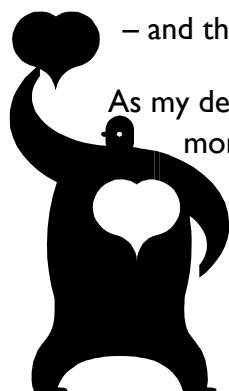
Step Six seems to build on the first five steps in encouraging me to recognize my powerlessness in all areas of my life. I am not only powerless over my food; I am powerless over my defects as well. I need to turn them over to my HP. It reminds me of the saying “I can’t – God can – I guess I’ll let God.”

However I do need to be aware and to listen for my part in this whole puzzle. Just as I cannot binge and wait for God to take away my addiction, neither can I rage, judge, demand, or give in to any of my defects. I have to be willing to “put down” the defects and practice restraint. I want to get rid of my defects mostly because they are inconvenient and I don’t like myself very much when I’m living in my defects.



I suppose this is putting the cart before the horse. My Higher Power says “I love you just as you are and I’ll remove those defects but first you have to love yourself just as you are.”

My defects do not make me bad or unlovable. They make me who I am right now this minute, and believe it or not that is good enough for this minute. I can be of more help to others as some of the defects are removed – and that is a very good thing.



As my defects are removed I become more and more willing to follow the program and to grow towards Love.

~Anonymous

## **Mark Your Calendars!**

### **2009 OA MN State Convention**

Get ready for the 2009 OA Minnesota State Convention! Fellow OAs attend this event for a variety of reasons: for fellowship with other recovering people, for inspiration, to learn new ideas, to connect with old friends and make new ones... what will your reason be?

John F. from Olympia, WA, travels 1700 miles to attend the convention because of the sense of equality and inspiration he feels during the weekend, as well as “*the love and care I get from the great workshop speakers and keynote speakers.*”

*Experience the convention for yourself!*

**Save These Dates:  
November 6, 7, & 8**

### **World Broadcasting**

We will now be broadcasting our monthly Intergroup meeting to the world. Go to [www overeaters.org](http://www overeaters.org) to get the list of the current dialing contact, procedures, and participant key templates. Please contact the Telephone Conferencing Coordinator through our website 'Contact Us' page for the call-in number and pass code.



## Frontenac Retreat September 18-20, 2009

Come join us for a recovery weekend! Registration begins at 6 p.m. on Friday and we will close with lunch on Sunday. Throughout the weekend, speakers will share their experience, strength and hope and we will share in small groups. Personal time will be available for reflection and fellowship throughout the weekend.

*At the Villa Maria Retreat Center*

### Registration Information

*Space Is Limited—Register Early!*

Registration Received	Shared Room	Private Room (Limited Number)
Before August 22, 2009	\$164.	\$189.
After August 22, 2009	\$174.	\$199.

*The registration fee includes two nights' lodging, three meals on Saturday and two meals on Sunday.*

Due to our commitment to the retreat center, there will be **no refunds**. Please find your own replacement. Final registration deadline is **September 10, 2009**. We reserve the right to cancel due to insufficient reservations.

### Scholarships

We have a limited number of partial scholarships available. For information, contact Chris L. at (952) 945-0558 or e-mail [cleick@comcast.net](mailto:cleick@comcast.net).

### The Retreat Center

Villa Maria Retreat Center, 29847 County 2 Blvd., Frontenac, MN 55026 ([www.villamariaretreats.org](http://www.villamariaretreats.org))

- Sleeping rooms are not air conditioned, but fans are provided.
- Handicap accessible (ramp & elevator)—refrigerator & microwaves available—swimming pool, labyrinth, walking trails.
- Menu, Map & Schedule—Include your e-mail address (or a self-addressed stamped envelope) for a copy of the menu, map and weekend schedule.
- Directions—Villa Maria is near Frontenac in southeast Minnesota. From the Twin Cities, take Hwy 61 South to Red Wing. In Red Wing, stay on Hwy 61 South and go 12 miles to Frontenac. In Frontenac, stay on Hwy 61 South and go 1.3 miles. Take a left (north) on County Road 2 and go 1 mile. The retreat center is right after the bridge overlooking the marsh.

Questions or Special Needs: **Linda (612) 813-0535** **Lrg1909@gmail.com**  
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**PLEASE DO NOT CONTACT THE RETREAT CENTER DIRECTLY**

## Frontenac Retreat - Registration Form

Name: \_\_\_\_\_  
 Name Tag should read: \_\_\_\_\_  
 Street Address: \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_  
 Home Meeting: \_\_\_\_\_  
 E-Mail: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Other Phone (optional): \_\_\_\_\_

Male  Female  
 I am new to OA  This is my first retreat  
 Have you previously been to this retreat center?  
 Yes  No  
 Would you be interested in a tour of the center?  
 Yes  No

Would you like your name, phone and e-mail included on the contact list distributed at the retreat?  Yes  No

Preference:  Private room  Shared room

Roommate: \_\_\_\_\_  
*(If you don't list one, one will be assigned.)*

I am willing to:

Be a speaker  Lead a small group  
 Hear a 5th Step  Be a sponsor  
 Do service at retreat

I would like to donate the following item(s) for the auction \_\_\_\_\_

Make check payable to OA Retreat Fund.  
 Send check and registration form to:  
 Deb S., 5608 Woodland Rd.,  
 Minnetonka, MN 55345

# Treasurer's Report

## March

<b>INCOME</b>	
<b>Meeting Contributions</b>	<b>Amount</b>
Friday, Minneapolis, 7:00 pm	\$20.00
Monday, Minneapolis, 7:15 pm	120.00
Monday, White Bear Lake, 7:00 pm	204.00
Monday, Willmar, 6:30 pm	60.00
Saturday, Minnetonka, 7:30 am	60.00
Saturday, Circle Pines, 8:00 am	120.00
Saturday, Golden Valley, 10:00 am	50.00
Thursday, St. Cloud, 7:00 pm	93.22
Tuesday, Chisago City, 6:30 pm	60.00
Wednesday, Crystal, 1:00 pm	44.00
Wednesday, St. Paul, 6:30 pm	50.00
Central MN Intergroup closure	600.00
<b>Other Income</b>	
Buffalo Retreat, registrations	\$3,770.00
Big Book Study, registrations	1,380.80
Buffalo Retreat, registrations	4,767.00
Newcomer meeting, literature sales	65.75
Buffalo - Scholarships	577.80
Big Book Study literature sales	60.00
<b>TOTAL INCOME</b>	<b>\$12,102.57</b>

<b>EXPENSES</b>	
<b>Committee Expenses</b>	<b>Amount</b>
Buffalo retreat	\$279.50
Sponsorship workshop	19.22
Outreach Women's Expo	4.50
Public Information	62.40
Website	1.80
Storage unit	52.00
Literature	2,061.01
Telephone	66.34
Newsletter	572.47
Overhead and other	373.72
WSO and Region IV contributions and reps	1,382.14
<b>TOTAL MARCH EXPENSES</b>	<b>\$4,875.10</b>

## April

<b>INCOME</b>	
<b>Meeting Contributions</b>	<b>Amount</b>
Central MN Intergroup officially closed	\$ 678.80
Monday, Fairbault, 5:30 pm	30.00
Monday, Phone Meeting, 5:30 pm PST	204.43
Monday, Rochester, 7:00 pm	92.00
Monday, Willmar, 6:30 pm	60.00
Saturday, Apple Valley, 9:00 am	65.98
Saturday, Golden Valley, 10:00 am	50.00
Saturday, Minneapolis, 11:00 am	20.00
Saturday, St. Paul, 7:30 am	582.00
Thursday, Menomonie, 7:00 pm	25.00
Tuesday, Bloomington, 6:00 pm	137.94
Tuesday, Minneapolis, 9:30 am	273.50
Tuesday, Shoreview, 7:00 pm	123.21
Wednesday, St. Louis Park, 7:00 pm	188.48
<b>TOTAL INCOME</b>	<b>\$2,531.34</b>

<b>EXPENSES</b>	
<b>Committee Expenses</b>	<b>Amount</b>
Big Book Study	\$520.00
Buffalo retreat	11,835.50
National Eating Disorders Annual Conference	1,200.00
Newcomer meeting	120.00
Newsletter	496.28
Overhead and other	184.52
Public Information	8.98
Storage unit	52.00
Telephone	109.64
Website	18.23
WSO and Region IV contributions and reps	1,722.91
<b>TOTAL APRIL EXPENSES</b>	<b>\$16,268.06</b>



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## OA TO HAVE BOOTH AT NATIONAL CONFERENCE

The National Eating Disorders Association will hold their National Conference at the downtown Minneapolis Hilton September 10-12. Intergroup will sponsor an information booth which will be open throughout the conference. We will need many volunteers to help man the booth in two hour shifts. We will be passing sign-up sheets around at the Intergroup meetings. For anyone willing to volunteer that cannot be present at an Intergroup meeting, please contact Dianne M. at diannemahoney@tds.net or call her at 320-485-2544 (toll-free). Special interest was expressed in having members to man the booth who are representatives of the broad spectrum of manifestation of illness which our disease represents.

Intergroup has also submitted a proposal to have a panel presentation for one of the Conference sessions. If our proposal is accepted, again, we would like to have panel members representing the broad spectrum of manifestation. If you are interested in being on this panel and comfortable speaking before large audiences, please contact Dianne M. for more information.

**SUPER SATURDAYS** Unity Intergroup is planning to have Super Saturday on a regular basis. Mark your calendar for June 13 for the first Super Saturday. The June Super Saturday will focus on Service, outreaching to encourage members to participate in Service at Unity Intergroup level. We will be having host locations for future Super Saturdays.



### Looking For Speakers

The following meetings are looking for speakers. What a great way to do service and strengthen your own recovery!

**Owatonna, Mon 7 PM.** Please contact Michelle M mundt68@yahoo.com

**Faribault, Tues 5:30 PM.** Please contact Roxie B brennanroxie@hotmail.com

**Bloomington, Tues 6 PM.** Please contact Julie C at danejulie@hotmail.com or call 612-558-3687 if interested.

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## July Society Pages

The July Society Pages will focus on Step Seven: “Humbly asked Him to remove our shortcomings.” and will be sponsored by the Apple Valley Saturday morning group. Although one meeting generally sponsors each newsletter, we welcome articles from anyone. Please indicate if it is okay to print your name with your article and email your contributions to Julie C. at [juliecoig@earthlink.net](mailto:juliecoig@earthlink.net) by Saturday, June 20.

## Mark Your Calendar

Friday, June 4	Web updates deadline
Saturday, June 13	<b>Super Saturday</b> Intergroup Meeting
Saturday, June 20	Newcomer Meeting
June 27 & 28	Twin Cities Pride
Saturday, July 4	Web updates deadline
Saturday, July 11	Intergroup Meeting

More information available at [www overeaters.org](http://www overeaters.org)



## Link Into Recovery at the Unity Intergroup Website

[www.overeaters.org](http://www.overeaters.org)

What you'll find on our Website:

- Calendar of recovery events and happenings in the OA community
- Flyers for retreats, conventions, workshops, and Newcomers meeting
- Local meeting list
- Society Pages newsletters
- Unity Intergroup meeting minutes and financial reports

The creation of a new “Our Stories” section is underway. OA members are invited to submit their personal stories of recovery. This is a great opportunity to share your experience, strength and hope with newcomers and the fellowship. If you'd like to share your story online, email [flycurvewhirl@yahoo.com](mailto:flycurvewhirl@yahoo.com).

## Intergroup Board

Catherine W., Chair	612-205-0930	<a href="mailto:oaforme@gmail.com">oaforme@gmail.com</a>
Amy D., Vice-Chair	952-270-0098	<a href="mailto:unityig@yahoo.com">unityig@yahoo.com</a>
Rebecca P., Treasurer	612-803-6060	<a href="mailto:rebecca.parrell@gmail.com">rebecca.parrell@gmail.com</a>
Sheri O., Secretary	651-437-2052	<a href="mailto:olese1@yahoo.com">olese1@yahoo.com</a>