

Society Pages

The Newsletter of
Unity Intergroup July 2009

www overeaters.org

Carrying the Message

Now you can read the Society Pages online every month at www overeaters.org.

Step Seven: Humbly asked Him to remove our shortcomings.

Shortcomings?

What Shortcomings?

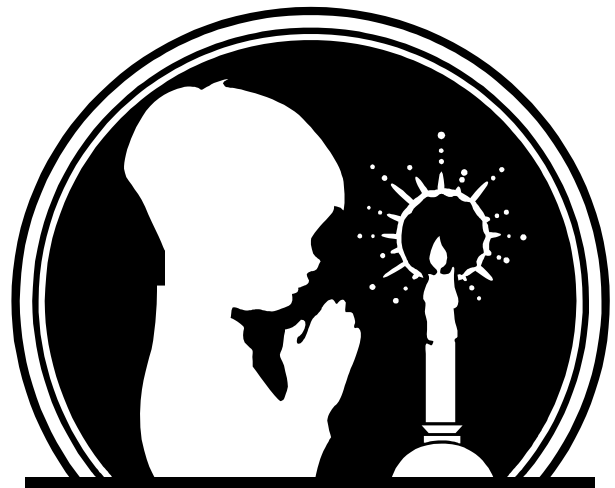
First, I had to accept the fact that I had shortcomings! I spent so much time and effort trying to cover them up (or justifying why I acted the way I did) that I was out of touch with reality. Acknowledging and accepting that I was human - just like everyone else - with my own set of “non-unique” defects was a good ego adjustment for me.

Second, I needed to sit with the feeling of wanting them all gone – now! I had to resist the urge of wanting to “fix” myself. My best thinking got me in this predicament in the first place so why did I think it could make defects fade? This is where more practice with Step Three came in. My higher power always wants what is best for me and always has His own timetable. Like it or lump it. So, I prayed to turn over the process and the outcome. I practiced trusting and being still.

Slowly, situations came up where I recognized my defects in action clearer than I had before this step. Each time I could take that to my HP and ask Him to help me see my part and remove the shortcoming. Asking puts me in a humble position and if I am humble, I am teachable.

It isn't magic. It is gradual, but the changes are real and significant.

~Anonymous



Powerless—Again

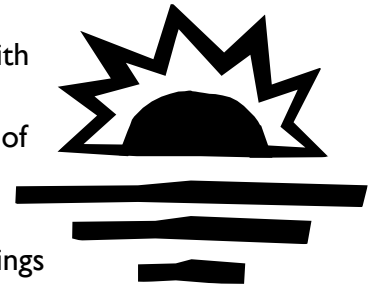
“When you have faults, do not fear to abandon them.” –Confucius

No sane individual would consciously say, “Hey, I love the things I hate about myself... I’m not givin’ ‘em up for nuttin’!” But I, as a compulsive overeater, have to admit: I am a master of justifying, martyring and making excuses to deny I have any shortcomings at all that need to be removed. Before recovery I would do anything to shove down feelings of responsibility, and usually the shovel had some sort of thick, gooey “brownie delight” on it.

Just this week I needed help with the willingness to give up something on my food plan that I started to notice was giving me trouble. I had to first admit, yes, this particular food, albeit abstinent and others seem to have it with no problems, was causing whispers in my head to creep in. I have to stay humble in all affairs, especially with my food plan and ask for help. I choose prayer

and meditation first. The answer came quick. Do not fear to abandon what could ultimately cause you to go back to the food “whole hog” (so to speak.)

I try to approach my character defects similarly. To be aware enough, humble enough to ask a higher power to remove my shortcomings, involved some footwork. I had to actually identify what I saw as shortcomings. The beauty of working the steps in order and working on them with daily reading and writing is the peeks of sunlight I get into my soul; the slight glimpse of better things to come; the hope of the promises and the miracles that actually, crazily enough start to happen. Seriously...it’s worth it...you’re worth it.



~Anonymous

Mark Your Calendars!

2009 OA MN State Convention

The 2009 OA Minnesota State Convention is approaching; will you be attending? Fellow OAs with years of recovery come to this event, along with OAs who have months, days, or minutes of abstinence behind them. It’s never too early – or too late – to attend this powerful weekend.

Connie A. shares, “At last year’s (2008) convention I was 6-weeks-new in the program and didn’t know anyone and wasn’t sure how I ‘fit into’ the fellowship. I took a leap out of my comfort zone and attended the entire convention. I am so grateful I did. I received so much information, inspiration, and hope that I am now 6 months abstinent and am happily experiencing recovery physically, emotionally, and spiritually.”

Experience the convention for yourself!

Save These Dates:

November 6, 7, & 8



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.

The Retreat Center

Villa Maria Retreat Center, 29847 County 2 Blvd., Frontenac, MN 55026 (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

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

May

INCOME	
Meeting Contributions	Amount
Friday, Woodbury, 10:00 am	\$47.00
Monday, Brooklyn Center, 7:00 pm	\$100.00
Monday, Minneapolis, 10:00 am	\$45.00
Monday, Minneapolis, 7:15 pm	\$100.00
Saturday, Eden Prairie, 8:00 am	\$335.40
Saturday, Eden Prairie, 9:00 am	\$300.00
Saturday, Falcon Heights, 8:00 am	\$321.60
Sunday, St. Louis Park, 7:00 pm	\$175.00
Sunday, St. Louis Park, 7:00 pm	\$150.00
Thursday, Burnsville, 7:00 pm	\$180.00
Other Income	
\$50 reimbursement from cash	\$50.00
TOTAL INCOME	\$1,804.00

June

INCOME	
Meeting Contributions	Amount
Monday, Anoka, 7:00 pm	\$180.00
Monday, New Richmond, 6:30 pm	\$50.00
Monday, Rochester, 12:10 pm	\$300.00
Saturday, Golden Valley, 10:00 am	\$100.00
Saturday, Rochester, 10:00 am	\$300.00
Saturday, Roseville, 8:00 am	\$100.00
Thursday, St. Cloud, 7:00 pm	\$60.00
Tuesday, Roseville, 10:00 am	\$60.00
Wednesday, Minneapolis, 6:00 pm	\$150.00
Wednesday, St. Louis Park, 7:00 pm	\$150.00
TOTAL INCOME	\$1,450.00

EXPENSES	
Committee Expenses	Amount
Buffalo retreat	\$31.98
Newsletter	\$388.04
Outreach, Pride	\$125.00
Outreach, Women's Expo	\$6.00
Overhead and other	\$97.99
Region IV Assembly	\$87.17
Storage unit	\$52.00
Telephone	\$186.21
Website	\$57.34
TOTAL EXPENSES	\$1,031.73

EXPENSES	
Committee Expenses	Amount
Newsletter	\$147.00
Outreach, Pride	\$219.35
WSO and Region Contributions	\$970.50
Overhead and other	\$1,193.68
World Service Business Conference	\$2,911.74
Storage unit	\$52.00
Telephone	\$110.03
Website	\$32.47
TOTAL EXPENSES	\$5,636.77



 **Questions?**
 Contact Rebecca P. at 612-803-6060 or rebecca.parrell@gmail.com

OA TO HAVE BOOTH AT NATIONAL CONFERENCE

The National Eating Disorders Association National Conference is coming at the Minneapolis Hilton (downtown) September 10-12. We are sorry to report that we were not chosen to present a Conference Session, but we will have an information booth.

We need lots of volunteers to help man the booth!

Please contact Dianne M. at diannemahoney@tds.net or by calling toll-free at 320-485-2544. We would especially like to have a broad representation from our various manifestations of this disease. Service is part of our recovery, and it has been reported to us that this is a very inspiring experience! So please join us in this unique and rare opportunity to share with professionals and fellow-sufferers that there is a solution!

Thanks to all who have already called. We will be sending out schedules and instructions in August.



SUPER SATURDAYS

We had a Service Workshop focusing on our OA Tradition Five 'Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers'. Some great suggestions were brainstormed. Plan to attend upcoming Unity IG meetings to find out more about these suggestions, see them get put into action and the service opportunities for giving back what you have been given.



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 danejulia@hotmail.com or call 612-558-3687 if interested.

August Society Pages

The August Society Pages will focus on Step Eight: “Made a list of all persons we had harmed and became willing to make amends to them all.” and will be sponsored by the Hastings Tuesday evening 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 juliecoaig@earthlink.net by Saturday, July 18.

Mark Your Calendar

Saturday, July 11	Intergroup Meeting
Saturday, July 18	Newcomer Meeting
Saturday, July 18	Society Pages Deadline
Saturday, August 1	Web updates deadline
Saturday, August 8	Intergroup Meeting
Saturday, August 8	Society Pages Deadline

More information available at www.overeaters.org



Link Into Recovery at the Unity Intergroup Website

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.

Intergroup Board

Catherine W., Chair	612-205-0930	oaforme@gmail.com
Amy D., Vice-Chair	952-270-0098	unityig@yahoo.com
Rebecca P., Treasurer	612-803-6060	rebecca.parrell@gmail.com
Sheri O., Secretary	651-437-2052	unity.secretary@yahoo.com