

Society Pages

The Newsletter of
Unity Intergroup November 2009

www overeaters.org

Carrying the Message

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

Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Reflections on Step 11

I remind myself that spoken prayers, like the Serenity Prayer and the Third Step Prayer are just one form of praying. I have inward thoughts and words – conversations – that are also prayers. Long ago I learned that music, whether I am making it or listening to others, increases my contact with my Higher Power and is a deep form of prayer and meditation for me. As I am making my expressions of art and creating I am connecting to my creative spirit. I am connecting to my Creator, too.



Laughter deep and deeply shared elevates me to my Higher Power. My breath- focusing on my breathing, being aware of the intake and the exhale, the circle that is the breath of life- is meditation for me. Sometimes loving and touching and holding – intimacy - is a

prayer, as are weeping; pouring out grief, longing, and remorse. They form a bond to my Higher Power and are prayer.

Shared prayer and solo prayer, spoken prayer and silent prayer, calling out and drawing in, action prayer and stillness; all are ways I pray. Ways I connect to my Higher Power. In all these I am learning to affirm “Thy will, and not mine, be done.” The longer I am abstinent, the more I find prayer in my life, learning to turn everything over and learning to be mindful and conscious of my Higher Power. I cannot claim any perfection, but I can see I am making progress. And I am grateful.

~Anonymous



Service

Service often starts at the group level. Going to a meeting, sharing your experience, strength, and hope. Putting away chairs, leading as Trusted Servant, talking to the newcomer. Group level service leads to service at an individual level. Calling the newcomer, meeting for tea to talk about working the steps with another member, picking up the phone to hear someone's food for the day. Service at the Intergroup level might be seen as the platform for service up to Region and World Service, which it is, but it is much, much more. In fact, service within Intergroup (and Region and World Service) ultimately is geared toward service back down to the individual, aiding in the recovery of ourselves, other members, and very importantly of the still suffering compulsive overeater.

Yes, at Intergroup we send representatives to Region Assemblies and delegates to the World Service Business Conference. Their work is important and makes its way back to our meetings, whether one notices it as such or not, but at Intergroup much of our service is local and individual. We support retreats, the MN Convention, the monthly



newcomer meeting, the Big Book study, and many outreach events.

Intergroup provides opportunities for all talents to shine. Like to speak at meeting? We've got opportunities. Like Excel spreadsheets and money? Plenty of opportunities to be a committee treasurer. Enjoy organizing volunteers? Endless possibilities there. Interested in reaching out to the still suffering compulsive overeater or the public at large with our message of recovery? Join the Public Information or Outreach Committee. The possibilities are countless for reaching out, and you can be part of finding new ways and improving time tested ways of doing outreach.

I consider OA to be a bottom-up organization. Without the individual members at group meetings, stepping up to contribute at other levels of service there wouldn't be the experience, strength, and hope needed for making decisions at the World Service level and every level in between. OA is about you and me serving together, using our recovery to grow in recovery and bring recovery to other members and the still suffering compulsive overeater. Come to a meeting. Get involved. See how your recovery can be boosted by doing service in new ways.

~Anonymous

World Service Convention

Join us for OA's 50th Anniversary at the 2010 World Service Convention. Registration forms and online registration will be available in January 2010. Please check <http://www.aa.org/world-service/convention.php> regularly for updated Convention information.

Now Playing - 50 Years of AA Recovery

August 26-29, 2010

Hilton Los Angeles Airport Hotel

Los Angeles, California USA

Interested in receiving the latest updates on Convention? Go to <http://www.aa.org/contact.php> to contact us. Select "Conference/Convention" as the subject and let us know that you'd like to join the Convention mailing list. Include your full name (will be kept confidential), state or country and email address.

Questions about Convention? Contact the WSO or call 505-891-2664.

Seeking God

Keep it simple! I found that this step does not have to be a formal set of prayers and meditation. I do find it helpful to use certain prayers. In our fast-paced world I need to physically stop and set aside time for prayer and meditation. By just sitting still, closing my eyes, taking in deep breaths and saying one if not all of



the many prayers the 12 step program offers or any other prayers I feel are needed for me, I can make contact with my HP. I listen for a response immediately or it may come to me through another OA member, sponsor, meeting, a family member, or friends.

In my recovery program I enjoy using:

The Serenity Prayer – I use this prayer throughout the day's activities. Sometimes when something catches me by surprise (a child is insistent about a want) I will stop & say this prayer.

The Third and Seventh Step Prayers – I have bookmarks in a couple of daily readers with these prayers and I take time to read them. When my program is full of action on my part, I say them before getting out of bed in the morning and close with them at the end of my day when I'm tucking myself into bed.



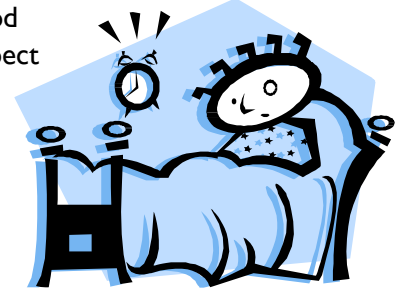
I receive many inspirational daily/ weekly emails on recovery that I take the time to read, meditate on and pray. It often has a small prayer for the day. If it really moves me I will print it and share it with family and friends. I will carry it around for a while as well. I feel my HP is telling me just what I need to hear at that moment.

In my daily life I sometimes get very busy and forget to meditate. In the car I will try to locate a radio station with soft music, pop in a CD, or shut it off completely and take a deep breath and empty my mind (still paying attention to my driving).



In my ideal action plan of meditation I'd be getting up and walking in the morning and making my connection to my God in the world of nature. I'm getting this action set into my life with baby steps.

In the evening, I pray The Lord's Prayer just before sleeping. Sometimes I start to doze, then start all over because I don't remember where I was. Sometimes it's four or five times before I complete it. My God knows what to expect from me, and I from him.



In Step Eleven I'm only seeking knowledge of what his will is for me. I am not taking any action, I am only seeking his will for me...just for that day or moment.

Service

Being an OA member is the greatest service I can give others. Service is teaching me to be humble and regard others before self. My service opportunities vary from setting up my group's meeting area to being a part of Unity Intergroup. Service is reaching out to the still suffering compulsive overeaters.

Service has given me so much, I find it difficult to grasp that feeling and explain it. The best way for me to show that it is beneficial is to stay in service and perhaps dig into more service opportunities. I have been praying about what the next opportunity will be on my path of recovery. My HP has shared a few interesting opportunities that I will persevere in my near future. God is my guiding strength! I will leave it in his hands.

~Anonymous

Visit
the back page of
this newsletter for service
opportunities!

Gratitude Meeting

The Thursday Burnsville 7 pm OA-HOW meeting invites you to join us on Thursday, November 26, 7-9 pm, for our annual Thanksgiving Night Gratitude Meeting. We will be meeting at our normal location at Faith Covenant Church, 12921 Nicollet Ave, in Burnsville.

~PB in EP



New OA Meeting

Our focus is on abstinely working OA's tools, steps, and traditions on a daily basis, in fellowship with each other as a means of freeing ourselves from the bondage of compulsive eating. Abstinence in OA is the action of refraining from compulsive eating and compulsive food behaviors. Spiritual, emotional, and physical recovery is the result of living the OA Twelve-Step program. Living in recovery one day at a time, together we can do what we could never do alone.

If you are looking for a boost to your recovery, or for an opportunity for OA fellowship and service, please join us for this new OA meeting, held on Sunday afternoons from 4:00 to 5:30 p.m. in the Rex Knowles Room in the basement of Macalister-Plymouth Church, 1658 W. Lincoln Avenue, just south off Grand Avenue on Macalister, just west of Snelling Avenue in St. Paul. All are welcome! The only requirement is the desire to stop eating compulsively. Our first meeting will take place on November 1. Please call Shelley at 651-587-1461 or email at shelleydiment@msn.com for more information.



Women's Expo Chairpersons

The Women's Expo at Minneapolis Convention Center Jan. 29 – 31 and the Women's Expo at St. Paul RiverCentre April 10 and 11 are both in need of chairpersons. What is entailed in the position of chairperson? Scheduling volunteers to man the booth, communicating with Intergroup Outreach committee and the Organization sponsoring the Expos, and seeing that the booth is set up, staffed appropriately, and coordinating with the Literature Chairperson for supplies of literature. This is a rewarding responsibility to take on, and is not as hard as it might sound. In order to reserve a booth at these events, we must have persons willing to take on these tasks. Please call Dianne M., Outreach Chairperson, at 320-485-2544 if you are interested in performing a vital service with big rewards.

Surrender

What do you think of when you hear the word “surrender”? The dictionary says it is to give up or abandon, to relinquish control of because of demand or compulsion.



I think of a soldier surrendering. He comes out of his foxhole, hands in the air. He relinquishes all of his weapons. He submits to the control of the “other” and agrees to accept the conditions imposed on him, in return for the saving of his life.

The physical gesture is with open hands, showing he has no more weapons to use in them. With his hands open, he can hang onto nothing. He has laid them all down, withholding nothing. The prisoner agrees to submit to whatever the captor chooses in exchange for his LIFE.



I submit for your consideration:

- What am I holding onto?
- What are my “weapons”? (excuses?)
- What will it take to get me to surrender?
- Am I willing to be made willing?
- Am I willing to do “whatever it takes” to become abstinent?

In my own case, I stubbornly hung onto my “right” to eat sweets whenever I felt a need for *something*, whether it was excitement, energy, comfort, companionship, etc. I didn’t know how to get what I needed, so I turned to food. What it took to get me to surrender was the very real prospect of ending up bedridden, unable to transfer myself to a wheelchair. After 67 years of addiction, I finally said, “OK, God, I give up, I’ll do it your way.”

Notice that the *surrenderer* receives his LIFE in exchange for giving up control of that life. Indeed, by living this program I have received my life anew and completely changed, and eminently more worthwhile than what I gave up.

~Anonymous

WSBC Service Opportunity

The World Service Business Conference (WSBC) is April 26-May 1, 2010 and is looking for people qualified to run as a general trustee. The qualifications for this awesome service position is listed below. May your higher power guide you to any service opportunity.

Michele states, “It is truly an awesome experience beyond the group level. The new friendships/relationship I have developed are a great blessing to me.

Qualifications for general trustee are as follows:

- Seven years in the fellowship

- Five years service above the meeting level
- Attendance to at least two WSBC
- Five years continuous abstinence
- Maintenance of a healthy body weight for at least two years
- Emotional and Spiritual growth as a result of incorporating into their lives the 12 steps and 12 traditions as a new way of living.

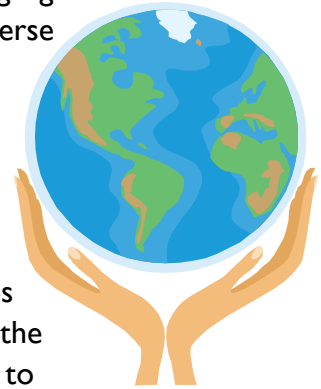
They must also have worked through the 12 steps; declared themselves as practicing the 12 steps to the best of their ability; declared themselves as committed to the 12 traditions of OA and affirmed these additional qualifications on their application. See www.aa.org for more information.

Translations Fund Helps Carry the Message of Recovery Around the World and In Our Backyards

This spring, a new fund was set up to assist in the translation of OA literature, forms, correspondence, Web site and other materials to languages other than English. This fund unites recovering compulsive eaters by breaking down barriers of language and culture. It brings to life the OA Responsibility Pledge *“Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.”*

Through the Translations Fund we can reach out our hands to spread the message of recovery across countries and cultures, to persons in and outside of the US for whom

English is not their first language. As Minnesota grows more diverse with time, it is increasingly important that our literature is accessible to all, regardless of language and culture.



OA members or groups may contribute directly to the Translations Fund by going to www.oa.org. To donate online click on Members/Groups and choose Make a Contribution. Or, if you would like to mail a check, click on Meetings and choose Group Secretary Materials to print off the Contributions Form to send with your donation. Either way be sure to check the box for Translations Fund to support fellow compulsive overeaters throughout the world.



Treasurer's Report

September

INCOME	
Meeting Contributions	Amount
Monday, Rochester, 7:00 pm	\$ 118.80
Saturday, Golden Valley, 10:00 am	\$ 100.00
Other Income	
Personal member contribution	\$ 25.00
TOTAL INCOME	\$ 243.80

EXPENSES	
Committee Expenses	Amount
Newsletter	\$56.88
Storage unit	\$52.00
Telephone	\$57.36
Literature	\$2,891.27
Frontenac Retreat	\$75.00
MN Convention	\$28.44
Registrar	\$69.25
Website	\$40.47
TOTAL EXPENSES	\$3,270.67



Questions?

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

To see the full report, you can get it online at <http://overeaters.org/unityintergrouptreasuryrep.html>

Getting Involved

As I write this article for the Society Pages, I am thinking of all the exciting things that will happen before the November edition of the newsletter is published. Unity Intergroup will have hosted a table at the Diabetes Expo on October 24, Region IV will have held its fall assembly in the Twin Cities over the first weekend in November, and last, but definitely not least, the MN State OA Convention will have taken place!

Even though these events will have taken place, the good news is that there are more events coming up and even more ways to get involved in service!

Carrying the message of recovery to compulsive eaters who are still suffering is the primary purpose of our fellowship. One of the things that I hear repeatedly within the rooms is that in order to keep our recovery, we need to give it away. Service gives us an opportunity to reach outside ourselves and give. It offers me the chance to get out of my own head and do something for another compulsive eater. When I was active in my disease, I was preoccupied with myself. I didn't really think so at the time, I just had it harder than most people for whatever reason. Being abstinent and working the steps, a whole world has opened up for me and service keeps me focused on OA's primary



purpose. Carrying the message has become my primary

...in order to keep our recovery, we need to give it away. Service gives us an opportunity to reach outside ourselves and give.

purpose – I need to stay present and connected to who I am as a compulsive eater. Living in recovery is so much better than I could ever have imagined, and service is a large part of keeping me present to the solution.

There are so many different ways to get involved in service, and there is no time like right now to give of yourself! Unity Intergroup would like to host a table at the Women's Expo in January, and we're looking for someone to coordinate this event. Maybe you're interested in Public Information and would like to serve on the committee. Or is something along the lines of a helping out with a retreat or workshop more your style? Writing an article for the Society Pages, printing the newsletter, serving as a committee chair or on the Intergroup board are all examples of service opportunities. It takes all of us to build a strong fellowship, and together we can carry the message to more compulsive eaters - please join us in service and in celebrating service!

Catherine W
Unity Intergroup Chair

If you are interested in any of the service positioned mentioned in this month's Society Pages or you have an idea for a service opportunity, please get in touch with a board member (contact information listed on the back page). Thanks!

December Society Pages

The December Society Pages will focus on Step 12: "Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs." and will be sponsored by Anoka, Monday night meeting. 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, November 21.

Mark Your Calendar

Friday-Sunday Nov. 6-8	MN State OA Convention
Saturday, November 7	Web Updates Deadline
Saturday, November 14	Intergroup Meeting
Saturday, November 21	Society Pages Deadline
Saturday, November 21	Newcomer Meeting
Saturday, December 5	Web Updates Deadline

More information available at www.overeaters.org

Service Opportunities

Please contact any board member via the www.overeaters.org if you are interested in any service position.

- Public Information Chair Position is open.
- Convention Volunteers needed contact Tracy at tpati84@yahoo.com.
- Outreach Co-chair position is open.
- The Region Outreach Committee is looking for speakers to add to their speaker lists.
- Are you an OA member with a diabetes story to share? Please contact Dianne M at diannemahoney@tds.net or 320.485.2544 or Betsy K at betsykoi51@live.com.

Conference Dial-in Number: (218) 339-4600

Participant Access Code: 468702#

Details of the telephone system and keypad options;

<http://www.overeaters.org/conferencing.html>

Intergroup Board

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