

Society Pages

The Newsletter of
Unity Intergroup October 2009

www.overeaters.org

Carrying the Message

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

Step Ten: Continued to take personal inventory and when we were wrong, promptly admitted it.

Step Ten

Step 10 was suggested to me after Steps Four through Nine. At that point my awareness uncovered my behaviors that were difficult to admit. The personal inventory on a daily basis brought the spotlight on me.

With guidance from my sponsor, I reviewed the day using the inventory review in the Big Book of AA.

Also there are other times when I need to notice and seek time of quiet. With reflection I also needed to talk to a program friend so I can verbalize my situation and receive support to take the next step.

A daily inventory brings hope and faith for a better reality of living.

Learning to be honest and having less regrets brings gratitude and peace in my life.

~Anonymous

2009 OA MN State Convention

The 2009 Minnesota State OA Convention is just a few weeks away! You (yes, you) are invited to join others and experience the power of this gathering.

Meg M. shares, *"The state convention is a wonderful reality check that I'm not alone in my disease. The experience, strength and hope that is shared is more fortifying than food could ever be."*

Details on how to register, convention location and agenda, etc. are included in full detail inside this newsletter. Turn the page, check it out, and register today, or on-site. It's not too late!

November 6, 7, & 8

See Page 3 for Registration info.

Writing Our Own Story

If we think
And if what we think is true for us
Why do we always pick the negative to believe?
Rather than something kind and beautiful
Both ideas carry as much credibility as the other
So it remains for us to create our own view of what is
And what it all means now
And what it means forever
We are given the choice to write the story about ourselves
Set in the time and place we are created
Some books are published without editing
And we recognize what it could have been
Maybe they didn't have the tools to edit their story line
We do have the tools and the process to edit our story
We re-write our story on a daily bases with our editing tools
We do not know when the story or editing starts
We do not know when the story ends
Some give up on the story and quit writing and die in various ways
Sometimes slowly or quickly and sometimes instantly in various ways
Yet we do know how the story can be lived on a daily basis
It requires Honesty, Open-mindedness & Willingness
And that requires the choice of Courage to combat the instincts of fears
Remembering fear is an instinct...courage is a choice
And it is your story to write...to thine own self be true



~Anonymous



Call to Volunteers

The MN Diabetes Expo is being held October 24th from 9-3.
We are looking for volunteers to work at the Unity booth at the
Minneapolis Convention Center.

If you are able to be of service, please call or email

Amy D at 952.270.0098 or unityig@yahoo.com

Please note your shift preference. 8-10:30, 10:30-1, 1-3:30 or any shift

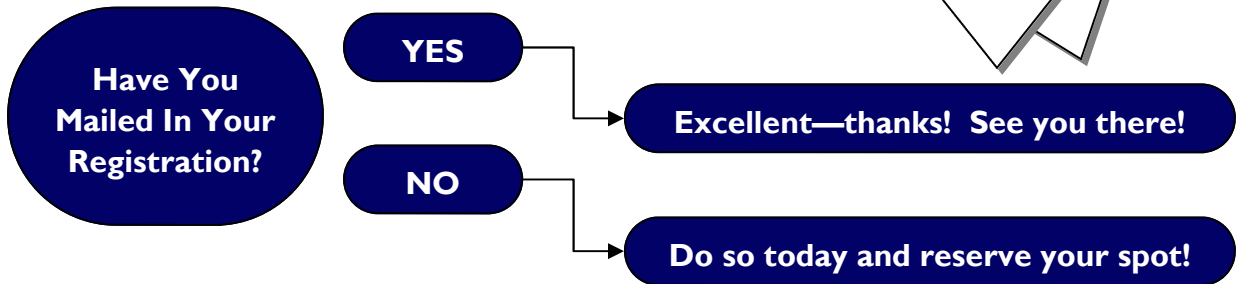
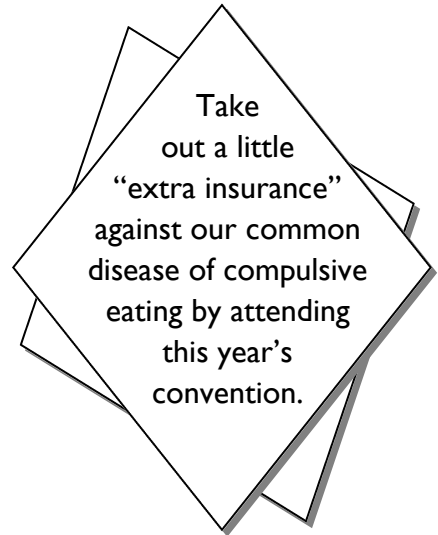
Get Ready For The Overeaters Anonymous MINNESOTA STATE CONVENTION!

November 6, 7, 8
Hotel Sofitel, Bloomington MN
952.835.1900

Are You Ready To:

- Hear amazing speakers?
- Engage in strong OA fellowship?
- Share your own experience, strength, and hope?

A fellow OA shares, "Ahhh...convention time! The warmth and acceptance of others like me helps me to feel like I'm not alone in this insidious disease! We are enveloped in a constant feed of program when we attend the convention. Three days of learning to live in peace and serenity...enables me to face my fears and resentments without reaching for the food. Together we can do what we could never do alone...come to the convention—you will not be alone!"



Remember: The deadline for mail-in registration is October 22nd - so don't delay; send in your registration today! (Registration questions? Contact Tammy D., 612-387-4208, or email drummonds4@integra.net.) However, if for some reason you can't make the mail-in deadline, you can register on-site the day of the convention. Either way, OA is ready for you.

“Together we can do what we can never do alone...” There IS A Solution!

Registration (please print clearly & use a separate form for guest meals or additional registrations)

First Name: _____ Last Name: _____ Name tag should read: _____
 Address: _____ City, State, Zip: _____
 Phone: _____ E-mail: _____ I've been in OA 3 months or less: __Y __N

Fees & Menu Selection:

Registration after 10/1 \$40 _____
Please consider purchasing a lunch and dinner as this offsets the cost of our meetings rooms. Thank You.
 Saturday Lunch \$17 _____
 Saturday Dinner \$20 _____
 Salmon Beef Vegetarian
 Registration for Saturday Only \$20 _____
 Registration for Friday or Saturday night only \$10 _____
Total Enclosed \$ _____

Registration Mail-in Deadline: October 22, 2009
Payment: Make checks payable to **OA Convention 2009**

- Regrettably there are no refunds
- Partial Scholarships are available

Send registration form and check to:
 OA Convention, PO Box 241553, Apple Valley, MN 56124
 Contact Tammy D. w/questions at 612-387-4208 or email drummonds4@integra.net

Volunteer Opportunities: Check appropriate box
 Decorations Greeter Registration Literature
 Hospitality Newcomer Host Timer As Needed

Daily Exercise Program?

Step 10 might be compared to a daily exercise program that keeps our bodies strong. It is a spiritual and emotional exercise in recovery. It provides a daily opportunity to strengthen our spiritual condition and to maintain our abstinence on a continuing basis. It provides us the opportunity to keep our recovery strong.



I take this opportunity to check for problems and as a barometer of my spiritual condition. I take stock and share regularly. This process contributes to my well being and helps me identify and address any issues I might have.

I can approach anyone I need to discuss the problem. I might discuss the issue with my sponsor first, then with the person I have difficulty with. Or if it doesn't involve another, I simply discuss the problem with my sponsor. It's like a daily housecleaning and keeps my program clean and strong.

~PB in EP

Step Nine Revisited

In reading Step Nine in the OA Twelve and Twelve, two words leapt out from the first page: shackles and freedom. Without making amends and changing my ways, I will always live in the shackles of my past mistakes. Bound by them and to them, I have allowed myself to wallow in blame and fear. It is only with an abstinent mind and the help of my sponsor and the Steps that I have the willingness to admit my mistakes openly to those I've hurt.

But I can see that a simple "I'm sorry" will not mend a broken relationship if I continue to cause harm and repeatedly just say "I'm sorry." Amends means change. I can see now that I need to change my ways of thinking and acting or else I'll continue to create new shackles in place of the old. The literature reminds me that Step Nine is where I'll finally lose the shackles and walk in freedom.

~Anonymous

Step Nine: Humility and Service

Humility is the cornerstone of much of my recovery. When I am humble, my Higher Power works miracles. I stop thinking of myself always, and begin to consider others.

One of the blessings I am receiving in recovery right now is the gift of willingness to be of more service to my fellows, in and out of my recovery community. For years I felt so empty and needy, I could give only a little to others. Now my Higher Power is showing me how I can help others in ways I would have never have dreamt of by myself. And the more I open in this way to others, the more I am blessed. That is how it works.

One of the promises reads, "We will lose interest in selfish things and gain interest in our fellows." I am so grateful to this program which gives me the tools to release control of the food to my Higher Power, reach out to my sponsor, then back to others. Indeed, together we can do what we could never do alone.

~Hope A.

Treasurer's Report

July

August

Abridged July Treasurer's Report

INCOME	
Meeting Contributions	Amount
Monday, Brooklyn Center, 7:00 p.m.	\$100.00
Monday, Rochester, 7:00 p.m.	\$38.40
Monday, St. Paul, 7:00 p.m.	\$240.00
Saturday, Apple Valley, 9:00 a.m.	\$39.60
Saturday, Circle Pines, 8:00 a.m.	\$180.00
Saturday, Eden Prairie, 8:00 a.m.	\$81.00
Saturday, Falcon Heights, 8:00 a.m.	\$41.43
Saturday, Minneapolis, 11:00 a.m.	\$30.00
Saturday, St. Paul, 7:30 a.m.	\$530.00
Thursday, Burnsville, 7:00 p.m.	\$150.00
Tuesday, Hastings, 7:00 p.m.	\$50.00
Tuesday, New Ulm, 7:00 p.m.	\$40.00
Tuesday, Shoreview, 7:00 p.m.	\$153.04
Tuesday, Woodbury, 6:30 p.m.	\$180.00
Wednesday, Crystal, 1:00 p.m.	\$189.00
Wednesday, White Bear Lake, 6:30 p.m.	\$25.00
Other Income	
Deposit of Buffalo Retreat Registration Fees	\$ 3,310.00
TOTAL INCOME	\$ 5,377.47

EXPENSES	
Committee Expenses	Amount
Newsletter	\$3.80
Storage unit	\$52.00
Telephone	\$101.78
Website	\$62.67
TOTAL JULY EXPENSES	\$220.25

Abridged August Treasurer's Report

INCOME	
Meeting Contributions	Amount
Monday, Anoka, 7:00 pm	\$210.00
Monday, Minneapolis, 7:15 pm	\$90.00
Saturday, Golden Valley, 10:00 am	\$50.00
Saturday, St. Paul, 7:30 am	\$399.00
Saturday, St. Paul, 9:00 am	\$487.62
Thursday, St. Cloud, 7:00 pm	\$78.00
Tuesday, Silver Lake, 6:00 pm	\$25.00
Wednesday, Minneapolis, 6:00 pm	\$130.00
Wednesday, Rochester, 5:30 pm	\$100.00
Wednesday, St. Louis Park, 7:00 pm	\$219.48
Other Income	
Reimbursement from Accountant for IRS late fee	\$1,180.00
TOTAL INCOME	\$2,969.10

EXPENSES	
Committee Expenses	Amount
Newsletter	\$284.26
Storage unit	\$52.00
Telephone	\$143.11
Other	\$47.00
Frontenac Retreat	\$600.00
Outreach	\$720.00
Website	\$27.56
TOTAL AUGUST EXPENSES	\$1,873.93



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>



Overeaters Anonymous

Informational Open Meetings

If you are interested in learning more about Overeaters Anonymous, if you want to support a family member or friend in OA, or if you would like to find out more about how OA works, please be our guest at this meeting:

Saturday, Oct 10, 2009, 9:00 am Pax Christi Church

This meeting is held at our regular meeting time (9:00 to 10:30 am) and feature the following:

An explanation of abstinence and how it differs from dieting.

The tools we use to achieve and work the “program.”

The personal story of recovery by working the 12 Steps of OA.

A time for you to ask questions and get answers about how OA works.

Our regular meetings are “closed” (open only to those who consider themselves to be compulsive eaters), the open meetings are for anyone who wants to learn more about OA.

**Eden Prairie Overeaters Anonymous
Pax Christi Church
12100 Pioneer Trail
Eden Prairie, MN 55343**

**For more information contact:
Joe 952.270.5252
Jean 952-448-7559
odat0487@aol.com**

November Society Pages

The November Society Pages will focus on 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 ." and will be sponsored by the Unity Board. 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, October 17.

Mark Your Calendar

Saturday, Oct. 3	Web Updates Deadline
Saturday, Oct. 10	Intergroup Meeting
Saturday, Oct 10	Fourth Step Workshop in Rochester
Saturday, Oct. 17	Newcomer Meeting & Society Pages Deadline
Saturday, Oct. 24	MN Diabetes Expo
Friday-Sunday Nov. 6-8	MN State OA Convention

More information available at www.overeaters.org

The 2009 Minnesota State OA Convention is right around the corner: November 6, 7, and 8.

We had super-cool Convention information inside this month's Society Pages newsletter – did you miss it? If so, flip back a few pages, and check out the details of this amazing recovery event!

Register today, or on-site. It's not too late! We really hope to see you there.

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

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