

Society Pages

The Newsletter of
Unity Intergroup December 2009

www.overeaters.org

Carrying the Message

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

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.

Spiritual Awakening

This step lets me know that I WILL have a spiritual awakening as THE result of working all of the steps, and that has been my experience. Each and every step has its own spiritual awakening and at this step, I am at the ready to inform others of the good news of the solution in our program.

A service commitment I had was returning calls made to the Intergroup message center (before ready access to internet for most people). I loved explaining about OA and where to find meetings to those desperate callers. I think it surprised some people to learn that I wasn't an "employee" of an organization, I was an actual member. Because of that, we could connect right away.

My passion about OA comes out when I tell someone about OA, and when I tell them, I am re-confirming it for myself. That's how

carrying the message strengthens my own recovery. I think one reason why the phone commitment was a favorite service for me is knowing that when I was desperate and made that first call to OA, someone called me back too. Even though I did not attend a meeting for probably another year after that, when I did, she was at the meeting - I recognized her voice. For some reason it meant a lot to me that the person really was IN the program. She walked her talk.

I also have experienced what Bill said in the Big Book, where he said that when we are down, nothing will lift us and set us back on our feet quite like intensive work with another in this program. It's the action step that keeps on giving.

~Barb B,
Monday Night Anoka





Resentment Train

Oh here it comes again, the resentment train.
It's coming closer and closer and yet I just can't
bring myself to tell my husband, my sponsor, a
friend what's really bothering me, so the cars on
my resentment cargo train fill up fast.

I'm resentful at not living in the country side,
of the house needing remodeling,
of being a caretaker for little ones and old ones,
of doing all of the grocery shopping,
of being the education and health manager,
of neglecting our sweet dog who needs walks,
of having to attend meetings, follow a food plan,
call my sponsor etc.

I know the resentment train's schedule by heart
and in case I forget, there are warning lights
flashing and whistles blowing telling me to
H.A.L.T. When I'm too hungry, angry, lonely, or
tired, I end up with a one-way ticket to nowhere.

While I'm chugging along, loaded down on the
resentment train, I look to the other side of the
tracks and I see the "Happy, Joyous and Free"
passenger train pass effortlessly by me.

There's a cheerful engineer directing the train,
my H.P., good music playing, friends and family
dancing, kids laughing and grandparents enjoying
the sunny view out the windows and a cute cherry
red caboose bringing up the back.

The only way I can get off the "poor me"
resentment cargo train is to share what's really
bothering me with someone,
pray, or write about it.

The cost of my ticket on the "Happy, Joyous and
Free" is to be grateful that we have a home,
honest with hubby about my caretaking load,
open to professionals' ideas on learning and
healing, willing to take the dog and kids for a walk
no matter what the weather, listen to other's
experience strength and hope at meetings,
and be of service to others.

~Michelle P.D.,
chugging along one day at a time.

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.oa.org/world-service/convention.php> regularly for updated Convention information.

Now Playing - 50 Years of OA 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.oa.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.

Reflections:

Beyond My Wildest Dreams

As I reflect on the most Amazing, Awesome, Inspiring, Joyful, Thrilling Exciting, and Spiritually Rewarding Weekend Of My life, there aren't enough words in the English language to truly explain this weekend.

I have never in my life said the serenity prayer and recited Roseanne's prayer more times in such a short period of time in my life. And that is only the tip of the Iceberg. I can't remember the last time I have been blessed so much by my Higher Power.

I also can say beyond a shadow of a doubt that I have never received so much strength, courage, and hope in such a short period of time. This weekend has truly been a real mountain top experience. My heart and mind, received so much peace and serenity, I never thought it could contain so much. I am so overwhelmed, I wanted to stand on my roof top and shout Halleluiah, and send waves of thanks, praise and gratitude to my Higher Power.

It also overwhelms me to realize the awesome power of my Higher Power as He worked through so many wonderful brothers and sisters in our fellowship as they shared all their experience, strength and hope with me and all who were there.

Again, it overwhelms me that so many were willing to give so much of their own precious time to make this a weekend that I will never forget. I am not just referring to all those that spoke and shared, but to the marvelous time and effort that the steering committee and all those who volunteered to make this weekend what it was. I know a lot of work went in to all the preparation and planning and the sheer number of volunteer

time that was given by many, during the weekend. I will forever be so grateful to all these dedicated brothers and sisters who so willingly stepped forward in service to make this weekend a success.

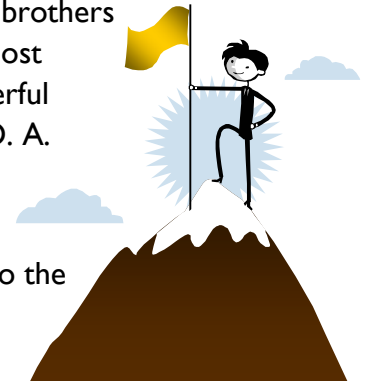
To me success is measured by how many lives were touched with the great hope that there truly is a way of recovery from this dreadful and deadly disease. Also all those who have suffered from the terrible pain of this disease and are now in recovery and that we all have the assurance there can and will be continued recovery for the rest of our lives, one day at a time, as long we continue to work the 12 steps and use the tools and principles of the O.A. program.

I know I have been encouraged and am willing to do all I can in service in sharing my experience, strength, and hope to all who still suffer and to all my brothers and sisters in this most beautiful and wonderful fellowship we call O. A.

Now I must come down from that mountain top to the valley below and go forth in my every day life to continue to the best of my ability in recovery and follow my spiritual journey. Now is the time for me to put my words into action by trying to carry this message to compulsive overeaters and to practice these principles in all my affairs.

My Reflections and thoughts on my first OA convention. I hope and pray that it will be the first of many to come. Nov . 6, 7, & 8, 2009.

~Lance R.



New Meeting Proposed

We are exploring interest in starting a traditional OA meeting in the East Bethel, Oak Grove or Ham Lake area. If you or someone you know is interested, please contact Fe at 763-242-1738 or fe.mahler@yahoo.com.

~Fe from Saturday GV OA



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 Volunteers Needed

The Women's Expo at the Minneapolis Convention Center Jan. 29 – 31 and the Women's Expo at St. Paul RiverCentre April 10 and 11 are in need of volunteers. Contact Melanie C. at cayfitz37@yahoo.com if interested.

Looking For Speakers

The Region Outreach Committee is looking for speakers to add to their speaker lists. Please contact Michele M. for more information at 507-676-0903 or mundt68@yahoo.com.



**The 11pm EST Literature Phone Meeting and
The Bensonhurst OA Meeting are Sponsoring:**

Overeaters Anonymous Phone Marathons!

Please join us in celebration of Overeaters Anonymous on these special dates.
Please share in 12th Step service by spreading the word of OA and these marathons!
The program will consist of many types of OA meetings following various interesting OA formats.

- Twelfth Step Within Day: Sat. 12/12/09 (ET 8AM – 10PM)
- 50th Birthday Party: 1/17/2010(ET 8AM – 10PM)
- Unity Day Celebration: 2/28/2010(ET 8AM – 10PM)

If you would like to offer service to the marathons please email Michelle at

OAPhoneMarathons@YahooGroups.com

<http://groups.yahoo.com/group/OAPhoneMarathons>

You may join the meeting at anytime while the marathon is on.

To participate call - **(712) 432-3900 Enter Pin 1212811#**

Please press *7 to un-mute your line to share. Press *6 after sharing to mute your line.

Long distance phone charges may apply as per your long distance carrier plan

The pin is easy to remember as it stands for 12 Steps, 12 Traditions, 8 Tools, 1 Day At Time, 1 Minute At A Time!

No advance registration is necessary. There are no dues or fees to join.

Suggested guidelines for sharing: Please remember feedback, cross talk and advice-giving are discouraged here. As you share your experience and strength in OA please also share your hope. Please confine your sharing to your own experience with the disease of compulsive eating, the solution offered by OA and your own recovery from the disease rather than just the events of the day. Cross Talk during an OA meeting is giving advice to others who have already shared, speaking directly to another person rather than to the group and questioning or interrupting the person speaking/sharing at the time. Please refrain from mentioning specific foods by name as this may stimulate food thoughts in other members and that would be counter-productive to our purpose. Let us all reach out by phone or email to newcomers, returning members and each other. Together we get better. Please remember our commitment to honor each others anonymity. "What you hear here, whom you hear here, when you leave here, let it stay here." The opinions expressed on the marathon are those of the individual OA members and do not represent OA as a whole. 7th Tradition: There are no dues or fees for these meetings. Please feel free to give double at your next face to face meeting or give directly to OA by going to www.oa.org. The marathon sponsor's OA group # is 03363 Bensonhurst OA Meeting, and meeting registration #55070-55076 for the 11PM EST Literature meeting. You may go to www.oa.org for a complete list of face to face, telephone and online OA meetings and to order OA literature, cds and tapes.

Try A Virtual Meeting

I've had the fortune to experience deeper moments of clarity, through continuous surrender and seeing the change of my thoughts and actions in everyday life. I've been blessed with abstinence since June 14, 2004 and have maintained a weight loss of 80-85 pounds. I do want to mention that this is my second time in the program. I first walked into OA in 1985, stayed for five years and felt I could do it on my own. I guess I just couldn't stand success. All joking aside, after fourteen years of binging and gaining weight, stocking up on resentments and fears, I got the proverbial bonk on the head to give this program another try. Looking at yet another failed diet and listening to the gentle encouragement of a recovering compulsive overeater, I decided to give OA another try.

Since this is a program of attraction, rather than promotion (Tradition 11) an effective offering is how my program looks on me. The most obvious is less weight. Upon closer inspection there is less anger, more kindness and compassion. I feel the difference, and my kind and loving friends have pointed this out as well. In my recovery, I see the importance of carrying the message to the still suffering compulsive overeater, restrictor and/or bulimic. My recovery depends on it. I need attendees at meetings where I learn from other's experience, strength and hope so that I can continue to live my life in the lightness and gratitude of recovery, rather than in the darkness of morbid reflection.

I fueled up at the MN State Convention this past November and facilitated the Virtual Group meeting. This allowed those members who traveled from the United States' coast to coast to see OA members face to face. Members attended the convention from Washington, California, Oregon, Idaho, South Dakota, New York, Missouri, Kansas, Georgia, Wisconsin, Iowa and Minnesota. Many shared their experiences participating in phone and online meetings, and others asked questions.

I would like to summarize the benefits and basic logistics of attending virtual meetings. The goal is to have meetings 24/7 for both phone and

online meetings, which is a total of 168 meetings for each type – total 336. When I first looked at the offerings in the summer of 2009, there were about 75 – 80 meetings for each venue (about 155 – 46%). As of mid November 2009 there are 100 phone and 155 online meetings listed (total 255 – 75% of goal).

I've had the opportunity to talk with a passionate member who is the contact person for 15 phone meetings. She has provided the information for the Phone-A-Thons taking place during the Holiday season. Anyone can hop on at any time and follow the facilitator's direction. With the occurrence of insistent food pushing, this is an appropriate and effective addition to anyone's program.

Why Virtual?

- Too far away from face-to-face meetings
- Home recovering from surgery
- Insomnia
- Traveling
- Needing a boost in the middle of the night - not urgent enough to call sponsor or other member
- Hear new points of view
- Another opportunity to add to your OA community
- Another opportunity to provide service: Speaker, moderator, attendee

Where do you go? <http://www.oa.org/meetings/find-a-meeting-online.php>

These meetings are run within the guidelines of Overeater's Anonymous. The suggested guidelines for sharing are as follows: Please remember feedback, cross talk and advice-giving are discouraged here. As you share your experience and strength in OA please also share your hope.

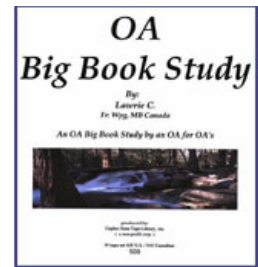
Is your group itching to provide some service? Connect with Michelle and she can help you out.

~Meg M, Minneapolis

Big Book CD Study

The OA group in Bloomington invites you to attend their Big Book CD study meetings Monday evenings beginning in January. Join us as we listen to and discuss the CD set from the 2002 Lake Geneva Resort Big Book Study.

This 10-week study will meet in East Bloomington, exact location to be determined. Contact Julie C. at 612-558-3687 or danejulie@hotmail.com for more information.



I Put My Hand In Yours



I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

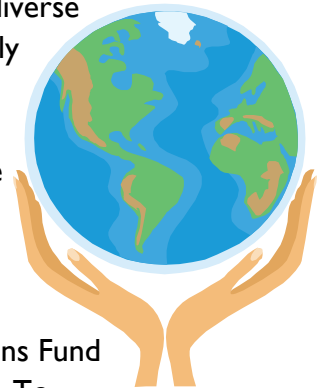
Translations Fund Helps Carry the Message of Recovery Around the World and In Our Backyards

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.



January Society Pages

The January Society Pages will focus on Step I: “We admitted we were powerless over food — that our lives had become unmanageable.” and will be sponsored by St. Louis Park, Sunday 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 juliecoig@earthlink.net by Saturday, December 19.

Mark Your Calendar

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| Saturday, December 12 | Intergroup Meeting |
| Saturday, December 19 | Newcomer Meeting |
| Saturday, December 19 | Society Pages Deadline |
| Saturday, January 2 | Web Updates Deadline |
| Saturday, January 9 | Intergroup Meeting |
| Saturday, January 16 | Newcomer Meeting & Society Pages 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.
- 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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