

# Society Pages

The Newsletter of  
Unity Intergroup March 2009

www overeaters.org

## Carrying the Message

**Step Three: Made a decision to turn our will and our lives over to the care of God as we understood Him.**

### Master Key of Willingness

Step Three requires action on my part. I pick up the Master Key of Willingness and put it in the lock. I turn the key and the door opens. I begin my journey down a path of recovery. My Higher Power provides me with everything I need for the journey. The tools of the OA program are available—if I'm willing to use them. It is a whole new way of traveling through life. No longer am I the navigator of my trip. Self-reliance only leads to detours, roadblocks, and eventually death. Therefore, I am willing to rely upon a power greater than myself. Each new day I willingly turn my life over to the care of God as I understand Him, and take comfort in knowing He's in charge of my trip through life. He will provide me with everything I need for the day's journey.

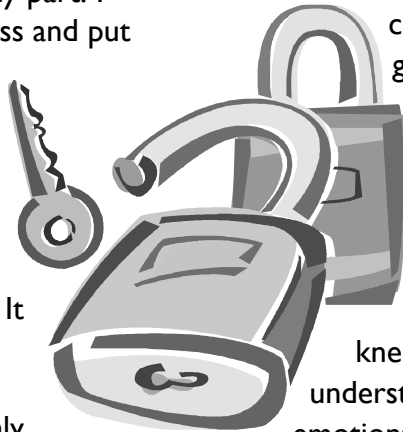
~Kristee

### A New Power

I began restricting food at age 14, compulsively overeating at age 16 and in my late 20s began to purge my binges. My eating career spanned 26 years. Food was the power I relied on to see me through life's inevitable ups and downs. As long as food was an option I turned to it day and night. It was available on every street corner and even in the form of all my "healthy" foods in the cupboards and fridge. By the grace of my HP, the strength of our fellowship, and the brilliant program given to us by those men back in the '30s I have been abstinent for 7+ years. Today food is not an option. I am brought to my

knees to rely on the God of my understanding to help me with my emotional turmoil. Literally! There are times I got down on my knees and said the third step prayer to relieve me of my anxiety, terror or rage. I was never this determined to learn to surrender my will when I was in the food. Thank God for our fellowship and abstinence!

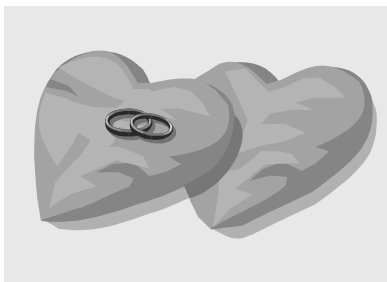
~Laura E.



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## Love & Comfort



I love this step. I love the comfort it gives me. It wasn't always that way. Early on in the program I was

afraid of Step Three. I didn't trust that there was a power greater than me that could help me in any area of my life, let alone with food. But, once I made a decision to "just try" and trust a power greater than myself with my recovery and I saw just how powerful this higher power was, it was easy to decide to trust God with every other aspect of my life.

Step Three is the step of all steps that asks me to completely surrender my will. It's the step that helps to break my self will – my bondage to self – and leads me to trust my life and all things in it to a power greater than me. What a relief not to just have to depend entirely on myself to get me through life's challenges, to know there is nothing I need to try and handle all on my own.

Surrendering has taken a lot of practice. It's something I've gotten better at throughout my years in the program. As the Big Book says, "The more total our surrender, the more fully realized our freedom from obsession." It's now natural for me to immediately take Step Three whenever I'm faced with something I feel powerless over. Now after many years of practicing making a decision to turn my will and my life over to God, usually many times throughout the day, when I think of Step Three I think "aaaaahhhh. I can let go of this." I get to just let go and let God. I've learned to ask God to work in me, for me, and with me in every aspect of my life.

Throughout the day, I find myself saying, "God, I make a decision to turn my will, my life, and my marriage over to you. ...I make a decision to turn my business and income over to you....I make a decision to turn my relationship with this friend over to you....I make a decision to turn every frustration large and small over to you....and most importantly each morning, God I make a decision to turn my will with regard to food over to you. Make straight my paths today and help me follow your plan for me." I've even put extra spatulas in my clothing drawers and other obscure places so that when I see them I will be reminded of Step Three. They help me remember to 'turn it over,' because there is always something I need to turn over!

I've come to believe that the effectiveness of the whole O.A. program rests upon how well and how earnestly we have practiced over and over making "a decision to turn our will and our lives over to the care of God as we understood Him".

~Linda G.



"Turn it over" to God

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## Our Choice

As a lifelong churchgoer and an intellectual, I believed I had God pretty well figured out. I was sure I knew what God wanted for me and for the world—they were, of course, the same things I wanted. And hadn't my stable, happy life to date proven that God was in my camp?

When my seemingly idyllic life began to unravel—marriage problems, family issues, a church politics imbroglio and the birth of a terminally ill child to a close friend—I was utterly flummoxed. What was going on here? These things weren't supposed to happen to me. I was one of the good ones!

Wasn't I?

How could I possibly turn my will and my life over to the care of God if I no longer trusted God to give me what I wanted?

In retrospect, I see clearly that I hadn't an ounce of humility. I thought and acted as if I were on equal terms with God. To adopt anything like obedience or acceptance was unthinkable. I had such fear that turning my will over to God meant becoming a mindless sheep, believing unquestioningly in whatever I was told about the nature of God and His will for the universe. I so closely related to this passage from Step Two in the 12 & 12:

"Yes, respecting [food] I guess I have to be dependent on [O.A.], but in all other matters, I must still maintain my independence. Nothing is going to turn me into a nonentity. If I keep on turning my life and my will over to the care of Something or Somebody else, what will become of me? I'll look like the hole in the doughnut."

Ironically, considering the fact that I grew up contentedly in the church, it was in reading the pages of Chapter Four in the Big Book, "For Agnostics," that I finally got it. Right there in the middle of page 53 it said, in unequivocal simplicity:

"...either God is everything or else He is nothing. God either is, or he isn't. What was our choice to be?"

I could finally ask God's "protection and care with complete abandon."

Eighteen months into my program I realized that a true miracle had taken place in my life. Not one of the circumstances surrounding me had changed.

My marriage was still precarious, my family issues deepening, the church battle which I had set in motion still raged, and my friend's baby was still clinging precariously to life.

But I was different. I had serenity not through ignoring all these chaotic and frightening things whirling around me nor by trying to explain them safely away. My serenity, I realized, came from facing these challenges with the knowledge that God did love me and have my back. The result was that I was able to grasp that it wasn't about ME. And from there, I could be of genuine love and service to those people around me who were truly struggling. By turning my will and my life over to the care of God, I did not become the "hole in the doughnut." I became a full and useful member of the human race.

-Rebekah



Unity Intergroup presents Part One of a Two-Part Sponsorship Workshop

# ☧ Sponsorship Topics: Physical Recovery ☧

## Many Food Plans ... One Solution.

☧ Will a Sponsor Tell Me What to Eat?

☧ How will sharing a food plan with my sponsor help my physical recovery?

☧ Are you looking for More Ideas? How other Tools can help physical recovery?

Join us for an interactive discussion and great speakers sharing their experience, strength and hope about Sponsorship, with a focus on Physical Recovery. This workshop is open to all OA members and will incorporate speakers and discussion points from all OA formats. *Experienced sponsors are encouraged to participate and share your experience, strength and hope.*

**Join us this Fall for Sponsorship Topics-- Part Two: "Emotional and Spiritual Recovery – Working the Steps with a Sponsor"**

**When:** Saturday, March 21st  
1:00pm – 4:00pm

**Where:** Sumner Community Library  
611 Van White Mem. Blvd.,  
Minneapolis, MN 55403

**Call Sumner for directions at 612-630-6390**

**Cost:** FREE – basket will be passed

**Registration:** Call/E-mail/Snail Mail  
registration by **March 15, 2008**

**Contact:** Janelle N. 763-780-2794

*"I put my hand in yours and together we can do what we could not do alone..."*

☧ Rosanne's Prayer

## ☧ Sponsorship Workshop ☧

March 21, 2009 1pm through 4pm

**Sign me up!**

**Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**eMail:**

**Send registration to:**

**Janelle N.** 8160 Groveland Rd, Mounds View, MN 55112  
phone: 763-780-2794 or email: janellenelson1@me.com

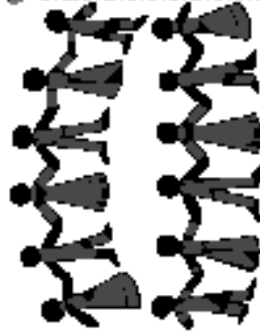
### Service opportunities abound!

Please indicate if you are interested in helping with:

- Greeters/Literature Table
- Discussion group facilitator
- Set up or Tear down (arrive early/stay late)
- Boosting the event
- Other: \_\_\_\_\_

# 4th Annual

## Upper Peninsula Anonymous Spring Retreat



THERE IS NO THEM—THERE IS ONLY US  
Page Center, Little Lake, MI  
May 15-17, 2009

Discount Registration Deadline: March 31, 2009

On-Site Registration starts at 3pm, Friday, May 15

Retreat begins at 7pm Friday and concludes at Noon Sunday

### Fill Out & Mail Registration Form

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Email: \_\_\_\_\_  
Home Meeting: \_\_\_\_\_

**Fee Schedule:**  
Early registration on or before 3/31/09 \$40  
Saturday only registered before 3/31/09 \$35  
All Registrations after 3/31/09 \$50  
Kelsey Cottage Room for 2 nights \$60  
Rustic Cabin lodging for 2 nights \$20  
(please circle)

Assign me a roommate

I am an Early Riser I am a Night Owl

I would like to share a room with \_\_\_\_\_

Please consider ordering the meal package as this helps to accommodate the whole group. (4 meals - Saturday; Breakfast, Lunch and Dinner and Sunday breakfast)  
Meal Package \$25 \_\_\_\_\_

I am contributing an extra amount toward the Scholarship Fund. Thank You \$ \_\_\_\_\_

**Total Enclosed** \$ \_\_\_\_\_

Please contact me with volunteer opportunities at the retreat

Regrettably there are **NO REFUNDS**, though replacements are accepted

Make checks payable to: Overeaters Anonymous Retreat  
Mail to: Sandra K., P.O. Box 624, Gwinn, MI 49841

Partial scholarships are available -

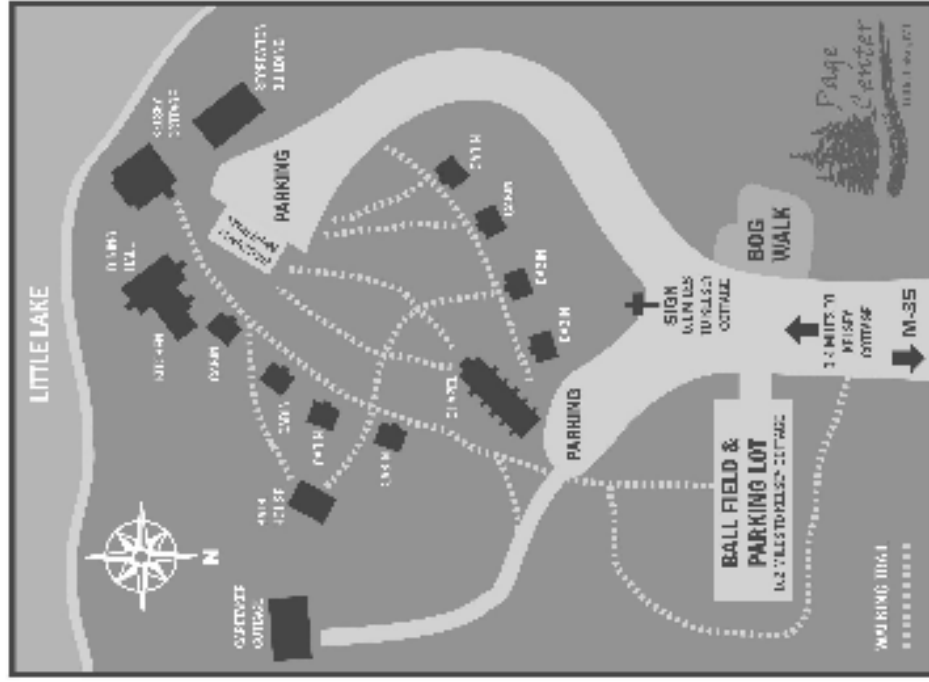
Contact Sandy W. at [cwachtler@charter.net](mailto:cwachtler@charter.net) or 906-249-1379

For volunteer opportunities—

Contact Angie M. at [angie51407@yahoo.com](mailto:angie51407@yahoo.com) or 906-869-1452

Retreat Highlights	Page Center	Things to Bring to the Retreat
<ul style="list-style-type: none"> <li>• 12 Traditions of OA</li> <li>• Mindful Meditation</li> <li>• OA-HOW Meeting</li> <li>• Silent Auction</li> <li>• Clothing Exchange</li> <li>• Bonfires</li> <li>• Outdoor Water &amp; Land Activities</li> <li>• Handicap Accessible</li> </ul>	<p><a href="http://www.pagecenter.org">http://www.pagecenter.org</a></p> <p>A totally renovated lakeside cottage with cabins located on Little Lake outside of Gwinn, MI, with lakeside deck and dock, nature trails, and many spaces for quiet reflection throughout the Page Campus.</p> <p>Onsite Accommodations—limited: Dorm style in Kelsey Cottage on the lake and rustic cabins w/ electricity</p> <p>Contact Martha K. for more info. about lodging at Page Center or other options @ 906-360-8718 or <a href="mailto:dmskoers@charter.net">dmskoers@charter.net</a></p>	<ul style="list-style-type: none"> <li>• OA Twelve Steps and Twelve Traditions Book</li> <li>• All Season/Weather Clothes</li> <li>• Camp Chair For Sitting By The Bonfire</li> <li>• Your Favorite Outdoor Activity Equipment for Land or Water</li> <li>• Your Gently Used Clothing for Exchange or Sale</li> <li>• Your Experience, Strength &amp; Hope</li> </ul>

The Page Center is located on M-35 in/on Little Lake; 3 miles East of the M-35/553 intersection. There is a sign on M-35 indicating the turn into the Page road; this road is ½ mile into the main campus. Parking is available in the main lot as well as in the Chapel lot. The telephone number is 346-3165.



**Welcome to the Page Center**  
Little Lake, MI

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

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## The Jumping Off Point

In a few simple and concise words the first three steps can be summed up..."I can't...You can... and I'll let you."



For me Step Three is the jumping off point of the 12 step program. It is now the time to truly surrender and let a power greater than myself

run the show. When first working this step my surrender was my food plan over to the care of my nutritionist and sponsor. I had no guarantee that it would work but trusted them. I wanted what my sponsor had and therefore did what she did one meal at a time. I learned to trust through the relationship I developed with my sponsor and found, as I revealed myself authentically, I grew on the inside. Really, the fellowship and my sponsor served as the tangible higher power I needed to see, hear and feel. It worked for me then.

In reflection, I saw how my higher power did for me what I could not do for myself and that the end result was much different than I could have ever conjured up. It all seemed to work out as it should... When I remember this, it is easier to surrender completely.

What I have discovered now is that the quality of living I experience in the day correlates directly to my ability of turning my daily agenda, interactions with others, and worries over to the care of my higher power. The Third Step Prayer says it all and this is my motto and prayer in the morning as I wake and throughout the day. "God, I

offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me from the bondage of self, that I better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!" (BB pg 63)

Certainly I am not perfect and my will sneaks in time and again. The more I link up with that higher power of mine there is an inner change and then I can consciously decide what it action to take next. If I keep God, program, love, and service in the forefront then I believe I am on the right track. Some questions I ask my self are: How can this action best serve my higher power? What would my higher power think of me? I am responsible for the effort, not the outcome and believe in allowing God to be my guide, the journey will be beyond my wildest dreams.

*-Anonymous*



*Without God and OA to catch me,  
the fall would be fatal!*

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## **April Society Pages**

The April Society Pages will focus on Step Four: “Made a searching and fearless moral inventory of ourselves” and will be sponsored by the Bloomington Tuesday night 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](mailto:juliecoaig@earthlink.net) by Saturday, March 21.

## **Mark Your Calendar**

Saturday, March 21	Newcomer Meeting
Saturday, March 21	Sponsorship Workshop
Friday-Sunday, April 3-5	Buffalo Retreat
Saturday, April 11	Intergroup Meeting
Wednesday, April 15	Web updates deadline
Saturday, April 18	Newcomer Meeting

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

## **MN State Convention Testimonials Sought**

Have you attended a past OA Minnesota State Convention? Did the experience strengthen your recovery? Did you find abstinence there? Did you find a sponsor or a sponsee? The Outreach Committee needs your help and service. We are asking past convention attendees to send us 1-2 sentences stating: the benefits received at the convention, the reasons why you attend the convention, the things you love about the convention – anything you want to share that will help carry the message to someone who has never been to this amazing event! Please send your sentences to Greg C ([greg@drywallguy.com](mailto:greg@drywallguy.com)), or Stef B. ([sbellegge@comcast.net](mailto:sbellegge@comcast.net)). Thank you so much for your service!

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### **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>