

# Society Pages

The Newsletter of  
Unity Intergroup April 2008

## Carrying the Message

News from Unity Intergroup

Administrative News:

**Michelle M. has been elected to assume the open Region IV rep position.** Michelle M represents the new Owatonna group with Unity IG, and has a strong background of service from her prior state of Pennsylvania. We greatly appreciate Michelle's willingness to provide service. Thanks Michelle!

**Allison R and Rhonda L have stepped up to provide service as the Newsletter Distribution Coordinator.** They will work with Corine K and Amanda A to coordinate the production of the Society Pages with sponsoring groups each month.

Society Pages

*We Need You! The Society Pages needs a Group to Sponsor the July 2008 issue and beyond.* Volunteer your group to share through short personal stories, and members' experience, strength and hope. Contact Amanda A. at 763-639-7224 or [cortec\\_0506@hotmail.com](mailto:cortec_0506@hotmail.com) for details. Steps match the months (i.e. January = Step 1, etc.). We truly cannot do this without you!

Newcomers Meeting

Newcomers Meeting the 3<sup>rd</sup> Saturday of each Month. Got new members? This is a great way to give them more information on OA. Starts at 1pm at the Minnetonka Community Center. Contact Aida R at 651-489-8264 [aroberts@mngastro.com](mailto:aroberts@mngastro.com) or Sarah D at 612-747-6753 [sgirl170@comcast.net](mailto:sgirl170@comcast.net) for additional information or if you want to speak to this group.

Reflections on As Bill Sees It – Two Way Tolerance

I am so grateful that we don't debate on the God issue and that the anonymous programs do not attempt to declare a right way to believe or to worship. I was thinking about how wise it was of the founders and then it occurred to me, that since I do believe this entire program was divinely inspired, it was actually God saying, "Many paths – many roads to spirituality." This became a mind blowing picture of God - so loving, so kind, and so gentle, that he encourages any form of belief in a Higher Power. He is so secure in knowing all roads lead to him eventually anyway, and he is so compassionate that he truly wants the best life for any one of us no matter what faith level or beliefs that we have worked out within ourselves. I'm struck with the love of that. In "Conversations with God", Neale Donald Walsch says that God wants all of this diversity, for it is the only way he can truly experience the diversity within himself and the massive oneness that comprises all living beings.

Bill is also reflecting on "respect" within these writings and how that can help the addict with boundaries. We respect our own beliefs and those of others around us. I believe addiction is rooted in boundary issues and the inability to find them, sustain them or create them. Addiction is ones' way of self protection; a very dysfunctional method of survival that then takes on a life of its own. So deeply rooted is this confusion about boundaries that we as addicts go to the extremes of having none or standing too rigidly in some. This is where Bill sees we could get into trouble with the groups and AA as a whole. Too rigid would make all fellows believe in God the same way and would doom the fellowship to smallness or extinction. How could we as humans ever really confine or define God? How wise then to tolerate all beliefs and invite all the fellowship to loving-kindness and respect.

~Anonymous

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**Step Four: “Made a searching and fearless moral inventory of ourselves.”**

Courage: being rigorously honest with self

The thought of taking step four scared me to death; looking at my past, admitting my wrongs, harms that I had caused others, cheating, lying, and stealing. Looking over all my defects of character that was the last thing I wanted to do. After all that is why I had turned to food. To numb my feelings of guilt, shame and remorse, but the more I tried to eat my feelings away the worse I felt. I came to OA emotionally, spiritually and physically mangled. I was looking for relief to my pain. So, I did what my sponsor suggested. I read the chapter in the 12x12 on step four. I learned that my feelings of fear from rejection, abandonment, and not being good enough were feelings that people experienced. It was the way I dealt with those feelings that were self defeating. I also examined the wrongs that I felt were done to me. Once again it was the way I reacted to those feelings which made matters worse. I carried my feelings of hurt, anger, and jealousy with me like a peacock carries its feathers, fanned out and strutting about. So, step four allowed me to look at my part in different situations. For example, the character defect of perfectionism setting unreasonable expectations of myself and others. I had the all or nothing attitude. It was also the start of learning acceptance of myself, people, places and situations. By doing a thorough and fearless inventory I learned I had many assets as well. I am a very caring, gentle, loyal, compassionate person doing the best that I know. Today I continue to take a daily inventory which allows me to start each day anew. To look for the good in myself, others and life. By doing so I am more loving, kind and tolerant towards myself and others. I can laugh at myself and not take life so seriously. The more I step back and look at why I do the things I do, proacting-behaving in a positive manner vs. reacting-acting out in self-defeating behaviors. I/We are privileged to have the opportunity to practice living the twelve steps, on day at a time.

~Truly a grateful and recovering COE

Striving towards Freedom

I don't think that any of my writings that I had to read to my sponsor in the beginning of my recovery even touched on the feelings of humbleness as my fourth step did. When I first started my fourth step I thought there is no way that people feel this same way about some people in their life like I do. I really thought there was something wrong with me that I just couldn't let grudges go. But as I continued to work on it I realized I was holding these grudges mostly because of me. I was to prideful to admit my part and that they weren't the only ones at fault. Completing this step and then moving to the fifth step really allowed me to clear up my mind from the useless information that I was insisting on harboring towards people. It was like I was storing it all in case one day I would need good black mail information. It was my crazy, sick mind that was doing this and that was making some of my relationships with people worse than they had to be. If I wouldn't have had a sponsor to guide me through I probably would have never finished and would have never felt the freedom that I felt after completing the fourth step and moving on to the other steps that helped me in my journey of peace of mind and mental freedom from the obsession of everything in life. I am truly grateful that I can rest assured that I am not the only one with the deep dark secrets and that we are all here to help each other.

~Anonymous



## Step 4 – Made a searching and fearless moral inventory of ourselves

This step, which makes even the strongest of us wince, pant, growl and procrastinate, is a practical step of action. It is facing the monster in the closet. It takes our food fog thoughts of grandiosity and food withdrawal thoughts of disgust and despair and directs us to walk on the path of acceptance. I have worked on and completed three Step 4 inventories. My first was in 1980, second in 1986 and third in 2005. During the 80s I was in OA and Alanon, so I used the Blueprint for Success booklet for two inventories and then used the three sheets adapted from the Big Book for my third (resentment, fear and sexual conduct being the focus). Because I left the OA program for 14 years, it was necessary for me to readdress those weaknesses and limitations I put back in my knapsack of living.

While the first three steps asked me to let go and let my Higher Power relieve me of my food obsession in thought and action, it was now time to put my new found knowledge to work. To remain abstinence, I had to release the insanity of expecting new things to occur with the same old behavior. This cannot be accomplished alone; it is with the work of documenting my life's journey and relying on a Power greater than myself. I had to face that I could no longer use charm to get out of a tight spot, present worn out excuses to pardon me from not making a deadline or spend time with people whose value system did not match mine. Waking up every morning seething with resentment while I brushed my teeth or replaying past hurts in my head as my radio station as I drove to work had to be challenged.

Writing down who, what and why as I filled in my inventory provided me the clarity to make the changes I knew that were awaiting my purposeful action. In order for recovery to continue to unfold, explicit honesty had to be my companion as I listed, checked and wrote my inventory. Step 4 expects us to be human. Step 4 asks us to face our shame and remorse. Step 4 also provides an outlet to release our angst and despair. For those new to the program, this step provides the opportunity to walk into a 360-degree mirror and see who we are. Just as we take an inventory of our house when walking through to determine what needs to be fixed, we do what we can or ask for help for what we cannot do alone.

Our Higher Power already knows our strengths and limitations. Making a fearless (use your courage) and moral (both strengths and weaknesses) inventory is to write our lives as we know it today. Being a food and sugar addict and/or compulsive overeater is a life threatening disease. Rigorous honesty is required to recover. It means that to

assess behaviors and thoughts it necessitates the help of our Higher Power to infuse us with bravery when taking accountability for our actions.

When making time to work on my inventory, I found it helpful to make my fifth step appointment to have a deadline in which to work toward. Recovery is living our lives without the insidiousness of poison entering our system, through binge foods, thoughts or behaviors. Wonder and beauty await us as we release the anguish and desolation that plagued us when eating compulsively. Requesting the help of our fellows and our Higher Power enables us to live in the light and love that abstinence provides us. Step 4 helps make that happen.

~Meg M., Brooklyn Park, MN

### Step 4 Miracle

My entire life was spent blaming others for my unhappiness. If only "they" were different, my life would be good. Doing my 4<sup>th</sup> step broke me out of that prison. The method outlined in the Big Book worked wonders for me. Finally, I could see my part in every situation. Finally, I could see how I was to blame for my own unhappiness. The freedom I now have is indescribable. Since I can see my part, I can carry my defects to my higher power and ask Him to remove them. I don't have to waste endless hours dwelling on the defects of others. I can spend my time in service to my higher power and my fellows. My marriage is hardly recognizable from what it once was. I am grateful that my husband has stayed with me (quite the opposite of how I used to think!) In every conflict that I face, I look inside to see what my part is and ask my higher power to show me what He would have me do and be. I am so grateful for step 4 which has taught me a new way of living. It is truly a miracle.

~Anonymous

### Links

List of Local Meetings	<a href="http://www.overeaters.org">www.overeaters.org</a>
Region 4 Web Site	<a href="http://www.oaregion4.org">www.oaregion4.org</a>
World Service Web Site	<a href="http://www.oa.org">www.oa.org</a>

## Region IV Convention

Overeaters Anonymous (OA) members from Region IV including Manitoba, & Nunavut in Canada, Minnesota, Illinois, Iowa, Kansas, Missouri, Nebraska, North Dakota & South Dakota in the United States - as well as OA members worldwide - are invited to St. Louis to celebrate recovery at the annual Region IV OA Convention on:

June 27 - 29, 2008  
To be held at -  
Holiday Inn Airport West  
3400 Rider Trail South  
Earth City, MO 63045  
(314) 824-1003

OA is a fellowship of people who share the common problem of compulsive eating. All are welcome at this exciting event, including people who are compulsive eaters and anyone who is concerned about a friend or relative with an eating problem.

This year's convention speakers and workshops will focus on the theme of "We Have Ceased Fighting". On-site registration begins at 5:00 PM Friday, June 27th. Hotel reservations should be made by May 27th. Pre-registration is currently open. The pre-registration form and additional convention information is available at [www.oaregion4.org](http://www.oaregion4.org).

Founded in 1960, OA has no dues or fees for membership; one becomes a member simply by having a desire to stop eating compulsively. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine. Overeaters Anonymous views compulsive eating as a physical, emotional, and spiritual disease. Members find recovery following a 12-step program patterned after that of Alcoholics Anonymous. OA helps men, women, and young people who struggle with compulsive eating, bulimia, and anorexia.

Information about this special event, Overeaters Anonymous, and the location of Region IV OA meetings can be obtained from the Region IV web site [www.oaregion4.org](http://www.oaregion4.org) or by calling (636) 600-0393. Worldwide meeting information is available from the World Service Office in Rio Rancho, New Mexico, via E-mail at [info@oa.org](mailto:info@oa.org), OA's web site at [www.oa.org](http://www.oa.org), and by calling (505) 891-2664.

Media Contact: Jeanine Meyer  
(314) 631-5023  
[jeanine77@aol.com](mailto:jeanine77@aol.com)

## MN State Convention

**Job Title:** Trusted Servant

**Job Objectives:** Maintain your own abstinence and carry the message to those who still suffer

**Reports To:** A Loving God

**Date Available:** Immediate Openings

**Job Description:**

***Co-Chair of the MN State OA Convention***

-Assists the Chair in overseeing the convention committees activities  
-Could potentially Chair next convention

***Registration Chair***

-Receives and data enters convention registration forms  
-Prints name tags, puts meal tickets behind name tags  
-Oversees on-site registration with other volunteers

***Volunteer Chair***

-Coordinates securing the volunteers needed for the convention  
-Prepares volunteer packets; Hands packets out at the convention

***Entertainment Chair***

-Works with another co chair to provide 12 step entertainment for convention goers (Sat. night)

***Public Relations Chair***

-Sends out the press releases, TV and radio announcements prior to the convention. Works with media consultant.

**Qualifications:**

-30 days abstinence  
-Open, willing, humble  
-Spirit of Love & Service  
-Desire to live usefully & help other Compulsive Eaters

**Applications:** Apply in person by contacting: Linda  
507-282-9331 [lindadnelson@gmail.com](mailto:lindadnelson@gmail.com)

**Compensation and Benefits:**

-Total Health  
-Continuous Abstinence  
-Have a Host of Friends  
-Watch People Recover  
-See a Fellowship Grow Up about You



### May Society Pages

The May Society Pages will focus on Step 5: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs" and will be sponsored by the Anoka Monday night group. Although one meeting generally sponsors each newsletter, we welcome articles from anyone. Please indicate if it is OK to print your name with your article and e-mail your contributions to Amanda at [corter\\_0506@hotmail.com](mailto:corter_0506@hotmail.com) with the subject "Society Pages" by noon on Wednesday April 23<sup>rd</sup>.



### MARK YOUR CALENDAR!

Saturday, April 12	Intergroup Meeting
Saturday, April 19	Newcomer Meeting
Saturday, May 10	Intergroup Meeting
Friday-Sunday, May 16-18	Marquette OA/HOW Retreat
Saturday, May 17	Newcomer Meeting
Friday-Sunday, June 27-29	Region IV Convention- St. Louis, MO
Friday – Sunday, September 19 - 21	Frontenac Retreat
Friday-Sunday November 14-16	OA Convention

### Intergroup Board

Becky T., Chair	952-423-1527
Jill L., Vice-Chair	952-873-4595
Amy D., Treasurer	952-270-0098
Janelle N., Secretary	763-780-2794

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