

Society Pages

The Newsletter of
Unity Intergroup August 2009

www.overeaters.org

Carrying the Message

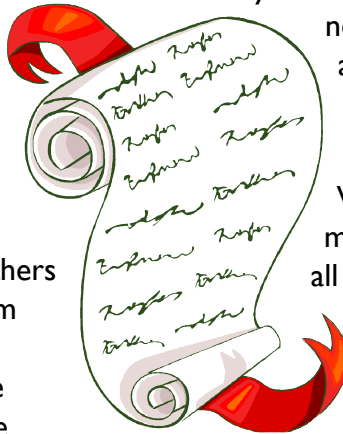
Now you can read the Society Pages online every month at www.overeaters.org.

Step Eight: Made a list of all persons we had harmed and became willing to make amends to them all.

Becoming Willing

The first part of this step is making the list. I look back to see who I have hurt and in what ways. I can use my list from the Fourth Step to help me. I need to watch out so as not to feel hurt myself and minimize my part of the wrong. This is purposeful forgetting and very easy to do. I can honestly search my motives and actions.

Sometimes the harm done to others is not as great as the emotional harm done to myself. Sometimes my emotions have caused me to change personality or altered my life for the worse. I may be irritable, critical, impatient, miserly, callous, or cold. I may pay attention to one family member and neglect others. I may try to dominate my whole family. I may wallow in depression or self pity. These can each affect those around me physically, emotionally, or spiritually. The final result falls on my shoulders. My recovery depends on acknowledging where I have been at fault.



My goal is to "ransack my memories" and keep to the task of admitting the things I have done. I need to forgive others first before I head to Step Nine and ask forgiveness for myself. The list is something I can do. Then I need to be willing to make the amends. My HP can help that willingness to come. Daily prayer can make that happen.

When the opportunity comes to make amends I will be ready. As with all the steps, I can't do it alone. I need the help of my HP, an attitude of forgiveness comes from Him. I am working the 12 Steps of OA because I want to get well. It may hurt to face the pain and harm that I have done to others, but to recover, it needs to be done.

By becoming willing to do what I can to heal damaged relationships, I am moving forward in my recovery.

~Anonymous

Reality Check

In my first days of OA I wasn't intimidated by these steps. I wasn't to blame for all my problems. It seemed quite clear, to me at least, that others had some shaping up to do and once they did that I would be fine. I had spent most of my adult life trying to make sure everyone was ok and was quite frustrated they hadn't caught on. No, those steps were definitely for others and I knew that when they did their Eighth Step, I would be on most of their lists.

That was 4½ years ago. I am still not abstinent 100% of the time. Those of you who have been in OA a while and have lived the steps will not be surprised by that. Yet, I am still walking through those doors, a work in progress. I have grown and have come to appreciate a new freedom with what I have accomplished thus far. I have developed a relationship with my HP like no other, one I never thought could be possible. I know too much to leave so I keep coming back and I keep tackling those steps.

On my current Step Eight I have found that most of the individuals I thought would have me on their list are on mine. It has taken years for

me to see how my way of looking at things was reversed from reality. The impact of that realization was staggering and took me some time to grab hold and steady myself. I felt a wave of embarrassment, I felt sadness at what I had lost out on by being so mixed up, and I had to chuckle too. Isn't that just like life, you think you know it all and then humility steps in and takes you down a notch or two or eight.

Learning this fact hasn't kept me out of the kitchen, but staying out of the kitchen has helped me to be clear headed enough to see the truth. This truth, it seems, was quite clear to many around me. I was the one floating around in a fantasy bubble trying to make the world spin in rhythm to me. I clearly see now that it just doesn't work that way. Never did and never will. Life is actually easier now that I have popped that bubble, and stay away from the foods that threaten to take me off to la la land again.

I have a deep respect for those steps now, for those who came before me and for those that live them today. Thank you.

~Lin, Hastings

Making Lists

Ah, list making is one of my best assets. Just ask my family and friends. I have so many lists from shopping, housework, food plan, and life accomplishments. The list part of Step Eight is easy for me. I just take a look at Step Four and write down those who need attention from me.

Part two of Step Eight, "become willing". I just crave to do whatever it takes to become a healthier person. I am very willing to do this. That means doing the footwork of the Twelve Steps in OA to the best of my ability and becoming willing to make amends to my list is part of my forward progress to that healthier me, inside and out.

Step Eight teaches me forgiveness and that I need to change how I interact with those around me. Especially those I love with me at the top of the list. As with other steps, I enjoy sharing my list with my sponsor. She is able to assist in making sure that the individual needs to be on my list. I like the sentence on page 72 of the Twelve By Twelve, "The hurt had a beginning and it can have an end as well." I can willingly forgive myself and others. Let go of the hurts and let God heal me from the inside out. That is what feels good my higher powers' love for me.



~Sheri, Hastings



Frontenac Retreat September 18-20, 2009

Come join us for a recovery weekend! Registration begins at 6 p.m. on Friday and we will close with lunch on Sunday. Throughout the weekend, speakers will share their experience, strength and hope and we will share in small groups. Personal time will be available for reflection and fellowship throughout the weekend.

At the Villa Maria Retreat Center

Registration Information

Space Is Limited—Register Early!

Registration Received	Shared Room	Private Room (Limited Number)
Before August 22, 2009	\$164.	\$189.
After August 22, 2009	\$174.	\$199.

The registration fee includes two nights' lodging, three meals on Saturday and two meals on Sunday.

Due to our commitment to the retreat center, there will be **no refunds**. Please find your own replacement. Final registration deadline is **September 10, 2009**. We reserve the right to cancel due to insufficient reservations.

Scholarships

We have a limited number of partial scholarships available. For information, contact Chris L. at (952) 945-0558 or e-mail cleick@comcast.net.

The Retreat Center

Villa Maria Retreat Center, 29847 County 2 Blvd., Frontenac, MN 55026 (www.villamariaretreats.org)

- Sleeping rooms are not air conditioned, but fans are provided.
- Handicap accessible (ramp & elevator)—refrigerator & microwaves available—swimming pool, labyrinth, walking trails.
- Menu, Map & Schedule—Include your e-mail address (or a self-addressed stamped envelope) for a copy of the menu, map and weekend schedule.
- Directions—Villa Maria is near Frontenac in southeast Minnesota. From the Twin Cities, take Hwy 61 South to Red Wing. In Red Wing, stay on Hwy 61 South and go 12 miles to Frontenac. In Frontenac, stay on Hwy 61 South and go 1.3 miles. Take a left (north) on County Road 2 and go 1 mile. The retreat center is right after the bridge overlooking the marsh.

Questions or Special Needs: **Linda (612) 813-0535** **Lrg1909@gmail.com**

PLEASE DO NOT CONTACT THE RETREAT CENTER DIRECTLY

Frontenac Retreat - Registration Form

Name: _____
 Name Tag should read: _____
 Street Address: _____
 City/State/Zip: _____
 Home Meeting: _____
 E-Mail: _____
 Phone: _____
 Other Phone (optional): _____

Male Female

I am new to OA This is my first retreat

Have you previously been to this retreat center?

Yes No

Would you be interested in a tour of the center?

Yes No

Would you like your name, phone and e-mail included on the contact list distributed at the retreat? Yes No

Preference: Private room Shared room

Roommate: _____

(If you don't list one, one will be assigned.)

I am willing to:

Be a speaker Lead a small group

Hear a 5th Step Be a sponsor

Do service at retreat

I would like to donate the following item(s) for the auction _____

Make check payable to OA Retreat Fund.

Send check and registration form to:

Deb S., 5608 Woodland Rd.,
 Minnetonka, MN 55345

Abstinence Definition Amended



WSBC Policy 1988b (amended 2002, 2009) defines abstinence and recovery as follows:

Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors.

Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.



Do you or someone you know attend a Phone or Online meeting? If so, is that meeting associated with an Intergroup?

Since May 2008, virtual groups have the option to affiliate with an Intergroup. This means that they will be part of that Intergroup's region, and will be represented by the Region Trustee. Virtual Groups can also participate in their Intergroup which includes sending delegates and potential motions to the World Service Business Conference. Through this option, virtual groups can participate fully in all levels of OA service!

Unity Intergroup is thrilled to now offer conference call ability which means that meetings located anywhere can now have Intergroup Representatives call in and participate in the Unity Intergroup monthly business meetings.

Please inquire at the meeting, and if they are in need of an Intergroup, have



Mark Your Calendars!

2009 OA MN State Convention

The 2009 OA Minnesota State Convention is approaching; will you be attending? All OAs – and newcomers! – are encouraged to attend this powerful recovery weekend. Give yourself a pre-holiday gift by giving your program a pre-holiday boost, and join us as we celebrate the solution to our common disease.

Cathy D. shares, "Over the last 8-1/2 years convention has changed my life. Each year I have come away with a new golden nugget that forces me to grow in my recovery. The fellowship is incredible."

Experience the convention for yourself!

**Save These Dates:
November 6, 7, & 8**

OA TO HAVE BOOTH AT NATIONAL CONFERENCE

The National Eating Disorders Association National Conference is coming at the Minneapolis Hilton (downtown) September 10-12. We are sorry to report that we were not chosen to present a Conference Session, but we will have an information booth.

We need lots of volunteers to help man the booth!

Please contact Dianne M. at diannemahoney@tds.net or by calling 320-485-2544. We would especially like to have a broad representation from our various manifestations of this disease. Service is part of our recovery, and it has been reported to us that this is a very inspiring experience! So please join us in this unique and rare opportunity to share with professionals and fellow-sufferers that there is a solution!

Thanks to all who have already called. We will be sending out schedules and instructions in August.



SUPER SATURDAYS

We reviewed the Strategic Focus from the previous Unity Intergroup meeting on the Service Workshop (OA Tradition Five 'Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers'). At each Intergroup meeting two of the ideas from the workshop will be discussed. The two topics chosen for this month (July) are 1) Adopt a sister Intergroup, and 2) Purchase a digital recording device for recording speakers to post to Unity's website.

Plan to attend upcoming Unity IG meetings to find out more about these suggestions, see them get put into action and the service opportunities for giving back what you have been given.



Looking For Speakers

The following meetings are looking for speakers. What a great way to do service and strengthen your own recovery!

Owatonna, Mon 7 PM. Please contact Michelle M mundt68@yahoo.com

Faribault, Tues 5:30 PM. Please contact Roxie B brennanroxie@hotmail.com

Bloomington, Tues 6 PM. Please contact Julie C at danejulie@hotmail.com or call 612-558-3687 if interested.

Other Outreach Opportunities

Public Information Chair

September Society Pages

The September Society Pages will focus on Step Nine: “Made direct amends to such people wherever possible, except when to do so would injure them or others.” and will be sponsored by the St. Paul Friday evening 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 juliecoig@earthlink.net by Saturday, August 8.

Mark Your Calendar

Saturday, August 8	Intergroup Meeting
Saturday, August 8	Society Pages Deadline
Saturday, August 15	Newcomer Meeting
Saturday, September 5	Web Updates Deadline
Sept. 10-12	Outreach at Natl. Eating Disorders Conf.
Sept. 18-20	Frontenac Retreat

More information available at www.overeaters.org

Link Into Recovery at the Unity Intergroup Website

www.overeaters.org

What you'll find on our Website:

- Calendar of recovery events and happenings in the OA community
- Flyers for retreats, conventions, workshops, and Newcomers meeting
- Local meeting list
- Society Pages newsletters
- Unity Intergroup meeting minutes and financial reports

The creation of a new “Our Stories” section is underway. OA members are invited to submit their personal stories of recovery. This is a great opportunity to share your experience, strength and hope with newcomers and the fellowship. If you'd like to share your story online, email flycurvewhirl@yahoo.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

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