

Society Pages

The Newsletter of
Unity Intergroup April 2009

www overeaters.org

Carrying the Message

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

Needed Healing

I started my work on Step Four with the guidance and support of my sponsor. At times I joked about how it was a good thing I had been through enough psychological therapy to resurrect my ego so that now I could lovingly tear it apart.

But kidding aside, there was a time in my life when my fragile sense of worth would have melted in such a searching inventory. Yet with my program knowledge now, I believe God knew the healing I needed in order to take this next step in finding true happiness. Because I was now ready to look at my side of things, to look at my defects that hurt me and others, I have found personal growth and evolving serenity.

I used both the Fourth Step inventory booklet and the downloaded forms. I must have answered over a hundred and fifty

questions with all the honesty and thoroughness I could muster. I took breaks and reviewed each step with my sponsor. While at times it was overwhelming, I was ready to sweep my side of the street for the first time in my life, and it felt cleansing. It was like excavating deep in my soul until I reached the real light of my being.

I thank God and this program for the support and teachings that hold me and guide me. It has changed my life and my relationships.

~Vicki H

2009 OA MN State Convention

The 2009 OA Minnesota State Convention is coming! People from all across the United States travel to Minnesota in November to attend this event – so it must be truly special. Read on for some of what makes the convention so special, from the words of fellow OAs:

Kerri Lynn from Washington State writes, *“Giving my program a shot in the arm, hearing strong shares, learning all the things I do not know...these reasons and many others. I attended my first MN Convention when I was nine months abstinent and it rocked my world! I could see, hear, feel and touch the recovery and it helped me to keep coming back.”*

Mark your calendar for
November 6, 7, & 8
and save the date!



Whose Fault Is It?

Step Four: Made a searching and fearless moral inventory of ourselves. Oh, no—not digging through all that “stuff” from the past again. I’ve done it so many times already, why would I need to do it again? I don’t need all that shame and guilt.



Wait—Step Four “calls for us to examine our lives up to the present day; writing down all important actions and events of a moral or ethical nature, our feelings about them, and the character traits in us from which these actions stemmed.” This examination is done so that we can understand ourselves better, to begin emotional healing, and to deal with the feeling of worthlessness or shame we may have from unresolved guilt over past mistakes we never dealt with. [The Twelve Steps and Twelve Traditions of Overeaters Anonymous, page 29 (underlining mine)]



There are many “tools” which have been developed to help us with this Fourth Step searching and fearless moral inventory. The one that was most helpful to me was “How It Works,” pages 64 to 71 of the Alcoholics Anonymous “Big Book.”

I started by looking at my resentments. Once I listed the persons I resented, what caused my resentments toward them, and how those resentments affected me, I felt free to thoroughly explore MY actions in the matter. In looking at the actions of my Higher Power, parents, siblings, former bosses, former co-workers, etc. in my past it turns out that most things that I resented were actions that threatened my self-esteem or got in the way of my mental scenario for my life and what I deserved. My responses

to the actions of others hurt me because of the resentments I carried. In those few cases where the actions were more severe, I became willing to “write off” the action as that of a sick person. Those cases I identified where my actions hurt others I would deal with through Step Five.

When I completed my Step Four work on my resentments, fears, and sex conduct, I felt a great relief as if a huge weight had been lifted off of me. Did I do Step Four perfectly? Of course not, but I knew I could always revisit this step for further work as necessary.

After completing this inventory I scheduled Step Five with my sponsor. When that was completed I moved quickly through the rest of the steps. Now I try to live in steps 10, 11, and 12 on a daily basis. In the 14 months I have been in Overeaters Anonymous, I have given up thirty-five pounds of excess weight, have an even more meaningful relationship with my Higher Power, and live a life of emotional serenity and peace I couldn’t even imagine. Thanks OA. I’m grateful to be recovering in our program!



~Anonymous

World Broadcasting

We will now be broadcasting our monthly Intergroup meeting to the world. Go to www.overeaters.org to get the list of the current dialing contact, procedures, and participant key templates. Please contact the Telephone Conferencing Coordinator through our website 'Contact Us' page for the call-in number and pass code.

Taking Out the Garbage

Making a searching and fearless moral inventory was not an easy thing for me to do. I put it off for quite some time as I didn't want to deal with the human side of myself. Even after I started the process, I could only do it for a few minutes at a time and then I would have to put it down as the words didn't come easy. I learned during the process to go to my higher power in prayer and ask him to guide me to the changes he wanted to bring about in my life. As he gave me the thoughts I would write them down on my worksheet and pray over them and sometimes word them more clearly or in depth so I could get to the core of the icky stuff in my life.

One of the things that came up was the resentment I had toward three people in my life. Two of the people I worked with and the other was my wife. When I made this list it didn't occur to me that I would have to make amends to them all in the future as they were the people that had hurt me.

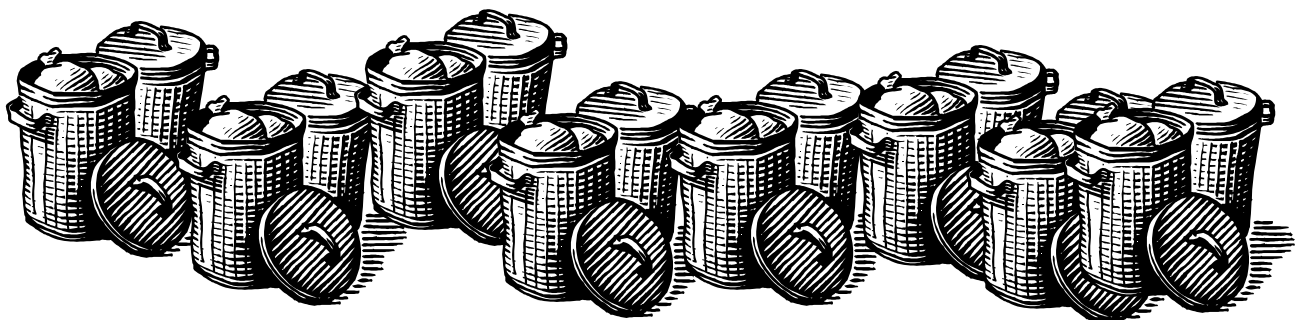
As I continued to pray about it, God brought to my heart what my part had been in the bad things these people had done to me that caused me pain. He also put on my heart that I couldn't nor should I desire to change them but it was my attitude toward

them and the way that I had treated them that was the cause of the problem. This was very humbling for me but at the same time, it brought me closer to God. As he and I worked through this together he gave me the strength and opportunity to make the amends I needed to make.

First I talked to the two people I worked with and made things right with them which brought about an incredible improvement in my work relationships. Lastly I talked to my wife and told her of the resentment I had been harboring for her and why it had come about. We talked it all out and as we were sharing, God put on my heart that "Okay now you have taken care of this, it is time to put it behind you and move on."

Following through with Step Four has been one of the most life-changing things I have ever done in my life. It has been an incredibly freeing experience to be able to rid myself of some of the garbage in my life and move forward with no barriers between me and my Higher Power.

~Cal



Be Still

A time for solitude and quiet reflection

Hosted by Northeast Iowa Intergroup (NEII)

May 2nd & 3rd, 2009

American Martyrs Retreat House
2209 North Union Road
Cedar Falls, IA 50613
(319) 266-3543

“As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn.” (p. 63 *Alcoholics Anonymous*)

- Check-In & Fellowship begin at 8:00 a.m.
- Retreat begins at 9:00 a.m. on Saturday and ends at 11:00 a.m. on Sunday
- Cost for the weekend is \$87.00 (includes lodging and 3 meals)
- Cost for Saturday only is \$55.00 (includes 2 meals)

Scholarships are available—for more information, contact Megan at (515) 291-2023

Friday night rooms are available—contact the retreat house for more information

Registrations **MUST be received by April 23rd—late registrations **WILL NOT** be accepted**

Make checks payable to NEII and mail to Megan Cheeseman at 1303 Iowa St. Cedar Falls, IA 50613

Directions:

Coming from the east or west on Hwy. 20:

Take exit 224 (Hudson Rd.). Turn right onto Hudson Rd. Continue north past the UNI-Dome. Hudson Rd. is quite long. Just continue north until you get to the intersection of Hwy. 57/1st St. Turn left onto Hwy. 57/1st St., heading west for about 2 miles. You will see a sign that says Retreat House and an arrow pointing right. Turn right onto Union Rd. and follow for about 1 mile. Turn right into the driveway of the retreat house and park.

Coming from the north or south on Hwy. 218:

Those coming from the north, take the Hwy. 57 west exit. Those coming from the south, just continue on Hwy. 218 as it turns into Hwy. 57 west. From either direction, once you are on Hwy. 57, follow it through Cedar Falls for about 5 miles. You will see a sign on the right that says Retreat House and an arrow pointing right. Turn right onto Union Rd. and follow for about 1 mile. Turn right into the driveway of the retreat house and park.

Overeaters Anonymous American Martyrs Retreat Registration

Name: _____ Phone: _____

Street: _____

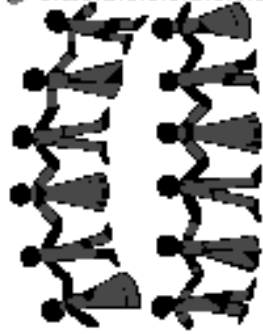
City: _____ State: _____ Zip Code: _____

E-Mail Address: _____

I am willing to do service at the retreat: Yes or No (Circle One)

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 -

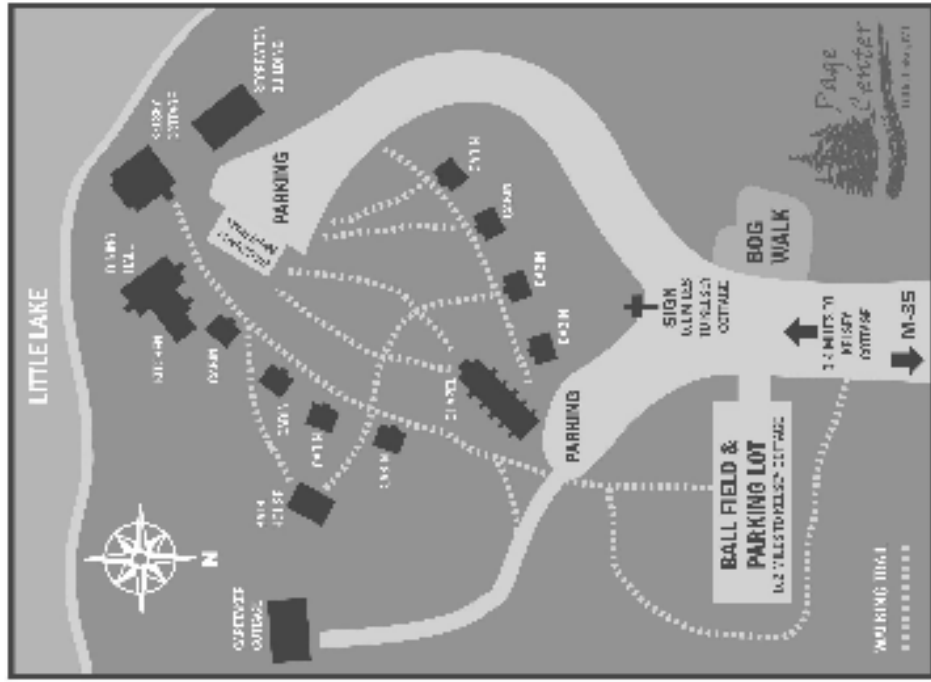
Contact Sandy W. at cwachter@charter.net or 906-249-1379

For volunteer opportunities—

Contact Angie M. at angles1407@yahoo.com or 906-869-1452

Retreat Highlights	Page Center	Things to Bring to the Retreat
<ul style="list-style-type: none"> 12 Traditions of OA Mindful Meditation OA-HOW Meeting Silent Auction Clothing Exchange Bonfires Outdoor Water & Land Activities Handicap Accessible 	<p>http://www.pagecenter.org</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 dmkoers@charter.net</p>	<ul style="list-style-type: none"> OA Twelve Steps and Twelve Traditions Book All Season/Weather Clothes Camp Chair For Sitting By The Bonfire Your Favorite Outdoor Activity Equipment for Land or Water Your Gently Used Clothing for Exchange or Sale Your Experience, Strength & Hope

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



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 them contact Amy D at unityig@yahoo.com or 952-270-0098.



Literature Committee is looking for volunteers to assist with assembling of new meeting packets. Please contact Jane S janiebanes@yahoo.com or 612-483-6335.

SUPER SATURDAYS

Unity Intergroup is planning to have Super Saturday on a regular basis. Mark your calendar for June 13 for the first Super Saturday. The June Super Saturday will focus on Service, outreaching to encourage members to participate in Service at Unity Intergroup level. We will be having host locations for future Super Saturdays.



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. Looking for a speaker on any subject on April 21. Please contact Julie C at danejulie@hotmail.com or call 612-558-3687 if interested.

May Society Pages

The May Society Pages will focus on Step Five: "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 okay to print your name with your article and email your contributions to Julie C. at juliecoaig@earthlink.net by Saturday, April 18.

Mark Your Calendar

Saturday, April 11	Intergroup Meeting
Wednesday, April 15	Web updates deadline
Saturday, April 18	Newcomer Meeting
Saturday, May 9	Intergroup Meeting
Friday, May 15	Web updates deadline
Saturday, May 16	Newcomer Meeting

More information available at www overeaters.org

Abridged February Treasurer's Report

INCOME	Amount
Meeting Contributions	
Monday, Anoka, 7:00 pm	\$197.00
Monday, Owatonna, 7:00 pm	\$30.00
Saturday, Eden Prairie, 9:00 am	\$180.00
Saturday, Falcon Heights, 8:00 am	\$189.72
Saturday, Golden Valley, 10:00 am	\$100.00
Saturday, St. Paul, 7:30 am	\$88.20
Saturday, Minnetonka, 7:30 am	\$60.00
Thursday, Burnsville, 7:00 pm	\$200.00
Tuesday, Hastings, 7 pm	\$25.00
Tuesday, Shoreview, 7:00 pm	\$270.52
Wednesday, Minneapolis, 6:30 pm	\$100.00
Wednesday, St. Louis Park, 7:00 pm	\$179.40
Wednesday, St. Paul, 6:30 pm	\$80.00
Tuesday, Buffalo, 7:00 pm for Buffalo scholarships	\$40.00
Transfer from 2009 Convention	\$7,338.85
TOTAL FEBRUARY INCOME	\$9,078.69

EXPENSES	Amount
Committee Expenses	
Big Book Study	\$262.50
Website	\$236.91
Storage Unit	\$52.00
Women's Expo	\$47.00
Newsletter	\$43.76
Overhead	\$162.93
WSO and Region IV	\$358.24
TOTAL FEBRUARY EXPENSES	\$1,163.34



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	olese1@yahoo.com