

# Society Pages

The Newsletter of  
Unity Intergroup December 2010

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

## Carrying the Message

Now you can read the Society Pages online every month at [www overeaters.org](http://www overeaters.org).

**Step Twelve: 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.**

### Tool Belts For God

Whether I am aware of it or not, I am a tool used by God to fulfill His purpose. When I was home alone in my bedroom with the food, I wasn't being used much. But now that I'm abstinent and actually living life, God's able to get maximum benefit from me. I'd like to be one of his 'go-to' tools in his tool belt and not some old, rusty collecting dust in His garage up in the sky.

So, this is why our greatest service is abstinence and working our program of recovery: so we are first available to be of service!

Now sometimes when I'm in a service position, my ego and pride come clambering to the surface, trying to take all the glory and credit for what's

being done. But the truth is, all the side action, the behind the scenes interactions and things that go unnoticed are where the real magic happens and that is where God is really found.

OA saved my life, and the people working the OA booth at Pride a few years back, where I first heard of OA, had no clue that simply their presence that day altered a life. I didn't stop by to talk or ask questions, as I'm sure others did, but the unplanned impact of their service reached me.

Nothing brings me greater joy now than working those OA booths myself; even if I'm still not perfect at it.

~Anonymous



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## **Finish Line or Starting Line?**

As I began to work the 12 Steps of Overeaters Anonymous, I looked forward to Step 12. I wish I could tell you it was because I was so service-minded, but, alas, the truth is, as a linear-minded individual, Step 12 = finish line/done/time to rest. In keeping with my experience in this program, this notion was also proven to be incorrect.

Step 12 isn't the finish line; it is the starting line for the rest of life. The first 11 steps took me through the process of repairing the damage I had done to my life through compulsive eating – damage I didn't even know I had done! Once the damage had begun to be repaired, I could start to focus on how to live a life in recovery. Enter Step 12.



Step 12 says, "Having had a spiritual awakening as a result of these steps, we tried to carry this message to other compulsive overeaters and practice these principles in all our affairs." It gives me two charges: carry the message and practice the principles of the program in all my affairs. These are pretty weighty charges. And, as one of my favorite lines of the program says, it is about "progress, not perfection."

Today, I am so thankful that Step 12 is a starting line, rather than a finishing line. It gives me a purpose and a direction for the rest of this life in recovery.

~Katy B.

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## **Don't let the name fool you!**

Unity Intergroup sponsors a Newcomers Meeting, but it is NOT just for newcomers. The meeting is open to anyone who wants to learn more about Compulsive Eating. It is a huge service to the community and a great way for us to carry the message to those who still suffer. It is also a good reminder of what this disease can do to us.

The meeting is on the third Saturday of each month from 1:00-2:00 pm at the Minnetonka Community Center. The format is standard...we do a few readings and then three OA members speak about their experience, strength, and hope. Each speaker shares (for up to 15 minutes) on one of three topics: Disease Concept, Abstinence, and The 12 Steps.

The only requirement for speaking is 90 days of abstinence. We are always in need of speakers, but in addition we need other OAs at the meeting. These OAs can talk to newcomers after the meeting and help answer their questions.

If you want more information or are interested in speaking, please contact Kate at 262-744-1866, or [mkdallavalle@gmail.com](mailto:mkdallavalle@gmail.com); or Ellen at 952-925-3801 or [ellenwolfensperger@msn.com](mailto:ellenwolfensperger@msn.com). Even if you don't want to be a speaker, please join us for the monthly meeting. I have found it to be a great influence in my program and I believe it could be the same for you.

Overeaters Anonymous  
2011 Spring Retreat



**Location:** Christ the King Retreat Center  
621 First Avenue South  
Buffalo, MN 55302

**Dates:** April 1st - 3rd, 2011

**Times:** **Check-In:** 6 to 7pm on Friday  
**Program:** 7:30pm on Friday  
**Check-out:** 2pm Sunday

**Cost:** \$160 by March 11th; \$175 after  
Includes: Two nights lodging, 3 meals on Saturday,  
2 meals on Sunday  
**Scholarships are available.**  
**Deadline for Registration: March 18, 2011**

**Contact:** Rachel B.  
**Email:** 2011buffaloretreat@gmail.com  
**Phone:** 507-279-2994

**Registration Form**

Full Name: \_\_\_\_\_ Nametag to Read: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_  
 State: \_\_\_\_\_ Zip: \_\_\_\_\_ Home Meeting: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 Male Female Roommate: \_\_\_\_\_  
 Special Needs?: \_\_\_\_\_

**If you do not sign up with a roommate, one will be assigned to you.** Single rooms will be granted for \$195 for medical reasons, and a limited number may be granted on a first-come, first-serve basis, as space allows. Single rooms cannot be guaranteed.

Your reservation will be confirmed via email, unless you enclose a self-addressed, stamped envelope for confirmation by US mail.

**Mail check or money order payable to:** Unity Intergroup

**Mail registration form and check to:** Rachel B.  
67982 260th Ave.  
Kasson, MN 55944

**SERVICE OPPORTUNITIES:** Please circle your choice(s):

Be a speaker

Lead a small group

Hear a 5th step

Donate an item for the raffle

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## Looking Ahead to Step 2: A Work In Progress

In reading Step Two: "Came to believe that a Power greater than ourselves could restore us to sanity." I realize how far I have come in 1-1/2 years. I have heard so many others say they come to OA for the vanity, and stay for the Sanity. I am very grateful for the weight loss but even more for the sanity.

A co-worker remarked how I don't take on other people's problems as I used too. For the most part, I no longer jump in to fix problems that aren't mine and have found my relationships have improved. I no longer play referee for my husband and son. I don't have to solve anyone's problems.

When I am experiencing some of the "crazy" thinking, I share it with others whether they are in program or not. Two weeks ago I shared insecurities with my sister of where I fit in our family. It was the insanity creeping in. By putting it out there, it did not make it to be such a big monster. I told my sister I was letting the



monster out. A week later she shared something and used the same terminology. Even though she is not in program, she benefited from what I have learned in program.

I grew up in the church, so believing in a Power greater than myself has always been there. What was missing was that He could restore me to sanity. If you had asked me two years ago, it wasn't me that needed to change; it was everyone else. I was the sane one. Since my sanity is being restored on a daily basis, I see so much more sanity in others.

I am grateful for the sanity of not eating over my emotions. I am grateful for the sanity of being able to weigh/measure my food. I am grateful for the holidays and being able to think about the people instead of the food. It's the relationships I want to feed.

I am a work in progress. He isn't finished with me yet!

A grateful recovering overeater,  
~Diane M



## **Overeaters Anonymous – Informational Open Meeting**

If you are interested in learning more about Overeaters Anonymous, if you want to support a family member or friend in OA, or if you would like to find out more about how OA works, please be our guest at this meeting:

**Saturday, Jan 15, 2011, 9:00 am Pax Christi Church**

This meeting is held at our regular meeting time (9:00 to 10:30 am) and feature the following:

- **An explanation of abstinence and how it differs from dieting.**
- **The tools we use to achieve and work the "program."**
- **The personal story of recovery by working the 12 Steps of OA.**
- **A time for you to ask questions and get answers about how OA works.**

Our regular meetings are "closed" (open only to those who consider themselves to be compulsive eaters), the open meetings are for anyone who wants to learn more about OA.

**Eden Prairie Overeaters Anonymous**  
**Pax Christi Church**  
**12100 Pioneer Trail**  
**Eden Prairie, MN 55343**

**For more information contact:**  
**Jean 952-448-7559**  
**odat0487@aol.com**

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## Volunteer Opportunities

**World Service Delegates needed:** Each spring we send 5 OA members to represent our intergroup at the World Service Business Conference, where important decisions about OA as a whole are made regarding literature, tools and meetings. Requirements are: 1 year of abstinence, familiarity with the 12 Traditions and 12 Concepts of OA Service, regular attendance at an OA meeting and actively working the steps for 1 year, and service as an Intergroup Rep for 3 months. Elections will be held at the December 11th Unity Intergroup meeting. If you'd like to be a Delegate, please attend the meeting on December 11 or contact any board member for details.

**\*Newcomer Meeting Service Opportunity:** The coordinators of the monthly Newcomer Meeting are looking to rotate their service. This wonderful 12<sup>th</sup> step opportunity happens the third Saturday of the month at the Minnetonka Community Center at 1pm. If interested, please contact Kate D. at 262-744-1866 or [mkdallavalle@gmail.com](mailto:mkdallavalle@gmail.com), or Ellen W. at 952-925-3801.

**New Meeting:** New meeting to be held Thursdays at 6:00 pm in St. Paul at Peter J. King Family Health Center, Conference Room A, 1026 West 7th St in Saint Paul. (Corner of West 7th St and Randolph Ave.) The meeting is on the intersection of several bus lines, and is wheel chair accessible. The meeting topic is 12&12/Big Book study. All looking for freedom from compulsive eating are welcome. Contact Brenda at 651-227-5437 with any questions.

**\*Are you a Bylaw person?** The proposed Bylaw Amendments were ratified by the Intergroup Reps at our August meeting. There will be a meeting for those people interested in looking at the current Bylaws sometime in late September. If you are interested in this facet of OA service, please contact Catherine W. at 612-205-0930 or [oaforme@gmail.com](mailto:oaforme@gmail.com).

**\*The Saturday Golden Valley Meeting in turning 25!** Come join us to celebrate the 25th anniversary of the Saturday 10am Golden Valley meeting. The celebration will be on January 29 from 10 am to 12 pm. This will be an open meeting, so friends and family are welcome. We will have a traditional meeting with three speakers and time for pitches on the importance of the tool of meetings. The meeting will be followed by some socializing time. We hope you can join us for this joyous event.

**\*The Rochester Monday night meeting** is looking for an OA group to work on the raffle for next spring's Buffalo Retreat. Please contact Allison H. at [allison.house@live.com](mailto:allison.house@live.com) if your group can help.

**\*A seven day OA cruise** is leaving from Galveston on March 20 and returning March 27. Imagine being able to attend OA meetings, being surrounded by fellow OA members and sightseeing at Montego Bay, Cozumel, and as well as other ports. The prices range from \$600 to \$950, excluding airfare. For more details go to the website OA Cruise Galveston. I would love to hear from any OA members who are planning on going. I am looking for a non-smoking roommate. Please call me (Paulette) at 218-828-8062 or email me at [paulettebuck60@gmail.com](mailto:paulettebuck60@gmail.com)



Are you artistic?

Do you have a passion for program?

**ENTER the Region 4 logo contest!**

Region 4 is looking for a fresh new logo and motto to replace the existing

“You Get More from Region 4”

All members in Region 4 are invited to submit their ideas and designs. Include your name, phone number, Group number and Intergroup name with your entry.

Please email entries to: [vicechair@oaregion4.org](mailto:vicechair@oaregion4.org)

or send them to:

Region 4 Office P.O. Box 1604 Fenton, MO 63026-8604

no later than March 15, 2011.

All entries will be posted on the Region IV website by April 1.

The representatives at the Spring Assembly will make the final decision  
April 16 in Kansas City, MO

# Treasurer's Report

## Abridged Oct Treasurer's Report

| INCOME                |                    |
|-----------------------|--------------------|
| Meeting Contributions | Amount             |
| Anoka, 7:00 PM        | \$ 300.00          |
| Crystal, 1:00 PM      | \$ 136.20          |
| St. Paul, 7:00 PM     | \$ 240.00          |
| Plymouth, 7:30 PM     | \$ 60.00           |
| St. Paul, 7:30 AM     | \$ 186.00          |
| Other Income          |                    |
| Frontenac Retreat     | \$ 677.24          |
| <b>TOTAL INCOME</b>   | <b>\$ 1,599.44</b> |

| EXPENSES                                     |                    |
|--|--------------------|
| Committee Expenses                           | Amount             |
| Buffalo (includes scholarship funds \$855)   |                    |
| Donation - Region IV                         |                    |
| Donation - WSO                               |                    |
| Frontenac (includes scholarship funds \$300) | \$ 3,568.50        |
| Literature                                   | \$ 1,597.96        |
| Newsletter                                   | \$ 235.08          |
| Outreach: Anoka Treatment Center             | \$ 42.00           |
| Outreach: Big Book Study                     |                    |
| Outreach: General                            |                    |
| Outreach: New Meeting                        |                    |
| Outreach: Public Information                 |                    |
| Outreach: Sponsorship Meeting                | \$ 50.00           |
| Outreach: MN Convention                      | \$ 52.14           |
| Overhead Expenses                            | \$ 51.98           |
| Rent   |                    |
| Reps to Region IV                            | \$ 1,393.67        |
| Reps to WSO                                  |                    |
| Telephone                                    | \$ 120.35          |
| Unity Expenses                               | \$ 57.00           |
| Website                                      | \$ 52.90           |
| <b>TOTAL EXPENSES</b>                        | <b>\$ 7,221.58</b> |



## Questions?

Contact Meg M. at 763-244-6098  
or [megintergrouptreasurer@gmail.com](mailto:megintergrouptreasurer@gmail.com)

To see the full report, you can get it online at  
<http://overeaters.org/unityintergrouptreasuryrep.html>



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## January Society Pages

The January Society Pages will focus on Step One: "We admitted we were powerless over food — that our lives had become unmanageable." and will be sponsored by Minnetonka 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 [juliecoaig@earthlink.net](mailto:juliecoaig@earthlink.net) by Saturday, December 18.

## Mark Your Calendar

|                       |   |
|-----------------------|---|
| Saturday, December 18 | Newcomer Meeting & Society Pages Deadline |
| Saturday, January 1   | Web Updates                               |
| Saturday, January 8   | Intergroup Meeting                        |
| Saturday, January 15  | Newcomer Meeting & Society Pages Deadline |
| Saturday, February 5  | Web Updates                               |
| Saturday, February 12 | Intergroup Meeting                        |

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

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# Service Opportunities

**\*Board Positions Available:** All four Board positions on the Unity Intergroup Board (Chair, Vice-Chair, Secretary and Treasurer) will be open for election in January. Interested? Contact a board member or check out the position descriptions on <http://www.overeaters.org>.



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**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

|                        |                |  |
|------------------------|----------------|--|
| Lisa D., Chair         | (651) 402-9262 | <a href="mailto:lisad.unitychair@gmail.com">lisad.unitychair@gmail.com</a>             |
| Allison R., Vice-Chair | (612) 499-0280 | <a href="mailto:flycurvewhirl@yahoo.com">flycurvewhirl@yahoo.com</a>                   |
| Meg, Treasurer         | (763) 244-6098 | <a href="mailto:megintergrouptreasurer@gmail.com">megintergrouptreasurer@gmail.com</a> |
| Katy B., Secretary     | (651) 470-3213 | <a href="mailto:unityigsec2010@yahoo.com">unityigsec2010@yahoo.com</a>                 |