

# Society Pages

The Newsletter of  
Unity Intergroup January 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 One: We admitted we were powerless over food — that our lives had become unmanageable.**

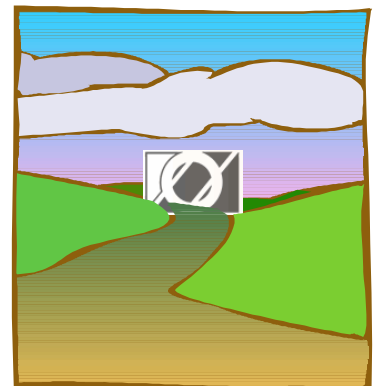
### The Path to O.A.

I spent a lifetime trying to control my food. Even as a child, food had this unyielding power over me. I snuck food, stole money for it, I lied about it. My thoughts were always focused on what I was eating and what I could get next. No amount was ever enough. It was a love-hate relationship. Food gave me comfort, escape, and intense pleasure. The problem was that once that bowl, bag, carton or box were empty, the feeling of euphoria would quickly sour. I would look at the bottom of the box and wonder where did it all go? I'd be upset that there wasn't more. Right away the dread of what I had just done would set in. How could I have eaten that whole thing? Why couldn't I control myself? Everyone said it was simple, just eat less and control my urges. I heard this from family, friends, doctors and even strangers. I realized later in

life that I had no control what so ever. Something was wrong with me. Food was my master and I couldn't budge him. I couldn't manage on my own. Heaven knows I tried countless ways.

Somehow, my path led me to O.A. It was with mixed horror and relief that I discovered I had this disease of compulsive eating. It is a disease of body, mind, and spirit. It wasn't my fault and I wasn't a weakling. Yes food had a grip on my throat and my life was a mess, but here, in the rooms of O.A. I met people that gave me hope. I saw that recovery was indeed possible and that I was no longer alone.

~Julie B-H



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## **Powerless / Willing to Surrender**

At first I was not going to admit that I was powerless over food. After all it did not come after me, I reached for the food. Surely I could stop anytime I wanted! That is where the problem started; I didn't want to stop reaching for the food. I needed it to cope with life.

I was willing to surrender that I was overweight. I had even stopped dieting because I was told by a TV doctor that yo-yoing was more dangerous than being overweight. I thought it must be my lot in life to be overweight.

But I wasn't just fat; I was depressed, physically ill, and spiritually bankrupted. My life was unmanageable and I could not find my way. I needed help.

First, I became willing to admitted food did have power over me for I couldn't stop reaching for it. Second, I was willing to surrender my food when I saw the recovery at that first OA meeting and saw there was hope for me because this program promised support which I need to live life not just cope with it.

~Mary Ellen  
Sunday night OA meeting, HOW concept

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### **\*\*VERY IMPORTANT NOTE!\*\***

**Unity Intergroup will be holding elections on January 9. What is the number one requirement? A desire to do service! Please check out our website at <http://overeaters.org/unityintergroupservicepositions.html> to review qualifications. Contact the current trusted servant in your desired position and ask them questions on the trusted servants list.**

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## **World Service Convention**

Join us for OA's 50th Anniversary at the 2010 World Service Convention. Registration forms and online registration will be available in January 2010. Please check <http://www.oa.org/world-service/convention.php> regularly for updated Convention information.

### **Now Playing - 50 Years of OA Recovery**

August 26-29, 2010  
Hilton Los Angeles Airport Hotel  
Los Angeles, California USA

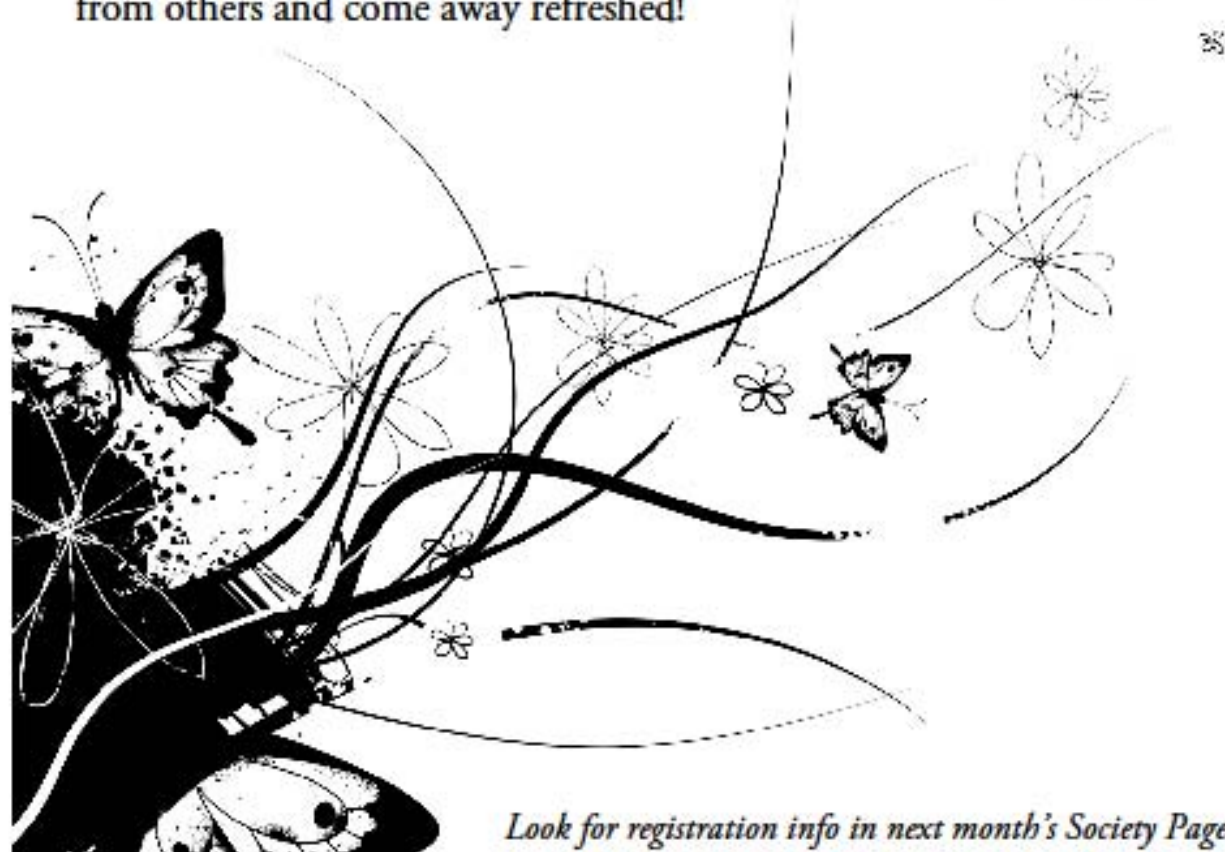
Interested in receiving the latest updates on Convention? Go to <http://www.oa.org/contact.php> to contact us. Select "Conference/Convention" as the subject and let us know that you'd like to join the Convention mailing list. Include your full name (will be kept confidential), state or country and email address.

**Questions about Convention? Contact the WSO or call 505-891-2664.**

# Refresh Your Recovery at the OA 2010 Spring Retreat

**April 9-11, 2010**  
Christ the King Retreat Center,  
Buffalo, MN

Breathe new life into your OA program as you discover how to apply the principles in your daily life, deepen your commitment to your program, learn from others and come away refreshed!



*Look for registration info in next month's Society Pages*

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## **New Meeting Proposed**

We are exploring interest in starting a Step/Topic OA meeting in the East Bethel, Oak Grove or Ham Lake area. If you or someone you know is interested, please contact Fe at 763-242-1738 or [fe.mahler@yahoo.com](mailto:fe.mahler@yahoo.com).

~Fe from Saturday GV OA



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## **New Meeting in St. Paul on Wednesdays @ 7 PM**

A new OA meeting begins January 6, 2010. The format of this meeting is a Step/Topic meeting. The meeting will be held at Hamline United Methodist Church, located @1514 Englewood Avenue in Saint Paul. This is in the Hamline Midway neighborhood one block north of Minnehaha Avenue, two blocks east of Snelling Avenue. Parking is available in the south lot of the church. The entrance we use is in the south alley. Ring the doorbell, we will meet in the lower level "Parlor" room. All looking for freedom from compulsive eating are welcome. Contact Liz 651-247-4177 with any questions.



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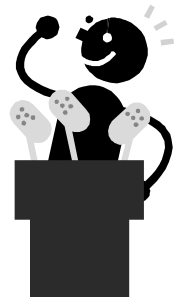
## **Women's Expo Volunteers Needed**

The Women's Expo at the Minneapolis Convention Center Jan. 29 – 31 and the Women's Expo at St. Paul RiverCentre April 10 and 11 are in need of volunteers. Contact Melanie C. at [cayfitz37@yahoo.com](mailto:cayfitz37@yahoo.com) if interested.

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## **Looking For Speakers**

The Region Outreach Committee is looking for speakers to add to their speaker lists. Please contact Michele M. for more information at 507-676-0903 or [mundt68@yahoo.com](mailto:mundt68@yahoo.com).



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**The 11pm EST Literature Phone Meeting and  
The Bensonhurst OA Meeting are Sponsoring:**

**Overeaters Anonymous Phone Marathons!**

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Please join us in celebration of Overeaters Anonymous on these special dates.  
Please share in 12<sup>th</sup> Step service by spreading the word of OA and these marathons!  
*The program will consist of many types of OA meetings following various interesting OA formats.*

- 50<sup>th</sup> Birthday Party: 1/17/2010(ET 8AM – 10PM)
- Unity Day Celebration: 2/28/2010(ET 8AM – 10PM)

If you would like to offer service to the marathons please email Michelle at

OAPhoneMarathons@Yahoogroups.com

<http://groups.yahoo.com/group/OAPhoneMarathons>

You may join the meeting at anytime while the marathon is on.

To participate call - **(712) 432-3900 Enter Pin 1212811#**

Please press \*7 to un-mute your line to share. Press \*6 after sharing to mute your line.

Long distance phone charges may apply as per your long distance carrier plan

The pin is easy to remember as it stands for 12 Steps, 12 Traditions, 8 Tools, 1 Day At Time, 1 Minute At A Time!

No advance registration is necessary. There are no dues or fees to join.

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Suggested guidelines for sharing: Please remember feedback, cross talk and advice-giving are discouraged here. As you share your experience and strength in OA please also share your hope. Please confine your sharing to your own experience with the disease of compulsive eating, the solution offered by OA and your own recovery from the disease rather than just the events of the day. Cross Talk during an OA meeting is giving advice to others who have already shared, speaking directly to another person rather than to the group and questioning or interrupting the person speaking/sharing at the time. Please refrain from mentioning specific foods by name as this may stimulate food thoughts in other members and that would be counter-productive to our purpose. Let us all reach out by phone or email to newcomers, returning members and each other. Together we get better. Please remember our commitment to honor each others anonymity. "What you hear here, whom you hear here, when you leave here, let it stay here." The opinions expressed on the marathon are those of the individual OA members and do not represent OA as a whole. 7<sup>th</sup> Tradition: There are no dues or fees for these meetings. Please feel free to give double at your next face to face meeting or give directly to OA by going to [www.oa.org](http://www.oa.org). The marathon sponsor's OA group # is 03363 Bensonhurst OA Meeting, and meeting registration #55070-55076 for the 11PM EST Literature meeting. You may go to [www.oa.org](http://www.oa.org) for a complete list of face to face, telephone and online OA meetings and to order OA literature, cds and tapes.

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## Monkey Chatter

I am the resistant type. Others might have other names for it, but suffice it to say that I had exceeded my normal body weight by more than 160 pounds and was still trying to tell myself that I could control my eating – “if only...” The list of “if only’s” changed from day to day, ranging from “if only I could figure out why I am overeating” to “if only someone would love me the way I need to be loved.” There were a thousand other “if only’s” in between. What I now know is they were excuses – barriers – to acknowledging how incredibly powerless I am when it comes to eating.

Powerless used to mean weak. Weak meant morally deficient. Morally deficient meant worthless. The burden seemed unbearable, so I refused to buy into the idea of powerlessness. The irony is that I couldn’t have felt more worthless! I was immersed in thinking about food, preparing food, eating food, and then feeling bad about eating too much food. The more I fought the powerlessness, the more I ate.

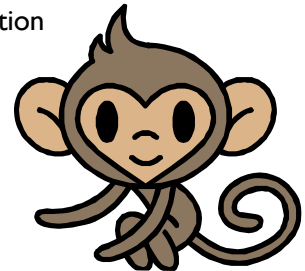
Food had me beaten. It won every fight with self-will. I finally got to the point where I couldn’t put up the fight for one more day. That was the greatest gift I could have asked for, though I didn’t recognize it at the time. I was so utterly defeated that I walked through the doors of OA and asked someone to be my sponsor. She told me that I

could have freedom from the endless monkey chatter in my brain if I would admit my powerlessness and surrender. I was at the point that I just didn’t want to live anymore, but somewhere within me was a glimmer of hope that maybe, just maybe, these people who looked happy (and were also at a normal weight) might have something worth considering.

So I did what I was asked to do for the next 24 hours. That feeling of hopelessness started to lift. I did it for another 24 hours, and then another. That first 24 hours was over 2000 days ago. The weight came off, the hope grew, my whole outlook on life changed. I will never be able to adequately articulate how it is that this power greater than myself caused these changes that I have never been able to do on my own, but I am as certain of my powerlessness today as ever.

The difference is that the powerlessness no longer means weakness. It means strength in and from the fellowship of OA. That strength means moral integrity and self-esteem. Today there is no monkey chatter about the food. In its place is the true desire to share with other compulsive overeaters my clear conviction that there is a solution – in the rooms of OA.

~Anonymous



The following positions are available for this year’s Overeaters Anonymous Minnesota State Convention. Please consider volunteering for one of these Steering Committee Chair positions:

- Treasurer
- Volunteer
- Registration
- Data Entry
- Decorations
- Pamphlets
- Literature

# Treasurer's Report

## October

### Abridged October Treasurer's Report

INCOME	
Meeting Contributions	Amount
Friday, Minneapolis, 6:00 p.m.	\$25.00
Monday, Anoka, 7:00 p.m.	\$270.00
Monday, Brooklyn Park, 7:00 p.m.	\$50.00
Saturday, Falcon Heights, 8:00 a.m.	\$288.00
Saturday, St. Cloud, 9:00 a.m.	\$60.00
Wednesday, Crystal, 1:00 p.m.	\$33.55
Wednesday, St. Paul, 6:30 p.m.	\$25.00
Other Income	
Registrations from Frontenac retreat	\$3,484.00
Funds transfer from Convention for supplies	\$28.44
<b>TOTAL INCOME</b>	<b>\$4,263.99</b>

EXPENSES	
Committee Expenses	Amount
Newsletter	\$215.37
Telephone	\$106.62
Literature	\$705.70
Unity Expenses	\$187.00
Overhead Expenses	\$18.32
Outreach	\$20.00
Frontenac	\$25.54
Website	\$34.23
<b>TOTAL EXPENSES</b>	<b>\$1,312.78</b>

## November

### Abridged November Treasurer's Report

INCOME	
Meeting Contributions	Amount
Friday, Minnetonka, 12:00 noon	\$20.00
Friday, St. Paul, 6:30 p.m.	\$180.00
Monday, Apple Valley, 7:00 p.m.	\$60.00
Monday, Buffalo, 7:00 p.m.	\$60.00
Monday, Owatonna, 7:00 p.m.	\$39.00
Monday, phone, 5:30 p.m.	\$228.88
Monday, St. Paul, 7:00 p.m.	\$240.00
Monday, Willmar, 6:30 p.m.	\$60.00
Saturday, Circle Pines, 8:00 a.m.	\$308.00
Saturday, Eden Prairie, 8:00 a.m.	\$189.60
Saturday, Eden Prairie, 9:00 a.m.	\$300.00
Saturday, Golden Valley, 10:00 a.m.	\$262.60
Saturday, St. Paul, 7:30 a.m.	\$591.00
Tuesday, Minneapolis, 9:30 a.m.	\$509.83
Wednesday, Rochester, 5:30 p.m.	\$30.00
Wednesday, St. Louis Park, 7:00 p.m.	\$186.27
<b>TOTAL INCOME</b>	<b>\$3,265.18</b>

EXPENSES	
Committee Expenses	Amount
Newsletter	\$294.21
Reps to Region IV	\$101.76
Telephone	\$53.31
Newcomer Meeting	\$120.00
Outreach	\$10.00
Unity Expenses	\$52.00
Overhead Expenses	\$62.10
Website	\$292.16
Region & WSO Contributions	\$1,038.56
Frontenac	\$2,871.60
<b>TOTAL EXPENSES</b>	<b>\$4,895.70</b>



## Questions?

Contact Rebecca P. at 612-803-6060  
or [rebecca.parrell@gmail.com](mailto:rebecca.parrell@gmail.com)



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

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## February Society Pages

The February Society Pages will focus on Step 2: "Came to believe that a Power greater than ourselves could restore us to sanity." and will be sponsored by the 2009 Convention Committee. 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, January 16.

## Mark Your Calendar

Saturday, January 16	Newcomer Meeting & Society Pages Deadline
Friday-Sunday, January 29-31	Women's Expo
Saturday, February 6	Web Updates Deadline
Saturday, February 13	Intergroup Meeting
Saturday, February 20	Newcomer Meeting & Society Pages Deadline
Friday-Sunday, March 5-7	Big Book Study

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

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## Service Opportunities

Please contact any board member via the [www.overeaters.org](http://www.overeaters.org) if you are interested in any service position.

- Public Information Chair Position is open.
- Outreach Co-chair position is open.
- The Region Outreach Committee is looking for speakers to add to their speaker lists.
- Are you an OA member with a diabetes story to share? Please contact Dianne M at [diannemahoney@tds.net](mailto:diannemahoney@tds.net) or 320.485.2544 or Betsy K at [betsykoi51@live.com](mailto:betsykoi51@live.com).

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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**

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