

Society Pages

The Newsletter of
Unity Intergroup February 2010

www overeaters.org

Carrying the Message

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

Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.

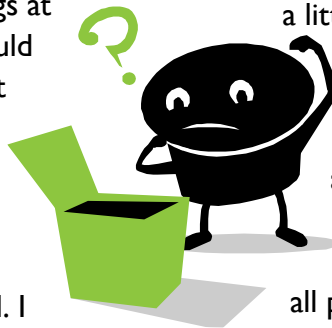
God Didn't Come Easy To Me

The second step—wow! That was a reach for me. “Came to believe in a power greater than ourselves could restore us to sanity”. Huh? This step tripped me up for years. I just couldn't grasp it. I got into trying to define a God like I heard everybody in the meetings at the time. I heard all kinds of stuff like I could have any God I wanted as long as it wasn't me. Some people told me it could be a door handle, a picture of Jesus on the wall, a tree, the meeting itself. I mean I heard everything.

It wasn't making any sense to me at all. I tried to believe in the Great Spirit for a while, which made the most sense to me at the time. I even thought maybe Buddha could be a God for me. Everybody had a Higher Power but me. So I thought and I struggled, struggled and struggled.

God didn't come easy to me because I didn't want him to. I didn't want to believe. I needed to define a Higher Power/God first, then I would believe. I wanted to see it, to

touch it, and to name it. Simply put, I wanted to control it. I thought if I could see it and figure it out —(does this sound familiar?) then I would trust God. I just wanted a little proof and I didn't even know I wanted that. I could never get past myself. I wanted to put limits on God by trying to define him and put him in a little box. That's what happens when I try and define God, I put limits around him, and he is not all powerful to me anymore. And to combat my disease the only thing that will work for me is a God that is all powerful.



Today I don't need to define my God any more. I just have a belief in something greater than me. It's as simple as that. Simple program-simple God. Both are extremely powerful. And that is all it takes to move forward to the Third Step which is actually putting that belief into action. As the Big Book says 'faith without action is dead'. I have to get up off my knees and walk the talk.

~Anonymous

Second Step Experience

My Second Step experience happened over the New Years holiday at a hotel in Chicago. At breakfast on New Year's Day, I noticed a man at the next table eating a blueberry muffin. He seemed to be having a casual conversation with his wife. He ate one bite. And another bite. And then he put the muffin down.

He continued talking with his wife. A few minutes later, he gave the muffin to his wife and went back to the buffet line. He returned to the table with a plate of fruit.

Immediately, I thought "What an amateur!" And then I thought, if that was me I could not limit myself to one or even two bites of a muffin. I'd have to



have three or four whole muffins. With lots of butter. And maybe some jelly, too.

Suddenly, I had a moment of clarity or sanity (as the Second Step in the AA 12 and 12 defines "soundness of mind"). The serenity prayer talks about the "wisdom to know the difference." And what that means to me is I accept my limitations without lingering reservations or resentment.

Today, I don't struggle. I know my limitations. I found a spiritual gift at that moment. And that gift is restraint without effort. At that table in Chicago on New Year's Day, I came to.

~Anonymous
Sunday night OA meeting, HOW format

Living In Recovery

In Step Two, I came to believe that God could help me with my compulsive overeating even though there were starving people to feed, homeless people to shelter, and countries at war with one another.

I came to believe that God loves me very much and wants what's best for me. That he's given me this one life and he truly wants me to enjoy it. When I'm in the food, I'm just not participating in the life He had planned for me.

I came to believe that God could restore me to sanity (of sound mind and reason). I didn't even know that I was insane. Journaling helped me to see that where food was concerned, I had acted insanely:

- Eating food for something to do when I was bored (not busy);
- Eating food as a comfort;
- Sneaking food when others weren't looking;

- Hanging out at the food table at family gatherings instead of with the people gathered;
- Begging God to make me normal weight, but not wanting to give up the food;
- Making myself tired, lethargic, and irritable from all the sugared foods I was eating. Never putting the connection together.
- Eating beyond full on a daily basis.

OA helped me to lose weight and so much more. Spiritually, I am closer to God than I ever have been. Emotionally, I am more balanced. Physically, I am maintaining a 60 pound weight loss. I have healthy boundaries with food and now enjoy it as fuel for my body. Life can be difficult, but it doesn't have to be as difficult as I was making it.

I am so grateful to my Higher Power and the gifts of this fellowship. Thank you for giving me my life back.

~Tracy P.

Refresh Your Recovery at the OA 2010 Spring Retreat

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!

Date April 9-11, 2010

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

Check-in 6:00 p.m. to 7:00 p.m. on Friday

Program start 7:30 p.m. on Friday

Check-out 1:00 p.m. on Sunday

Cost \$145 by March 20; \$155 after March 20, 2010.

Includes: Two nights lodging, 3 meals on Saturday, 2 meals on Sunday. Limited scholarships available.
Deadline for registration: March 26, 2010

Questions? Gwen G. 651.291.2685
Georgia A. 612.825.2349, afton@visi.com

Due to our commitment to Christ the King Retreat Center, we cannot offer refunds. Please find your own replacement. Thanks!

REGISTRATION FORM

Full Name: _____

Address: _____ City: _____

State _____ Zip: _____ Home Meeting: _____

Phone: _____ Email: _____

Male ___ Female ___ Special needs: _____ Roommate: _____

If you do not sign up with a roommate, one will be assigned to you. Single rooms will be granted for \$180 for medical reasons, or a limited number may be granted on a first-come, first-serve basis, as space allows. Single rooms cannot be guaranteed. Your reservation can be confirmed via email or US mail. Please enclose a self-addressed, stamped envelope if you wish confirmation by US mail.

Make check or money order payable to: Unity Intergroup

Mail registration form and check to: Candi W., P.O. Box 47391, Plymouth, MN 55447

Service Opportunities Please indicate your choice(s) with an X:

___ Be a speaker ___ Lead a small group ___ Hear a Fifth Step

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.

~Fe from Saturday GV OA



New Location for Chisago's Tuesday Night Meeting

The new location is Maranatha Church at 24799 Forest Blvd. (aka Hwy 61) in Forest Lake. Tuesdays 6:30-8:30pm. HOW format. Questions contact Marian N. 651-257-6045.

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.

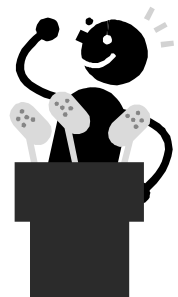


Women's Expo Volunteers Needed

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 if interested.

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.



A New Normal

A teacher I admire, who uses the phrase “new normal,” has me wondering what does “new normal” mean.

Before I can consider “new normal” I must look at what normal is. Normal can be defined as conforming to a pattern, or the usual. It can apply to the everyday actions of our lives. A new normal, I believe, comes about as a result of some significant or substantial action or activity in our lives.

Take, for example, the US Airways flight that was going from New York City to Charlotte, NC, on January 15, 2009. After both engines died the pilot landed the plane in the Hudson River and all 150 passengers and 5 crew members were safely rescued. I’ll bet all 155 people had a new normal in their lives after this situation; I’m sure there were things they did differently and a new way of thinking about their lives.

Overeaters Anonymous has given me a “new normal” in my life and has made a significant impact on my life; only it came about gradually instead of in an instant. On January 15, I celebrated two years in the OA program. Over this time I have experienced real life-changing “new normal” in all three areas of life promised by this program: physical, emotional, and spiritual.

Physically I now carry forty-five less pounds than I did when I came to my first meeting. This has meant more energy, easing of pain in my knees, not living with the tiredness and weary feeling. I am able to keep up in a way I never could before with my children, grandchildren and to “chase after” my eighteen month old great-granddaughter.

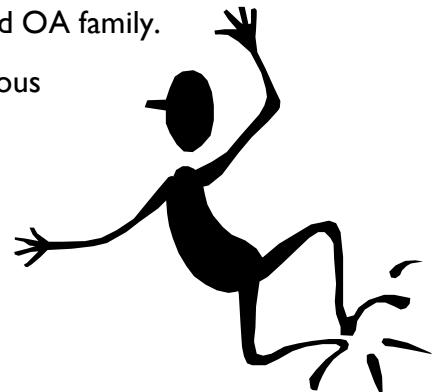
Emotionally I am a different person, so much so that I can hardly believe it at times. I remember growing up with criticism as a prevailing atmosphere at home. Carrying this learned behavior, I dealt with everyone with the critical spirit I brought from my childhood. The program has given me the gift that allows my brain to intercede before my mouth says critical things to others. The spirit I have been given is to try to be positive and to build up those around me.

My Spiritual life is the program’s greatest gift to me. I grew up knowing a judgmental God as my Higher Power (through no fault of His, this was my idea of Him). Through the self esteem and self worth I have been given in this program I can now say from my heart that “I am special to my Higher Power” (don’t worry, you are too). That specialness resides deep within me and gives me a peace and joy I have never before experienced.

These blessings have come about through: completing and practicing the twelve steps; going to meetings faithfully; developing and following a food plan that works for me; doing service at the group, Intergroup, and Region level; and committed daily time with my Higher Power.

So, “new normal” is living life on a much more satisfying and joyful level. I am grateful to be living a fantastic “NEW NORMAL” – thanks OA and OA family.

~Anonymous



Recovery Through Technology

It continues to amaze me that I learn and grow in this program of recovery and I am incredibly grateful for the willingness to expand my recovery through technology. Almost a little over two years ago, I moved here to southern Minnesota from central Pennsylvania where I had the opportunity to easily attend a meeting every day within 10-20 minutes from my home if I chose to do so. Once I got here, I quickly realized how good I had it because the closest meeting was now over 55 minutes away. (And that is on a good weather day!) Selfishly, I started an OA meeting in my new home town. We are now a thriving group of an average of six people, five of whom are now abstinent!

What I was also used to was being able to regularly attend three-four meetings a week. I no longer have that opportunity unless I am willing to travel, and for now, I am not. I have been more willing to look at new ways to get more recovery for myself, which has included several different venues of technology. I have recently begun attending online OA meetings, which are a wonderful supplement to a face-to-face meeting. Online meetings are more

readily available and better fit my schedule. I have also used the telephone meetings from OA.org and it is amazing how many other COE's there are on the line at any one time. The largest was 141 people and this was at 5:45 am CT! What a gift we have right at our fingertips!

Lastly, I am truly grateful for the ability to utilize the conference calling to attend our monthly Intergroup meetings when my schedule cannot afford the five hours it requires on a Saturday afternoon. Driving an hour and a half one way, can become very difficult with my many responsibilities, financial concerns, and not to mention the unpredictable Minnesota weather.

Please understand I feel it is integral to our recovery to go to as many face-to-face meetings as our schedule allows. Sometimes, however, we need to accept life on life's terms and step out of the box to get what we need to support our recovery.

No matter what, together we can do what we could never do alone! Thank goodness I have all of you!

~Michele M., Owatonna



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

Abridged December Treasurer's Report

INCOME	
Meeting Contributions	Amount
Monday, Brooklyn Park, 7:00 pm	\$75.00
Monday, Minneapolis, 7:15 pm	\$126.00
Monday, Rochester, 7:00 pm	\$146.40
Monday, St. Joseph, 7:00 pm	\$48.00
Saturday, Roseville, 8:00 am	\$50.00
Saturday, St. Paul, 7:30 am	\$311.64
Thursday, Burnsville, 7:00 pm	\$150.00
Tuesday, Bloomington, 6:30 pm	\$44.40
Tuesday, Silver Lake, 6:00 pm	\$25.00
Tuesday, Woodbury, 6:30 pm	\$180.00
Other Income	
WSO reimbursement for NEDA expenses from Professional Exhibit fund	\$980.00
Annual mail subscription for the Society Pages	\$10.00
Reimbursement for sale of convention lunch pre-ordered by Region rep	\$20.00
TOTAL INCOME	\$2,166.44

EXPENSES	
Committee Expenses	Amount
Newsletter	\$134.38
Reps to Region IV	\$248.21
Telephone	\$228.23
Outreach	\$400.00
Literature	\$95.85
Unity Expenses	\$416.00
Overhead Expenses	\$289.84
Website	\$0.90
Region & WSO Contributions	\$2,038.56
Frontenac	\$150.00
TOTAL EXPENSES	\$4,001.97



Questions?

Contact Rebecca P. at 612-803-6060
or rebecca.parrell@gmail.com



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

March Society Pages

The March Society Pages will focus on Step Three: "Made a decision to turn our will and our lives over to the care of God as we understood Him." and will be sponsored by Rochester Monday night, and Bloomington Tuesday night will fold and stuff. 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, February 20.

Mark Your Calendar

Saturday, February 20	Newcomer Meeting & Society Pages Deadline
Friday-Sunday, March 5-7	Big Book Study
Saturday, March 6	Web Updates Deadline
Saturday, March 13	Intergroup Meeting
Saturday, March 20	Newcomer Meeting & Society Pages Deadline
Friday-Sunday, April 9-11	Buffalo Retreat

More information available at www.overeaters.org

Service Opportunities

Please contact any board member via the www.overeaters.org if you are interested in any service position.

- Public Information is looking for committee members please contact Lance at 763.427.1984 or Lmraygor@aol.com.
- There are 2010 Convention Steering Committee positions available. There is information on page six of this newsletter.
- Are you an OA member with a diabetes story to share? Please contact Dianne M at diannemahoney@tds.net or 320.485.2544 or Betsy K at betsykoi51@live.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

Lisa D., Chair	(651) 402-9262	lisad.unitychair@gmail.com
Allison R., Vice-Chair	(612) 499-0280	flycurvewhirl@yahoo.com
Meg, Treasurer	(763) 244-6098	megintergrouptreasurer@gmail.com
Katy B., Secretary	(651) 470-3213	senoritakatyb@yahoo.com