

# Society Pages

The Newsletter of  
Unity Intergroup August 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 Eight: Made a list of all persons we had harmed and became willing to make amends to them all.

#### Step Eight Thoughts

Today this step is meaningless to me unless I do it in conjunction with all the steps.

**1** So, during my prayer and meditation (Step 11), I do my inventory (Step 10) and write it out. That makes me realize I am powerless (Step One), and only my HP can restore me to right/positive thinking (Step Two). I ask God to show me His will (Step 3), and pray the Third Step prayer. I continue to think about where I am selfish, dishonest, self-seeking and fearful (Step 4), and share that with my sponsor or someone else in program (Step Five). I look to see if I am ready to have these negative thoughts turned to positive action (Step Six). I pray the Seventh Step prayer.

Now I am ready for Step Eight. Have I harmed anyone? Have I harmed myself? How? Am I ready to give up that negative thinking and feeling? Am I ready to do what it takes to make amends? I

ask my HP to help me by praying the Ninth Step prayer to show me the way of being patient, tolerant, kind, and loving. Now I am equipped for Step 12 to be the messenger for others.

I find that the hardest person I have to make amends to is myself. I abused my body by eating too much. I abused myself with my negative thinking. My thoughts of jealousy and self-pity cost me friendships. I felt unworthy to be a friend, so I turned to the food. I can make living

amends to myself by remaining abstinent from compulsive overeating and negative thinking. By putting myself on my amends list, I now feel good about myself and can break away from the isolation and the food.

Today I look and see how my HP was and still is patient, tolerant, kind and loving towards me. And before I am able to truly be patient, tolerant, kind and loving towards others, I must show that to myself.

~Anonymous

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## **Step Eight Readiness**

When I came to Step Eight in my recovery, I made a long list of the amends I needed to do. Some of them were easy and I felt ready to do them right away. My sponsor helped me to slow down and really prepare for each one. My daily program took on a new pattern of writing everything I wanted to say and reading it to my sponsor. My sponsor helped by giving suggestions and letting me rehearse. One at a time, I worked with my sponsor. For each one, I became ready and willing then passed on to Step Nine, making each amend. I was rewarded with a wonderful peace of mind. So it went, working Steps Eight, Nine, Eight, Nine, Eight, Nine, etc.

Some people on my list were harder. Close family members were the toughest ones. Though I had completed a thorough Step Four inventory and I knew these people deserved an amend, I just wasn't sure how to do it. How had I really hurt them? So much time had passed and I couldn't quite remember all the details. I was a teenager and I remember disappointed looks on their faces. I remember tears, yelling, and my strong desire for independence. Was it normal teenage angst? What was it I had actually done? I guess I just wasn't ready so I skipped the hard ones and worked where I was ready.

When I look back, I'm amazed how there seemed to be some Divine influence helping me through Step Eight. Just about this time, my Grandpa developed some grave health problems and had to be flown in to the Twin Cities for care. Since I was the only family member living here, I opened my home to family who wanted to be here with Grandpa. The stress and emotion of those weeks was immense, and I was somewhat shocked to find some of the old familiar roles of my youth rising up again. My irritation and impatience with certain family members came out. My bossiness was in full bloom. I longed to run and just be away from what felt so toxic. How irritating these family dynamics became... and so quickly!

I was shocked when my aunt, a straight shooter, called one day to offer support. She commented that I always was selfish treating my family that way, even as a child. What? Me? And it all came back to me like a movie playing flashback after flashback of my selfish behavior over the years.

I immediately went to work to write it all out. That night when I called my sponsor, I had something to rehearse! I became ready and honestly believe I would not have opened my eyes without this family crisis pushing it in my face. I felt so grateful.

As Grandpa's health deteriorated, more people were crossed off my list. It was easy to see where I had been and how I wanted to change. Under these circumstances, it was easy for us all to see that life was uncertain and we needed to set things right with one another.

~Cheryl R.

## **Mark Your Calendars!**

### **2010 OA MN State Convention**

Get ready for the 2010 OA Minnesota State Convention! Fellow OAs attend this event for a variety of reasons: for fellowship with other recovering people, for inspiration, to learn new ideas, to connect with old friends and make new ones... what will your reason be?

John F. from Olympia, WA, travels 1700 miles to attend the convention because of the sense of equality and inspiration he feels during the weekend, as well as *"the love and care I get from the great workshop speakers and keynote speakers."*

**See Page 4 for  
Registration info.**

**Save These Dates:  
November 5, 6, & 7**



# The Joy of Living

At the Villa Maria Retreat Center

## Frontenac Retreat September 17-19, 2010

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.

### Registration Information

Registration Received	Shared Room	Private Room (Limited Number)
Before August 17, 2010	\$164.	\$189.
After August 17, 2010	\$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, 2010**.

### Scholarships

We have a limited number of partial scholarships available. For information, contact Betty C. at (763) 535-3939 or e-mail her at: [books1216@msn.com](mailto:books1216@msn.com).

### The Retreat Center

Villa Maria Retreat Center, 29847 County 2 Blvd., Frontenac, MN 55026 ([www.villamariaretreats.org](http://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:** Carolyn T. (763) 557-9355 [ctorp@comcast.net](mailto:ctorp@comcast.net)

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**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



## FRONTENAC RETREAT

September 17 to 19, 2010

Villa Maria Retreat Center is located 12 miles south of Red Wing, MN overlooking the Mississippi river and the bluffs of Wisconsin. It is a beautiful relaxing place and will be the sixth year OA has had a retreat at this location. We have always received a lot of positive feedback from attendees at previous retreats.

"JOY OF LIVING" is the theme which includes spiritual, emotional and physical recovery. Join us for a recovery weekend. Opening is at 7 pm on Friday and we will close with lunch on Sunday. Throughout the weekend, speakers will share their experience, strength and hope. Small group sharing and personal time will be available for reflection and fellowship throughout the weekend.

Registration flyer is available on the next page. For information contact Carolyn T. by phone at 763-557-9355, or email [ctorp@comcast.net](mailto:ctorp@comcast.net).

### There Is A Solution...

## The 2010 OA State Convention

November 5, 6, & 7

OA Meetings  
National and Local Speakers  
Step and Topic Workshops

Hotel Sofitel, Bloomington MN  
952-835-1900

**Registration Mail-in Deadline:** October 21, 2010

**Payment:** Make checks payable to MN **OA Convention 2010**. No refunds will be given. Partial Scholarships available.

**Contact:** Jon O. or Julie C. with questions at 612-562-6601 or email [danejulie@hotmail.com](mailto:danejulie@hotmail.com)

**Send registration form and check to:**

MN OA Convention 2010, PO Box 20501, Bloomington, MN 55420

**Registration (please print clearly & use a separate form for quest meals or additional registrations)**

Name	Name tag should read			
Address	City/State/Zip			
Phone	Email			
<b>Volunteer Opportunities</b> Check appropriate box <input type="checkbox"/> Decorations <input type="checkbox"/> Greeter <input type="checkbox"/> Registration <input type="checkbox"/> Literature <input type="checkbox"/> Hospitality <input type="checkbox"/> Newcomer Host <input type="checkbox"/> Timer <input type="checkbox"/> As Needed	<p><i>Please consider purchasing a lunch and dinner as this offsets the cost of our meeting rooms. Thank You.</i></p> <p><i>Please place a check in the box beside your dinner choice.</i></p> <table><tr><td><input type="checkbox"/> Grilled Fish</td><td><input type="checkbox"/> Grilled Pork Chop</td><td><input type="checkbox"/> Vegetarian Lasagna</td></tr></table> <p>Registration before 9/30 \$30 _____ Registration after 10/1 \$40 _____ Saturday Lunch \$18 _____ Saturday Dinner \$23 _____</p> <p>Registration for Saturday Only \$20 _____ Registration for Friday or Saturday night only \$10 _____</p> <p><b>Total Enclosed \$ _____</b></p>	<input type="checkbox"/> Grilled Fish	<input type="checkbox"/> Grilled Pork Chop	<input type="checkbox"/> Vegetarian Lasagna
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## 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  
(reprinted from August, 2009)*

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## 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*

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## Volunteer Opportunities

**\*MN State Convention Service Opportunities:** Are you feeling the desire to do more service? Are you thinking of how you can help the still-suffering compulsive eater?

The 2010 convention has an opening for an Outreach chair. The Outreach chair publicizes the convention and works with meeting boosters to make sure convention information is being dispersed. If you have questions about or are interested in this position, please contact convention vice-chair Amy D at [unityig@yahoo.com](mailto:unityig@yahoo.com) or 952.270.0098.

**\*2010 Frontenac Retreat:** – September 17th, 18th & 19th The annual Frontenac Retreat is going to be taking place at the beautiful Villa Maria Retreat Center September 17, 18 & 19th. Come experience an intimate time of recovery and rejuvenation with fellow OA members. More details and information to follow! Questions? Contact Carolyn T at 763.557.9355 or [ctorp@comcast.net](mailto:ctorp@comcast.net).

**\*2011 Buffalo Retreat:** Unity Intergroup is looking for an individual who would be willing to serve as the Registrar. Duties involve maintaining an accurate database (using Access) of Unity Intergroup meetings and Intergroup Representatives, updating the WSO Website of changes in Unity Intergroup meetings, printing and organizing information sheets for the monthly Intergroup meeting and creating the mailing labels and meeting lists (sent to the Printer for printing.) Average time commitment is 5-6 hours a month. Interested? Come to the next Unity Intergroup meeting at the Sumner Library in Minneapolis.

**\*Outreach needs you!** The Outreach Committee is looking for members. This committee meets monthly at 11:00 a.m., prior to the Intergroup Meeting at the Sumner Library. Interested? Contact Dianne M at [diannemahoney@tds.net](mailto:diannemahoney@tds.net) or Lance at [lmraygor@aol.com](mailto:lmraygor@aol.com) or come check it out.

**\*Region IV Representative Service Position:** Our Intergroup is fortunate to be able to send representatives twice a year to the Region IV Assembly. There is currently one opening for a representative from our Intergroup. Requirements are: 6 months of current abstinence, 12 months of attendance at an active OA meeting, familiarity with the traditions and concepts, working the steps with a sponsor and three months of service above the group level (Intergroup). This service does not have to be current or concurrent. Please contact any Intergroup Board member with questions.

**\*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 Peg M. at 612-280-6119 or Ellen W. at 612-201-4764.

**New Meeting:** There is a new meeting in Isanti on Thursday evenings from 7:00-8:30pm at The Fish House, 903 6th Ave. Ct. NE, located behind Community Pride Bank on Hwy. 65, offering a big book study. We have several newcomers to OA and are in need of sponsors. You may meet "virtually" (phone, email) or in person. If you are available to sponsor, please contact Fe at [fe.mahler@yahoo.com](mailto:fe.mahler@yahoo.com) or 763-242-1738.

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# Treasurer's Report

## Abridged June Treasurer's Report

<b>INCOME</b>	
<b>Meeting Contributions</b>	<b>Amount</b>
St. Louis Park, 7:00 PM	\$ 900.00
Burnsville, 7:00 PM	\$ 240.00
Eden Prairie, 9:00 AM	\$ 470.00
Woodbury, 6:30PM	\$ 180.00
Minneapolis, 7:15 PM	\$ 120.00
Minnetonka, 12:00 PM	\$ 20.00
St. Paul, 6:30 PM	\$ 192.00
<b>Other Income</b>	
Literature	\$ 9.00
Big Book Study	\$ 15.00
Literature	\$ 108.25
<b>TOTAL INCOME</b>	<b>\$ 2,254.25</b>

<b>EXPENSES</b>	
<b>Committee Expenses</b>	<b>Amount</b>
Buffalo Retreat - Center	\$ 85.00
Donation - Region IV	\$ -
Donation - WSO	\$ -
Literature	\$ -
Newsletter	\$ 559.57
Outreach: Big Book Study	\$ -
Outreach: New meeting	\$ -
Outreach: Public Information	\$ -
Overhead Expenses	\$ 66.00
Rent	\$ 264.00
Reps to Region IV	\$ -
Reps to WSO	\$ 826.46
Telephone	\$ 82.20
Unity Expenses	\$ 52.00
Website	\$ 0.90
<b>TOTAL EXPENSES</b>	<b>\$ 1,936.13</b>



## Questions?

Contact Meg M. at 763-244-6098  
or megintergrouptreasurer@gmail.com

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



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## 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 Monday 7pm Anoka 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](mailto:juliecoig@earthlink.net) by [Saturday, August 21](#).

## Mark Your Calendar

Saturday, August 14	Intergroup Meeting
Saturday, August 21	Newcomer Meeting & Society Pages Deadline
Thurs-Sunday August 26-29	World Service Convention (L.A., CA)
Saturday, September 4	Web Updates
Saturday, September 11	Intergroup Meeting
Friday-Sunday September 17-19	Frontenac Retreat

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

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# Service Opportunities

**Help strengthen your program and volunteer!**  
**See page 6 of this newsletter.**



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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>