

Society Pages

The Newsletter of
Unity Intergroup October 2010

www.overeaters.org

Carrying the Message

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

Step Ten: Continued to take personal inventory and when we were wrong, promptly admitted it.

Go to Convention

Pity Party = Bad Disease Day

I may die with this disease, but I don't need to die FROM this disease.

God: If I put down the fork, you keep me out of the food.

I got all three of these sayings from convention. How do I know that? I still have my book where I took notes and wrote them down. We have lots of simple sayings in this program, but the most powerful simple message is the recovery that shows in the faces of the people at the OA Convention. I have been going for close to six years now, and never cease to be astounded at the breadth of the stories and the physical glow that recovery shines in convention goers.

Looking for a boost for your program? Go to convention. Wondering how other OA'ers work their program? Go to convention. Trying to remember what it was like to have that newcomer energy? Go to convention. We are not alone. Together there is a solution. Go to convention!

~Anonymous

HAVE YOU HEARD???

Have you heard? The first 100 registrant names are put in a drawing to win a free future night's stay at the Hotel Sofitel.

Have you heard? Both our keynote speakers have been in OA for over twenty years and have both maintained a weight loss of over 100lbs. But what they are most grateful for is how the program has completely transformed their lives!

Have you heard? The entertainment after the speakers on Saturday night will be a live band! Bring your dancing shoes and get ready to boogie-down!

Have you heard? You can volunteer at the convention! The shifts are short and it's a great way to provide service to the still suffering compulsive overeater!

Have you heard? Please help pass the word so others have heard as well!

Convention chair, Amy

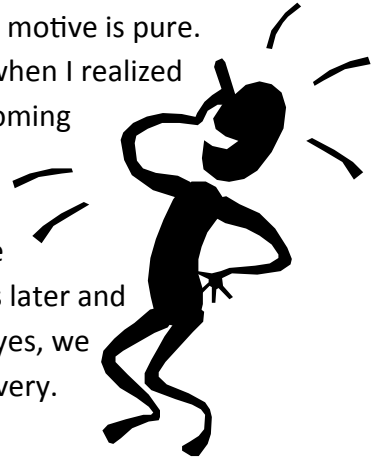
Tenth Step Confession

One day I was using a copy machine that belonged to my church for personal use. As I was working on this project, the paper jammed and I could not figure out how to get it out. I followed the directions given, but to no avail. Finally, I resorted to gently easing the paper out from the other end. In the process, a piece of the paper guide broke off. I stood there in a panic. What should I do? I could just do like I did before coming into the OA rooms and pretend like it never happened, hoping no one would notice. It was tempting, believe me!

My higher power wasn't going to let me off that easy. I felt this nudge to be honest and work the Tenth Step. I left a note on the

secretary's desk along with the broken piece, explaining what had happened. I also offered to pay for any cost incurred in repairing the copier. I left the office knowing that it was the right thing to do, but still did not experience serenity about it. I discovered that in order to really experience serenity after completing a Tenth Step, it helps if the motive is pure. I laughed right out loud when I realized that my motivation for coming forward with the truth about what happened is that I didn't want to have to go back there 10 years later and make amends for it! Ah yes, we go to any length for recovery.

~Brenda T.



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; or Ellen at 952-925-3801 or 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.

OA MN STATE CONVENTION BOOSTERS NEEDED

~ CARRY THE MESSAGE ~

EASY, short term service opportunity!!

What: Be an OA Convention Booster.

How: Spread the word about the OA convention at OA meetings you attend. Info will be provided to you.

When: Now through convention weekend, November 5, 6, & 7. Takes only a few minutes of your time each week.

Who: Any OA member who wants to be of service. New members are encouraged to serve!! Share the role with someone else if you prefer.

Why: Strengthen your recovery through SERVICE. Carry the message!

To volunteer, contact Janelle N at 763-780-2794 or janelnelson1@me.com

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

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

Volunteer Opportunities

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 |

Please consider purchasing a lunch and dinner as this offsets the cost of our meeting rooms. Thank You.

Please place a check in the box beside your dinner choice.

Registration before 9/30	\$30 _____
Registration after 10/1	\$40 _____
Saturday Lunch	\$17 _____
Saturday Dinner	\$23 _____

Check dinner choice:

Pork Chop Fish Chicken Vegetarian

Registration for Saturday Only \$20 _____

Registration for Friday or Saturday night only \$10 _____

Total Enclosed \$ _____

Daily Contact

Daily contact with other OAs has been indispensable to my recovery.

Sometimes that contact is as little as a brief chat with my sponsor. Other times that contact involves multiple telephone calls and many tears. The point is, I pick up the phone everyday, rain or shine. If I am to continue to take personal inventory and promptly admit my wrongs, I cannot be isolated. Isolation lends itself to secrets. Actually, isolation mandates secrets. The Fourth and Fifth Step helps us clear away the secret wreckage of the past, but what about the wreckage we still occasionally happen upon? We will all make decisions that don't look too good in hindsight. Some folks call these "mistakes."

Whatever we want to call them, they will continue to arise. We cannot avoid them. They are part of being human. The freedom found in



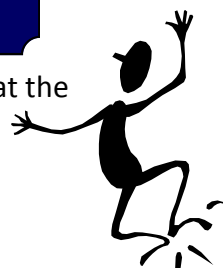
the Tenth Step is just this: we need never be alone with our poor decisions. Whether our missteps are premeditated or quite unintentional, we can be afforded love and understanding if we seek it. I never fail to find love and understanding, but it is not always immediate. Sometimes I am less than honest in my admissions, hoping to bypass the painful patches on the path to freedom.

Other times I admit my wrongs to someone who turns out to be less than understanding. Daily telephone calls have enabled me to reach out when I am finally ready to turn over any of my missteps. Regular contact with many different members has prepared me to continue reaching out when love and understanding seem to allude me. What I have learned so far is 1) no matter what my burden, I am not alone, and 2) no matter what your burden, you are not alone. My greatest hope is that I will keep seeking recovery with you.

~Anonymous

Be One of the First 100 People to Sign Up for Convention & Win a Night's Stay at the Hotel Sofitel!

The first 100 people to register for the OA Convention to be held November 5-7 at the Hotel Sofitel in Bloomington MN will be eligible for a drawing for a free night's stay at the Hotel Sofitel! You know what to do ... if you've not already done so, grab the registration form in this month's Society Pages ... you could be a winner!



OA Convention Preview here's what to look forward to at the 2010 Convention!

Speaker Snapshot: Ed, one of the featured speakers, has maintained a 140 pound weight loss for nearly 22 years. Ed says "OA totally changed my life." Through strength received from the OA program, Ed learned to read, managed his own business, divorced and remarried, all without overeating!

Two-Hour Body Image Workshop. This popular session has been expanded and given prime time placement on Saturday afternoon. Integrating the physical, emotional, and spiritual when it comes to our bodies is often as much of a challenge (and a joy!) as putting down the food. Join us for what is expected to be a spirited and uplifting discussion!

Volunteer Opportunities

***2011 Buffalo Retreat:** April 1-3, 2011. Don't miss out on this awesome recovery event. The theme is "A New Freedom and a New Happiness." The Rochester Monday night group is sponsoring the 2011 Buffalo Retreat. Contact Allison H. 507-319-1581 or allison.house@live.com or Sue L for questions.

***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 12th 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, 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.

***Updated OA Literature now available.** At the May World Service Business Conference, four pieces of literature were updated and revised. These are now available for groups to purchase at the OA website. If you would like the specific names of these pamphlets, please contact Allison R. at 612-499-0280 or flycurvewhirl@yahoo.com.

***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.

***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 or Lance at lmraygor@aol.com or come check it out.

***The Convention Needs YOU!** The 2010 Minnesota State Convention needs between 200 – 250 volunteers to make this year's convention happen. Take out some insurance on your own recovery and volunteer! Please take the attached sheet to your meetings and ask them to volunteer! Questions? Contact Amanda A. (See ad on page 6.)

Step Up! Answer the Call! **Be a Convention Booster!!!!**

Spread the Word---Carry the Message—
Shout about Recovery, Service & Unity!

This year, more than ever we need people to be individual cheer leaders/boosters for the convention. As it says in the Big Book: “YOU can help when no one else can.” We can help because we have found a common solution - the 12 steps of Overeaters Anonymous.

We are in a position to show newcomers how to recover and to help OA members stay in recovery through our example. We are in a position to save someone from diabetes, a heart attack and/or a life of the pain and suffering of compulsive overeating.

You can't keep your recovery unless you give it away. SERVICE ENSURES RECOVERY AND IMPROVES LIVES ON ALL LEVELS.

Please help us spread the word by doing one or all of the following: Commit to take some ACTION!

Register today! Buy meals and demonstrate abstinence. Stay at the hotel. Share with newcomers. Stand together in Unity!

Invite your sponsee and/or sponsor to attend.

Volunteer to help at the convention.

Teach your sponsee how to do service at the convention...do it together!

Call and invite members who you have not seen for awhile. The convention is a great place to re-enter the OA Program.

Leave convention brochures in your church, doctor's office or place of business.

Thank you for making the 2010 MN State OA Convention the best!!!

~Anonymous

Volunteers Needed

We will need approximately **200 volunteers to run the 2010 MN State OA Convention.** If you are able to do service at the convention please contact: Amanda A. at 763-639-7224 or cortec_0506@hotmail.com.

We need help in these areas:

- **Greeters**
- **Registration Desk**
- **Literature Sales**
- **Timekeepers**
- **Decorations**
- **Clean up**
- **Newcomer Host**
- **Hospitality Room**

When leaving a voicemail or sending an email please note if you have a preference on what area you would like to be of service in and if there is a day (Friday, Saturday or Sunday) that will work better for you.

Continuing Inventory

Continued to take inventory and when I was wrong promptly admitted it—What an order! How can I do this? How will I ever recognize

when I have been wrong and not just apologize in order to keep other people from getting upset? How will I ever find the right time to do a daily inventory? How will I overcome my objections to doing an inventory?



When will I give up the idea that I am only searching for the wrongs I have done, ignoring the things that I have done right? These were some of my thoughts as I began to make Step Ten part of my daily routine.

I have found that my program is not about apologizing, but really amending my behavior before it becomes a habit. I have found that by having God as my manager I can recognize when I should apologize, as this apology will help

remind me of the good habits I wish to reinforce. My Higher Power helps me understand what my habitual behaviors are. My saying I am sorry is not helpful when I continue to repeat the mistaken way of thinking and behaving. Prayer, talking to other members, and accepting that although I am promised release from the bondage of self, that changes in behaviors are sometimes slow. As I have become more kind and patient with myself, I have more kindness and patience to give. Now I have accepted that I make mistakes on a daily basis. I also find in my inventory that I do many things right. Having cleaned up the wreckage of my past in Steps Four and Five, I am keenly interested in keeping my past uncluttered by wrongs. By doing this simple task—Step Ten—I can keep my past uncluttered.

What a relief to have so many fellow OAers to talk and listen to about how they keep themselves in Step Ten!

~Anonymous

Why I go to the OA Convention Every Year!

Every year I go to the convention so I can renew my recovery in a BIG way. It is like getting a shot of enthusiasm right when I need it—before the holidays. During the holidays I get lots of pressure from people to try a few cookies or a candy cane or whatever their favorite traditional food or treat is. But sugar is like alcohol for me and one bite would send me on a food binge....that is what has always happened to me in the past and I am absolutely sure it would also happen today. As the Big Book says I have an allergy of the body and an obsession of the mind and once I ingest a binge food or sugar I will start eating one thing after another. Crazy, but true.

The convention helps me remember that I am not alone, that there are 400 – 500 other people like me who believe in the 12 Steps and not only do them with me, but will help me do them better anytime I call them or meet up with them at an OA meeting. As Tradition One says: our common welfare should come first, recovery depends on OA unity.

I also have a great time at the convention. I get to laugh, learn and have 100's of hugs. I feel so connected to the fellowship and so supported on my path of recovery one day at a time.

~Anonymous



Convention Service Testimonial

Working on the State Convention has been great! I was the outreach chair for 2009. I had the chance to work with other fellows on an event I truly love. The MN State Convention is really where I get to give back what I have been given. In the past I have been a greeter, a volunteer, worked at the literature table, and was the co-chair for the program committee, which was really fun. I got to pick the keynote speakers, set up all the workshops, and write the program. I found out what I really like, and got to work with people who love the same event.

I have been attending the convention since 2003. I came into OA in 2002. I really liked the

convention and decided I could meet a lot of people and hear real recovery and solution. It is exciting to say the least.

The State Convention is where I see people I wouldn't normally see, and hear recovery I wouldn't normally hear.

It's a great time and something I have believed in since my early years. That's why I always go and would encourage everyone to go. Bring a friend or co-worker. I even bring my family members. Everybody is welcome at the MN State Convention!

~Greg



Miracles and Blessings

"If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace."

Alcoholics Anonymous, Big Book

This summer I returned to OA after a number of years away from OA and another 12-Step program. Before I left, I'd known the serenity and peace AA's Big Book promises to us. Over the intervening years, even as my food issues continued to grow more unmanageable, I tried to stay true to what I'd learned through the steps. I wanted to hang onto the peace and serenity I'd experienced, so I practiced the steps, especially Step Ten, to the best of my ability.

My previous experience with the steps gave me the courage to begin again this summer. I expected this time through would mirror my first experience, especially as I worked Steps One through Six. I didn't necessarily expect specific problems to be the same, but I thought many of the old, underlying issues might still be there. I certainly expected the intensity to be the same if not worse, since my relationship with food was chaotic to say the least. I worked Step Four, met with my sponsor, went back and looked at Step Four again through another lens. I prayed to my Higher Power asking for clear sight and openness. And I waited for the heavy realization of my wrongs, my character defects, and

the weight of responsibility when faced with all the amends I needed to make.

Instead, a miracle happened. I looked at my lists and my journal entries, and saw nothing old and scary, other than my long obsession with food. This is not to say my list was empty, but it wasn't full of old wounds and hurts, old wrongs, old issues. The problems I uncovered were new or newly understood. Through the wisdom and love of my Higher Power, my continuing practice of taking personal inventory, and promptly admitting wrongs, helped me keep the door of my past open and my "present" free of obstructions, even through my worst years with food.

Suddenly something in me shifted and I was amazed to understand the depth of the miracle. The angst of my earlier experience was gone. The promised peace and serenity were still with me, and they will stay with me through my progress in the steps as I turn food and compulsive behavior over to my Higher Power.

I have a lot of work to do as I move beyond Step Six. Some of it will be very hard. I will be on a path of discovery for the rest of my life. But I have been blessed with the steps and the miracle of the promises. I can do this work, with my Higher Power's help. No matter where I am in the OA program of recovery, Step Ten will help me stay true to my commitment to my Higher Power and abstinence, and will continue to bless me with freedom, peace, happiness and serenity.

~Susan

Treasurer's Report

Abridged Aug Treasurer's Report

INCOME	
Meeting Contributions	Amount
Sat, Circle Pines, 8:00 AM	\$ 180.00
Thu, Plymouth, 7:30 AM	\$ 45.00
Tue, Hastings, 7:00 PM	\$ 25.00
Wed, Minneapolis, 10:00 AM	\$ 114.00
Wed, Minneapolis, 6:00 PM	\$ 210.00
Mon, Owatonna, 7:00 PM	\$ 73.50
Sat, Owatonna, 8:00 AM	\$ 73.50
Fri, Minneapolis, 6:00 PM - 34724	\$ 35.00
Other Income	
Frontenac Retreat	\$ 2,642.00
TOTAL INCOME	\$ 3,398.00

EXPENSES	
Committee Expenses	Amount
Buffalo (includes scholarship funds \$855)	\$ -
Donation - Region IV	\$ -
Donation - WSO	\$ -
Frontenac (includes scholarship funds \$300)	\$ -
Literature	\$ -
Newsletter	\$ 128.36
Outreach: Big Book Study	\$ -
Outreach: Diabetes Expo	\$ 750.00
Outreach: General	\$ 37.00
Outreach: New Meeting	\$ -
Outreach: Public Information	\$ -
Overhead Expenses	\$ -
Rent	\$ -
Reps to Region IV	\$ -
Reps to WSO	\$ -
Telephone	\$ 147.23
Unity Expenses	\$ 52.00
Website	\$ 0.90
TOTAL EXPENSES	\$ 1,115.49



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>



November Society Pages

The November Society Pages will focus on Step Eleven: "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out." and will be sponsored by Unity Intergroup. 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 juliecoalg@earthlink.net by **Saturday, October 16**.

Mark Your Calendar

Saturday, October 16	Newcomer Meeting & Society Pages Deadline
Saturday, October 16	Sponsorship Workshop
Friday-Sunday, November 5-7	OA MN State Convention
Saturday, November 6	Web Updates
Saturday, November 13	Society Pages Deadline Intergroup Meeting
Saturday, November 20	Newcomer Meeting & Society Pages Deadline

More information available at www.overeaters.org

Service Opportunities

***Help strengthen your program and volunteer!
See opportunities throughout this newsletter.***



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	unityigsec2010@yahoo.com