

Society Pages

The Newsletter of
Unity Intergroup November 2010

www.overeaters.org

Carrying the Message

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

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.

Step 11 and Service

Service and meditation are both cornerstones in my experience of recovery and spiritual growth. Though at first these seemed very separate parts of my life, I've found that there are many connections between the two.

As my meditation practice needs to change and grow to be kept meaningful, so does my service. Finding a new inspiration for meditation, or reading a new prayer, helps me. So does seeking out different service positions rather than continuing to always do the same one or two. This kind of rotation of service in my life helps me to not get burned out and allows others a chance to experience those service positions that have brought me great joy.

Service gets me out of myself, my own worries and fears, which would otherwise



overwhelm me. It connects me to other people and to what's happening around me. Mediations also relieves me of my worries and fears. But it does so by directing me to look at the deepest part of myself and the great reality within. I've found that giving service gives me a sense of place in the outer world, while mediation gives me a sense of place in my inner world. I need a balance of both to live a sane, happy and useful life.

~Anonymous

Come Celebrate Our Anniversary!

The Saturday 10 A.M. Golden Valley meeting will be celebrating its 25th anniversary this January. We will be having an open meeting with multiple speakers followed by a social gathering. All are welcome. More details will be coming in the December Society Pages.

Spiritual Questions

I've been asking a lot of questions lately. I suppose that my search for answers or clarity is a way that I'm practicing the 11th step these days. Giving room to doubt can be scary. Ultimately, my hope is that it strengthens my spiritual connection.

I was introduced to OA when I was thirteen years old. My understanding, commitment, and relationship to our program has shifted and changed throughout the last 24 years. Some of my bottom lines ten years ago are no longer mandates in my life.

Sometimes I hear your words differently than I used to. My higher power can and has

been many things...you, the meetings, quiet, adventure, risk, hope, taking a new action, grace, freedom.

I believe that I am preparing for a change. Although my relationship with spirit hasn't been particularly smooth or easy these days, I sense that I am being pushed toward something good. The creativity and vitality within me wants space and time to be utilized. I'm curious to see what's at this next turning point.

~Lisa D.



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.

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: \$145 by March 11th; \$155 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 \$180 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):

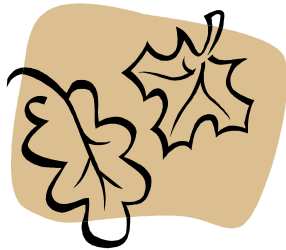
Be a speaker

Lead a small group

Hear a 5th step

Serenity in Celebrations

Practicing Recovery Through the Holidays



**Eden Prairie OA
Pax Christi Church
12100 Pioneer Trail
Eden Prairie**

**Saturday,
November 20
9:00 AM**

**For Info: Jean
952.448.7559**

Daily Contact

When I entered OA four years ago, I seriously believed that I only needed physical recovery. I had a spiritual life; a relationship with a Higher Power. Mentally, I was sound. My only issue (I thought) was that physically I was carrying an extra 100lbs and couldn't go a few hours without bingeing. I was told early on that my issue was an inability to deal with life on life's terms and that only a spiritual solution would give me any semblance of sanity. Talk about tables being turned! I came in to lose weight, and now I was being told that my problem was of a spiritual nature and I needed to accept this program of recovery as a spiritual solution. Like many, I initially balked at the idea. But, after putting the food down and keeping it down, I realized that what I was being told was true. I did not want to deal with life on life's terms-I wanted to control life in all its facets. I didn't want to submit to a Higher Power, I wanted God to be my cosmic Santa Claus who I told my wish list to but then didn't sit long enough to listen to his side of the conversation. In my own way, I

wanted to be God, or at least help him do his job. By the time I reached Step Eleven, I was firmly convinced of many things, but particularly this one: "After all, our problems were of our own making. [Food] was merely a symbol. Besides, we have stopped fighting anybody and anything. We have to!" (AA p. 103)

Today, I practice daily prayer and meditation. I am accountable to it and I find myself drawn to it throughout the day. My Higher Power is just that, the power greater than myself who has restored me to sanity. Only through his work in my life have I been able to sustain this recovery one day at a time. I wish I could say that it is now easy for me to "turn it all over," but in truth, I sometimes have to be pulled back from the driver's seat kicking and screaming. But as in all things in this program, it is progress not perfection. I cling to the Promises, the sanity and the fellowship. Most of all, I cling to my Higher Power, for he is the one who has enabled me to be a part of this fantastic life and to live it to the best of my ability.

~Katy B

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.

***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.

***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.

***Are you looking for a way to strengthen your recovery over the upcoming holidays?** The Pax Christi Saturday 9am meeting is having Serenity in Celebrations meeting on November 20th. Join other fellows as we prepare for this upcoming holiday season abstinely.

2011 MN State Convention

Would you like to be part of the committee planning the 2011 MN State Convention of Overeaters Anonymous?

We are voting in the Chair and Vice Chair and choosing committee chairs at our next meeting.

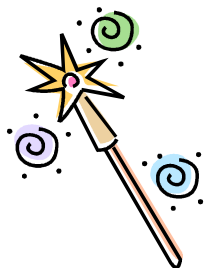
Anyone interested in participating at any level of this exciting planning committee are invited to join the meeting on December 11 from 10-12 AM at Sumner Library, 611 Van White Memorial Blvd, Minneapolis. If you have any questions, please contact Amy D at unityig@yahoo.com or 952.270.0098.

Praying and Meditating

I have ADHD (Addict Distorted Hard Drive – aka Matter Chatter). Thank goodness there's a step for that. After a 14 year walk in relapse wasteland, I came back to OA in June 2004. Blessed with abstinence the day I re-entered, I willingly and with some fear embraced ongoing changes and actions to remain abstinent one day at a time. This program of solution-oriented focus asks me to hook up with a power greater than myself. This being is one of my choosing, is available to me no matter where I'm at, time of day or what I'm doing.

Currently my conscious contact is at all times of the day or night. I pray at work, which at many times is a conversation when I'm walking to a meeting or sitting at my desk. I read my daily reads, Big Book, Lifeline and conference-approved literature. I meditate when I'm walking or sitting in my oversized chair with cinnamon incense burning. I pray when I'm stuck on the freeway, gearing up to do something courageous, and when I'm thankful or anxious. I pray at night by listing five things for which I'm thankful and have been doing this since 1998. This has helped change my negative matter chatter into a more positive direction.

Working the steps has shown me I'm responsible for my own recovery. This means I am to pray for my HP's will for me – not that the snooty co-worker who irritates me gets her comeuppance so that it will vanquish my resentment. I need to pray for opening my mind and heart, to listen and learn what my HP wants me to do and then carry it out. Rats. No more, may I please, please, please get that job or will the attractive man I notice ask me out. I no longer get to 'beg' pray, which is my passive request for magic.



To remain conscious means I put down the food long enough to become just that. Being blessed with over six years of abstinence I am now having new thoughts, insights and awareness. It took me this amount of time – away from compulsive overeating – to unearth these messages. This is no longer just a knees to the floor and blessing people, I need to be open to the wind of wisdom whisper into my soul and gather the courage to put into action what is asked of me. This step is full-bodied. Of course by being tapped into my HP, my Wi-Fi entity, I don't have to do this alone. I'm reminded of the many occurrences in my life when I did connect, listen, hear and act – my life improved.



My experiences have been numerous: leaving teaching and stepping into the corporate sector, giving service which expanded my recovery community, facing bullies, quitting smoking, running a business, going back to school, getting and staying out of debt, asking for help and getting love and understanding from my fellows.

My HP wants me to be my best self, which means releasing fear, dishonesty, self seeking and selfishness. Only in this way can I be open to empathy, compassion and love. While I don't have a 'blissed out' life, I'll take the 'blissed out' moments. All of these things are compliments of tapping in, working my program by increasing my conscious contact with HP, hearing the word and doing the deed. One message was loud and clear – Get to a meeting! I'm so thankful I listened and followed up with action. That one bit of conscious contact changed my life.

~Meg

Treasurer's Report

Abridged Sep 2010 Treasurer's Report

INCOME	
Meeting Contributions	Amount
Eden Prairie, 8:00 AM	\$ 216.00
LaCrosse, WI, 7:00 PM	\$ 100.00
Sat, Falcon Heights, 8:00 AM	\$ 162.00
Sat, Eden Prairie, 9:00 AM	\$ 360.00
Wed, St. Louis Park, 7:00 PM	\$ 175.80
Sun, St. Paul, 4:00 PM	\$ 60.00
Fri, Minnetonka, 12:00 PM	\$ 30.00
Other Income	
Frontenac Retreat	\$ 1,623.00
TOTAL INCOME	\$ 2,726.80

EXPENSES	
Committee Expenses	Amount
Buffalo (includes scholarship funds \$855)	\$ -
Donation - Region IV	\$ -
Donation - WSO	\$ -
Frontenac (includes scholarship funds \$300)	\$ 300.00
Literature	\$ 314.95
Newsletter	\$ 1,613.54
Outreach: Big Book Study	\$ -
Outreach: General	\$ 8.38
Outreach: New Meeting	\$ 100.00
Outreach: Public Information	\$ -
Overhead Expenses	\$ 47.59
Rent	\$ -
Reps to Region IV	\$ -
Reps to WSO	\$ -
Telephone	\$ 120.92
Unity Expenses	\$ 52.00
Website	\$ 0.90
TOTAL EXPENSES	\$ 2,558.28



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>

December Society Pages

The December Society Pages will focus on 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." and will be sponsored by St. Louis Park Sunday 7pm 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 by **Saturday, November 20**.

Mark Your Calendar

Friday-Sunday, November 5-7	OA MN State Convention
Saturday, November 6	Web Updates
Saturday, November 13	Intergroup Meeting
Saturday, November 20	Newcomer Meeting & Society Pages Deadline
Saturday, December 4	Web Updates
Saturday, December 11	Intergroup Meeting

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

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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