

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.

Came to Believe.....

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

Step 2 for me today has such a different meaning than it did over 9 ½ years ago when I first came into OA. I had very little “religious” background, and my belief in God was far from what I have come to believe it truly is today. I thought I would be struck down anytime I made a poor decision. Plus, I always prayed for the ability to lose weight but still being able to eat like normal. I also had no idea how insane that thinking was either.

The realizations I had in step one of learning I was powerless over food and my life had become unmanageable were incredibly powerful when I figured out just how much I had been eating. I listed all the foods I had binged on and all of my trigger foods and what a list I had come up with too! Then I was suggested that I needed to eliminate these foods from my food plan and weigh and measure my foods. That in itself was a huge

letting go process and probably my first real leap of faith to figuring out there is something out there greater than myself. I needed to commit my food to my sponsor, and for a while, she was my power greater than myself. As I literally watched the weight fall off my body without anything more than weighing & measuring, omitting my binge & trigger foods and doing the steps, I began to truly believe that a power greater than myself could restore me to sanity in not only the food arena, but also with all areas of my life.

Today, most times, when I find myself in turmoil, and going crazy, I realize that I am driving myself insane and if I want peace of mind, I need to let go and let god; which always leads me to step three. I have lost count over the last decade how many times my higher power has restored me to sanity. I just need to have the willingness to be willing to let go, and the rest is taken care of in his time and in his way. But it is ALWAYS taken care of as long as I am doing the footwork necessary to maintain my abstinence.

-Michele M. Owatonna, MN

Step 2—Faith

F—*Fearless*

A—*Acceptance*

I—*Intimacy*

T—*Trust*

H—*Hope*

-Anonymous



Our common welfare should come first, personal recovery **depends** on OA Unity. The convention is a huge demonstration of our Unity.

If you would like to sign up call or e-mail Sue B., 651-707-4836
rsbona@msn.com.

Please announce this at your meeting and/or let anyone know who might want to do service in the following areas:

-Chair the Convention –Oversee all convention activities.

-Program/Speakers Co-Chair– secure speakers for the convention

-Outreach Chair-Publicize the convention within the fellowship

-Volunteer Co-Chair– Secure volunteers for the convention

In Recovery, Service and Unity,

-Unity Intergroup & the 2011 MN State OA Convention Committee.



2011 Convention News

Dear OA Members,

The 2011 MN State Convention Committee and the unity intergroup would like to invite you to do service on the 2011 MN State Convention Committee. The positions we need to fill are below.

PLEASE consider helping us out, we cannot make this **BIG RECOVERY EVENT** happen with out you and other people. Help us make a difference to the newcomers, returning members and all of our fellowship. Everyone's recovery grows when we gather together and share our experience, strength and hope



Hello from Unity Intergroup

My saving graces are the twelve steps, traditions and concepts. The steps tell me what to do to recover, the traditions offer me guidelines on how to behave in a group, and the concepts direct my service. I first stepped into this program in 1985 and left in 1990 – certain I could handle my binge foods and my life. I spent a stormy 14 years in the wasteland of food, resentments and anger. I successfully added 110 pounds to my body and lived the life of a misunderstood, underappreciated victim. In the bleakness of it all, a spark of inspiration pierced the darkness and encouraged me to go home. On June 14, 2004, I walked back into a meeting. Getting my house in order consisted of going to meetings, putting down the food, finding a sponsor, and working the steps. By my HP's blessing, I became and remain abstinent. To keep this gift, I continue to maintain order and added the incorporation all of the tools, and with a heavy accent on service.

This year, I ask you to be my 'Partner in Service'. Are you offering what you can to your group - from consistently showing up to meetings and assisting with the administrative duties? Are

you yearning for more? Yes? I invite you to our Unity Intergroup meetings. We meet once a month – only 2 hours. We offer fabulous opportunities to pump up the volume for your recovery. This is a great way to expand your recovery community.

I also ask you to 'Take the Partner in Service Challenge' – posted on our website: www overeaters.org. Is your group represented with Intergroup Representatives? Each group can have 2 voting members, but all who want to join us are welcome. This is one way to get rich. Meet new people, learn what '**DYKYO**A' is, try on a new service opportunity, or tell your group about all of the cool recovery events happening in our area and beyond – Big Book Study, retreats, workshops and Convention.

To be your 'Partner in Service' I plan to go to all of the meetings in our Intergroup community – yes, that means LaCrosse, Winona, Rochester, Willmar, New Ulm and St. Joseph to name a few. I want to hear your ideas, thoughts and concerns to continue working on our primary purpose of helping the still suffering compulsive eater.

Unity Intergroup

Second Saturday of the Month

12:30 – 2:30 PM

Sumner Library

611 Van White Memorial Blvd

Minneapolis, MN 55411

(Off of Hwy 55 – between I94 and Hwy 100)

Can't make it? Call in!

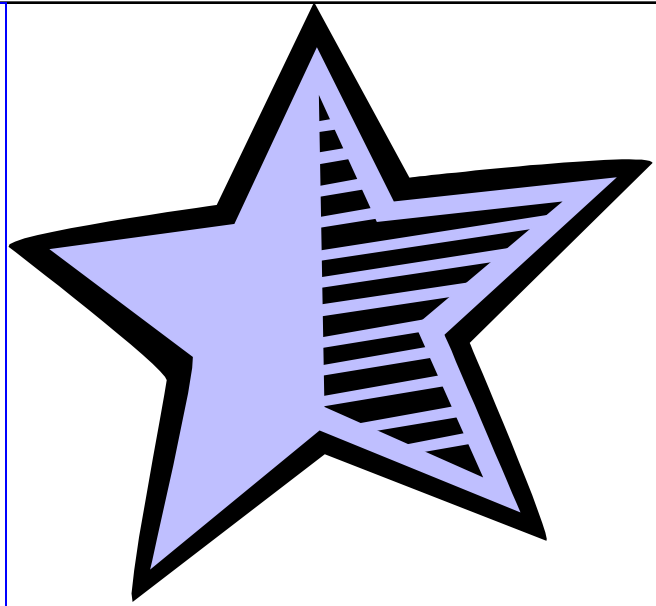
Conference Dial-in Number: (218) 339-4600

Participant Access Code: 468702#

Meg M, 2011 Unity Intergroup Chair

Important Information!!!

A committee has been formed to discuss the feasibility of having the newsletter available through email or online rather than sending them out to each group. Anyone with comments can contact Sherry M at 763-807-1960 or smccrank@hotmail.com. Thanks for your input!



New Meeting in Eagan, Mondays at 7:00 PM

There is a new Toolkit Meeting starting in Eagan. It is at 7pm on Monday evenings at the Living word Lutheran Church, 4300 Nicols Rd. Contact Barb G. 501-301-3274 for information.

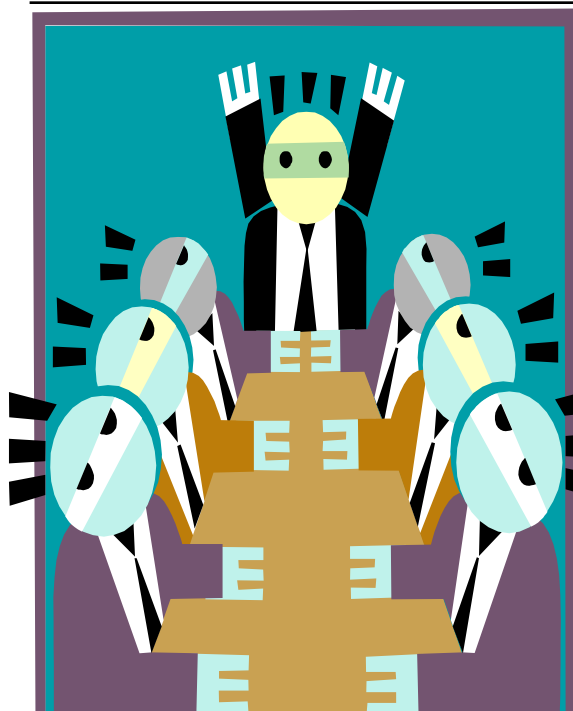
Buffalo Retreat News and Raffle Update

Buffalo Retreat is April 1, 2 and 3 (see enclosed registration for details)



Come hear fabulous recovery speakers and discover “A New Freedom and A New Happiness” from the disease of compulsive eating.

The Northern Lights Intergroup has generously offered their service to work with the raffle for this years retreat!!!All retreat attendees are invited to bring one or two items for the raffle, or a basket from your group. Literature, journals or other recovery-themed items, and handcrafted items are especially encouraged. The raffle supports the retreat scholarship fund. Questions? Contact Becky N., 218-834-4010 or Leah T., ltln1513@hotmail.com



New Board Members

At the January 8th Intergroup meeting a new Unity Intergroup Board was elected for 2011-2012. Meg M. was elected as Chair, Brenda T. as Vice-Chair and Julie C as Secretary. There is still a need for a treasurer. If you are interested in the qualifications for this position or would like to volunteer for this important service, please contact any new board member or attend the next unity Intergroup meeting, Saturday, February 12th, 12:30pm at the Sumner Library.

Outreach

The Outreach Committee is looking for members! They are also looking for additional events to spread the message of recovery. This committee meets monthly one hour prior to the Intergroup meeting at the Sumner Library. Interested? Contact Lance at lmraygor@aol.com or come check it out on February 12th at 11:30 am.



Share your Story

Did you know that the Unity Intergroup website has a space for our stories? Our Intergroup website, www overeaters.org, is looking for members willing to share their stories of experience, strength and hope. Currently “under construction”, we want to fill this section of our website with examples of the physical, emotional and spiritual transformations possible in OA. Guidelines for writings have been established. Anyone interested in sharing his/her story on our website please contact Meg M. at megunitychair@gmail.com.

Overeaters Anonymous

2011 Spring Retreat

A New
FREEDOM



and



A New
HAPPINESS...

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: \$160 by March 11th; \$175 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 \$195 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

Donate an item for the raffle

Treasurer's Report

December

Abridged Dec '10 Treasurer's Report	
INCOME	
Meeting Contributions	Amount
Sat, Eden Prairie, 8:00 AM	\$ 216.00
Wed, St. Louis Park, 7:00 PM	\$ 123.41
Other Income	
Newcomer Meeting, Literature	\$ 88.00
TOTAL INCOME	\$ 427.41
EXPENSES	
Committee Expenses	Amount
Accounting Fees	\$ 550.00
Buffalo (includes scholarship funds \$938.5)	
Donation - Region IV	\$ 449.50
Donation - WSO	\$ 1,348.50
Frontenac (includes scholarship funds \$263)	
Literature	
Newsletter	\$ 168.83
Outreach: Big Book Study	
Outreach: General	
Outreach: New Meeting	
Outreach: Public Information	
Overhead Expenses	\$ 11.80
Rent	\$ 264.00
Reps to Region IV	
Delegates to WSO	\$ 198.00
Telephone	\$ 145.27
Unity Expenses	\$ 52.00
Website	\$ 1.80
TOTAL EXPENSES	\$ 3,189.70



Questions?

Contact Meg M. at megunity_chair@gmail.com

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



February Society Pages

The March Society Pages will focus on Step 3: “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 the Crystal 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 Sherry M at smccrank@hotmail.com by Saturday, February 20. Thanks!.

Mark Your Calendar

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
Saturday March 12	Intergroup Meeting
Saturday March 19	Newcomer Meeting & Society Pages deadline

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.

- By Laws Committee Chair
- Treasurer
- Literature Coordinator
- Virtual Speaker Contact
- Sponsorship Workshop Co-Chair
- Outreach Co-Chair
- Teleconference Coordinator
- 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 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

Meg M. Chair	763-244-6098	megunitychair@gmail.com
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Brenda T., Vice-Chair	651-408-5681	brenda.uig.vicechair@gmail.com
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OPEN. , Treasurer		
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Julie C., Secretary	612-558-3687	danejulie@hotmail.com
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