

Society Pages

The Newsletter of
Unity Intergroup July, 2011

www.overeaters.org

Carrying the Message

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

Step Seven: Humbly asked Him to remove our shortcomings.

Step seven is such a simple statement. Like putting in an order at a restaurant, right? "I'd like the grilled chicken salad, with the dressing on the side, and please remove my shortcomings." Is it that simple? Yes and no.

Step Seven's gift rests on the foundation we build in Steps Four through Six, where we do the hard work of looking closely and honestly at our less-than-wonderful qualities. By putting pen to paper and sitting face to face with the ways we have hurt ourselves and others, we become more conscious than ever of the baggage that has long kept us anxious and craving the fix of over-eating. This is brave work, hard work, and we do not do it alone. With our sponsor's help, the support of our fellows and our Higher Power's love we find out that we are still accepted, despite our imperfections. And yet, the wisdom of this program teaches us that we must not rest in those shortcomings. Striving to move gradually closer to what Higher Power is leading us to be: This is what will keep us out of the food, because this is what will fill us the way we were meant to be filled, with love, calm integrity, humility and serenity.

Okay. So, back to step Seven. I don't know about you, but by the time I get to Step Seven I feel like I've got a bucket of stinky stuff and, even though I get that people forgive me for it, I really want it to go away. I want to get better, but how?!! It is in this state of powerless desperation (sounds a

little like Step One, doesn't it?) that we turn to Higher Power and ask for help. We've already been brought to a point of readiness to change in Step Six, we just don't know how because this bucket of stinky stuff is truly the hard stuff. We would have changed it a long time ago if we could have, if we knew how.

Coming humbly in prayer to Higher Power is the solution that works. Only HP will know when and how to transform us. Our prayer does not need to be fancy or long. It just needs to be deep and genuine, born of our powerlessness and humility. It is in the asking that we become free of the burden. We can ask once or often, as we wish, but the action of asking is the transformative key to allowing HP to work the miracle we seek.

-Anonymous

Online Newsletter & Event Notifications

If you would like to sign up to receive notification of the posting of our monthly [Society Pages](#) newsletter, you can join our email list. You can also choose to receive notifications of retreats, workshops, and our convention when you sign up below:

[Join Our Email List](#)

Email:

Privacy by  SafeSubscribeSM
For Email Newsletters you can trust

Sponsors Wanted

“Sponsors are OA members who are living the Twelve Steps and Twelve Traditions to the best of their ability. They are willing to share their recovery with other members of the Fellowship and are committed to abstinence. Sponsors share their program up to the level of their own experience.” (OA The Tools of Recovery, p.4)

There is especially a need for men sponsors. To facilitate connection with a male sponsor, the Unity Intergroup is developing a male sponsor list. Men, if you are abstinent and are willing to be a sponsor please email the following information to: geneinbloomy@yahoo.com.

- o Full Name
- o Email
- o Phone number
- o Time in program
- o Abstinence Date
- o Best time of day to contact you (ex: evenings, 6:00 pm to 9:00 pm)

All information you share will be held in strictest confidence. Your name will not be given out; when someone is seeking a sponsor you will be contacted and you decide if you want to sponsor that person.

“By working with other members of OA and sharing their own experience, strength and hope, sponsors continually renew and reaffirm their own recovery” (OA The Tools of Recovery, p.4)

Thanks for your consideration!

Save the Date

Frontenac Retreat Sept 16-18

Live Well, Be Well

One Day At A Time

Check out the flier online at
www overeaters.org



Pass It On!

The Outreach Committee has set a goal of January of 2012 to get everyone in OA to contact their health care professional about OA. Each person in every group can buy a professional packet for \$2.25 and give it to their health care professional. This will increase awareness of OA in the health field, helping those in need.

How much time did your food plan cost when your food plan made you brood?

How much time did you spend on your food plan when you were in the food? When I look back at a typical week, I would spend time going to the store – nightly versus my weekly run now. It would take me an extra hour, because I would troll the aisles looking for those specific items that would fit my craving – sweet, crunchy, sour, soft, hearty, salty, fun, fresh, new, familiar, healthy, decadent, frothy, fruity, tasty, smooth, fizzy, cold, hot, easy or any combination. This took some serious time because I wanted to nail down the most accurate collection so that when I was nestled in at home, there was no need for me to have to trek back to the store to obtain the needed ingredient(s) for my commemorative indulgence. This could easily take 2 hours a night – both drive and hunt.

After unpacking my goods in eager anticipation of my in-home celebration, my spirits lifted. I couldn't wait for the magic to begin. I flipped on the TV, retrieved my afghan and continued to transport the bags, bowls and plates of chow to the sacred coffee table – my altar's offerings to me – a most humble servant. This sacrificial preparation was a bit speedier, due to the urgent need to stop my salivary drool from ruining my ratty apartment carpeting. Still with the unpacking and groundwork, I easily spent 30 minutes with this ritual.

Ripping, scooping, smacking, chewing, slurping, burping, gasping, picking, gobbling, scarfing, wolfing, munching, swallowing, drinking, crunching, gorging, breathing took about 15 minutes. Yeah, so I'm being a bit generous.

Feeling satiated – foody's definition: stuffed, fluffed, and puffed I zoned on my queen's chair (a chair and a half). This could range from 30 minutes to a couple of hours – I'll go with 1 hour.

My favorite time was hitting the sack with the sinking dread of my ongoing failure as a human

being, with a faint whisper that tomorrow was a new day and I would deal with my new resolve, reserve and hope to abate the mental obsession that I was a complete waste of skin. Time: varies.

The quiet pocket of night yanked me out of solemn slumber as I gasped for breath. Cursing and vowing, I would roll my fluffed, stuffed and puffed form to the medicine cabinet to pick out the antacids (loaded with sugar) and place 2 under my tongue for a slow dissolve. Waddling back to bed, I once again propped my pillows to continue the twenty winks I had left – upright. Time awake a mere 30 minutes on average.

My former investment was about 4 hours a day – 28 hours a week. That's over 112 hours in a month! Hmm, a stable part-time job.

How are my newfound hours being utilized now? Through meetings, prayer, phone calls, working with my sponsor, sponsoring, group service, grocery shopping, preparing abstinent meals, reading and writing. I realized I had a few hours left over to give some service beyond the group level. I discovered oodles of opportunities to practice stepping out of my isolation, recommitting my abstinence - daily, expanding my community of hookup calls and friends and participating in Step 12. Rotation of service helps keep me practicing balance and learning new skills. I still get a bit anxious when I step out and do something new. The cool thing is, I don't have to do it alone. I get to meet someone new and hear their story, experience, strength and hope. I feel light-hearted and excited about my life. My self-seeking slips away and I feel that I do have the right to be on the earth at this time and that my HP thinks I'm kind of groovy. I'm blessed with so much more, which is an enormous return on my new investment.

Meg M

HELP WANTED

for the 2011 Minnesota State OA Convention

“CONNECT TO RECOVERY”

Convention Vice Chair

Responsibilities:

Assist Convention Chair and other Committee Chairs as requested. Stands in for Convention Chair as needed or upon request. Attends all Steering Committee meetings, takes and distributes minutes.

Trains to Chair the 2012 OA Convention.

Convention Volunteer Chair

Responsibilities:

Determine and document strategy for working with Committee Chairs in obtaining and confirming volunteers to operate the convention.



“Humbly asked Him to remove our shortcomings”

In steps 4 and 5, we found our defects. In step 6 we become ready to have those defects removed. Step 7, asking our HP to remove our shortcomings, sounds like a very simple step. Do it once, and I'm done, right? Great! Easy!

So I had a conversation with my HP and said "OK, HP I am humbly asking you to remove my fill-in-the-blank shortcoming." What I've learned over my years of abstinence, is that I'm never done with the step work, and this step is one that I may need to revisit many times a day. If I find myself procrastinating for instance, I need to stop myself and see if I'm beating myself up over not getting more done.

I am powerless over my procrastinating. But I can sit down, surrender my defect, and ask for God to remove it. When I can really take the action of surrender, I admit I can't fix it and don't choose to fight it. I spent my whole life fighting my defects. I was worried I was admitting weakness by stopping the struggle. Of course, like ending my fight with food brought the end of my food obsession, so ending my fight with my weaknesses has lessened their strength.

-Anonymous

Boundaries

Boundaries. So many things come down to a lack of boundaries for me. I am a person for whom boundaries didn't exist in so many cases. The only place boundaries came in was when honor or honesty was involved and then I often carried those things too far.

Being satisfied means setting a boundary and then letting go. Letting go of my perfectionism. Letting go of my war against myself. Letting go of expectations so high, they aren't achievable by anyone, much less me. Such grandiosity, such arrogance twisted in an embrace with self-hate because I am not 'that', forever trying to flash brightly for a moment to live up to my warped expectations only to sink back to just being me.

Being satisfied just being. That is the goal. Forget what I'm doing, what I'm accomplishing. Be satisfied just being. Then if something needs doing, do the next right thing and soon I have some things accomplished, as long as I put boundaries around the task.

Finally, I was so very hard on myself yesterday for taking a morning off. I flogged myself for hours, I flogged my higher power. Today I will be gentle and forgiving of myself. Today I will accept the love of Goddess. Today I will be satisfied with myself and who I am. I will love myself for who I am. Today I will try and live in the solution.

- Anonymous

**Carry the Message by
Entertaining and Making
People Laugh!!!**

The Convention Entertainment Committee is looking for people who can act, sing, dance, play an instrument, make people laugh, help with staging, props, lighting or any other talent/gift that would add to the Convention's Saturday Night live entertainment.

To volunteer:
call Kathie at 651-438-2680



Faith

Every OA HOW meeting is an outward expression of faith: faith that a higher power is with the gathering. God is there to assure us that we can work our way thru our disease. Many of us start in fear and with great trepidation that we will find the courage to come to grips with our overeating. The long-standing members assure the newer members that our fears are not going to defeat us from having faith. Faith may begin very minutely. This does not matter nor should it cause us alarm. If anything we are assured that as the urges decrease we will find peace and serenity and faith in God. Faith in God will restore us to a semblance of sanity.

-Anonymous

My sense of spirituality has been based solely on appreciation for people and life around me. I have received tremendous joy appreciating the beauty and miracle of life, nature and people. I have sought to behave in a loving manner toward others and I believe I usually am able to do this. It is only recently I began to think of a loving spirit as a higher rather than equal or lesser power. I am now practicing asking for guidance and care with the intent to follow the lead of a higher power. I am growing in my understanding of the fragile nature of my abstinence and recovery, and am becoming aware of the actions I must take on a daily basis to maintain my sanity. It is hard work. I am convinced if I work to improve the quality of my relationship with my higher power, I will be relieved from disordered thinking and the obsession with food and overeating.

-Anonymous

H.A.L.T.

Hungry

Angry

Lonely

Tired.

There's a fifteen year old, worn out homemade magnet on my fridge with the acronym H.A.L.T. Honestly, some days, it's just what I need to keep me from picking up or digging in. It teaches me moderation and helps keep the focus on my self care, which I desperately need as I am a caretaker of many people. With summer here, the schedule speeds up and the days drag on.

Hungry? Why does my head hurt? What's making my heart race? Am I trying to survive on caffeine alone? Oh, maybe I'm hungry. Yes, that little switch inside of me that tells me when to eat is broken. So just eat and I won't be hungry. It's not always that easy when I get caught up in the bills to pay, the phone calls to make, the doorbell ringing, the dogs got out and the little one needs help in the bathroom. Drink some water, prep my food and eat standing up and run off to the next thing. Is this a good example to my children of sane eating behavior? Hmm... It feeds the physical hunger, but does it satisfy that deeper hunger for companionship, a slower pace and gratitude for food?

Angry? Does my throat hurt from yelling so hard? Am I stuffing my anger and resentment like a pressure cooker ready to blow it's top? Do I believe that I really have control over people and things? Why do I deny my anger? Even the preschooler can figure out that Mommy's angry while I try to convince her otherwise. "It's okay to be angry", I hear myself telling the kids; "it's what you do with that anger that matters". In

other words, you can't hit your sister! Well then I take my own advice, make a phone call to a program friend, go off to another room, take a deep breath and do something with my anger that doesn't dump or lash out towards those around me.

Lonely? With so many people in and out in a day, how can I possibly be lonely? Well, by keeping so busy, I don't make a true connection with people and don't give my spirit a chance to really connect. Getting to an OA meeting helps defeat the loneliness, but I have to come early or stay late to get the hugs and support from my fellows that pulls me out of the isolation.

Tired? Exhausted is more like it! Every part of my body hurts and I dare not sit down or lie down for fear of never being able to get up again. So I take care of this in my daily inventory and turn over simple self care steps to my sponsor. For example I will stay in my chair for the full 30 minutes of prayer and meditation time. I will pull up a kitchen stool to the computer and sit down instead of standing up. I will get a long walk in. Being physically tired is much easier to deal with than emotional and spiritual exhaustion. They are like a mine field for me and those around me. My armor in the past was food and excessive exercise. Now I surrender instead of fight. I quiet my mind, listen to birds sing, look up at the clouds, at the moon, breathe in fresh air, listen more attentively to the kids and stay in this moment. All I truly have is this moment and when I focus on that, I am not prey to misery and depression.

Thanks to all of you for doing this with me
One Day At A Time.

H.A.L.T.

H.A.L.T

TEST YOURSELF!

Which of the following words (pick as many as you choose), best describe you at this very moment:

- | I | II | III | IV |
|--|--------------------------------------|--|---|
| <input type="checkbox"/> Adaptable | <input type="checkbox"/> Kind | <input type="checkbox"/> Angry | <input type="checkbox"/> Judgmental |
| <input type="checkbox"/> Approachable | <input type="checkbox"/> Motivated | <input type="checkbox"/> Argumentative | <input type="checkbox"/> Lethargic |
| <input type="checkbox"/> Cheerful | <input type="checkbox"/> Observant | <input type="checkbox"/> Belligerent | <input type="checkbox"/> Lonely |
| <input type="checkbox"/> Compassionate | <input type="checkbox"/> Open | <input type="checkbox"/> Bored | <input type="checkbox"/> Manipulative |
| <input type="checkbox"/> Confident | <input type="checkbox"/> Open-minded | <input type="checkbox"/> Controlling | <input type="checkbox"/> Neurotic |
| <input type="checkbox"/> Connected | <input type="checkbox"/> Optimistic | <input type="checkbox"/> Deceitful | <input type="checkbox"/> Ornery |
| <input type="checkbox"/> Content | <input type="checkbox"/> Passionate | <input type="checkbox"/> Defiant | <input type="checkbox"/> Pretentious |
| <input type="checkbox"/> Easy-going | <input type="checkbox"/> Patient | <input type="checkbox"/> Detached | <input type="checkbox"/> Remorseful |
| <input type="checkbox"/> Energetic | <input type="checkbox"/> Polite | <input type="checkbox"/> Distant | <input type="checkbox"/> Resentful |
| <input type="checkbox"/> Enthusiastic | <input type="checkbox"/> Reliable | <input type="checkbox"/> Frustrated | <input type="checkbox"/> Restless |
| <input type="checkbox"/> Focused | <input type="checkbox"/> Resilient | <input type="checkbox"/> Grandiose | <input type="checkbox"/> Sarcastic |
| <input type="checkbox"/> Friendly | <input type="checkbox"/> Respectful | <input type="checkbox"/> Grumpy | <input type="checkbox"/> Self-absorbed |
| <input type="checkbox"/> Generous | <input type="checkbox"/> Selfless | <input type="checkbox"/> Impatient | <input type="checkbox"/> Selfish |
| <input type="checkbox"/> Gentle | <input type="checkbox"/> Sensitive | <input type="checkbox"/> Impulsive | <input type="checkbox"/> Stingy |
| <input type="checkbox"/> Good-natured | <input type="checkbox"/> Serene | <input type="checkbox"/> Inconsiderate | <input type="checkbox"/> Stubborn |
| <input type="checkbox"/> Gregarious | <input type="checkbox"/> Supportive | <input type="checkbox"/> Insecure | <input type="checkbox"/> Temperamental |
| <input type="checkbox"/> Honest | <input type="checkbox"/> Tolerant | <input type="checkbox"/> Insensitive | <input type="checkbox"/> Unapproachable |
| <input type="checkbox"/> Humble | <input type="checkbox"/> Vivacious | <input type="checkbox"/> Intolerant | <input type="checkbox"/> Vindictive |
| <input type="checkbox"/> Imaginative | <input type="checkbox"/> Willing | <input type="checkbox"/> Irritable | <input type="checkbox"/> Withdrawn |
| <input type="checkbox"/> Intuitive | <input type="checkbox"/> Wholesome | <input type="checkbox"/> Isolated | |

No, you don't have to submit your checked list to anyone. But if you are "one of us", there are still a few checkmarks missing in the first two columns and maybe one or two more than you would like to see in the last two columns. Can we promise you a quick fix? Absolutely not! But we can promise you an incredible opportunity to CONNECT with other compulsive eaters and gain from their experience, strength and hope! We are confident that we can promise you that you will leave the weekend with at least one more check in columns 1 and 2 and one less in columns 3 and 4.

Remember when you thought summer would never get here? And here it is! Time flies in this busy world of ours, so if you haven't already, start making your plans to attend:

38th Annual MN OA State Convention

Friday, Saturday, Sunday, November 4, 5, 6, 2011

Crowne Plaza Hotel—3 Appletree Square, Bloomington, MN 55425

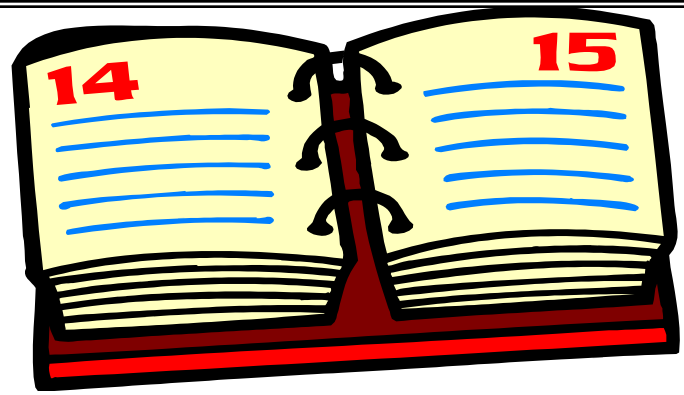
Call (800) 593-5708 for reservations—ask for OA rate—\$90/night (up to 4 in a room)

Give yourself the opportunity to get the most out of the weekend by staying at the hotel and joining us for meals. Do you want to guarantee yourself a place at this year's convention! Volunteer now! The convention requires over 200 volunteers to make the weekend work. Your support is welcome at many levels to help keep the Convention rockin' - Contact Sue B at mnstateconvention@gmail.com or (651) 707-4836. Do what you can where you can. A life of sane and happy usefulness is what we are promised when we work this program.

To register online, go to www.overeaters.org and scroll to the bottom of the page. Enter your email and we will notify you when the online registration is available.

August Society Pages

The August Society Pages will focus on Step 8, "Made a list of all persons we had harmed and became willing to make amends to them all." and will be sponsored by the St. Louis Park 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, July 16. Thanks!.



Mark Your Calendar

Saturday July 9	Unity Intergroup Meeting
Saturday July 16	Newcomers Meeting Society Pages Deadline
Saturday August 6	Website Deadline
Saturday August 13	Unity Intergroup Meeting
Saturday August 20	Newcomer Meeting Society Pages Deadline
Saturday September 3	Website Deadline

More information available at www.overeaters.org

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>

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