

# Society Pages

The Newsletter of  
Unity Intergroup June 2011

[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 Six: Were entirely ready to have God remove all these defects of character.**

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When I first joined Overeaters Anonymous I tried to work quickly through the steps, and after a harrowing fifth step my sponsor advised me to complete numbers six and seven the same day. “You’ll never be more humble,” he said.

Step six took me about 2 minutes – of course I was ready to get rid of these defects of character. Who wouldn’t be? I thought that the first hundred recovered alcoholics must have just thrown this step in so that the total came to twelve. I went right on to the seventh step prayer and called it a day.

Soon I found that my program had stalled. I still had times during the days where I craved a particular food and felt deprived if I actually mustered enough will power to resist it. It felt like I was mourning the “good old days” despite how they had hurt me. God hadn’t removed my shortcomings at all – I still was obsessed with

food. I never considered that some of my “defects of character” were behaviors I used to feel safe and comfortable and were the rooms I hid in for temporary relief from stress. They were in fact, made up of the very walls that were keeping me from a closer relationship with my Higher Power. Until I had the courage to stand away from the artificial safety and accept that a better, more sane life was available to me, I was doomed to repeat the same cycle of angry will power dissolving into shameful bingeing. Had I really made a decision to turn my will and life over or was I trying to pick and choose which behaviors I was willing to temporarily eschew?

I remember a favorite uncle who had trouble controlling himself and often got in trouble, especially on the weekends. He once asked my mother to take a significant part of his Friday paycheck so that he could be assured that there would be some left come Monday morning. She wasn’t to let him have it before then no matter how he begged. Of course, the phone rang

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around midnight. He needed the rest of his money and was angry when Mom tried to resist his pleas. Eventually she had to agree – it was his money after all. He was asking my mom to do something he couldn't do for himself, but he wasn't really ready to give up his ways.

When I glibly decided I was ready to distance myself from my shortcomings I hadn't really considered how attached to them I had become. When I complained to my sponsor about feeling angry and deprived I was told that I didn't have to feel that way anymore. It wasn't until later that I realized that part of me wanted to feel that way. I felt righteous in my self pity and if no one else would feel sorry for me I could do the job all by myself. It was my way of trying to comfort myself – the same thing that I was trying to do with food.

Before I could ask God to take these flaws I had to be sure I was done with them, because if I ask for them back I'm likely to receive them. I finally decided I wasn't really qualified to distinguish between my flaws and my "personality traits". The more I turn over the less I feel obsessive or resentful.

I re-did steps four and five this winter and when I came to step six I thought seriously about how ready I was to give up the behaviors that had kept me from making more progress in Overeaters Anonymous – that had kept me from a closer connection to my Higher Power. The results have been very satisfying. I seldom feel the compulsion the way I did before and when I start to feel resentful that I can't eat what others do I catch myself and smile with the knowledge that I no longer have to feel that

that way. And I can finally say that I don't want to feel that way either. I am far from perfection but I'm tremendously grateful for the progress that working the steps – and step six in particular – has allowed me to make.

Anonymous



## **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.

## **Save the Date**

Frontenac Retreat Sept 16-18

***Live Well, Be Well***

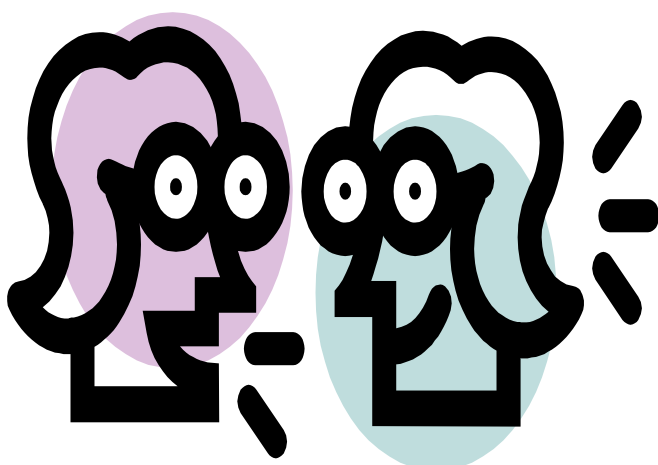
***One Day At A Time***

Check out the flier online at

[www.overeaters.org](http://www.overeaters.org)

## **Share your Story**

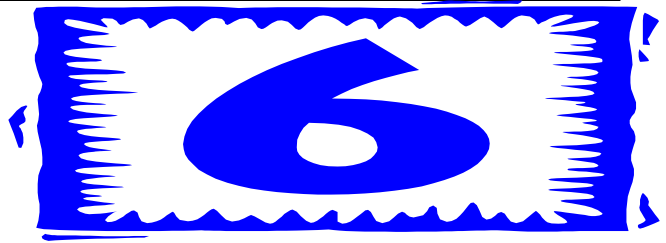
Did you know that the Unity Intergroup website has space for our stories? Our Intergroup website, [www.overeaters.org](http://www.overeaters.org), is looking for members willing to share their stories of experience, strength and hope. Check out our six stories, to enhance your program or to be inspired to add your own. Help us reach our goal of 25. Send your 300-500 word story or questions to Meg at [relligem@gmail.com](mailto:relligem@gmail.com).



## **Step Six**

Saying I am entirely ready is something I do with my head but being entirely ready comes from a spiritual place where I am open to my Higher Power's will for me. When I focus on the daily actions of my recovery, practice the steps, use the tools and stay abstinent, one day at a time, I am ready. Some of my defects of character are really engrained in me and being entirely ready to have them removed by Higher Power requires a lot of surrender and letting go. When I am honest with myself and others, and accept my situation one day at a time, I see step six as part of the process in my journey of recovery. Today I may be ready for one defect to be removed but not another, my part is to be willing and leave the removal of the defect up to my Higher Power. Practicing my defects keeps me rooted in the past and old behaviors that contributed to my being a compulsive over-eater. They now get in the way of the freedom from food obsession and create a block between me and my Higher Power, I feel very hopeful and at peace when I practice letting go and letting God do the work of removing my shortcomings in God's time. Then I am free to practice my program of recovery with confidence and faith, one day at a time.

Anonymous



“Letting go of our old selves. Carefully reading the first five proposals we ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last...Are we now ready to let god remove from us all the things we have admitted are objectionable?” (Alcoholic Anonymous pp 75-76)“

## 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.

The Sixth Step is the last “preparation” step. although I have already used prayer extensively.

I have made no formal request of my Higher Power in the first Six Steps. I have identified my problem, come to believe that there is a solution, made a decision to seek this solution, and have “cleaned my house”. I now ask this: Am I willing to live a life of abstinence, of change, to let go of my old self? I must determine if I am truly ready to change. I review what I have done and become, Willing for God to remove all my defect of character, for in the next Step, I will tell my Creator I am willing and will ask for help. If I have been thorough in the preparation of my foundation and feel that I am willing to change, I am then ready to continue with the next step. “If we still cling to something we will not let go, we ask God to help us be willing.” (Alcoholic Anonymous, p. 76).



## Society Pages is going VIRTUAL!

The Society Pages are available online and your groups are being asked to get a designated downloader to print copies of the June issue due to a delay in the email delivery service. They will be sent directly to your email address soon if you choose to sign up for this service, but in the meantime, a designated downloader in your group will be more important than ever. More details to come.

### UNITY INTERGROUP WEBSITE:

<http://www overeaters.org/>

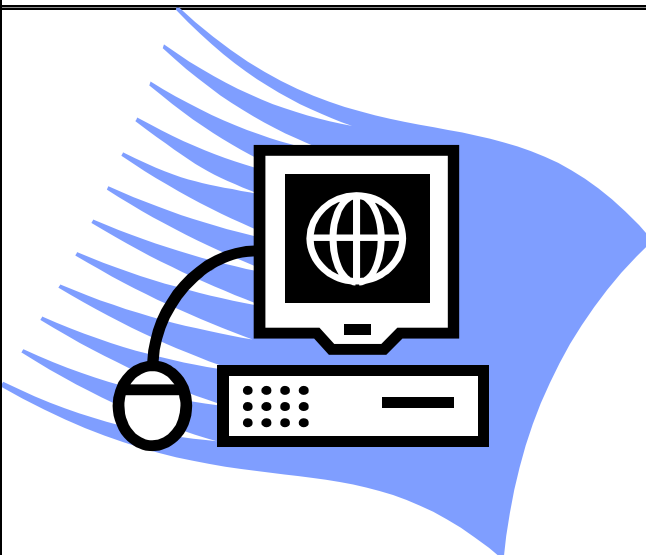
### QUESTIONS? Contact:

Meg, ph: 763-244-6098 or email:

[MegUnitychair@gmail.com](mailto:MegUnitychair@gmail.com), or

Julie C., ph.: 612-558-3687 or email

[danejulie@hotmail.com](mailto:danejulie@hotmail.com).



## A Quiet Miracle

I do not have to be afraid of letting my faults go.  
(For Today, Nov. 3.,p. 308)

I find out what they are in step 4, I release them to another person in step 5, and I let them go entirely in steps 6 and 7. It's short term therapy with long term results and it doesn't cost a dime.

Our Higher Power does the work. I just need to stay open and be willing to surrender each fault and the payoff it gives me. The payoff is why I hold on to my fault. I need to see what my payoff is doing for me in my life. So I ask myself: "What is my self pity doing for me? What is my envy, my shame, my resentment doing for me?"

Then I turn to step 7 where I humbly ask God to remove my defects of character in His order, in His timing, and in His way.

I prayed the 7<sup>th</sup> step prayer every single day morning for over a year, asking my H.P. to remove the heavy burden of shame that I have carried with me every day since my childhood. And then one sunny afternoon, after many months of praying, waiting, and trusting, I realized I felt lighter inside. I knew God had lifted that heavy burden of shame from me. It was amazing!

I believe being in recovery means we give up all the excuses we have for being who we are.

Truly the miracle of more recovery has happened to me, just like The Promises say it would. So hang around for the miracle to happen to you too!

Anonymous

## Convention Article for Society Pages - June, 2011

"We've got some **bad news** for you. It was bad news for us, and it will probably be bad news for you. Whether you quit six days, months, or years ago, if you go out and pick up that first bite, you'll end up just as you have in the past. You are a compulsive overeater." (Alcoholics Anonymous, p. 187, adapted)

Well, we've also got some **good news** for you. The upcoming MN State OA Convention is coming, providing every one of us a chance to **CONNECT TO RECOVERY!** Whether you are yearning for the first day of freedom from the food or have experienced the daily miracle for 30 years, this is a chance to deepen your connection, glean support from fellow compulsive overeaters, get inspired, share your experience, strength and hope and have a great time in the process.

The Big Book tells us that "What we really have is a daily reprieve contingent on the maintenance of our spiritual condition." (p. 85). I don't know about you, but what I know about me is that I can't maintain that fit condition without your support. And though I can rely on that support every time I attend a meeting or make a phone call, I need and deserve that occasional *immersion* experience – a retreat from all the demands of my daily routine. Our 38<sup>th</sup> Annual OA Convention, scheduled for November 4, 5, 6 affords us that opportunity. Plan now to stay at the Crowne Plaza in Bloomington to give yourself a full immersion experience!

Will I stay at the hotel? I am tempted to say no – I only live a few miles down the road and the economy is not so good and there are so many other places looking for my money and, and and. And then I remember what it was like in the food – the trips to Lund's at 10:30 at night, riding around in the electric cart because my 320 pound body couldn't

bear the walk. I remember the front end of the cart loaded with pints of "designer" ice cream, "single" servings from the bakery (really served four, but who's looking?), candy bars, and something salty to finish it all off. "That will be \$40.26", says the cashier, and I pay without a second thought. I do it again the next night. I did not care about the condition of my check-book, the economy, who else wanted or needed my money – I just had to feed my addiction. Today I need to feed my recovery. In addition to doing that daily with the tools of this program, I will set aside a few dollars each week to ensure that I can afford a room at the convention. Recovery is teaching me to rearrange my priorities. I hope I will see you there!

38<sup>th</sup> Annual OA State Convention  
Friday, Saturday Sunday,  
November 4-6, 2011  
Crowne Plaza Hotel – 3 Appletree  
Square, Bloomington MN 55425  
Call 1-800-593-5708 for reservations –  
ask for OA rate -- \$90/night  
(up to 4 in room)

Do you want to guarantee yourself a place at this year's convention? Volunteer now! There are still committees looking for help – we'd love to see you on the Public Relations/Outreach Committees (call Janelle at 612-418-5490 or Peg at 612-280-6119).

Maybe your experience, strength and hope are ready to be channeled to a leadership position as the 2011 Convention Vice Chair! You would be in training this year and chair the 2012 convention. Call Sue B at 651-707-4836 for further details and a job description.

Peg M.

## O.A./ H.O.W.

In O.A./ H.O.W. we like to celebrate anniversaries.. **This year the St Louis Park meeting will be celebrating their 10 year anniversary.** Congratulations from others in the fellowship.

<b>Day</b>	<b>O.A. / H.O.W. Location /Time</b>	<b>Anniversary Date</b>
Wed.	St Louis Park 7:00pm	June 22 2001
Sunday	St Louis Park 7:00pm	March 17 2002
Friday	St Paul 6:30pm	January 10 2003
Thursday	Burnsville 7:00pm	July 17 2003
Monday	Rochester 7:00pm	Nov. 3 2003
Saturday	Circle Pines 8:00am	Feb. 28 2004
Tuesday	Woodbury 6:30pm	June 1 2004
Monday	Brooklyn Center 7:00pm	January 10 2005
Saturday	Eden Prairie 8:00am	April 15 2006
Wed.	Mankato 6:30pm	June 14 2006
Tuesday	Forest Lake 6:30pm	Sept. 5 2006
Tuesday	Minneapolis 9:30am	Nov. 14 2006
Thursday	North Minneapolis 5:30pm	June 4 2009

## O.A. / H.O.W.

### **Honesty, Open-mindedness, Willingness**

H.O.W. is a movement within Overeaters Anonymous (OA) whose basic principle is that abstinence is the only means to freedom from compulsive eating and the beginning of a spiritual life.

WHAT IS O.A. / H.O.W? The Overeaters Anonymous H.O.W. meeting has been formed to offer the compulsive eater a disciplined and structured approach. The O.A. / H.O.W. group supports the belief that our disease is absolute and therefore only absolute acceptance of the O.A. program will offer any sustained abstinence to those of us whose compulsion has reached a critical level.

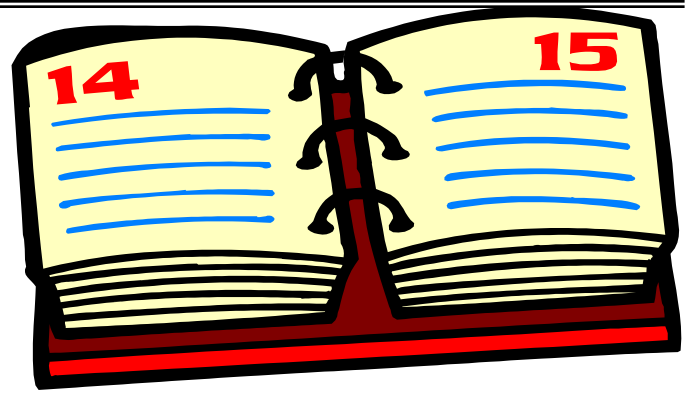
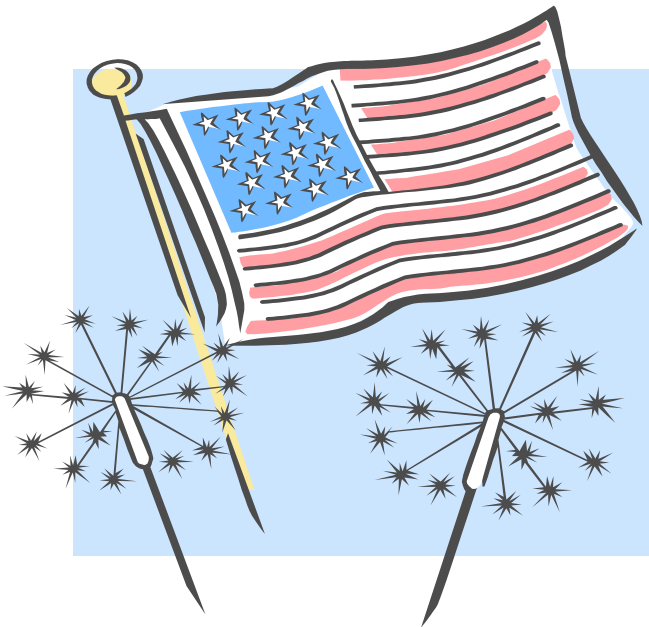
H.O.W. began in Phoenix in 1981. Its meeting format is taken from Rosanne's (the founder of O.A.) book, "I PUT MY HANDS IN YOURS" and centers around the concept of service. Our meetings are dedicated to the concept of remaining honest, open-minded and willing to listen....this is the H.O.W. of the program. Therefore, the O.A./H.O.W. plan of eating, 12 steps, 12 traditions and the tools are not merely suggested, rather we accept them as requirements for our recovery.

Submitted by Gerrie S

*Note: H.O.W. is one way of practicing the OA program.*

## July Society Pages

The July Society Pages will focus on Step 7, “Humbly asked Him to remove our shortcomings.” and will be sponsored by the St. Paul Friday 6:30 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](mailto:smccrank@hotmail.com) by Saturday, June 18. Thanks!.



## Mark Your Calendar

Saturday June 11	12th Step Within—Renew, Recommit & Recover
Saturday June 11	Unity Intergroup Meeting
Saturday June 18	Newcomers Meeting Society Pages Deadline
Saturday July 2	Website Deadline
Saturday July 9	Unity Intergroup Meeting
Saturday July 16	Newcomers Meeting Society Pages Deadline

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

## **Intergroup Board**

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Brenda T., Vice-Chair	651-408-5681	<a href="mailto:brenda.uig.vicechair@gmail.com">brenda.uig.vicechair@gmail.com</a>
Amanda A., Treasurer	763-639-7224	<a href="mailto:corter_0506@hotmail.com">corter_0506@hotmail.com</a>
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