

# Society Pages

The Newsletter of  
Unity Intergroup May 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 Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

When I initially worked on my Fifth Step, I looked back on my life and in relatively broad brush strokes outlined my big time resentments, instances when I'd done wrong and fears as I knew them then. And I shared all of this with my sponsor. Four or so years later I believe I keep refining that process so that I become more intimate with myself and more comfortable sharing who I am with others.

A good example is how I interact with my children. Initially I was aware that I felt badly about using corporal punishment on them and also yelling at them and I talked about this in my first Fifth Step. At this time I also made a commitment to myself (witnessed by my sponsor) to stop. Of course it's easier said than done, but over the years I have made good progress in this area. I also keep getting more specific about what constitutes appropriate, loving behavior – the brush strokes are more subtle. "The exact nature of my wrongs" is clearer to me as I work on cleaning up my act.

The three aspects of Step Five (admit to God, ourselves and another human being the exact nature of our wrongs) work really well together. First by attempting to set a positive course, for my purposes paddle in Good Orderly Direction, I am asking for and establishing a route (no hitting or yelling). Secondly I note the landscape of my route. What tends to cause me to over react?

Over time my commitment has changed from not yelling or hitting, to not being sarcastic/critical/shaming, to really taking responsibility for my own agitation and not blaming the kids. I keep internally noting how my interactions are going and how I might improve them. The third part of this step is done in many ways now for instance with my sponsor, fellows/friends/family, and at meetings.

It was so helpful to me (when I would admit to my sponsor that I had grabbed or shouted at one of my kids) that she responded by saying she too had done such things. She named the exact nature of her wrongs to me. And she insisted I stay the course which was the commitment to not do those things. In meetings, as part of a talk or pitch, I discuss my parenting as honestly as I can. At work and in hook up calls I often ask advice of the more experienced parents of teenagers and reveal how inept or desperate I feel. They too commiserate and reset me on the G. O. D. course.

When my life revolved around food, I had one big problem and that was how was I going to lose so much weight. I was obsessed with getting food and protecting my not so secret addiction. In recovery, the Fifth Step allows me to grow up and join my community as an increasingly healthy person.

Anonymous



## Bylaws

Fourteen bylaw amendments are being recommended by the Bylaws committee. All 14 amendments are currently listed on our website. For further information, visit <http://overeaters.org/Bylawamendments.html>.



## 2011 Addictions Spring Fever

One day at a time, many have left behind old addictions and old behaviors for a New Freedom and a New Life

*Speakers, Literature, Musical Entertainment, Sharing*

Saturday, May 21, 2011

9:00 AM – 4:00 PM

Central United Methodist Church

114 W Broadway St

Winona, MN 55987

Family and Friends Welcome –  
Phone 507.961.0020

## 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).



# Hear Ye, Hear Ye

## Society Pages is going VIRTUAL!

Society Pages will soon transition to an e-newsletter format. Everyone who signs up for the e-newsletter will receive a copy delivered directly to their email address.

**WHY ARE WE MAKING THIS CHANGE?** Producing a hard copy of Society Pages for distribution is labor intensive, expensive to copy and expensive to distribute.

**HOW DO I SIGN UP?** A link will soon be added to the Unity Intergroup Website where OA members can self-register to receive their free monthly copy of the e-newsletter Society Pages. When ready, an announcement will be sent to all Unity Intergroup Reps to share with their meeting members and visitors.

**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.: 952-887-2129 or email [danejulie@hotmail.com](mailto:danejulie@hotmail.com).



## 12 Reasons to Stay the Weekend at the OA Convention!

**Make Plans NOW to Attend!**

**2011 MN State OA Convention  
November 4-6  
Crowne Plaza Hotel in  
Bloomington, MN.**

### **Immerse Yourself in Recovery!**

Book a room overnight and join your fellows for lunch and dinner on Saturday.

**Miracles Abound when you Create Space for Recovery.**

1. **Spend time** with one or more of the **national keynote speakers.**
2. **Join others in recovery in the hospitality room.**
  - Swap recovery stories!
  - Collect new recipes!
  - Exchange phone numbers & emails!
3. **Meet someone who has what you want...**ask them to be your sponsor.
4. **Write** out your Fourth Step inventory.
5. **Give** someone your Fifth Step.
6. **Discover and discuss the newest literature!**

7. **Talk about abstinence.** Learn more about the various ways we practice and experience physical recovery. Find out more about what could work for YOU.
8. **Enjoy the entertainment!** Dance! Sing! Laugh!
9. **Stay up late** with your roommate and discuss the Steps & Tools!
10. **Luxuriate in the pool** and move your body in the exercise room—**treat yourself well!**
11. **Share your recovery** with a newcomer.
12. **Provide service and insure your recovery.**

Don't miss the chance to **“Connect to Recovery!”** Get a roommate now. Start to put away money for the hotel and meals, so you will be ready for a full recovery experience when we kick off registration in early August.

And remember ... the first 100 people to register will get their name in a drawing for a free hotel room at the Crowne Plaza.





**Step Five: “Admitted to God to ourselves, and to another human being the exact nature of our wrongs.”**

Step Five is an amazing journey of healing and wholeness, it is where I finally stepped out of isolation and into recovery with my HP and my fellows. I have done several Fourth & Fifth Steps in O.A. yet the ones that have made the most impact on me and my recovery are the ones I have done since I finally got abstinent!

When my sponsor let me know it was time to do my 4<sup>th</sup> step I was very clear that this time it was going to be different now that I was abstinent. First, I did not have my best friend food to blame or to help anesthetize the pain of looking at my past. Second, my sponsor made it very clear that this was my inventory not any one else's, I was to be focusing on the exact nature of my wrongs. At that moment I knew this step was not for the faint of heart!

It all began with getting abstinent. From there I began to work the steps. In one I finally accepted who and what I was; a compulsive overeater, and that on my own I could not do it. In two I came to believe in a HP. I wasn't so sure what that was, but I knew one thing for sure I was not it. In three I decided that it was time to trust my HP. I began by trusting my sponsor and my fellows,

as some like to say “God with skin.”

Then my sponsor let me know the time had come to do step four. She suggested I be as fearless and through as I could possibly be. I was so scared yet I was ready to do whatever she suggested. I began the 4<sup>th</sup> step and I tell you I dug deep and uncovered so much of my past behavior and how it effected myself and others. This was not an easy process yet this time something was critically different, I had lots of support and guidance.

I knew it was time to move on. I had gone as far as I could in 4 and with my sponsors encouragement I set up the date to give away my Fifth Step. Left up to me , 6 yrs later, I would probably still be saying “I'm not ready yet.” I had heard that this was a great danger, digging up the wreckage of your past and then sitting with it for a long period of time. A huge set up to go back into the food. At this point I was so tired of living in fear & shame I wanted freedom from my past. So I went for it and I did as the BB suggested, I held back nothing!

On the day of my Fifth Step I showed up at my sponsor's house and I was not so fearless but I was ready. I began to share. I did not want her to see me but I continued on. My fear began to subside and things began to have a sort of flow to them. I'll never forget what I saw. When I finally looked up, I saw my sponsor looking right at me. I saw compassion, love, & understanding. At that moment it felt as if I had entered a sacred place and I began to relax, and cry. Wow! the feeling of finally being seen. It was a bit much but also extremely lovely. As I continued I began to feel my HP's presence, and I knew I was no longer alone. When I had finished I felt no shame or embarrassment. I felt relief, and a deep sense of gratitude to belong to this awesome program that had given me a second chance at life. For me this is how it works “one day at a time.”

Grateful in St. Louis Park

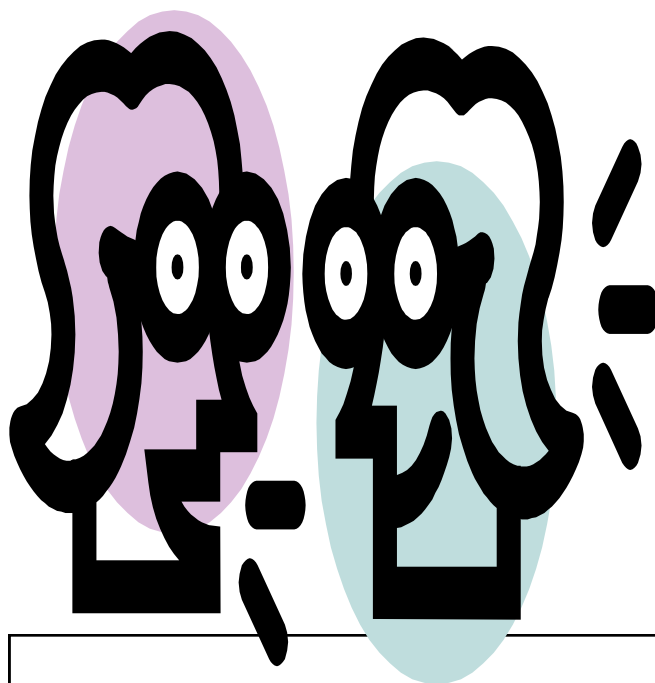
### Step Five

While I was in the food I was selfish, self-centered and controlling. I was also always right. I could never understand why other people could not see how hard my life was. I lived in a perpetual world of self pity. Poor me, if you had to put up with my husband and my children you would drive to the Dairy queen too, and at 260 lbs I drove there a lot. It was always all about me. I spent the majority of my life accepting apologies but never giving them unless they were just the superficial "I'm sorry." To actually tell someone I was not perfect seemed like a lot to ask. In my self absorbed world I knew how awful I was but I thought I was really good at hiding it with the outside world.

When I started writing my fourth step I knew I would eventually have to say it out loud to someone. That thought terrified me. I could write it out but tell someone else? That was probably the most frightening thing I had ever thought of.

The day finally came and I met my sponsor at a local park. It was a breezy day and the river was flowing by. Nervously, I began to speak my truth. The more I talked, the easier it became and everything spilled out. All the hurt, anger and remorse seemed to blow down the river with the wind. My sponsor showed compassion and acceptance at all I said. Never once did she look disgusted or repulsed. This was a great relief to me. It was a bigger relief when she answered her phone the next morning and wanted to continue taking my calls. I thought I was so awful but she still seemed to accept me. What a gift that was! Today, I can speak my truth in many ways, at meetings, on hook ups and 12 step calls. Not only have I lost 120lbs and have maintained it for over three years but I have the ability to think of others and actually be loving and giving to others. I am no longer the self centered person who crawled through the doors but I am a confident woman.

Deby Z



### Service Opportunity

The Public Information/Outreach Committee is looking for more members. We have some exciting new projects to work on. Watch for an event in January in which each OA member can participate with a small effort which may have far-reaching results! Have we piqued your curiosity? If so, please join us by coming to the Sumner Library at 11 am before the Intergroup meeting the second Saturday of each month. Or give us a call, Lance at 612-210-2527 or Dianne at 763-561-9766. We are also in need of a person willing to chair the OA booth at the annual Gay Pride event, June 25 and 26. There are many opportunities for service on our committee!



## ***Did You Know?***

### **Newcomer Meeting Opportunity:**

This wonderful 12th step opportunity happens the third Saturday of the month at the Minnetonka Community Center at 1 PM. Meeting groups are being asked to pick a month to sponsor. Three speakers would be requested from your meeting. Requirement for speaking is 90 days abstinence. The Bloomington group is sponsoring May, and the St. Paul 7 PM Monday meeting is sponsoring June. Contact Kate D at [mkdallavalle@gmail.com](mailto:mkdallavalle@gmail.com) or 262-744-1866 if interested. Also needed is a person to help coordinate the meeting, and one to report to IG.

## **Save the Date**

Frontenac Retreat Sept 16-18

***Live Well, Be Well***

***One Day At A Time***

More information coming soon!



### **Unity Intergroup Meetings**

Want to participate in our monthly Intergroup meeting but can't be there in person? We have teleconferencing capabilities! The directions are below.

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

Participant Access Code: 468702#

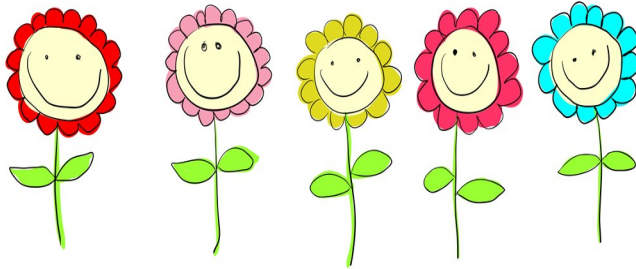
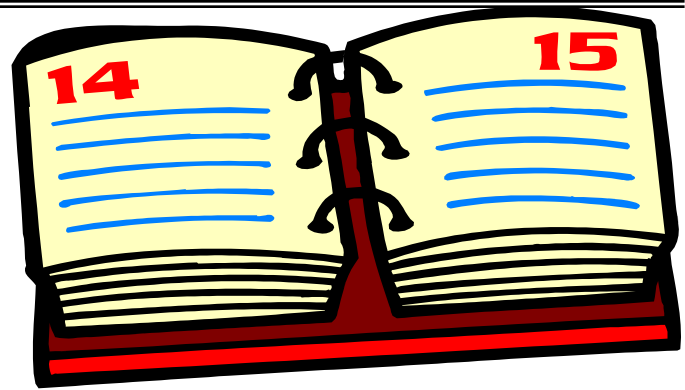
Details of the telephone system  
and keypad options:

<http://www overeaters.org/conferencing.html>



## June Society Pages

The June Society Pages will focus on Step 6, "Were entirely ready to have God remove all these defects of character." and will be sponsored by the Pax Christie, Eden Prairie 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, May 20. Thanks!.



## Mark Your Calendar

|                              |  |
|------------------------------|--|
| Saturday<br>May 7            | Website Deadline<br>Sponsorship Workshop                                 |
| Fri., Sat., Sun<br>May 13-15 | Big Book Study   |
| Saturday<br>May 14           | Unity Intergroup Meeting   |
| Saturday<br>May 21           | Society Pages Deadline<br>Newcomer Meeting<br>All Addiction Spring Fever |
| Saturday<br>June 4           | Website Deadline   |
| Saturday<br>June 11          | Unity Intergroup Meeting   |

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

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

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Details of the telephone system and keypad options;

<http://www.overeaters.org/conferencing.html>

## Intergroup Board

|                       |              |  |
|-----------------------|--------------|--|
| Meg M., Chair         | 763-244-6098 | <a href="mailto:megunitychair@gmail.com">megunitychair@gmail.com</a>               |
| 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>               |
| Julie C., Secretary   | 612-558-3687 | <a href="mailto:danejulie@hotmail.com">danejulie@hotmail.com</a>                   |