

Society Pages

The Newsletter of
Unity Intergroup September, 2011

www overeaters.org

Carrying the Message

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

Step Nine: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Step Nine

This step is about restoring a broken relationship.

If I embezzled your life savings from you and was sorry for it afterwards, it would not be enough to just express my sorrow. In order to restore our relationship, I would have to give the money back and do anything else that you would deem necessary to make it better. Including being OK with you never wanting to see me again.

Before I attempt to make an amend, I need to pray and discuss it with my sponsor, since it might be possible that the exception would be in place here, and I am not always a good judge of that. Since I am working on restoring my relationship with my Higher Power, as well as with others, I need to discuss it with HP also. In learning to trust the direction I receive, it is necessary to ask for that direction. Since I have become willing to make the amends in the eighth step, and been given the willingness to proceed with Step 9, those directions will make it specific in how to proceed. Sometimes I will need to ask the person I have wronged how I can restore that

relationship. They will be able to tell me what I need to do in their eyes, and I must not argue or react in a negative manner. If it is something I cannot do immediately (what if I've gambled away that million I embezzled?) I must set forth a proposal to do it in increments.

Another consideration in working this step is timing. It is easy to rush into things, say I've changed, and I might be met with a skeptical look. The AA 12 & 12 tells us "First we will wish to be reasonably certain that we are on the AA (OA) beam." Because we have tried so many remedies that have not lasted, of course the people around us will be dubious of any lasting results. So it might behoove me to have some good abstinence under my belt (pun intended) before approaching those I've harmed.

"Above all, we should try to be absolutely sure that we are not delaying because we are afraid. For the readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine". (A.A 12&12 P. 87)



Step Nine

For two years I tried to get abstinent. I switched sponsors several times, looked high and low for the perfect meeting, and tried to figure out what abstinence meant for me. I worked the Steps my way, not quite sure if I had done a good job, or if my efforts would guarantee freedom from compulsive eating. When I finally became willing to put the food down and thoroughly work the Steps with the help of a sponsor, I found the freedom I was looking for and I began to understand and live according to the 12 Steps in a way I never had before.

Step Nine, “Made direct amends to such people wherever possible, except when to do so would injure them or others,” was a step that required a lot of thought and a lot of action. My sponsor had me first list those I had harmed and owed amends to as part of Step Eight. I then took that list and wrote letters to each person. Some were simply an expression of my love and

gratitude; some were apologies for how I had behaved in the past; while others were an admission of my disease of compulsive eating and the commitment I had made to recovery. If I could, I read these letters in person. Otherwise, I mailed the letters or delivered them to let the recipients read them in their own time. There were also a few letters I never sent, but felt peace just from writing the words on paper. The more amends I made, the less fear I felt about being open with the people in my life. I felt love, understanding, and God’s strength in return. I felt confident that through recovery, I was finally doing the right thing. I was beginning to know what it was to live with honesty, integrity, and humility.

Now, I make amends willingly. I may not always see my part at first, but I have my sponsor and fellows to guide me through these kinds of situations. Being honest and open, keeping my side of the street clean, allows me to work my program and live a useful life. I can now spend each day focusing on abstinence, love, and service towards others.

Laura D.

New OA HOW Meeting **in Hastings**

Monday nights 6:30—8:30 PM
Beginning August 29

St Luke’s Episcopal Church
615 Vermillion St Hastings, MN

We are looking for trusted servants to assist in getting this meeting going strong.

Contact Sheri 651-315-2910

Unity Intergroup Outreach Committee Needs You!

We have 2 Outreach events in October

- ◆ Diabetes Expo on Oct. 15, 2011
- ◆ Healthy Life Expo on Oct. 22 & 23, 2011

Both events are held at
Minneapolis Convention Center
301 2nd. Ave. S.—Minneapolis, MN 55401

This is great way to reach out to those who still suffer from this dreaded and deadly disease.

Two (2) hour commitment. All that is required is to be there, sit at a table, pass out free OA literature and answer questions. You may have a chance to share your story of recovery and how OA has helped you.

You will probably have to pay for parking, but Unity Intergroup will reimburse you for this.

Call Lance at 763-427-1984

Or

Dianne at 763-561-9766

We'll inform you of available time slots and any further information that you may need. There are always 2 people for each time slot, so you won't be alone.

Consider reaching out in service for these OA events. Your program and recovery will be strengthened greatly!

Step Nine: Honesty and Humility

When thinking of how Step Nine has played out in my recovery, two values come to mind: honesty and humility. For me, self honesty governs how well this step is taken. If an amends is needed there is an ache in the pit of my stomach, which only goes away once I admit to myself that action is needed. The symptoms are different for everyone, but this ache disrupts

my serenity and makes me clearly see action is needed. The only way my serenity returns is to make things right with an apology or repayment for damage done.

This humbling act makes me feel so human, so connected to my fellows. The step that I feared in the beginning became a spiritual gift that unclogged the pathway to my heart. Once unclogged the full affect of the program was felt. The freedom our founders talked about was realized. Instead of looking over my shoulder in shame, I greet each new day looking forward to what life will bring in the twenty four hours before me.

Anonymous

Step Nine: Readiness

Good judgment, a careful sense of timing, courage and prudence are the values/virtues I need for making amends and it takes time for these to grow in me. Amends began from the first day I joined the program and a general admission of my defects was the way I started amends at the beginning of Step 9. Certain harrowing episodes and emotions can wait for another time. I must always remember I cannot buy peace of mind at the expense of others. Some things will remains unsaid to too others if it will hurt someone. My discretion grows as I age in Step 9. I do not argue or blame the amend and this takes Gods help as does all of life. I do pray for readiness to take full consequences for my past behavior and to take responsibilities for the well being of others. This is not easy but it is Step 9. My last formal amend was to my son with whom I disagreed with about his lifestyle for a period of years. I apologized about my part in this dust up. He apologized for his and we are heading down the path together.

Anonymous

Step Nine: Getting Started

When I started Step Nine a few months back, I had 27 amends to make. Having never worked a 12-step program, this was 40 years worth of mistakes so my list was a bit daunting. It's easy to procrastinate and tell ourselves we'll get to each amend when the time is right. After finding out one of the individuals I owed an amend to had passed away suddenly the month prior, I decided to strike while the iron was hot. In other words, I needed to get started while I was willing.

So far I have completed 21 amends and have 6 left. I know this because my sponsor wisely had me create a list. After I completed a close study of Step 9, my daily homework assignment was to write a letter of apology to each person or institution. I would then read each letter to her and revise it based on her feedback. My goal was to come across as sincere, heartfelt, and humble, being careful not to point out any wrongdoing on the other person's part. This did not always happen on my first draft! It was sometimes helpful to tell the "whole story" and purge my side of things before going back and taking those parts out. Sometimes I delivered my amend in person, sometimes over the phone, and occasionally by email. But in each case, I was ready because I had painstakingly written out what I wanted to say and how I wanted to say it. I have received the whole range of reactions in response to my apologies, from cold indifference to praise for my courage--a few people even

apologized for their behavior. But as my sponsor pointed out, their reaction is really irrelevant. I am not doing this to please others. I am simply cleaning up my side of the street and I can feel good about that regardless of their response.

I realize now that I am nearing the end of Step 9 that much of my hesitation could be traced to fear. I feared what people would think of me when I reminded them of how poorly I had behaved. I feared they would gossip about me and tell everyone who knew me what I had done. I feared I would chicken out and not be able complete them. I remembered a page from my reading that pointed out "our fears are the termites that devour the foundation of the life we're trying to build." So I had to push through my fears. I listened to my fellows who have traveled this path before me and assured me the promises REALLY start to come true after we clean up our past. And they were right. Just like when I was shedding my excess weight, pound by pound, with each amend I make, I feel lighter. My guilt is fading. I realize I am no better (or worse) than my fellows. I am imperfect and that's okay. I am grateful that I still have the willingness to keep plowing ahead with my amends, one day at a time, just like I work my program.

-Anonymous





There Is A Solution...

Connect To



Recovery

Overeaters Anonymous

XXXVIII MN State Convention

November 4, 5, 6, 2011

There Is A Solution...

The 2011 OA State Convention

OA Meetings

National and Local Speakers

Step and Topic Workshops

November 4, 5, & 6

Crowne Plaza Hotel, Bloomington MN

Call 1-800-227-6963 or reserve [online](#)

Registration Deadline: October 21, 2011

Payment: Make checks payable to MN OA Convention 2011. No refunds will be given. Partial Scholarships available.

Contact: Julie C. with questions at 612-558-3687 or email danejulie@hotmail.com.

Send registration form and check to:

MN OA Convention 2011, PO Box 20501, Bloomington, MN 55420

Registration (please print clearly & use a separate form for quest meals or additional registrations)

Name

Name tag should read

Address

City/State/Zip

Volunteer Opportunities

Check appropriate box

- Decorations Greeter
- Registration Literature
- Hospitality Newcomer Host
- Timer As Needed

Please consider purchasing a lunch and dinner as this offsets the cost of our meeting rooms. Thank You.

Please place a check in the box beside your dinner choice.

Registration before 9/29 \$36 _____
 Registration after 9/29 \$46 _____
 Saturday Lunch \$17 _____
 Saturday Dinner \$23 _____

Check dinner choice:

- Pork Chop Fish Chicken Vegetarian

Registration for Saturday Only \$26 _____

Registration for Friday or Saturday night only \$16 _____

Total Enclosed \$ _____

SECRETS OF THE COMPULSIVE OVEREATER REVEALED

We dance round in a ring and suppose, but the secret sits in the middle and knows.

-- Robert Frost

Recent findings indicate that even those people who have appeared to “beat” the battle of the bulge are still at risk. Current statistics indicate that 67% of American adults are overweight, 33% are morbidly obese, and that less than 5% of all those who are obese lose weight and keep it off. A study in the American Journal of Preventive Medicine (Volume 33, Issue 1, July 2007) has a single line conclusion: “How to achieve the skills necessary for long-term maintenance of weight loss in the context of an obesogenic environment remains a challenge”

It’s a new word for me: Obesogenic. According to the CDC (Center for Disease Control), obesogenic means “characterized by environments that promote increased food intake, nonhealthful foods, and physical inactivity.” Based on my observations, that defines the current culture of the United States! So how do I lose and maintain weight loss in an obesogenic culture? I find a sub-culture that promotes healthy food intake, healthful foods, and a spiritual program that removes my belief that food will make me happy. Based on my observation and experience, that means connection to the recovery available in Overeaters Anonymous.

This connection to recovery is available to anyone who desires it. This is not meant to be a secret! Anyone living within the 7-county metro area with a desire to stop eating compulsively can step outside the door any day of the week and find a meeting within driving distance. But nothing will give greater respite from this obesogenic culture than a weekend of immersion with other compulsive overeaters who know there is a solution. And that immersion is available in our upcoming state OA Convention, Connect to Recovery, November 4, 5, and 6, 2011. The experience of past participants tells us that those who gain the most are those who immerse themselves in the experience – coming as early as 5:00 on Friday, booking a room at The Crowne Plaza (1-800-227-6963 – ask for OA rate), and staying right through until 12:00 on Sunday.

So what’s the big secret to be revealed? For this author, the secret is this – no matter how many days of back to back abstinence, no matter how many meetings, no matter how much weight loss, I remain a compulsive overeater. That is the secret that “sits in the middle and knows.” It does not matter that I have attended at least 12 conventions. It does not matter that I have spoken in meetings large and small about the miracle of recovery in my life. It does not matter that I don’t want to be a compulsive overeater anymore. I remain a compulsive overeater and my recovery depends on connecting with other compulsive overeaters in recovery. I can bring that experience, strength and hope to newcomers and struggling compulsive eaters at the convention and I can simultaneously get another dose of the very medicine that sustains my recovery.

There is one other smaller secret. Compulsive overeaters tend to be procrastinators! Despite our expectation that we will have 400 people at this year’s convention, as of this writing, we have less than 50 already registered. That means there are still at least 50 chances for you to win the drawing for a free hotel stay if you act now – www.overeaters.org allows online registration and/or a printable registration brochure.

Do it for your fellows. Do it for yourself. Just Do It! --Peg M

Message of Attraction

I recently visited a dietitian. Because of my membership in Overeaters Anonymous, I wanted to educate this professional on the disease of compulsive overeating. She had never heard of our organization! I came prepared with OA pamphlets, a Newcomer Packet and several meeting lists. She listened intently as I described my nutritional limitations and requirements and how OA had helped me achieve and maintain a healthy weight. She even asked if she could attend a meeting! I gave her permission to pass out my name and phone number to her clients who she feels would benefit from our program of recovery.

I went to this appointment with apprehension. What if she wouldn't listen to me? What if she belittled my "disease"? What if she coddled me and didn't respect what I had to say about OA? These fears vanished as we talked. She was open, understanding and interested. She gave me an hour and a half of her time and went over my food plan of the previous two weeks, meal by meal. I left the appointment feeling empowered, encouraged and respected. I could explain my special needs as a compulsive overeater and be a message of attraction for future OA members.

— Lifeline, June 2005

ANNOUNCING ... WHAT'S UP DOC?

In January we are asking EACH person in OA to give to their health professional the folder: *INTRODUCING OA TO THE HEALTH CARE PROFESSIONALS*.

Help us accomplish this goal. Groups: Ask your members to order one folder.

GET YOUR FOLDERS EARLY!!

Pick up your folders for yourself or your group when you come to the MN State Convention (Nov. 4, 5, & 6).

Reserve one or more for each person in your group by emailing Meg M. at megunitychair@gmail.com by Oct. 15. Unity will pick up the postage cost! No money due until you pick up them up at Convention.

OR

Order online at www.OA.org. Don't forget you can give one to dentists, homeopaths, physical therapists, specialists, etc., etc., etc.

Let's get on the OA bandwagon and reach out to our Health Care Professionals!!!

Informational Open Meeting

Saturday, September 10 9:00 AM

- ◆ An explanation of abstinence and how it differs from dieting
- ◆ Tools we use to achieve and work the program
- ◆ Personal story of recovery by working the 12 steps of OA
- ◆ Q&A

Location:

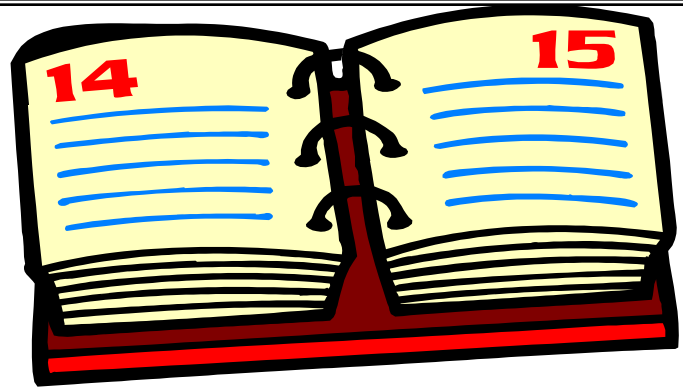
Eden Prairie Overeaters Anonymous
Pax Christi Church
12100 Pioneer Trail
Eden Prairie, MN 55343

For more info contact:

Jean 952.448.7559 or odat0487@aol.com

October Society Pages

The October Society Pages will focus on Step 10, "Continued to take personal inventory and when we were wrong, promptly admitted it.." and will be sponsored by the Convention Committee. 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, Sep 17



Mark Your Calendar

Saturday September 10	Unity Intergroup Meeting
Saturday September 17	Newcomers Meeting Society Pages Deadline
Saturday October 1	Website Deadline
Saturday October 8	Unity Intergroup Meeting
Saturday October 15	Newcomer Meeting Society Pages Deadline
Saturday November 5	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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