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Triangle OA Recovery News

A Publication of Triangle OA Intergroup • P.O. Box 12525 • Durham NC 27709

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Email the webmaster to subscribe to the newsletter by e-mail.

Step 11

Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out. *Spiritual Principle: Spiritual Awareness*
“OA members who have made prayer and meditation a regular part of their lives have found a resource for healing and strength that cannot fail. Our Higher Power is the only source of help that is always available to us, always strong enough to lift us up and set our feet on the path of life. Prayer and meditation are our links to this unfailing source.” —OA 12&12 p80

Tradition 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication. *Spiritual Principle: Anonymity*

“The 11th Tradition is based on faith in our program and in that power greater than ourselves that guides compulsive eaters to our doors. All we have to do is let the facts about OA and its Principles be known. We can depend on our Higher Power and this program to attract those who can benefit from what OA has to offer.”

— OA 12&12 p161

Concept 11

Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs, and consultants. *Spiritual Principle: Humility*

“Similar to the realization that some members may need to look outside the Fellowship for help in recovery, Concept 11 acknowledges that our service work may require assistance from people outside OA who have professional skills and talents not available within our groups.”

— *The Twelve Concepts of OA Service*, p12

What's Inside...

As we approach the winter holidays, OA has resources to help! See **Announcements** on page 8 for details on two pre-holiday Serenity Days to help prepare you for abstinent and joyous holidays. Together, anything is possible!

The nine OA tools of recovery are available year-round: (1) A Plan of Eating, (2) Sponsorship, (3) Meetings, (4) Telephone, (5) Writing, (6) Literature, (7) Action Plan, (8) Anonymity, (9) Service, and... PLAY??? See the **Minutes** from September on page 7 and the piece on page 3 for more on Intergroup's idea to submit a proposal to WSBC to add play as a 10th tool (or at least to get a conversation going on lightening up!) We want your contributions for the February newsletter on what play means to you within recovery.

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Step 11

Thank You Higher Power! I owe my life, my sanity to You. I believe that even before I came into these rooms, You were there waiting for me to tap into this Source and be guided to a sane and meaningful life. Over the years—decades—in this program, my conscious contact with You has grown. It is amazing to me that I can feel closer to You year after year. Now I can't imagine living my life without Our communication, without Our collaboration on this journey. In the morning I am blessed to call upon You in gratitude for the previous day and the day ahead. I write to You and I speak to You, calling forth Our collaborative connection with affirmations and release of fear and defects. I feel Your healing power, strength, nurturing, energy, warmth, and protection flow over me and envelop me and permeate me. I so treasure Our relationship. I accept the day, and I surrender. I renew my commitment to working the Steps around my job, family, finances, and relaxation. I release my family, friends, colleagues, and others to You and their Higher Powers. I bring forth any issues or fears and lay them before You. I review the 3rd, 7th and 11th Step prayers. Throughout the day I reconnect often, nudged by You as You lovingly have my back. —*Paula, Durham*

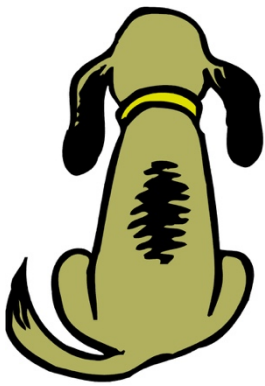


I have a comfortable chair designated for my meditation and prayer, with a table beside it for OA literature, my 10th Step journal, and pencils. I sit there every morning after I've washed up and before breakfast, letting my mind settle into meditation and connect with the "ultimate source of that life-changing love." (OA 12&12, p75) This contact is deeply healing for my entire Being. I then use the tools of prayer and writing as a means to communicate with Higher Power, expressing gratitude as well as seeking strength, direction, and guidance for situations which arose during the previous day or which might be on my mind for the day ahead. I ask for knowledge of God's will for me and the power to carry that out as the day unfolds. Doing this

launches me into the day with a deep connection to my Higher Power and enlivens in my awareness that God is always there to lovingly guide me to do the next right thing. It is up to me to make the connection and be open through intuition to hearing what that direction is. Just as farmers wanting water for the crops need to make connecting channels from their fields to a lake or river to allow the life-giving water to come and nourish the plants, it is up to me to take action to receive the blessings of the sunlight of the spirit. —*Anonymous, Chapel Hill*



to Durham Sunday morning
for writing this month!



I'd like to tell you a story. An old farmer sat on the steps of his porch with his dog howling beside him. The dog had sat down upon a nail, and upon the nail he stayed, in pain, crying and hollering. After some time, the farmer's wife came out. Confused, she looked to the man and asked, "Why doesn't he just get off the nail?" The farmer thought for a moment, then shrugged as he replied, "It just doesn't hurt enough yet."

I had been sitting upon my nail for years before it finally hurt enough. It was my pride that kept me down—the utter abhorrence to the concept of admitting that I needed help—and my deadly stubbornness—believing that I could “fix” me on my own. For years this carried on, until finally, by a random stroke of momentary optimism and hope, I went to my first OA meeting. As I sat in that room listening to strangers share my story, I came to understand that this program had a hand extended to me. OA was willing and ready to help me, if I let it. If I could let go of my pride and reach my own hand back to the one in front of me; if I could muster the humility to say “My name is Sarah, and I am a compulsive overeater,” then I might just have a chance of rising off my nail.

So, did I? Well, my name is Sarah, I am a compulsive overeater, and ever since that first meeting, I have been ever so gratefully abstinent.

—Sarah, Wilmington



From Intergroup: Do We Need a New Tool for Fun?

We all need to take recovery seriously, but does it follow that we can't ever play or have fun? It's easy and tempting to associate recovery with boring responsibility, and fun with relapse. IG has started talking about how we, as people who in the past equated fun with food, can find new ways to have fun in recovery that are not food or otherwise self-destructive. To that end, we are considering submitting a proposal to WSBC for a new tool (exact name still to be determined). Now, to be clear, we don't really expect WSBC to add a new tool for fun or the like; indeed, the only proposed agenda item that did NOT make it onto the agenda this past year was a new tool, suggesting we all have tool fatigue! But judging from the lively and fruitful conversation this started in IG, we do hope to get the question out there and spark discussion. In the interests of continuing that, IG has decided to devote the February 2020 issue of the newsletter to this topic, and we'd love to get reflections from anyone who feels moved to share, whether it be just a word or phrase, or a longer reflection. What do you do *just* for pleasure? What restores your soul, lightens your being, brings you joy? How can we take recovery seriously while taking *ourselves* less seriously? What would that look like for you? Please email submissions to newsletter@triangleoa.org by January 8, and put February 2020 in the subject. —Anne L., Newsletter Editor, on behalf of IG

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Puzzle solution:

OA members who have made prayer and meditation a regular part of their lives have found a resource for healing and strength that cannot fail.

Triangle OA Meeting List



Stick me to your fridge. Keep me in your pocket. Give me to a friend. Post me at your gym. Carry the message that there is hope!

Accessible

Newcomer's meeting

Can bring meal to meeting.

Closed meeting—restricted to OA members & others who think they may have a problem with food; newcomers are welcome and encouraged to attend.

All meetings are 1 hr, unless otherwise specified.

Changes in bold.

Day, Time, Mtg #	City/Location	Format/Contact
Chapel Hill Area (Chapel Hill, Carrboro, Hillsborough)		
Sun 4pm #50296	Carrboro Methodist Church, 200 Hillsborough Road (white wood house across Shelton St from the church)	Variable Anne G 919-360-3789
Tues 6pm #32098	Chapel Hill, Christ United Methodist Church, 800 Market Street Church Office, across Sumac St from main church, Room 4 at back	Big Book Linda D. 919-260-3690
Wed 6pm #33461	Hillsborough Methodist Church, 130 West Tryon Street (enter from Wake Street) In Ministry Center	Big Book, Steps, Discuss. Jennifer D 919-259-2843
Thurs 12:30pm #51040	Same as Carrboro Sunday meeting	Literature Linda, 919-260-3690
Thurs 7pm #12897	Chapel Hill, Binkley Baptist Church, 1712 Willow Drive, Room 17 Park behind church, door on end of building nearest Willow; knock.	Literature Mary Anne 919-260-5693
Sat 9am #54988	Hillsborough, UNC Hospital, 420 Waterstone Drive 1st Floor Training Room 10011	Big Book Terrie 919-998-8089
Durham		
Mon 7pm #56773	Durham, Mt Bethel Presbyterian Church, 3541 Rose of Sharon Rd 10 min meditation centered on an OA principle, then OA literature study	11th Step meditation Valerie S 919-961-1734
Tues 12:30pm #28531	Durham, First Presbyterian Church, 305 East Main St at Roxboro St Christian Education Wing, 2nd floor. (Ring buzzer; inside, turn right, through 1st set of double doors to stairs)	Variable, Writing Robin A. 919-667-7546
Wed 7pm #56841	Durham, Structure House, 3017 Pickett Road, Room 220.	Variable Clare 919-428-6109
Thurs 12:30pm #28531	Same as Durham Tues 12:30 meeting.	Variable, Writing Robin A. 919-667-7546
Sat 10-11:30am #20756	Durham, Westminster Presb. Church, 3639 Old Chapel Hill Road Main building, 2nd Floor; Ring bell to enter. Elevator to the right.	Variable, Newcomer Harriette B. 919-596-9543
Sun 10-11:30am #45514	Durham, Structure House, 3017 Pickett Road, Room 220. Newcomer meeting 10-10:30, regular meeting 10:30	Variable, Newcomer Clare 919-428-6109
Fayetteville Area (Fayetteville, Aberdeen)		
Sun 6pm #5368	Fayetteville Manna Church, 630 Executive Place	Sarah 919-850-5473
Sat 9:30am #48786	Aberdeen AA building, 504 Wilder Avenue	Steps, Discussion Donna M 910-603-0542
Greenville		
Mon 7pm #46226	Greenville First Presbyterian Church 1400 South Elm Street 14th Street Entrance Take the elevator to the 2nd floor	Big Book Pat K. 252-353-6546
Thurs 7pm #46318	Same as Greenville Mon 7pm meeting	Big Book Christina L. 252-227-1051
Sat 11am #00486	Same as Greenville Mon 7pm meeting	Big Book Nancy S. 252-565-5424
Morehead City Area (Morehead City, Havelock, Swansboro)		
Tues 10am #32498	Havelock First Baptist Church, 111 Hollywood Boulevard Park in the 2nd lot; Meeting is in the Education Bldg. on left	Steps, Traditions, Big Book Theresa 252-447-1690
Wed 5:30pm. #29885	Morehead City Carteret General Hospital 3500 Arendell St. <i>Meeting Room #4</i>	Janet 252-504-2025
Thurs 2:30pm. #46330	Swansboro First Baptist Church 614 W Corbet Ave.	Rose 252-393-7747
Raleigh Area (Raleigh, Apex, Cary, Fuquay-Varina, Garner)		
Sun 4pm #18237	Raleigh, Grace Lutheran Church 5010 Six Forks Road; Fellowship Hall	Literature Loretta 646-242-3767
Mon 7:30pm #50409	Same as Raleigh Sun 4 pm meeting	Big Book Judy 919-782-3523

Accessible

Newcomer's meeting

Can bring meal to meeting.

Closed meeting—restricted to OA members & others who think they may have a problem with food; newcomers are welcome and encouraged to attend.

*All meetings are 1 hr, unless otherwise specified. **Changes in bold.***

Day, Time, Mtg #	City/Location	Format/Contact
Raleigh Area (continued)		
Tues 7:30pm #04874	Same as Raleigh Sun 4 pm meeting	Steps, Discussion Mary Ester 919-847-1158
Wed 7-7:45am #00394	Raleigh, St. George's Anglican Church, 1210 Dixie Trail Use the back door	Literature study Kim 919-673-6609 Tony 919-606-7324
Wed 1:30pm #56362	Fuquay-Varina Methodist Church, 100 South Judd Pkwy SE Room 126	Debbie 908-720-1548 George 845-304-4369
Wed 7:30pm #52577	Garner, First Presbyterian Church of Garner, Lakeside Dr & Benson Rd (NC 50), 1mi south of US 70; Use back parking lot	Discussion, Literature, 11th Step Meditation Danielle 919-817-9244
Thurs 7pm #53198	Apex Methodist Church, 100 South Hughes Street	Big Book Cari 919-924-7113
Thurs 7:30pm #08041	Raleigh, Highland Methodist Church, 1901 Ridge Rd at Lake Boone Trail Class Building, Room 202.	Steps, Traditions, Literature, Discussion Audrey 919-510-5571
Sat 9am #16772	Raleigh, Holy Trinity Lutheran Church, 2723 Clark Avenue at Brooks Street Education Building, Room 220	Steps, Traditions Kim 919-673-6609
Sat 10:30am #54768	Raleigh, The Fountain Church, 9621 Six Forks Rd (near I-540 & Six Forks); Through double glass doors; left to small classrooms	Big Book Christine 919-280-7130
Smithfield		
Tues Noon NEW! #56976	Smithfield, St. Paul's Episcopal Church, 218 South 2nd St. Enter E. Church St door, meeting in parlor down hall on left.	Steps, Traditions Cindy B 919-202-5990
Wilmington Area (Oak Island, Rose Hill)		
Mon 6pm #54421	Wilmington, First Christian Church, 2035 Oleander Drive Back of building	Variable Valerie 910-899-2462
Tues 10:30am. #53559	Rose Hill, Bethel Wesleyan Church, 2635 South NC Highway 11	Lori 910-470-9967
Wed Noon #50278	Wilmington, Pine Valley Methodist Church, 3788 Shipyard Boulevard Building B, Room 3	Big Book, Steps, Traditions Linda B 910-274-6203
Thurs 10am #54399	Oak Island, Ocean View United Methodist Church, 8400 East Oak Island Dr. Room 6	Big Book Josette 910-233-3943
Sat 9:30-10:45am #24872	Wilmington, Church of The Servant, 4925 Oriole Drive (off College Road/BB&T)	Big Book, Steps, Traditions Fran 216-856-9036



Reach Out!



Below is a small sampling of the many phone and online meetings OA has to offer. For a full list, visit www.OA.org and click on Find a Meeting. Triangle OA does not endorse any particular meeting over another. **Closed meetings** are restricted to OA members and anyone who thinks they may have a problem with food; newcomers are welcome and encouraged to attend!

Daily Meetings (all times EST)	Phone Num.	Pin #
Daily 6:45 am	712-432-5200	4285115
Mon-Fri 7:00 am and 10:00 am <i>A Vision for You Meeting</i>	712-432-5210	876148#
Mon-Sat 11:30 am <i>Big Book/11th step meditation</i>	712-432-5200	836731#
Daily at 6:00 pm	712-432-5200	4285115#
Specialty Meetings (all times EST)	Phone Num.	Pin #
Anorexia/Bulimia, Saturday 2:00 pm	641-715-3690	909726#
Gay, Lesbian, Bisexual, Transgender, Thursday 8:00 pm	712-432-1500	372888#
Men, Sunday 8:30 pm <i>Closed* meeting.</i>	563-999-2090	316200#
OA HOW, Sun 6 pm <i>Closed*, 2-hr meeting in the HOW tradition</i>	641-715-3865	186313#
Online Meetings (all times EST)	URL	
Daily at 7am, 10:30 am, 2:30 pm, 6 pm, 8:15 pm, 10:30 pm, 12:30 am	www.aa12step4coes.org	
Daily 3am, 6am, 9am, 12pm, 3pm, 6pm, 9pm, & 12am	www.OArecovery.com	

Triangle Intergroup Minutes



September 21, 2019

In Attendance: Mike (Chair, Hi-Tech), Neill (SOAR), Cory (WSO), Karen (Treasurer), Kathy Z (Rep. Chapel Hill Tu 6pm), Anne (Newsletter Editor, Rep. Chapel Hill Th 7pm), Valerie (by phone, Rep Mon Durham 7pm), Suz (by phone, Rep. Hillsborough Wed. 6pm), Judy (Rep Raleigh Th 7:30pm), Debbie (Th 7pm Apex), Amy for Nancy (audio library, Rep. Raleigh Sat. 9am), Allie (PI/PO)

MINUTES FROM AUGUST: Approved as submitted

TREASURER'S REPORT: Accepted as submitted.

The balance of the retreat account (\$2,311.75) was transferred to the main IG checking account in August. Karen looked up meetings in our IG on OA.org and found some discrepancies in meeting numbers (Fuquay, Swansboro, Greenville Monday) between our records and OA.org. The three Greenville meetings function together for the newsletter distribution.

STANDING COMMITTEE REPORTS

WSO (Cory): Cory will not be seeking re-nomination for this position. Requires 2 years abstinence, 2-year commitment, cannot be rep for a meeting or to SOAR, but can be a committee chair. WSBC is the week of April 20, 2020; proposals for the agenda (new business, changes to bylaws) must be submitted by December 10, 2019 to <https://oa.org/members/events/world-service-business-conference/>. Delegate registration already available on the website.

SOAR (Neill, Clare): Both are booked for SOAR conference in October. Neill rotating out following two 2-year terms. Next SOAR is in Baton Rouge in March 2020.

High Tech (vacant): Susan has stepped down.

Group Outreach (vacant): No interest.

Newsletter (Anne L): The newsletter, as now published, is 508 compliant to allow for electronic reading for a blind member. We need groups to write for March 2020 and after. Mon Durham 7pm will do November 2020. Newsletter Distribution – Allie reminded reps to please check list for correct name and address.

PI/PO (Allie): Ordered materials to do a mail out to docs and health centers. The pamphlets *To Doctors* and *To Clergy* have been merged into *Helping Professionals*.

AD HOC COMMITTEE REPORTS

12th Step Within (Neill): Neill will continue as 12th Step Within chair. He has been to more meetings spreading the word about SOAR8 resources. Has not yet gotten to some at the coast or the two Vision meetings. We'll have a Serenity Day (Hope for the Holidays) on Sat Nov 16 [see announcements. Mary Anne and Valerie are helping organize; Mary Anne is working up a flyer. Setup and cleanup help are needed. No beverages will be provided. Program to include a forum to discuss what's worked for us over holidays, and speakers.

Retreat (vacant): No report.

2020 NC State Convention (Sid): May 1-3, 2020, in Winston-Salem. Progressing, they will need money soon.

Audio Library (Nancy): Motion to approve the library shedding 10 lbs of unnecessary suitcase in favor of a lightweight totebag passed. We gave the suitcase and empty jewel case to Kathy Z; the CD binder contains sleeves. Anne will keep the library for now.

OLD BUSINESS:

Virtual attendance at IG: Suz and Valerie attended virtually to test out the system. It was a great success!

Bylaws change/updates: Neill proposed changes related to the closing of the retreat account: strike the phrase "except Retreat account" from Treasurer duties, which are otherwise general; strike language about the retreat/BB&T account in the budget section ("Retreat Comm has a checking account...." Etc.) and add "The retreat obtains its funding from the retreat account administered by the Treasurer." Motion to accept changes passed.

We still need to update the bylaws and P&Ps to reflect actions taken since 2014/15. Suz located the 2014 P&Ps on the web site and reviewed. She's willing to work with others to update. She was not able to find the bylaws; they are located at the bottom of the Intergroup tab menu as "2015 bylaws." Mary Anne was working on collating actions from minutes; Anne will help. Mike (digital copies) and Karen can help; Neill to hand off what he's done. Anne will start an email thread with Mary Anne, Mike, Suz, Karen, and Neill to form a Bylaws Review Committee; Suz will chair.

NEW BUSINESS:

Discussion of a potential new tool: Mike has observed that people too often associate recovery with boring, responsibility, while fun is associated with relapse. He proposes to add a new tool called Fun to counteract this. Need appropriate wording to submit to WSBC agenda items, although this is less in hopes of actually getting it to pass and more to get the question out there and start discussion. Mike will come up with something to vote on next month. A lively discussion ensued. Some had negative reactions to the word "fun" or felt that making it a tool was too bureaucratic or made it. Fun is different for everyone: people talked about exploring what they enjoy, a period of discovery, sparking joy, lighthearted, less serious, play, self-care, fellowship, self-indulgence that is not food. What do we do JUST for pleasure that is not food, not self-destructive? How can we take ourselves less seriously? Lighten up? How can you go to a party and enjoy yourself as someone with a food issue? We decided to devote the February newsletter to this topic – IG will write, but we will also put an announcement in the newsletter to solicit contributions.

Next Intergroup meeting: Saturday, October 19, 2019

Announcements



Upcoming newsletter contributors, themes, deadlines

If you have something to share, we welcome your ideas, original writings, artwork, or puzzles! Send submissions to newsletter@triangleoa.org; the deadline is the Wednesday before the 2nd Saturday of the month.
All submissions subject to editing.

December: Hillsborough Wed 6pm Due **Wed Nov 6**

Step/Tradition/Concept 12 (service; spirituality; selflessness, realism, representation, dialogue, compassion, respect)

January: Durham Tues/Thurs Due **Wed Dec 11**

Step/Tradition/Concept 1 (honesty, unity)

February: Intergroup: Theme is FUN Due **Wed Jan 8**

See article on p3!

Step/Tradition/Concept 2 (hope, trust, conscience)

March: Needs a volunteer Due **Wed Feb 5**

Step/Tradition/Concept 3 (faith, identity, trust)

April: Needs a volunteer Due **Wed Mar 11**

Step/Tradition/Concept 4 (courage, autonomy, equality)

May: Needs a volunteer Due **Wed Apr 8**

Step/Tradition/Concept 5 (integrity, purpose, consideration)

June: Needs a volunteer Due **Wed May 6**

Step/Tradition/Concept 6 (willingness, solidarity, responsibility)

Serenity Days

Seeking the Spiritual Path

Saturday, November 2, 2019

Sponsored by the Triad OA Intergroup

Speaker Workshops Fellowship

Registration: 12:30pm, Program: 1–4:30

Guilford Park Presbyterian Church

2100 Fernwood Dr, Greensboro
(corner of Lawndale)

(Wed meeting location)

For info, call Lynne 336-202-4409

Hope for the Holidays

Saturday November 16, 2019

Sponsored by Triangle OA Intergroup

Speakers Crafts Fellowship!

Get ready for the holidays!

Registration: 12:30pm, Program: 1–5

Mt Bethel Presbyterian Church

3541 Rose of Sharon Rd, Durham

(Mon 7pm meeting location)

For info, call Neill 919-789-9402

All OA members are welcome to attend Intergroup!

Saturday, November 16 🍂 10:15 am to noon 🍂 Community United Church of Christ

(corner of Wade Ave & Dixie Trail in Raleigh)

Triangle OA Speaker & Sponsor List

Triangle OA Recovery News cannot assure confidentiality, privacy, or anonymity of any personal information printed in this newsletter. This is not a complete list of all persons willing to sponsor; check the We Care book to locate additional sponsors in your meeting.

Name	Phone	Speaker	Sponsor
A.J.	919-644-1239	✓	–
Alice	919-271-3292	✓	✓
Atiya	919-302-1030	✓	–
Carla	919-819 5011	✓	–
Dana	252-314-6849	✓	✓
Deb	919-332-4343	✓	✓

Name	Phone	Speaker	Sponsor
Elizabeth	919-929-5936	✓	–
J.V.	919-233-9777	✓	✓
K.C.	919-612-2000	✓	✓
Lauren	919-536-2162	✓	✓
Liz	919-649-2088	✓	✓
Mary Anne	919-260-5693	✓	–

Name	Phone	Speaker	Sponsor
Neill	919-789-9402	✓	✓
Robin	919-667-7546	✓	temp
Seanna	919-624-6658	✓	–
Steevie	919-918-1014	✓	✓
Tammy	919-274-4052	✓	–
Tony	919-606-7324	✓	✓