



# Triangle OA Recovery News



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

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## Step 8

Made a list of all persons we had harmed and became willing to make amends to them all. *Spiritual Principle: Self Discipline*

As long as we have not forgiven people for harms they have done to us, we will find it impossible to make sincere amends to them for our side of the conflict... We need to forgive ourselves for what we regret doing or not doing, and for not being all we could have been. Self-forgiveness means letting go of negative feelings, such as shame and guilt. The power to extend forgiveness to others comes from self-forgiveness.

## Tradition 8

Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers. *Spiritual Principle: Fellowship*

When we keep OA's Eighth Tradition, we discover a beautiful spirit of caring service, which becomes a powerful factor in our healing. We are all nonprofessionals in our support of each other's recovery from compulsive eating, giving and receiving support and fellowship with no expectation of return. Living by the spirit of this Tradition, we can each turn to the one next to us and say truthfully from the heart, "I put my hand in yours because I care."

## Concept 8

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office. *Spiritual Principle: Delegation*  
[All quotes from OA 12&12]

## Service

*Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible. (OA Responsibility Pledge)*

Carrying the message to the compulsive overeater who still suffers is the basic purpose of our Fellowship; therefore, it is the most fundamental form of service. Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery. — *Tools of Recovery*, p.7

When I first joined OA, I shied away from service opportunities. I told myself several things: "I'm too new," "I don't know enough about program to perform that particular service," "It will take too much time from my work or family," and, best of all, "In the past, I have given too much of myself and my time to other organizations. Since I don't know how to give in a healthy way, I'm going to be very cautious now."

In order for me to reap the benefits of service, I had to get over the hurdles I set up to sabotage my own attempts at recovery. I had to blindly volunteer to perform service even though I did not feel experienced enough or recovered enough or healthy enough to set appropriate limits around my service. Even though I thought I was making it easier for myself by not doing service, I was actually making it harder on myself by denying myself the tool that so effectively enhances my recovery. — *Voices of Recovery*, p. 90



# Step 8

*Made a list of those I had harmed and became willing to make amends to them all.* This exercise was, for me, the first daunting challenge of my life in recovery. The second was Step 9. After all, wasn't I the one who was wronged, wasn't I the victim? Otherwise, why would I need help from a 12-step program? If I had to admit that I was powerless over food, the most powerful force in my life at the time, then I must be powerless over the other circumstances in my life. As a child, I was truly at the mercy of forces beyond my control. However, the attitudes and behaviors that came as a result followed me into adulthood, and that's how the harm was done to others. Recovery had asked me to become a responsible person with my food. That helped me forge a new pathway into being a responsible adult in the other areas of my life. I became willing to think of myself as someone who may have harmed others—an unthinkable possibility prior to walking into the 12-step rooms. This was the beginning of the end of my isolation and the beginning of the end of the arrogance that develops when one thinks that they are "above it all." I became part of the human race, humbled and grateful that the 12-steps brought me into adulthood and into the light of the Spirit.—*Joanna M., Raleigh*

Step 8 has set me free many times over the years. My inclination as a child was to absorb blame for things that were not always mine to atone for. Working with a sponsor helped me to look closer and gain clarity about the people and situations on my list. Was making an amends warranted? Was I willing? In some cases, I was not—at least not yet. I continue to pray for willingness in many areas of my life. Let's celebrate that we have a program to help us live honestly with a lighter burden when we take care of our own side of the street.—*Deb, Raleigh*



I used to over-complicate the first part of Step 8, but we simply need to make a list, and we can use our 4th Step inventory to identify people to whom we owe amends. I always suggest this to my sponsees; it's another reason to hold on to a 4th Step inventory after completing Step 5.

The second part of Step 8 is the spiritual challenge. I am asked to become willing to make amends to ALL the people on my list, even the ones I haven't yet forgiven for their transgressions against me. I became stuck here several times until I realized that I only have to be willing to make sincere amends for MY part of the conflict or wrongs in our relationship. In one instance, I had not totally forgiven someone on my Step 8 list. Through prayer and discussion with others, I became aware that my resistance could have dire consequences for my continued recovery. After more prayer and consultation with my sponsor, I became willing to make amends for my part in our unhappiness. I was clear on my part and willing to name and to claim my shortcomings. This enabled me to move on to Step 9 and precipitated a process that ultimately resulted in my ability to forgive the other person. The Steps work when I work them!—*Neill M., Raleigh*

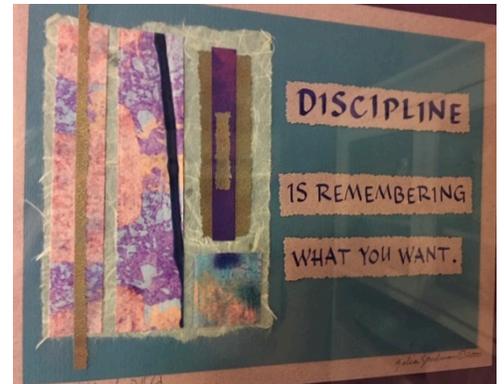
# Self-Discipline

The term *discipline* often gets a bad rap because it is frequently associated with punishment. However, the root has to do with instruction or learning, and the word is related to the term disciple, which has to do with being a follower.

My life used to be about punishment, beating myself up for “mistakes”—in life and in food choices. Today, for me, having self-discipline means my responsibility is to learn from and follow the Twelve Steps. I no longer punish myself by eating, or for using food. Instead, I can recognize and surrender the food and my errors and defects; seek intuition from my Higher Power; get experience, strength, and hope from other OAs; and take the next right action. For this, I am grateful.—*Anonymous, Raleigh*

For decades, self-discipline was impossible for me around sugary foods. Ever since I was date-raped at thirteen (and never told anyone), I binged on sugar in secret. As a young adult, I ate healthy foods at meals, then snuck off to the store to buy a few candy bars. I knew if I only bought one, I would have to go back out later to get more. Then I'd feel humiliated, remorseful, and filled with “unforgivable” shame. As I worked the program, a willingness grew to reach out for help, to study the literature, to use the tools and work the steps. I developed self-discipline NOT to stop eating sugar but to work my program diligently and to be absolutely honest with my sponsor and buddies. The shame began to evaporate.

One day I saw a piece of artwork that said “*Discipline is remembering what you want.*” I was stunned. “That’s it,” I thought. “What do I want?” And what I really, truly, deeply want is not a cheap fix, but long-lasting freedom, health, and self-respect. This question was a turning point for me in my program. I asked my sponsor to ask me the question often. I journaled around it frequently to remind myself what my heart and soul really wanted. I couldn’t remember on my own. But reaching out and going to meetings and reading the literature and doing the steps over and over at deeper levels, I began to remember what I truly want, more and more often. Writing this piece has also reminded me. I invite you to ask yourself, “Beyond the food, over the long haul, what do you deeply yearn for? What do you truly want?” I hope you will keep asking, keep clarifying, keep remembering. —*J.E., Raleigh (text and photo)*



## Concept 8

*The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.*

This Concept is very timely for me right now, as I’m addressing a conflict with a co-worker. The specifics of our interactions are less important than the actions I am taking in response. She and I have worked together for about 9 years. In the past 3-4 years, when I was given supervisory responsibility over her, conflicts began. I have continued to treat her with loving kindness and respect, practicing spiritual principles when at times I wanted to tell her off. Following our most recent incident, I have admitted to myself that our ongoing relationship is affecting my health. In the past, I was willing to continue to work with her and take care of myself in the ways I have learned in recovery—mainly through self-inventory and prayer. However, now that I have acknowledged my health is affected, I am unwilling to continue this way. I have not acted impulsively (though I wanted to). Instead I prayed, shared with my sponsor, shared at a meeting, wrote, prayed, and waited. I do not know the exact solution; I do know that I need help. So, I am bringing in the “executive committee.” Although I shared with our boss in the past, I was willing to stay the course and continue to work with this individual—doing my part and keeping my side of the street clean. I am now done. I have expended enough emotional energy in this situation; I am done. It’s time for my boss to take over, and I’m willing to follow his guidance. He is responsible

for the workings of our office, and I am deferring to him. I know from experience that surrender is the way to freedom, so I am letting go and trusting that all will be resolved for the highest and best good of all concerned.

Serenity is the ability to be at peace in the middle of the disturbance, not the absence of disturbance. I am proud of myself for the way I have showed up throughout this challenge. I am grateful for having spiritual principles to practice as I navigate life.—*Atiya M., Raleigh*

# Tradition 8

*Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.*

For most of my professional life, I have worked with organization that have structured leadership, rules, etc.

In Overeaters Anonymous, our leaders are servants for those of us suffering from compulsive eating, bingeing, uncontrollable food intake, all with a desire to stop eating compulsively. These servants include each one of us, called to share our experience, strength, and hope with those suffering from this disease of compulsive overeating/food addiction.

What a gift we have from others, and what a gift we are for others! No strings attached, no quid pro quo. Primarily offering our experience, strength, and hope. It is not for us to focus on our failures, our inability to be perfect. It is for us to stand together with our Higher Power, one day at a time, working the program, seeking help from and offering caring service for each other.

Overeaters Anonymous is a gift from those who came before us, inspired by a Higher Power who remains with us on our journey and in surprising ways.—*Tony S., Raleigh*

# Fellowship

*is defined as friendly association, especially with*

*people who share one's interests. The fellowship is of great importance to me. In the fellowship is where I can interact with people who share my peril outside of meetings. The time I spend with other OAs is valuable. I can hear other's stories and others can hear mine. I made a group of buddies in OA. This is something I never did outside of OA. The concept of friendly association is perfect for what I feel with my OA buddies. We know each other well and can offer support and encouragement to each other. Some of us have become friends beyond the friendly association. For this I am incredibly grateful. —*Kim, Raleigh**



to Raleigh Wednesday  
7am for writing this month!

# 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 due to coronavirus in red.**

Day, Time, Mtg #	City/Location	Format/Contact
<b>Chapel Hill Area (Chapel Hill, Carrboro, Hillsborough)</b>		
Sun 4pm   #50296	Carrboro Methodist Church, 200 Hillsborough Road (white wood house across Shelton St from the church) [Call Heather O, 919-360-3111, or text Anne L, 919-360-8711, for Zoom details]	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 [Call Mary Anne, 919-260-5693, for Zoom details]	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 [Call meeting contact for Zoom details]	Literature Susan, 919-593-5866
Thurs 7pm  #12897	Chapel Hill, Binkley Baptist Church, 1712 Willow Drive, Room 17 Park behind church, door on end of building nearest Willow; knock. [Call meeting contact or text Anne L, 919-360-8711, for Zoom details]	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
<b>Durham</b>		
Mon 7:30pm   #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 Garry 202-374-0403
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) [Call Taylor, 908-462-4525, for Zoom details]	Variable, Writing Robin A. 919-667-7546
Wed 7pm  #56841	Durham, Structure House, 3017 Pickett Road, Room 220. Meetings suspended	Variable Clare 919-428-6109
Thurs 12:30pm   #28531	Same as Durham Tues 12:30 meeting. [Call Taylor, 908-462-4525, for Zoom details]	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 [Call Nan M, 518-466-0100, for Zoom details]	Variable, Newcomer Clare 919-428-6109
<b>Fayetteville Area (Fayetteville, Aberdeen)</b>		
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
<b>Greenville</b>		
Mon 7pm  #46226 Thurs 7pm  #46318 Sat 11am  #00486	Greenville First Presbyterian Church 1400 South Elm Street 14th Street Entrance; take the elevator to the 2nd floor All Greenville meetings are meeting by phone: Call-in number: 978-990-5000; PIN: 434698#	All Big Book Pat K. 252-353-6546 (Mon) Christina L. 252-227-1051 (Th) Nancy S. 252-565-5424 (Sat)
<b>Morehead City Area (Morehead City, Havelock)</b>		
Tues 10am  #32498	Havelock First Baptist Church, 111 Hollywood Boulevard; park in the 2nd lot	Steps, Traditions, Big Book Theresa 252-447-1690
Wed 5:30pm. #29885	Morehead City, Carteret Health Care, 3500 Arendell St. Meeting Room #4	Sue 570-594-4984
<b>Raleigh Area (Raleigh, Apex, Cary, Fuquay-Varina, Garner)</b>		
Sun 4pm  #18237	Raleigh, Grace Lutheran Church 5010 Six Forks Road; Fellowship Hall [meeting in person again as of June 1]	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
<b>Raleigh Area (continued)</b>		
Tues 1:30pm #56362	Fuquay-Varina Methodist Church, 100 South Judd Pkwy SE Meeting is in the chapel at the back of the building	Debbie 908-720-1548 George 845-304-4369
Tues 6pm #57002	Raleigh, Abundant Life Church, 4400 Old Poole Road Come through front entrance. The classroom is on the left, off the hallway.	Big Book Liz V. 919.649.2088
Tues 7:30pm #04874	Same as Raleigh Sun 4 pm meeting <b>[meeting in person again as of June 1]</b>	Steps, Discussion <b>Chuck 919-830-6128</b>
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
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. <b>[meeting in person again as of June 1]</b>	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 <b>[Call Atiya, 919-302-1030, for Zoom details]</b>	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
<b>Wilmington Area (Oak Island, Rose Hill)</b>		
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, Winter Park Baptist Church, 4700 Wrightsville Ave Park in 2nd parking lot off Wrightsville Ave; enter door marked "East Building".	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



## Phone & Online Meetings

Below is a small sampling of the many phone and online meetings OA has to offer. For a full list, visit [www.OA.org](http://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*</i> meeting.	563-999-2090	316200#
OA HOW, Sun 6 pm <i>Closed*</i> , 2-hr meeting in the HOW tradition	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	<a href="http://www.aa12step4coes.org">www.aa12step4coes.org</a>	
Daily 3am, 6am, 9am, 12pm, 3pm, 6pm, 9pm, & 12am	<a href="http://www.OArecovery.com">www.OArecovery.com</a>	

# Triangle Intergroup Minutes



**June 20, 2020**

*Draft minutes; subject to Intergroup approval.*

**In Attendance:** Mary Anne (Chair, WSO); Judi (Secretary, High Tech); Karen (Treasurer); Anne (SOAR, Newsletter editor); Clare (SOAR); Allie (Group Outreach, Newsletter distributor); Kathy Z, (Rep. Chapel Hill Tues 6pm); Taylor (Rep. Durham T/Th noon) [All attending via Zoo

Minutes from May approved as submitted

**Treasurer's Report (Karen):** The report was accepted as submitted. We cannot get a regular debit card due to it being a business account. Anne would like to investigate the pre-paid debit card for large purchases. There is a way to transfer money faster, (probably Zelle).

## COMMITTEE REPORTS

**Secretary (Judi):** Nothing to report

**WSO (Mary Anne):** They did have a meeting. (Bylaws)

**SOAR (Clare, Anne):** Nothing to report.

**High Tech (Judi):** New website software, getting a handle on it. Creating a new document with instructions.

**Group Outreach (Allie):** Some meetings are not meeting at all right now, may not meet even once COVID-19 is over.

**Newsletter (Anne):** Needs people to write! She is focusing on making instructions as she is probably stepping down from this position either this year or next.

**PI/PO (vacant):** Allie got 60-70 addresses of businesses that deal with eating disorders.

**12th Step Within (vacant):** No report

**Retreat Liaison with Piedmont IG (Sid):** Sid not in attendance, no report

**Bylaws/P&P Update (Suz):** Anne is reporting for Suz. Mary Anne, Anne, and Suz took current policies and procedures and split it into 3 chunks. Sorted into Policy, procedure, and good

information. The next step is to get together and go through these categories. They are sorting out the information into a new file. Headed for something much shorter and easier to manage.

## NEW BUSINESS

**Intergroup Zoom account:** Volunteers reached 10 active meetings; 2 were interested in using an IG Zoom account, 2 were possibly interested but not sure, and 6 were not interested. They also left messages for 12 meetings, and found 2 that were unreachable. As agreed last month, since there are interested meetings, we will set one up with a single host. Anne will set that up immediately, making it annual. We will shift the Intergroup meeting to that account.

**Archiving documents on the website:** What is saved, how, where, for how long? Propose a new document of useful information—separate from P&P—for the various Intergroup committees. Anne thinks this will happen organically as we revise and trim down the P&P.

**Renewing OA logo permission:** Anne will mock up a Triangle IG logo using the OA logo and complete the permission form.

**Prudent reserve for IG:** shouldn't 3 months expenses be more than 3 month's rent for IG? Mary Anne asked Karen to get a number for how much we need for 3 months of our "must-haves"

**Next Intergroup meeting:** August 15, 2020

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**All are welcome to attend Intergroup!**

**Third Saturdays, 10:15 am to noon.**

Meetings are still being held virtually at this time; call Mary Anne, 919-260-5693, for Zoom details.





# 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@triangleoia.org](mailto:newsletter@triangleoia.org);  
 deadline is the Wednesday before the 2nd Saturday of the month.  
 All submissions subject to editing.

**September:** Hillsborough Wednesday 6pm **Due Wed August 5**  
 Step/Tradition/Concept 9 (love; structure; ability)

**October:** Durham Saturday 10am **Due Wed Sept 9**  
 Step/Tradition/Concept 10 (perseverance; neutrality; clarity)

**November:** Durham Monday 7:30pm **Due Wed Oct 7**  
 Step/Tradition/Concept 11 (spiritual awareness; anonymity; humility)

**December:** Needs a volunteer **Due Wed Nov 11**  
 Step/Tradition/Concept 12 (service; spirituality; selflessness, realism, representation, dialogue, compassion, respect)

**January:** Needs a volunteer **Due Wed Dec 9**  
 Step/Tradition/Concept 1 (honesty, unity)

**February:** Needs a volunteer **Due Wed Jan 6**  
 Step/Tradition/Concept 2 (hope, trust, conscience)

## Triangle OA Speaker List

Name	Phone or e-mail
Alice	919-271-3292
Atiya	919-302-1030
Elizabeth	919-929-5936
Heidi	heidicoach4you@gmail.com
J.V.	919-233-9777
K.C.	919-612-2000
Liz	919-649-2088
Mary Anne	919-260-5693
Neill	919-789-9402
Robin	919-667-7546
Sid	919-270-5200
Suz	717-371-5094
Tammy	919-274-4052

Updated February 2020

This is a speaker list. Sponsors identify themselves at the meeting level, enabling them to change their availability easily.

## A Step Ahead, Third Quarter 2020 Issue Now Available

Get the full scoop on WSBC 2020 and much more OA world service news in the new issue of *A Step Ahead*! Find *A Step Ahead* at the OA.org News & Events page (<https://oa.org/news-events/>) or at this direct link: <https://oa.org/a-step-ahead/>. In this issue:

- Call for 12 Step Workshop and Study Guide Testimonials
- 2020 World Service Convention
- Message from Our Chair
- Message from Our Treasurer
- Professional Exhibits Fund Update
- Translation Assistance Fund Deadline Oct. 1
- What's New from WSO
- Ask-It Basket
- Send Us Your Stories!
- Current OA Flyers

## Sponsorship Workshops

Two workshops on sponsorship are happening on August 15, unfortunately at the same time:

- **10:30am–12:30pm PDT (1:30–3:30pm EDT), Sacramento Valley IG is holding Getting Newcomers Started: The First Three Steps and Sponsoring Chronic Slippers: Love and Forgiveness.** Two speakers with time for follow-up “Ask It Basket” questions. Zoom Meeting ID: 996 123 8124, Password: 4KwK79 (or click [here](#)). If you need help with Zoom, contact Gerri: (808) 250-1212
- **2–4pm EDT, Piedmont IG is holding A Virtual Sponsorship Workshop:** Felt the strength and support from having a sponsor? And ready to give back? Or maybe you’ve heard about having a sponsor and want to learn more. No matter the situation, join us to see how sponsorship can fuel your recovery. Sponsors work one- on-one with another compulsive eater sharing what works for them, walking alongside their sponsees. They use and share OA Tools and slogans, study, work and apply the Twelve Steps and Twelve Traditions, and offer support when it’s needed. This connection—to Higher Power, to spiritual Principles and practices, and to other recovering OA members—is a crucial part to recovery. There will be three speakers, Q & A and time to share. Zoom Meeting ID: 835 1150 2655, Password: 138645 (or click [here](#)). Questions? Send them to [chair@piedmontintergroup.org](mailto:chair@piedmontintergroup.org)