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Triangle OA Recovery News



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Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others. *Spiritual Principle: Love*
“If we are to be restored to right relations with others, we must do whatever we can to square things with the people we have harmed. Much of what we need to do to make amends won’t be easy, but those who have [done so] have always found it to be more than worth the effort. As we have dealt lovingly with every person in our lives, our spiritual awakening has become a reality. To the best of our ability, we’ve cleaned up the wreckage of the past, and we are more at peace with the world.” —OA 12&12, p 67

Tradition 9

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. *Spiritual Principle: Structure*
“In OA, we have experienced how things work out for the best when organization is kept at a minimum. The order we once sought in rules and power structures, we have found in freedom instead. Trusting our HP rather than any organizational structure, we can now take responsibility for our shared lives and for the OA Fellowship in which we are recovering together.” —OA 12& 12, p 150

Concept 9

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office. *Spiritual Principle: Delegation* Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels. *Spiritual Principle: Ability*
“Trusted servants are vital to OA at all levels of service. Although some service positions may require certain skills and abilities, willingness is the first step in OA service.” —12 Concepts of OA Service pamphlet, p 11

Tool of the Month: Telephone

Member-to-member contact helps us share on a one-to-one basis and avoid the isolation that is so common among us. Many members call, text or email their sponsors and other OA members daily. As part of the surrender process, these tools help us learn to reach out, ask for help and extend help to others.
—OA Tools of Recovery pamphlet, p.3



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Opinions expressed are those of the writers and do not represent OA as a whole.



Step 9 and Love

I feel cared for when someone in my life makes an amend to me. An apology and changed behavior is an expression of love. Even if some hurt or sadness creeps in, I can recognize the courage it takes and the love they are offering.

In the same way, I want those I've harmed to know I care for and love them by making honest and direct amends.

Regrettably, I saw that making direct amends to some on my Step 8 list would cause further harm. Instead, I am living differently. I make efforts to replace lying, hiding or lashing out when I am wrong with an apology and better behavior going forward. For me, it's a practice; I can't expect perfection from myself or anyone else. Working on healthy behavior patterns is also a way of showing love and forgiveness to myself.

When it comes to getting the amends from others that I think I need, I remind myself that is something I can't control. I know I will suffer mentally and go to food or whatever else numbs me if I don't recognize my part and let the expectations go.

Letting go opens space for God to keep me on track with recognizing my wrongs and admitting them. An amend with improved behavior is a gift of love that I can give to a person or my communities. I am not responsible for how it is received; I can only pray that love is the result.

Kitty
Wilmington, NC



Tradition 9 Spiritual Principle : STRUCTURE

A definition of structure is “something such as a building that is constructed”. I immediately think of the safety of a building (structure) in a hurricane. Out alone in the elements is frightening but the structure offers safety.

Another definition of structure is “an organization of the parts into a system by the general character of the whole” -for example, grains of sand into soil structure.

Both of these definitions apply to OA. Each individual “grain of sand” is a contributing part of the local meetings (soil structure). Each individual member who attends, listens, shares, sponsors, holds office, or calls members/newcomers is a part of the structure of OA. And in the structure of OA, members find others with similar structure who offer hope and encouragement to the newcomer and members. This hope and encouragement give the attendees a safe place to grow and become strong again. So each individual comes together with the general character of small pieces of a large whole to offer a place of safety—a structure—to people still in their illness. The safety/structure of OA can be expressed as “Welcome to OA: welcome home!”

Margaret, Wilmington Wednesday

Please join us in thanking the Wilmington Wednesday meeting for all of their wonderful submissions this month.

Triangle Intergroup Minutes

July 16, 2022 Draft minutes, subject to Intergroup approval

Attendance:

Anne (Chair, Webmaster), Karen (Vice Chair), MaryAnne (Treasurer, WSO), Colleen (Secretary, SOAR Rep, Newsletter Editor), Neill (WSO Rep.), Cindy (Raleigh Sat), Margaret (Wed Wilmington), Zach (Group Outreach), Liz V (Tuesday 6pm Raleigh), Mel (Thurs 7pm Chapel Hill), Heather (Carrboro Sunday, Webmaster Apprentice), Heidi (Wednesday 6pm Hillsborough), Diana (Saturday Raleigh)

Remembering OA fellows (several former IG members) who passed this month: Sid H., Morry S., Jim C., Elizabeth C.

Review and Approve Minutes (3 min): The May minutes were approved.

Treasurer's Report (Mary Anne, submitted electronically) (10 minutes)

- The numbers are fairly self-explanatory.
- The "Bequests and memorial gifts" line includes \$130.00 bequest from the estate of Jim C and two contributions in memory of Sid totally \$75.

	May Total	June Total	July 1–July 11
Beginning checking balance	\$ 14,208.43	\$ 14,301.96	\$14,259.56
Balance as of Meeting Report	\$ 14,195.39	----	\$ 14,759.96
Total Income from group Contributions	\$ 353.57	\$ 183.00	\$ 319.40
6am meditation meeting #800242-80248	\$ 75.00		\$ 50.00
Chapel Hill Tue 6pm #32098		\$ 183.00	
Durham Sat 10am #20756	\$ 49.00		\$ 57.00
Durham Sun 10/10:30am #45514/#51290			\$ 212.40
Fuqua-Varina Wed 1:30pm #00102/#56362	\$ 100.00		
Wilmington Sat 9:30am #24872	\$ 57.57		
Wilmington Wed 12pm #50278	\$ 72.00		
Intergroup 7th tradition	\$ 160.00	\$ 100.00	
Bequests and memorial gifts			\$ 205.00
Total Income	\$ 513.57	\$ 283.00	\$ 524.40
Total Expenses	\$ 420.04	\$ 325.40	
Email account with Google (monthly)	\$ 24.00	\$ 24.00	\$ 24.00
bank service charge		\$1.60	
WSBC Expenses (registration & printing)	\$ 231.00		
Annual Zoom renewal		\$ 299.80	
Website hosting annual payment	\$ 165.04		
Ending checking balance	\$ 14,301.96	\$14,259.56	
Beginning savings balance*	\$ 3,800.50	\$ 3,800.53	\$ 3,800.56
Interest earned	\$ 0.03	\$ 0.03	
Ending savings balance	\$ 3,800.53	\$ 3,800.56	
Ending total	\$ 18,102.49	\$ 18,060.12	
* prudent reserve +seed money			

Standing Committee Reports

Secretary (Colleen): No new issues

WSO (Mary Anne, Neill): no report

SOAR (Colleen): No new issues, Anne put a plug in for any possible submissions for the SOAR8 newsletter.

High Tech (Anne, Heather, Karen, Zach): Work on the web site is about to begin and should be completed within the next 2-3 months.

Group Outreach (Zach): Zach has been active with keeping up the contact information for the groups and updating the website.

Newsletter (Colleen): Submissions for the next newsletter are due by Aug 14: Wilmington Wednesday meeting. We discussed the removal of the groups list from the newsletter as it is redundant and the duplication of efforts seems to be leading to erroneous information. The website has the group information and should suffice. I will place the link for the website and area where the groups can be found along with contact information for Zach.

Ad Hoc Committee Reports

12th Step Within (vacant): no report

Public Information/Professional Outreach (vacant): no report

Bylaws/Policy and Procedures (On hold for now)

Business

Election of 12th Step Within Chairs: Mel and Diane (new) have self-nominated for 12th Step Within and they were elected by general acclimation. They have begun planning a Hope for the Holidays fall workshop via Zoom.

Website Update: The website team (Anne L, Heather, Karen, Zach) has selected and hired a designer (Heather Rose Design) and are excited to begin work with her. Samples of websites that use Heather's WordPress OA Hope Theme include <https://www.oadenver.org/>, <https://www.a2oa.org/>, <https://www.oacfi.org/>, and <https://oafootsteps.com/>. Her contract is attached to the email with the agenda.

Other New Business: Mary Anne discussed looking into ways that we can include the traditions in every meeting as well as the concepts of the month that we are missing now that we're only meeting every other month. We agreed to read all of the Traditions and the current and previous month's Concept at each meeting.

Thank You!

Intergroup thanks all those who made memorial gifts for fellows that passed this last month: we know they would appreciate these gifts to help continue to share the message of hope that OA provided to them and still provides to so many who share our compulsion!

Announcements

Newsletter Calendar

Without you, we have no content! Please send your ideas, original writings, artwork, or puzzles to newsletter@triangleoa.org; deadline is the night before the 2nd Saturday of the month. The theme is always the step, tradition, or concept of the month (so, Step/Tradition/Concept 1 in Jan, 2 in Feb, etc.) and associated spiritual principles, but you can always share whatever is on your heart regardless of the theme!

Upcoming dates:

WE NEED MEETINGS TO VOLUNTEER!!

Sep 11: Raleigh Tues 6pm

Oct 9: Thursday Chapel Hill 7pm meeting

Nov 13: **need a volunteer!**

Dec 11: **need a volunteer!**

Jan 15: **need a volunteer!**

Feb 12: **need a volunteer!**

Triangle OA Speaker List

Alice	919-271-3292
Anne L	919-360-8711 (text)
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
Tammy	919-274-4052

(updated Feb 2021)

Unity with Diversity

Mary Anne S, one of our World Service delegates, serves on the WSO Unity with Diversity committee. If you are part of a marginalized or underrepresented group in OA (e.g., persons of color, LGBTQ+, men, young people, people with different abilities), we need your insights and input to this important work. If you have experience with ways groups have made you feel particularly welcomed and safe OR with ways groups have made you feel not welcomed or not safe, and would be will to share your story, please text Mary Anne at 919-260-5693 to arrange a time to talk. You will remain anonymous when she takes stories back to the committee.

The Triangle OA Meeting List Has Moved!

Find the most up-to-date meeting list for Triangle OA on our website, triangleoa.org. By moving our meeting list exclusively online, we avoid trying to keep it updated in two locations, with inevitable inconsistencies! The online meeting list is organized into in-person, virtual, and hybrid. If you need to make a change to how your meeting is listed, please contact our Group Outreach Chair, Zach P., at zperry4@gmail.com or at 845-269-7399 (text or call).

Triangle OA Intergroup 12th Step Within Committee invites you to join us for some pre-holiday recovery-focused fun, experience, movement, strength, music, and hope!

Welcome Home for the Holidays!



No matter where you are during the holidays...

...**“you are not alone anymore. Welcome to Overeaters anonymous. Welcome home!”**

(source: Our Invitation to You © OA, 2021, <https://oa.org/app/uploads/2021/08/our-invitation-to-you.pdf>)

Workshop details...

Saturday, November 19, 2022

1:00 PM – 3:00 PM EST

Other time zones: 12-2 CST; 11-1 MST; 10-12 PST

Zoom details:

Meeting ID: 867 3868 6551

The meeting host will admit fellows to the workshop!

Suggested 7th Tradition donation of \$5 to support Triangle Intergroup, SOAR, and OA.

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

Activities include:

- Three speakers sharing their experience, strength & hope
- Fun and games
- Reflection time (you are invited to bring a journal)
- Gentle movement
- Question/answer and sharing time
- Music

 **OVEREATERS
ANONYMOUS®**
TRIANGLE INTERGROUP

For questions, please email: 12stepwithin@triangleoa.org

Durham Saturday OA

Invites you to join us for an...

In-Person Serenity Day

Activities :

- Video: Interview with Rosanne (OA's co-founder)
- Skit
- Panel of 3 fellows will share experience, strength, and hope
- Ask-it basket/sharing
- White elephant game
- Crafts

Date:

Saturday, Nov. 12, 2022

Time:

1:00—3:00 PM

Location:

**Westminster Presbyterian
Cahoon Cabin (The Hut)
3639 Old Chapel Hill Rd.
Durham, NC 27707**

For more info, contact:

**Harriette
919-452-1090**

And for a double dose of serenity as the holidays approach...

**SAVE THE
DATE**

**Triangle Intergroup's Fall ZOOM Recovery Event
Welcome Home for the Holidays!**

**Saturday, Nov. 19, 2022
1-3 PM**

For more info, contact 12stepwithin@triangleoa.org

