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# Triangle OA Recovery News



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## Step 10

**Continued to take personal inventory and when we were wrong, promptly admitted it. *Spiritual Principle: Perseverance***

“As we repeatedly act on Step 10, we begin to see the remarkable way the Steps can continue to remove unnecessary turmoil and pain from our lives... Reviewing our recent behavior, keeping our HP in charge of our lives, asking for guidance, and promptly admitting our errors, becomes a sane and satisfying way of life—far better than nursing our fears or building a fresh set of resentments to harbor.” —OA 12&12, p 74

## Tradition 10

**Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy. *Spiritual Principle: Neutrality***

“We compulsive eaters can learn a lot from OA’s Tenth Tradition about concentrating on our message and avoiding controversy. It is summed up in the saying ‘live and let live’... Tradition Ten frees us to concentrate on recovery from compulsive eating without the conflicts that seem to rage in the world around us.” —OA 12& 12, p 154,155

## Concept 10

**Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided. *Spiritual Principle: Clarity***

“Service is essential to recovery. We provide more opportunities for service by encouraging members to perform a variety of activities over time. When we clearly define job responsibilities, we assure that necessary tasks are accomplished and that conflicts related to specific duties are avoided.” —12 Concepts of OA Service pamphlet, p 12

## Tool of the Month: Literature & Writing

All our literature provides insight into our problem of eating compulsively, strength to deal with it, and the very real hope that there is a solution for us.” —*Tools of Recovery pamphlet, p.4*

In addition to writing our inventories and the list of people we have harmed, most of us have found that writing has been an indispensable tool for working the steps. Further, putting our thoughts and feelings down on paper, or describing a troubling incident, helps us to better understand our actions and reactions in a way that is not often revealed to us by simply thinking or talking about them.” —*Tools of Recovery pamphlet, p.5*

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*Disclaimer to the readers this month: As there were no writings submitted this month I wanted to address an issue I have noted. Some of you are aware that I recently had bariatric surgery.*

*Since then, I have discovered many of our fellows have also utilized this tool to assist with their weight loss journey. Some of us are so fearful of the reactions of our fellows we have been absent from groups we once loved and called home. Some of us are guarded and often do not tell others until we really get to know them or unless the other fellow raises the issue. OA has identified Bariatric Surgery as an outside issue. It is not an approved tool that is encouraged, but to those of us that have had surgery or are contemplating it, it is a tool of sorts much like coloring in adult coloring books, hanging out with our children or grandchildren, knitting, any other crafting or any other method of distraction we might utilize to stop our desire to give in to the disease.*

*I have also had the experience of listening to fellows adamantly exclaim that no one can succeed through surgery and continue on to argue against it. I feel that this is not helpful and is quite demeaning. I agree that surgery alone cannot heal us, if we seek the help of our Higher Power and feel that we are given a path in this direction then who else should tell us what is right for us? Prior to coming to OA, I had no Higher Power to ask. I had no emotional or mental health to help me ask for that direction.*

*I want to thank those fellows who have been so supportive through my journey. I am enjoying such a remarkable path of recovery, not from the harm eating has done to me but from the resentments and fear I was living through (or trying to live through). The surgery, well the surgery is just a tool, to me it is a way to help me control and hopefully overcome some of the prior damage of my disease. I pray every day for direction in my life and I live by the Serenity Prayer. That Prayer has likely been the driving force of the recovery I have had so far.*

*Please take some time and enjoy the following LIFELINE writings . Thank you. CB-Durham*



*Step 10 DIRTY LAUNDRY* [Step 10: Dirty Laundry - Lifeline \(oalifeline.org\)](http://oalifeline.org)

I was in the launderette flicking through one of their magazines when I saw something I quite liked.

"This is just a secondhand magazine," I thought. "It won't matter if I rip this page out and take it home."

I tore out the page discreetly, hoping no one would see. (The first sign of dishonest activity: secrecy!)

That evening as I reviewed my day, the magazine incident was on my mind. I didn't have peace around my actions, but most important, I knew not to eat over it.



The next day, I spoke with my sponsor. She suggested I make amends by apologizing to the lady who works at the launderette and donating a few magazines.

I thought, "Really? Is that really necessary?" But sometimes I just need to shut up and show up when it comes to cleaning up my act. My pride and ego can be powerful persuaders against saying sorry.

So I pocketed my pride. I explained to the lady that I am a member of OA, a Twelve Step recovery program, which is helping me be well today. I explained that part of my ongoing recovery is to be honest and to clear up any mistakes I make as I go along. I told her what I'd done, apologized for my actions, and gave her the magazines. She looked at me quizzically but received my apology and the magazines with kindness. I immediately felt better.

About a week later, I was back in the launderette, and the same lady asked, "So, was your problem under-eating?"

I said, "No way, my problem was definitely compulsive overeating."

Surprised, she replied, "I guessed you were an under-eater because you're nice and thin." Then she said, "I can't overeat anymore—I had a gastric band put in. Now when I do, I'm sick!"

That was the beginning of a wonderful, heartfelt conversation. I told her what things were like for me, what happened when I found OA, and how life is today. We relayed stories of our food hell, and I listened to her difficulties with food. I recognized the heavy burden of shame and hopelessness she was carrying.

When my clothes dried, I popped home and picked up some OA pamphlets with my phone number written on them. I gave them to her, offered my help if she wanted it, and wished her a good day. I let go of any expectation that she might call me soon. (It had taken me eight months!)

This experience confirms for me the importance of staying abstinent and telling people I'm a compulsive overeater. Not only do I owe it to myself to follow my food plan, work the Steps, and be honest with who I am, but also I owe it to the still-suffering compulsive overeater.

I am so grateful to God and to OA, the people who planted a seed of hope in my head. Now I can be a seed planter and carry this wonderful message to all who need and want it.

— Sacha, UK

*Tradition 10 We All Qualify* [we All Qualify - Lifeline \(oalifeline.org\)](http://weallqualify.org)

I am a compulsive overeater of a common variety, and there is little about me personally that would not fit right into the least diverse of OA meetings. I am female, white, and I have been in OA for six years with four years of continuous abstinence. I came into the rooms of OA morbidly obese and now am at a healthy body weight. I have maintained a more than 100-pound (45- kg) weight loss for years.

My home group recently had a meeting on the Third Tradition, and most of the sharing was about each person's fear of being shunned by the group because she or he didn't fit in. One young girl, who was not overweight, felt compelled to assure us that she was, in fact, a binge eater and quite desperate for relief from her suffering. Another woman had undergone a bariatric procedure, and although she lost the weight, she found she still needed OA and was afraid OA would not welcome her. In fact, every member of the room had a fear about not fitting in.

Many of us walk into the rooms of OA feeling "terminally unique." Some of us have obvious and legitimate reasons to feel so. I am not obviously different from everyone else, but the first words out of my mouth at my first OA meeting were, "This isn't going to work, and here's why," and going on to insist that I was just so broken OA couldn't fix me.

We are a diverse lot, and as OA continues to reach people all over the world, our differences will continue to grow in prominence. Whether our differences are racial, cultural, spiritual, or gender-based, or even whether we're anorexic, bulimic, or compulsive overeaters, we all have in common that we eat compulsively. The rooms of OA are available to us, and we qualify for membership as long as we have a desire to stop eating compulsively. We are united in a common illness and a common solution. Thus, it is in unity that we can join the ranks of those who recover. Our diversity, while both legitimate and present, does not bar us from that recovery.

However much we may stand out as not like other members, my experience is that most people believe themselves to be somehow alienated from the group. I certainly thought so. OA welcomes all who wish to find the solution within our rooms. I have met people of all types in OA, and I have yet to meet the one who is terminally unique.

— Joy C., Denton, Texas USA





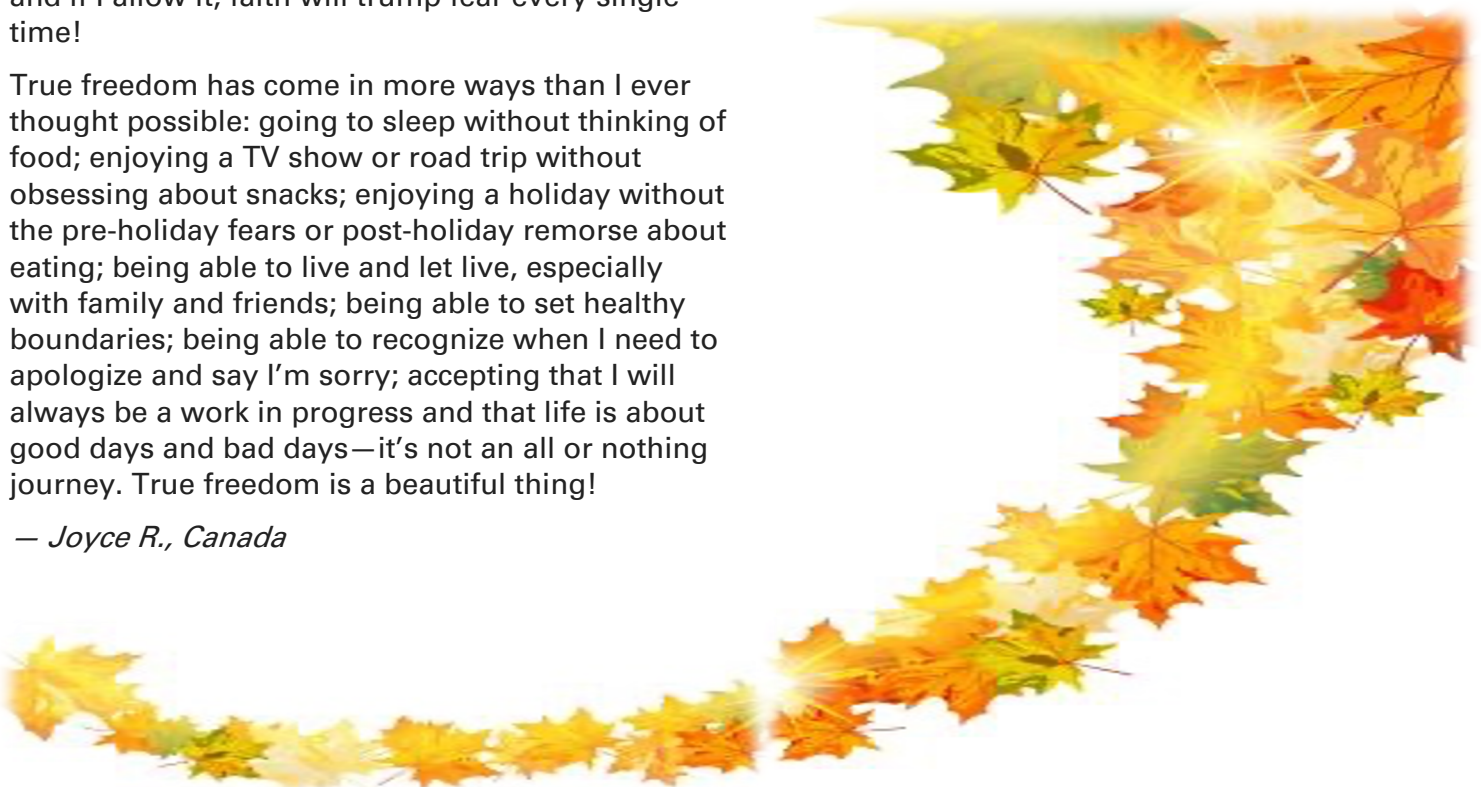
When a fellow OA member suggested I reflect on what true freedom looks like for me, I discovered I could probably write a book. Before OA, I truly felt I already had it in the form of a solid career, a warm and loving home, the freedom of living where I lived, and more. Even today, I cannot dispute anything on my long list. After nearly a decade of learning through the Twelve Steps of OA, however, I now recognize what I had was freedom, but it was not necessarily true freedom.

Today, true freedom, for me, can be summed up in three words: peace of mind. You see, I never had peace of mind while I was enjoying my career, home, and family; I was deeply tormented. Physically, I was overweight and progressing toward type 2 diabetes. Emotionally, I was losing my self-esteem and self-respect. I was spending far too much time obsessing about food, while trying in vain to convince myself of everything from “I got this” to “who cares,” depending on the day. And I was under the illusion that I should try to control everything and everyone around me. (It’s hard for me to write that without smiling at my naiveté.) Spiritually, I was somewhere between numb and confused at best. That freedom was a far cry from my true freedom.

Today, I have peace of mind that represents my true freedom. Aside from my original list (minus the career since I’m now happily retired), the picture has changed beyond my wildest dreams! Physically, I have shed pounds and am at a weight that I’m comfortable with. The mirror is now a convenience and not a spotlight for my flaws. I’ve kept only one clothing size in my closet for the past several years. My health has never been better, and two years ago, my doctor said my blood test results were as healthy as an adolescent’s. Emotionally, I have a healthy self-esteem. (I’m no better or worse than the next person—who knew!) I have a ton of self-respect because I accept who I am, warts and all. I’ve gone from the roller coaster of denial and defiance to knowing I’m a compulsive overeater who has found sweet recovery one day at a time. I accept that I will never again have the luxury of thinking, “I got this,” but that’s okay because I have the Twelve Steps to guide me. Spiritually, I have a Higher Power of my own understanding that I lean on daily in all things. Where there was confusion, I now have faith, so I don’t need more clarity to proceed. I have come to a place where I can ask for and receive guidance, and if I allow it, faith will trump fear every single time!

True freedom has come in more ways than I ever thought possible: going to sleep without thinking of food; enjoying a TV show or road trip without obsessing about snacks; enjoying a holiday without the pre-holiday fears or post-holiday remorse about eating; being able to live and let live, especially with family and friends; being able to set healthy boundaries; being able to recognize when I need to apologize and say I’m sorry; accepting that I will always be a work in progress and that life is about good days and bad days—it’s not an all or nothing journey. True freedom is a beautiful thing!

— *Joyce R., Canada*



# Announcements

## Newsletter Calendar

Without you, we have no content! Please send your ideas, original writings, artwork, or puzzles to [newsletter@triangleoa.org](mailto: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, and so on 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!!**

Oct 9: Thursday Chapel Hill 7pm meeting

Nov 13: Durham T/Th 12:30 meeting

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](http://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](mailto:zperry4@gmail.com) or at 845-269-7399 (text or call).

Triangle OA Intergroup 12<sup>th</sup> 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 7<sup>th</sup> 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](mailto: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](mailto:12stepwithin@triangleoa.org)**