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Triangle OA Recovery News



Triangle OA Recovery News is a publication of Triangle OA Intergroup

P.O. Box 12525 • Durham NC 27709

The views expressed reflect those on individual writers and do not represent OA as a whole.

To subscribe to the newsletter by email, send an email to the webmaster at webmaster@triangleoa.org

TRIANGLE OA INTERGROUP TRUSTED SERVANTS

We have dedicated triangleoa domain email addresses for some roles to provide continuity or anonymity (for more public-facing roles). We encourage you to use those for Intergroup business, so we retain institutional memory. Please be patient in awaiting a reply – these are all volunteers and dedicated email accounts are not checked daily.

We also ask you to respect the anonymity of those in positions without such an email address and not to misuse their personal email address provided here, or any of our personal phone numbers.

OFFICERS

Chair: Anne L., chair@triangleoa.org, 919-360-8711 (text first)

Vice-chair: Karen V. kvradelis@icloud.com, 919-667-3793

Treasurer: Mary Anne S., treasurer@triangleoa.org, 919-260-5693

Secretary: Colleen B., col.boatrigh@icloud.com, 919-309-5710

REGION and WORLD SERVICE REPS

(2 each for 2-yr terms):

WSBC Delegate: Neill M (1 yr remaining), Mary Anne S. (term expiring)

SOAR: Colleen B. (1 yr remaining), 2nd rep slot vacant

COMMITTEE CHAIRS

Tech/Webmaster: Anne L., webmaster@triangleoa.org (send newsletter subscribe requests here and anything about the website, zoom account, or email lists)

Newsletter Editor: Colleen B., newsletter@triangleoa.org (send newsletter submissions here)

12th Step Within: Mel F. and Diane, 12stepwithin@triangleoa.org

Group Outreach: Zach P., outreach@triangleoa.org (send meeting changes here)

PIPO: vacant

Parliamentarian: vacant

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We'll be electing new trusted servants at the November Intergroup meeting: November 19, 10:15am by Zoom. Contact the webmaster for Zoom link. Meanwhile, please consider if you might be called to any of the positions at left, especially vacant ones, but also any others – rotation of service is a good thing even when incumbents are willing to continue another year!

Step, Tradition, and Concept

<h2>Step 11</h2>	<p>Sought through prayer and meditation to improve our conscious contact with God <i>as we understood Him</i>, praying only for knowledge of His will for us and the power to carry that out. <i>Spiritual Principle: Spiritual Awareness</i></p> <p>"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 p8</p>
<h2>Tradition 11</h2>	<p>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. <i>Spiritual Principle: Anonymity</i></p> <p>"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."</p> <p>— OA 12&12 p161</p>
<h2>Concept 11</h2>	<p>Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs, and consultants. <i>Spiritual Principle: Humility</i></p> <p>"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." — <i>The Twelve Concepts of OA Service</i>, p12</p>



Tool of the Month: Anonymity

The protection of anonymity offers each of us freedom of expression and safeguards us from gossip. Anonymity assures us that only we, as individual OA members, have the right to make our membership known within our community. Within the Fellowship, anonymity means that whatever we share with another OA member will be held in respect and confidence. What we hear at our meetings should remain there. However, we understand that we must not allow anonymity to limit our effectiveness within the Fellowship. It is not a break of anonymity to use our full names within our group or OA service bodies. Also, it is not a break of anonymity to enlist Twelfth-Step help for group members in trouble, provided we are careful to refrain from discussing any specific personal information.—OA *Tools of Recovery* pamphlet, p.6

Step 11

Luckily, years ago as a newcomer I read in a daily reader that writing and reading recovery literature was a form of meditation. That has be a gift because I was unable to get quiet physically or mentally for formal prayer and meditation.

As a result, over the years a daily discipline of reading and writing was established and created a connection to my higher power – a foundation.

I also experienced that if I put my body in motion, by walking in nature or working in the garden and putting my hands in the earth - my mind would quiet and I would receive clarity / awareness's from God.

Then in January of this year, I got to be part of a group that started a daily QA meditation meeting that meets every morning at 6:30 am. Being part of this group, being in connection – has helped me show up and do the daily disciplines of formal meditation.

I am grateful that I can trust God's plan for me and the timing.

—Cheryl Y.



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.

I've spent most of my adult life on a hamster wheel, chasing recovery from food addiction through diet-and-calorie clubs, self-help gurus, and faith healers. I'm like a modern version of the 19th century Russian veteran who sought a cure for his addiction by tracking down the icon of the Inexhaustible Chalice in a city south of Moscow. Recovery was always elusive until I discovered the OA program in the education room of a suburban Virginia church 14 years ago. I stopped running. I put down the food. I opened myself up to a Higher Power and gave away 70 pounds.

Maintaining that recovery and striving for more, for me, requires working the steps, and a simple discipline:

1. In the morning I write a share to my sponsor based on a reading from OA literature.
2. I attend as many meetings as I can by phone or online (I live in rural North Carolina now).
3. I look for Higher Power around me throughout the day. Many times, I have to be the one carrying the message for myself.
4. At night, I do as my sponsor suggests: Make a gratitude list.

Waking up abstinent is a glorious gift.

As often as I can, I walk the outdoor labyrinth in the larger town next to mine (look at the World-Wide Labyrinth Locator online to find one near you). I stand at the entrance with a stone in my hand and offer myself to Higher Power. What happens as I meditate and walk the winding path toward the center is different every time. What I leave with the stone when I reach the center is powerful. One evening as I exited, a group of noisy starlings suddenly went silent and launched into the sky like an angler casting out a net over waters. It was magnificent.

I have only to think of myself in one of my worst binges, careening in a car while trying to eat something on the front seat, or waking up in a bed after having passed out with food wrappers all around me, to appreciate what working Step 11 offers me. Like the Russian pilgrim who sought the icon, I continue on my journey of recovery. God, as I understand him, is with me.

—Cindy B

A Rainbow Meditation

Start by sending Love to, receiving Love from my dear inner self.

Breathe in. Breathe out.

Relax and welcome the embrace.

Feel the surface underneath, providing a safe anchor, and, in turn, receiving strength and stability to surround us while we are here.

Imagine, for a moment, the color Red. How does it look? Does it smell? Does it make a sound? Does it have a taste? Perhaps, a texture on our fingers?

Reflect for a moment. And when ready,

Imagine the color Orange. You might slowly shift - imagine moving from space to space or the color coming to you. What is changing? What is the same? Inhale. Exhale. Feel the color.

When ready, Imagine the color Yellow. How does it feel? Is it hot or is it cool? Is it strong or weak? Does it change or remain the same?

Where, in your body, are you most aware of it? Or not?

And pause as you become more certain. And imagine. If you can.

The color Green. Is it a place? Is it a person? Is it in the past or in the future? Does it make you happy? Or sad? Or another emotion - can you put some words on it? Or does it defy explanation?

Count. One. Two. Three. Count Four, Five, Six.

You may choose. You may direct.

And the Color changes to Blue. Pale and soft; Dark and bold. Ebb and flow. In and out. High and low. And places in between. Blue.

Wait. What's next? Violet or, perhaps, purple. Or both. Be curious. Explore a little or a lot. The beloved is safe to be inside your mind. Secure. At peace. Surrounded by love. And

Love is a bright, white light. It washes over you, gently smoothing over the tender places that need soothing. A soft touch. A healing touch. Lingering and protecting. To be carried forward as you slowly become aware of the room around you. What comes first? A sound, perhaps. Or a thought you want to attend to. Insistent? Or maybe interesting? How does that feel?

Breathe in. Stretch. Breathe out. Stretch.

Thank you, dear one, for spending a little time together. I love you so much!

—Anonymous.



Step 11 Reflection

Last December as we were discussing step 11 I mentioned I had been attending a daily meditation meeting in another 12th step program and how powerful it had been. I took a deep breath and told my group I want to start one in OA - anybody interested? More than half of the people said they were and within two weeks we were ready to start a daily, 6:30am, OA meditation meeting.

As we planned to begin on January 3 some wondered if we could really get people to come every day - even on weekends - at 6:30 in the morning. We decided to try and see what would happen. Within two weeks we were averaging at least 15 people and many were coming from non-Eastern time zones.

Today we average 35-40 and we have had every continent - except Antarctica - represented at least once. As someone who has been in recovery for more than 40 years and only got into meditation because Step 11 said I had to, I'm surprised how powerful and transformational a daily meditation meeting has been.



Step 11 invites us into regular prayer and meditation to better understand our HP's will for us and the courage to act on that will. I know when I first practiced prayer and meditation I was lost at how to do it "right". It took me many years to realize the only wrong way to do it was to not do it.

In the last ten months it's been amazing to watch others learn how to embrace step 11 and to see how many different ways there are to pray and, especially, meditate. This old dog is continuing to learn new tricks!

My favorite story about our meeting is a conversation I had with someone who was new to the Saturday meeting in January. He was asking what meetings were good to attend. I let him know we had just begun a daily 6:30am meditation meeting and we'd love to have him stop by. He said what I would have said when I started the program, "I'm willing to go to almost any lengths but not that one!"

I'm grateful that so many people are willing to go to the lengths of showing up every day and opening themselves up to the wisdom, joy and occasional pain that regular meditation inspires. And then sharing it all with each of us. Join us!



The Eleventh Step Prayer

Lord, make me a channel of thy peace...

- ... that where there is hatred, I may bring love
- ... that where there is wrong, I may bring the spirit of forgiveness
- ... that where there is discord, I may bring harmony
- ... that where there is error, I may bring truth
- ... that where there is doubt, I may bring faith
- ... that where there is despair, I may bring hope
- ... that where there are shadows, I may bring light
- ... that where there is sadness, I may bring joy.

Lord, grant that I may seek rather to comfort than to be comforted...

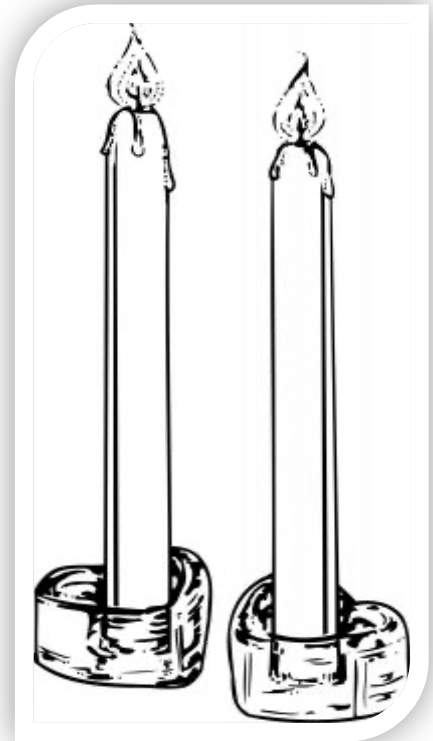
- ... to understand than to be understood
- ... to love than to be loved.

For it is by self-forgetting that one finds.

It is by forgiving that one is forgiven.

It is by dying that one awakens to eternal life.

Amen



Reprinted from the book Alcoholics Anonymous (Twelve Steps and Twelve Traditions) with permission of A.A. World Services, Inc

*Please join us in thanking the Mediation meeting g
for all of their wonderful submissions this month.*



Triangle Intergroup Minutes

September 17, 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), Katie (Rocky Mount, meeting start up guest), Cynthia (Saturday Morning Raleigh), Diane F (Greenville meetings)

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

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

- Rise in email account expenses. (Webmaster opinion?)
- Memorial gifts were for Sid and one for Elizabeth C

	July Total	August Total	September 1--15
Beginning checking balance	\$ 14,259.56	\$ 14,759.96	\$ 14,858.10
Balance as of Meeting Report	\$ 14,759.96	--	\$ 14,975.30
Total Income from group Contributions	\$ 319.40	\$ 264.13	\$ 72.00
6am meditation meeting #800242-80248	\$ 50.00	\$ 35.00	
Durham Sat 10am #20756	\$ 57.00		
Durham Sun 10/10:30am #45514/#51290	\$ 212.40		
Greenville Thu 7pm #46318		\$ 51.91	
Raleigh Wed 7am #00394		\$ 24.82	
Raleigh Sat 9am #16772		\$ 152.40	
Wilmington Wed 12pm #50278			\$ 72.00
Intergroup 7th tradition			
Bequests and memorial gifts	\$ 205.00	\$ 70.00	\$ 75.00
Total Income	\$ 524.40	\$ 334.13	\$ 147.00
Total Expenses	\$ 24.00	\$ 235.99	\$ 29.80
Annual polst office box rental		\$ 212.00	
Email account with Google (monthly)	\$ 24.00	\$ 23.99	\$ 29.80
Ending checking balance	\$ 14,759.96	\$ 14,858.10	
Beginning savings balance*	\$ 3,800.56	\$ 3,800.59	\$ 3,800.62
Interest earned	0.03	0.03	
Ending savings balance	\$ 3,800.59	\$ 3,800.62	
Ending total	\$ 18,560.55	\$ 18,658.72	
* prudent reserve +seed money			

Standing Committee Reports

Secretary (Colleen): No new issues

WSO (Mary Anne, Neill): Next conference dates announced April 25-29 will be offered as in person only. Mary Anne is still working with the committee on Diversity and inclusion to produce a welcoming inventory. Mary Anne's tour of duty will end this year and we will need someone to take over that position

SOAR (Colleen): Next SOAR Assembly and Conference is in October 21-23 there are multiple positions open so if you are looking to serve please register to attend.

High Tech (Anne, Heather, Karen, Zach): Work on the web site is expected to be available for IG members to evaluate late November we will plan to copy material from the old website starting back from 2020 (January). Karen offered to extract the minute from the old newsletters to make them available and Mary Anne offered to help with that process as some have already been extracted for other reasons.

Group Outreach (Zach): Zach is working with Katie to help start up a meeting in Rocky Mount – Offers of support with materials and a small amount of seed money was approved – That group will likely meet on Thursday evenings from 7pm – 8pm and will focus on Big Book recovery.

Newsletter (Colleen): Looking for groups to sign up for when they would like to submit writings in the next year.

Ad Hoc Committee Reports

12th Step Within (Mel & Diane): These Ladies are working on the Hope for the Holidays Serenity Day with Buffie assisting this will be offered Nov 19th – Please see the later in the announcements.

Public Information/Professional Outreach (vacant): no report

Bylaws/Policy and Procedures (On hold for now)

Business.

IG members approved \$100.00 seed money for the Rocky Mount meeting.

Discussion re storage space needs – Karen and Mary Anne were to get together to find an appropriate space.

Heidi will update the IG rep information for the new website.

There was discussion about providing the Group outreach and PIPO positions with gmail accounts.

Colleen will put together a list of IG Board Chairs w/ contact information and submit it at the next meeting for the new web site.

Meeting was adjourned after a short recovery meeting.

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!!

Nov 13: Durham T/Th 12:30 meeting

Dec 11: **need a volunteer!**

Jan 15: Thursday Chapel Hill 7pm meeting

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