



Triangle OA Recovery News



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Step 12

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs. *Spiritual Principle: Service*
“Most of us know someone who died of this devastating disease. Let’s not waste any more precious time; let’s reach out to the next name on our disease’s victim list. Please consider your fellow OA friends who may be struggling. Take a moment to think of them. Take a minute to pray for them. Take a few minutes to text or email them. Take some time to make a phone call. Take more time to visit or meet with them. Take the time and make the effort to give them a ride to your meeting. This is a “we” Fellowship! Whenever we reach out to help someone else, from the smallest aid to the grandest of gestures, it strengthens our own recovery as well. One of my favorite phrases is “together we get better.” And when we reach out, the person we may be helping the most is ourselves!” *Time for Twelfth Step Within - Lifeline (oalifeline.org)*

Tradition 12

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities. *Spiritual Principle: Spirituality*
“Thus, it is to promote our own recovery that we cultivate the attitude of humility implied in Tradition Twelve. As we continue to grow spiritually, we begin to lose our desire for prestige in OA and in other areas of our lives. It is satisfaction enough to be in recovery—fully functioning and contributing as human beings.” —OA I2&I2 p167

Concept 12

The spiritual foundation for OA service ensures that:
(a) No OA committee or service body shall ever become the seat of perilous wealth or power; *Spiritual Principle: Selflessness*
(b) Sufficient operating funds, plus an ample reserve, shall be OA’s prudent financial principle; *Spiritual Principle: Realism*
(c) No OA member shall ever be placed in a position of unqualified authority; *Spiritual Principle: Representation*
(d) All important decisions shall be reached by discussion, by vote, and, whenever possible, by substantial unanimity; *Spiritual Principle: Dialogue*
(e) No service action shall ever be personally punitive or an incitement to public controversy; *Spiritual Principle: Compassion*
(f) No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action. *Spiritual Principle: Respect*

Abstinence and Recovery

Tool of the Month

Abstinence is the *act of refraining* from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.
Recovery is the *removal of the need* to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve-Step program.

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Step 12- Having had a spiritual awakening as the result of these steps....

Some time back I attended an OA meeting whose format is to focus on the individual words contained in the steps. Having. Had. A. Spiritual. Awakening.... After a lot of eye-rolling from me, my attitude has since shifted to "Maybe they're onto something." We spent an entire meeting on the word Having. Having means gaining or getting...experiencing, and isn't that my principal aim—to experience healing?

What I get and experience for showing up is better than anything I could buy, or that late-night TV might offer. I get me—I experience the real me, the better me, the grounded me, the loved me, the beautiful me I've been seeking all my life. Better still, I get a Higher Power, an everlasting relationship more loving than the best boyfriend I could dream up. My Higher Power doesn't judge me for eating too much. My God says, "Let's try again. How about this time *together*?" God doesn't conditionalize love—if you do this, then I'll do that. God loves me unconditionally. God doesn't make me rich or poor, liked or disliked by others, successful or a failure. God cares simply that I show up and learn about—and experience—myself—and my God. God invites me into a relationship far exceeding my wildest dreams. As an addict, I don't believe this to be possible. In fact, the disease wants me to distrust HP's love, to see trials and tribulations as evidence God that is NOT. A good time to repeat Step 3; I talk back to the disease with the strong words, "For today, I *decide* to trust that God IS; God is loving; and God is for me." I decide to trust this to be true—whether or not I believe it. My experience of working all the steps is HAVING a spiritual experience. For this I am forever changed and forever grateful.



When I came to OA, like many others, I just hoped to get help with my food compulsions and to lose weight. I had no idea that the 12 Steps were a life program. I am learning and benefitting from trying "to practice these principles in all (my) affairs." Yes, OA has helped me a lot with food and weight loss. Carefree days when food does not call my name or occupy my thoughts are very important to me. Even more important are the principles that make my life better: honesty; hope; acceptance; reliance on a higher power of my understanding; reaching out for help; being accountable to others for my behavior; and willingness to be humble, to learn and to change, among others. It is all a work-in-progress for me and I'm grateful.

- Anonymous





Step 12 from Step 12: Someone to Protect - Lifeline (oalifeline.org)

Having had a spiritual awakening in this program, I now view myself as a unique and precious child of God. It has transformed my approach to myself.

But when I compare myself to others, I feel "less than." Since I am unable to eat the foods they eat and perform the simple behaviors they do, I conclude there's something wrong with me that needs to be brought to submission and controlled.

If I instead think of myself as one of God's creations, I see myself as valuable and worthwhile. I know I don't deserve to be hurt by a disease or by thoughtless, clueless people. I see myself as someone who needs help and protection.

I'm more inclined to feel compassion for a human who needs protection than for a defective person who needs to be controlled. It's much easier to come to my own aid when I perceive myself as needing help rather than punishment or restraints. So these days I focus on protecting, not controlling, myself.

Preparing abstinent meals protects me from the hunger that makes me seek snacks. Making a shopping list before I enter the store protects me from the siren's song of items that would do me in. Looking at restaurant menus online before eating out protects me from tempting meals that would break my abstinence. Deciding on substitutions in advance protects me from the notions that I shouldn't make a disturbance at a restaurant and that I should just take what I am given.

When I plan three meals in advance, I gain protection from foods in my fridge that are okay for my spouse to eat but not for me. Spacing my meals protects me from voices that call for me to use food for comfort. My plan of eating and action plan protect me from "surprise" foods such as grocery store samples, workplace treats, and holiday food gifts.

Removing trigger foods from my realm of choices protects me from the craziness that always ensues after eating even one bite. Connecting to God in prayer before meals protects me from the self-pitying thoughts of the disease, and allows me to eat slowly, mindfully, and with gratitude, regardless of what my companions are eating.

I am much better at protecting myself than I ever was at controlling myself. But I can't do it alone. My participation in OA protects me from my own thoughts, and when I find myself really slipping, I step away and pray. My prayers protect me from myself and invite God to guide my actions.

Having had this spiritual awakening as a result of working the Steps, I try to practice this approach in all my affairs and to carry this message to those who suffer from a lack of connection to their Higher Power.

— Mard, Arizona USA



Announcements

**Thank you to the
Durham T/Th 12:30 meeting
For the submissions this month.**

Triangle OA Speaker List

Alice.....919-271-3292
Anne L.....919-360-8711 (text)
Atiya919-302-1030
Elizabeth919-929-5936
Heidiheidicoach4you@gmail.com
J.V.919-233-9777
K.C.919-612-2000
Liz919-649-2088
Mary Anne919-260-5693
Neill919-789-9402
Robin919-667-7546
Tammy919-274-4052
(updated Feb 2021)

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).

Newsletter Calendar

Newsletter Schedule and Deadlines Have Changed!

To simplify newsletter deadlines and eliminate confusion, we're making a couple changes to the newsletter schedule:

- Submissions will now be due on the **15th of each month** for the following month.
- Issues will be published in the month named, not the month before

The theme remains the Step, Tradition, or Concept of the month (so, Step/Tradition/Concept 1 in January, S/T/C 2 in February, etc.) and associated spiritual principles, but you can always share whatever is on your heart regardless of the theme! So, for the February newsletter:

- The theme is Step/Tradition/Concept 2 and their spiritual principles
- Submissions are due January 15
- Newsletter will be published mid-February.

Remember, without you, we have no content! Please send your ideas, original writings, artwork, or puzzles to newsletter@triangleoa.org;

Intergroup Trusted Servants for 2023

At the November 2022 Intergroup meeting, we elected new board members, reps, and chairs, and we have a full slate of trusted servants for Intergroup for the first time in several years! Hoorah!!! Full minutes next newsletter, but meanwhile...

Chair: Anne L. (chair@triangleoa.org)

Vice Chair: Karen V.

Treasurer: Mary Anne S. (treasurer@triangleoa.org)

Secretary: Dana B.

Webmaster: Heather O. (webmaster@triangleoa.org)

Newsletter: Colleen B. (newsletter@triangleoa.org)

Group Outreach: Zach P. (outreach@triangleoa.org)

PIPO: Liz V.

12th Step Within: Mel F. and Diane C. (12stepwithin@triangleoa.org)

WSBC Reps: Neill M. and Cheryl Y.

SOAR Reps: Colleen B. and Karen V.

Parliamentarian: OK, this one is still technically vacant, but Mary Anne S. is sort of our unofficial parliamentarian!

Who to contact for common issues:

If you need to...

Sign up to receive the newsletter by email

Change your email for receiving the newsletter by email

Get something posted to the website

Report a problem with the website

Make a correction or change to a meeting listing on TriangleOA.org

Have a meeting change made on the OA.org website

Report your meeting is closing (or you're starting a new one)

Submit a writing to the newsletter

Make or check on a 7th tradition contribution

Volunteer to help with a serenity day event

Get help with anything else

Contact...

webmaster@triangleoa.org

webmaster@triangleoa.org

webmaster@triangleoa.org

webmaster@triangleoa.org

webmaster@triangleoa.org AND

outreach@triangleoa.org

outreach@triangleoa.org

outreach@triangleoa.org

newsletter@triangleoa.org

treasurer@triangleoa.org

12stepwithin@triangleoa.org

chair@triangleoa.org

Note that most of us do not monitor these email addresses daily (but should at least weekly), so be patient. If you don't get a response within a week, try again; if you still don't get a response, try texting, calling, or emailing the person directly if you have their contact info; otherwise, email the chair.