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Triangle OA Recovery News



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The Steps

The Twelve Steps are the heart of the OA recovery program. They offer a new way of life that enables the compulsive eater to live without the need for excess food.

The ideas expressed in the Twelve Steps, which originated in Alcoholics Anonymous, reflect practical experience and application of spiritual insights recorded by thinkers throughout the ages. Their greatest importance lies in the fact that they work! They enable compulsive eaters and millions of other Twelve-Steppers to lead happy, productive lives. They represent the foundation upon which OA is built. [The Twelve Steps of OA - Overeaters Anonymous San Fernando Valley \(oasfvalley.org\)](http://oasfvalley.org)

The Traditions

The Twelve Traditions ensure the well-being of the groups. Although the Traditions were developed to prevent group problems, each member can also practice the principles of the Twelve Traditions in personal relationships. The Steps and Traditions have been hammered out by hard experience. We find them vital to the growth and life of OA. [The Twelve Traditions of Overeaters Anonymous \(oa.org\)](http://oa.org)

The Concepts

The Twelve Concepts of OA Service, adopted by the World Service Business Conference (WSBC) in 1994, help us apply the Steps and Traditions in our service work, which is an important part of the OA program. The Concepts define and guide the practices of the service structures that conduct the business of OA.

The Tools

As we work the Overeaters Anonymous Twelve Step program of recovery from compulsive eating, we have a number of Tools to assist us. We use these Tools—a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service—on a regular basis, to help us achieve and maintain abstinence and recovery from our disease. [Tools of Recovery - Overeaters Anonymous \(oa.org\)](http://oa.org)

What's Inside

Inside:

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HAPPY HOLIDAYS IN OA

Happy, joyous, and free is what we can be in this Twelve Step program.

Attitude change—the only person we focus on changing is ourselves.

Prayer is suggested as a form of meditation—a strong component of the Eleventh Step.

Problems begin to lose the magnitude they once had (when we do the necessary Step work).

You need never be alone again—we have a Higher Power to guide us, and we have other people around who understand us.

Hunger will become physical hunger, not emotional hunger.

Occasions such as holidays are about friendship and family instead of food.

Love for self is about self-caring—taking care of ourselves, setting healthy boundaries, and saying “no” when necessary.

In the beginning (and as long as necessary), it is important that our recovery come first in all we do.

Do you have a sponsor and a support group? Both are necessary for recovery. If not, find them. You won’t be disappointed.

Accepting what cannot be changed is a stepping stone to changing what can.

Yes, our recovery is dependent on actively working the Twelve Steps. Start and continue working Steps One through Twelve to be amazed before “we are half way through” (*Alcoholics Anonymous*, 4th ed., p. 83)

Size and weight are not our real issues. The Big Book says clearly, “When the spiritual malady is overcome, we straighten out mentally and physically” (p. 64).

— Norinne M., Fort Myers, Florida USA [Season's Greetings from Program - Lifeline \(oalifeline.org\)](http://oalifeline.org)



WELCOME HOME (The unabridged version) :

Have you ever wished you could lose ten pounds, twenty, forty, or a hundred or more? Have you ever wished that once you got it off you could keep it off? Welcome to OA; welcome home!

Have you sometimes felt out of step with the world, like a homeless orphan without a place where you really belong? Welcome to OA; welcome home!

Have you ever wished your family would get to work or school so that you could get busy eating? Welcome to OA; welcome home!

Have you ever awakened first thing in the morning and felt happy because you remembered that your favorite goodie was waiting for you in the fridge or in the cupboard? Welcome to OA; welcome home!

Have you ever looked up at the stars and wondered what an insignificant person like you was doing in the world anyway? Welcome to OA; welcome home!

Have you ever cooked, bought or baked for your family and then eaten everything yourself so that you wouldn't have to share? We know you in OA because we are you. Welcome to OA; welcome home!

Have you ever wanted to hide in the house, without going to work, without getting cleaned up or even getting dressed, without seeing anyone or letting anyone see you? Welcome to OA; welcome home!

Have you ever hidden food under the bed, under the pillow, in the drawer, -in the bathroom, in the wastebasket, the cupboard, the clothes hamper, the closet or the car so that you could eat without anyone seeing you? Welcome to OA; welcome home!

Have you ever been angry, resentful, defiant – against God, your mate, your doctor, your mother, your father, your friends, your children, the salesperson in the store whose look spoke a thousand words as you tried on clothes – because they were thin, because they wanted you to be thin, and because you were forced to diet to please them or shut them up or make them eat their words and their looks? We welcome you to OA; welcome home!

Have you ever sobbed out your misery in the dark night because no one loved or understood you? Welcome to OA; welcome home!

Have you ever felt that God (if God existed at all) made the biggest mistake when God created you? Can you see that this is where such feelings get turned around? Welcome to OA; welcome home!

Have you ever wanted to get on a bus and just keep going, without ever once looking back? Did you do it? Welcome to OA; welcome home!

Have you ever thought the whole world was a mess and if they would just think and act like you, the world would be a lot better or. Welcome to OA; welcome home!

Have you ever thought that OA people must be a bit nuts? That they might be compulsive overeaters, but you just have a weight problem which you can take care of beginning tomorrow; they might be one bite from insane eating, but you are just a little or a lot overweight? Welcome to OA; welcome home!

Have you ever told anyone who would listen how great you are, how talented, how intelligent, how powerful – all the time knowing they would never believe it, because you didn't believe it? Welcome to OA; welcome home!

Have you ever lost all your weight and found that you were thin-unhappy instead of fat-unhappy? Welcome to OA; welcome home!

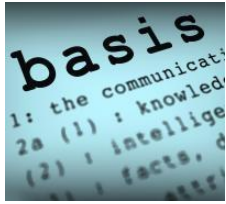
Have you ever worn a mask or hundreds of masks because you were sure that if you shared the person you really were no one could ever love or accept you? We accept you in OA. May we offer you a home?

Overeaters Anonymous extends to all of you the gift of acceptance. No matter who you are, where you come from or where you are heading, you are welcome here! No matter what you have done or failed to do, what you have felt or haven't felt, where you have slept, or with whom, who you have loved or hated – you may be sure of our acceptance. We accept you as you are, not as you would be if you could melt yourself and mold yourself and shape yourself into what other people think you should be. Only you can decide what you want to be.

But we will help you work for the goals you set, and when you are successful we will rejoice with you; and when you slip, we will tell you that we are not failures just because we sometimes fail, and we'll hold out our arms, in love, and stand beside you as you pull yourself back up and walk on again to where you are heading! You'll never have to cry alone again, unless you choose to.

Sometimes we fail to be all that we should be, and sometimes we aren't, there to give you all you need from us. Accept our imperfection too. Love us in return and help us in our sometimes- falling failing. That's what we are in OA – imperfect but trying. Let's rejoice together in our effort and in the assurance that we can have a home, if we want one. Welcome to OA; welcome home!

– Lifeline {September/October 1977}



The Principles Explained

Recovery can be scary. Many people hear about the 12 Steps made famous by AA and think that the whole process is just too hard. This is why it is so important to have a better understanding of the 12 Principles of Recovery. The 12 Principles are basic spiritual concepts that guide the Steps. If you can grasp the underlying idea behind each Step, it makes it easier to follow the path of sobriety. Let's take a closer look at each of the 12 Principles of Recovery and how they relate to the Steps.

The 1st Principle—SURRENDER If you are like most addicts, your substance use was at least partially fueled by your stubbornness. You cope with your problems in your own way, to numb uncomfortable stress and emotions. And when THAT became a problem, you insisted that you could manage just fine on your own. It hasn't exactly worked, has it? But when you ADMIT that your best intentions are unequal to the task and SURRENDER to the reality of your addiction, you open yourself up to other possibilities that may be right for you. Surrendering does NOT mean giving up. On the contrary, it means you now have the FREEDOM to move beyond your own will and ego.

The 2nd Principle—HOPE - "*came to believe*". Could there possibly be any better definition of how HOPE blossoms? Active addiction means the opposite – confusion, chaos, pain, shame, mounting consequences, and worst of all, deepening despair that your life will ever get better. When you look around, it's obvious that people can and do recover from even the most severe addictions, even if you have no idea how to emulate their successful return to sobriety. And because those people seem no better or stronger than you are, it's also obvious that they received help from someone or something beyond their own will. For lack of a better term, this someone or something is usually referred to as a "Higher Power". What is a Higher Power? It is anything *greater than and outside of yourself and your own abilities* that provides you with inspiration, strength, and guidance. Everyone envisions their own personal Higher Power differently:

- The God of YOUR comprehension and understanding
- Fate
- Humanity
- The Universe
- Medical science
- Other alcoholics and addicts who have achieved successful recovery

This final example—*other people who are happy and thriving in sobriety*—may even inspire you the most, because it offers demonstrable PROOF that true recovery is possible. After all, if someone who has been where you've been and felt what you've felt can STILL recover to live a sober and serene life, maybe there is HOPE or you, as well.

The 3rd Principle—COMMITMENT- Now that you have HOPE that a Higher Power CAN help you, what do you do with that fragile expectation? To borrow a phrase from poker, you have to go "all in". It logically follows that if (a) your addiction is beyond your poor power to control and (b) your Higher Power can help you recover, then your only real option is to get out of your own way. No more stubbornly doing things YOUR way, because that's what got you in trouble in the first place. When you COMMIT to trusting in your Higher Power, it means you get off of your "but". In other words, you fully decide to stop

making excuses or protests against Steps in the recovery process that don't fit match YOUR desires or preconceptions. Examples of "but" behavior include:

- *"I need to go to a meeting, but..."*
- *"I probably shouldn't be around this person, but..."*
- *"My counselor told me to practice this exercise, but..."*
- *"The doctor said to take this anti-craving medication, but..."*

You're going to want to balk at some of the things required of you during recovery. It's EASY to throw up a smokescreen objection, but that's just your ego talking. Resist the temptation to go back to your old way of things because you think you know better. If you already had all the right answers, your life wouldn't be unmanageable.

The 4th Principle—HONESTY *"Made a searching and fearless moral inventory of ourselves."* ~ The 4th Step of Recovery Addiction flourishes because of self-deception. No one WANTS to admit that they are addicted to anything, just as they don't want to admit the dishonest or hurtful behaviors they engaged in while in their addiction. *"That's not who I am,"* they tell themselves. But if addiction is a disease that promotes dysfunctional behaviors, true recovery must mean addressing those actions and the accompanying character flaws. Here's the thing—you can't get better if you don't identify precisely what's wrong. In this case, that means taking an unflinching look at yourself—the REAL you, scars and all. The guiding Principle of the 4th Step—HONESTY—breaks down into two parts. Your moral inventory must be:

- **Searching**—You must thoroughly examine your character, thoughts, and past actions, and make a list of both your defects and your strengths.
- **Fearless**—Taking an honest account of your personal character means facing some uncomfortable truths about yourself. You must not be afraid to bring the skeletons in your closet into the light.

Your natural impulse will be to minimize your faults and gloss over uncomfortable realizations. Everyone wants to be the hero of their own personal story, and it's distressing when that's not the reality. But anything less than absolute honesty means you are doing yourself—and your recovery—a grave disservice.

The 5th Principle—TRUTH *"Some people say that CONFESSION is the Principle behind the 5th Step—the open acknowledgement of personal wrongdoing. But what is confession except a candid admission of TRUTH? And the truth is, the thought of confessing these painful truths terrifies many people new to recovery. But two old adages come to mind that together highlight why it is so necessary:*

"CONFESSION is good for the soul." And "The TRUTH will set you free."

This means that without confession, you stay morally unwell. There is an old recovery saying — *"We are only as sick as our secrets."*

It also means that you will continue to be held back by your defects of character until you take steps to address them. From a practical standpoint, honestly admitting your wrongs to another person is a way to protect your recovery from one of the biggest problematic behaviors practiced by addicts – self-delusion. When you make this admission to another trusted person, they can hold you accountable – *without judgment*. This means that it will be harder to fool them than it was to fool yourself. They will also be in a position to offer feedback and, if necessary, further guidance and advice. So why do you need to also admit your wrongs to your Higher Power? Look at it this way: because of your past, you're probably

carrying around all sorts of emotional baggage—anger, rage, regret, shame, confusion, depression, and so on. Step 5 is your chance to unload that heavy burden and move forward with a lightened soul.

The 6th Principle—WILLINGNESS- During the 6th Step, the Principles begin to work in combination. WILLINGNESS is your decision to stop holding back. In some ways it is an extension of the Principle SURRENDER guiding the 1st Step. or, it is you relaxing your ego and will, letting go of your own preconceptions and stubbornness, and giving permission for your recovery to proceed. Willingness also means *purposefully* having an open mind. This means remaining consciously COMMITTED to accepting new ideas, concepts, and ways of doing things—even if you don't fully understand or are uncomfortable at first. In other words, it means having HOPE and faith that your Higher Power has you on the right path. Again and again during recovery, you will be asked to reflect on concepts that are new to you or do things that you may find difficult. But it is your willingness to do *whatever it takes* to recover that will keep you going while you are learning and growing.

The 7th Principle—HUMILITY- Some people have a hard time grasping this Principle, because the modern definition is associated with weakness, passivity, or even punishment. But during the conception of the 12 steps, HUMILITY was more about having the proper perception of one's self. As Bill Wilson, one of the founders of AA, said, humility is *"the clear recognition of what and who we really are, followed by a sincere attempt to be what we can be."* In this regard, the Principle of humility is important to your recovery, because by *recognizing* how addiction was controlling your life, you can better understand the work that is necessary to distance yourself from your disease. But when the definition of humility is expanded, it further demonstrates the need to set aside stubbornness, pride, and ego while you put your trust in your Higher Power and the recovery process. Humility is the opposite of addiction-driven selfishness. As the author C.S. Lewis said, *"Humility is not thinking less of yourself, it's thinking of yourself less."* This means that you stop being a slave to your wants and desires. Asking for the removal of the shortcomings that have held you back your addicted demonstrates how much you want to break free from that enslavement. And when you are humble enough to admit that your self-centered ego, pride, stubbornness, wants, and desires helped support your active addiction, then you begin to realize that there must be a better way.

The 8th Principle—REFLECTION- If the 4th and 5th Steps were guided by the need for HONESTY and TRUTH about our addiction and character defects, then the 8th Step requires REFLECTION on the consequences of our behaviors. This Principle requires you to reflect on several concepts:

- To "amend" means to right a wrong that you have committed. Because the damage caused by addiction takes many forms, it demands careful consideration to determine WHO was affected and HOW they were harmed.
- To "amend" also means to make permanent changes. Any attempt to right your past wrongs are insincere and ultimately doomed to failure if you have not changed the behaviors that brought about the harm in the first place.
- "All" is mentioned *twice*. This means that accepting responsibility for your past actions is unconditional.

Listing ALL the people harmed by your addiction-driven actions is a sobering exercise as you give real thought to the impact you have had on everyone around you. Because the list can get extensive, it is strongly suggested that you write it down. Possible headings on the list include:

- WHO was harmed

- HOW they were harmed
- Your THOUGHTS and FEELINGS about the harm
- HOW you can make amends

Here's the thing—by studiously contemplating how your past behaviors affected other people, you increase your chances of successfully changing your future actions. If you are sincere, you'll be less likely to repeat old mistakes.

The 9th Principle—AMENDMENT—The Principle of AMENDMENT underscores how important it is to make a real effort to correct any mistakes you have made. Because it requires a direct positive action for a past negative action, some people refer to this Principle as JUSTICE. Un-righted wrongs result in unresolved guilt that can stunt your emotional growth during recovery. The weight of that guilt can slow your progress and even lead directly to relapse. Making amends – or at least, trying to – relieves you of that guilt. Also, making direct amends in a manner related to the harm helps drive home the idea that your actions have consequences. So, not only do amends help correct the past, they also remind you to avoid repeating those hurtful mistakes in the future. Finally, it is extremely likely that the people who were harmed the most by your addiction were those closest to you – spouse, partner, children, parents, close friends, employers. When you make a sincere attempt to make up for the harm you caused, it goes a long way towards repairing and rebuilding, positive relationships. Positive relationships and support are crucial to successful and lasting recovery. There are a few things to keep in mind –

- An amend is MORE than an apology.
- Sometimes, direct amends are impossible. In that case, your only option might be to make indirect amends by living your best life possible.
- YOUR attempt is necessary, but THEIR forgiveness is not.

The 10th Principle—VIGILANCE—Some people refer to this Principle as PERSEVERANCE – “steadfastly maintaining your purpose in spite of discouragement, obstacles, and difficulty.” That is also an excellent description of successful recovery. By the time you reach the 10th Step, you will be feeling a justifiable feeling of accomplishment at your progress. Unfortunately, it is far too easy to become complacent. A lax attitude often leads to a return to a dangerous behaviors and thoughts. After all, old habits die hard. But keep this in mind – *unhealthy thoughts and behaviors lead to relapse*. VIGILANCE means constant self-appraisal, where you repeatedly examine your thoughts, feelings, motives, and actions to make sure that you are not harming others or yourself. It means never letting your guard down. But, it also means to persevere – to continue working your recovery program, even when it's hard. It means taking it “One Day at a Time” and one Step at a time. Sometimes, it might even mean taking it *five minutes at a time* and repeating a Step over and over. Whichever prevailing Principle concept you subscribe to – vigilance or perseverance –it is important that you consciously choose to let it guide your actions. Don't allow your progress to undermine your focus, and don't permit any temporary difficulty to lessen your resolve. Recovery is a lifelong work-in-progress, and you will find yourself revisiting these Steps and these Principles multiple times.

The 11th Principle—ATTUNEMENT—The Principle of ATTUNEMENT prompts you to remember the positive lessons you have learned and to remain receptive to the messages of recovery. These messages can come in any form and from any source – your Higher Power, your peers, your counselors, or even from Life itself, the harshest teacher of all. For example, your Higher Power may “speak” to you through your peers in a recovery group or in a 12 Step support meeting. You may hear something in their familiar stories that is perfectly applicable to your own personal situation. But in order to hear that message, you

have to be listening. Applying this Principle also requires that you work on consciously increasing your AWARENESS of yourself – your physical and mental state, your emotions and thoughts, your actions and reactions, and your personal situation. This awareness is so important because it helps you recognize and address problems before they become major issues that could jeopardize everything you have worked for. Many people in recovery achieve this self-awareness through some combination of prayer and/or meditation. As with the other Steps, becoming attuned to the will of your Higher Power requires practice. Get in the daily habit of finding a solitary, quiet place where you can be more receptive. As the 11th Step says, there are two things you hope to gain:

- Knowledge – You want to hear what your Higher Power is trying to tell you.
- Power – You want the resources and the ability to do the things you should.

The 12th Principle—SERVICE - The Principle of SERVICE is a powerful culmination of everything that has come before. It incorporates several key concepts:

- “Spiritual Awakening” – This refers to the profound change that successful recovery can bring to your life. It is MORE than “just” abstaining from alcohol and drugs. It also about achieving emotional health, sanity, stability, and serenity. It is about changing the way you treat others, and yourself.
- “Carry this Message” – No one can reach a struggling alcoholic or addict quite like someone who has been where they are, done what they have done, and felt what they feel. Just as some of your greatest inspiration came from other people who successively recovered by using these Steps, so, too, can you inspire others.

And here’s the best part – by giving someone else the “roadmap to recovery”, you will also find it easier to stay on the right path. Helping others keeps YOU sober.

- “Practice these Principles” – It wasn’t just the Steps that got you to this point. It was also applying the Principles behind those Steps. Although in this instance these concepts helped you regain your sobriety, they are applicable in almost every area of your life.

For example, imagine how much you would benefit if you were more Honest, Humble, and Vigilant in your professional life, or how your personal relationships would blossom if they were filled with Hope and Commitment. Edited from [12 Steps of OA - 12 Steppers](#)

I hope you have enjoyed these few selected
articles found for this special edition
December 2022.

Happy Holidays, Merry Christmas and may you
all enjoy an abstinent 2023!

Triangle Intergroup Meeting Minutes

November 19, 2022 Draft minutes, subject to Intergroup approval

Attendance:

Anne (Chair, Webmaster), Karen (Vice Chair), MaryAnne (Treasurer, WSO), Colleen (Secretary, SOAR Rep, Newsletter Editor), Zach (Group Outreach), Liz V (Tuesday 6pm Raleigh), Mel (Thurs 7pm Chapel Hill), Heather (Carrboro Sunday, Webmaster Apprentice), Diana B (Saturday Raleigh), Cynthia (Saturday Morning Raleigh),

Review and Approve Minutes (3 min): The September meeting minutes were reviewed and noted a couple of corrections: Heather and Liz were not in attendance. Also noted there was an increase in the financial output related to the increase in available emails (noted at the end of the minutes today). Then the minutes were approved.

Treasurer's Report (Mary Anne, submitted electronically) (10 minutes)- Octobers contributions look a little sparse due to delay in deposit they do show up in the November reports.

November 19, 2022 Treasurer's Report

	September	October	November 1-17
Beginning checking balance	\$14,858.10	\$15,236.90	\$15,152.96
Balance as of Meeting Report	\$14,975.30	--	\$15,275.76
Total Income from group Contributions	\$291.10	--	\$377.02
Durham Sat 10am #20756	\$ 158.74	--	--
Durham Sun 10/10:30am #45514/#51290	--	--	\$136.80
Fuqua-Varina Wed 1:30pm #00102/#56362	--	--	\$120.00
Oak Island Thu 10am #54399	\$60.36	--	--
Raleigh Sat 10:30 am #54768	--	--	\$32.00
Wilmington Sat 9:30am #24872	--	--	\$88.22
Wilmington Wed 12pm #50278	\$72.00	--	--
Intergroup 7th tradition	\$50.00	--	\$50.00
Bequests and memorial gifts	\$75.00	--	--
Total Income	\$416.10	--	\$427.02
Total Expenses	\$37.30	\$83.94	\$79.20
Email account with Google (monthly)	\$29.80	\$31.20	\$36.00
Public Storage	--	\$51.49	\$43.20
Bank service charges	\$7.50	\$1.25	
Ending checking balance	\$15,236.90	\$15,152.96	\$15,500.78
Beginning savings balance*	\$ 3,800.62	\$ 3,800.65	\$4,000.68
Interest earned	\$0.03	\$0.03	\$0.03
Deposit (returned from State Convention)	--	\$ 200.00	--
Ending savings balance	\$ 3,800.65	\$ 4,000.68	\$4,000.71
Ending total	\$ 19,037.55	\$ 19,153.64	\$ 19,501.49
* prudent reserve +seed money			

Standing Committee Reports

Secretary (Colleen): No new issues

WSO (Mary Anne, Neill): No new issues reported.

SOAR (Colleen): No new issues reported.

High Tech (Anne, Heather, Karen, Zach): Anne reviewed the new website and took comments on needs as it begins to take shape.

Group Outreach (Zach): working to update meeting information to the OA.ORG website including the new Rocky Mount meeting with Katie M Thursday at 7pm as it is now up and running as a Hybrid meeting.

Newsletter (Colleen): updated the plan for newsletter submissions again. sorry folks for any confusion... Looking for groups to sign up for when they would like to submit writings in the next year... please note the new deadlines.

Ad Hoc Committee Reports

12th Step Within (Mel & Diana): Mel is working on eth next serenity day opportunity

Public Information/Professional Outreach (vacant): no report

Bylaws/Policy and Procedures (On hold for now)

Business.

Storage space for Intergroup holdings has been obtained Karen and Mary Anne worked to move the items to the new space and there is plenty of materials for groups in need or new groups setting up. Please let us know if you have needs.

Elections for the 2023 board members and committee heads were held and they are as follows: Please also note the contact information for each of the trusted servants as some are newly added.

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.

Our next meeting is planned for 1/21/23.

Announcements

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 Guidelines & Deadlines

DEADLINES HAVE CHANGED!

Going forward, the newsletter will be published early in the month related to its content (so issue 1, content on Step/Tradition/Concept 1, will be published in early January, not 3rd week of December as in the past). Submission deadlines will always be the 15th of the previous month (see list below). Remember, without you, we have no content! Please send your ideas, original writings, artwork, or puzzles to newsletter@triangleoa.org.

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:

Dec. 15: deadline for January newsletter Chapel Hill Thursday night
Jan 15: deadline for February newsletter-Wilmington Wednesday
Feb 15: deadline for March newsletter
Mar 15: deadline for April newsletter
Apr 15: deadline for May newsletter
May15: deadline for June newsletter
Jun 15: deadline for July newsletter
Jul 15: deadline for August newsletter
Aug 15: deadline for September newsletter
Sep 15: deadline for October newsletter
Oct 15: deadline for November newsletter
Nov 15: deadline for December newsletter

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)