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Triangle OA Recovery News

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Step One

We admitted we were powerless over food — that our lives had become unmanageable. *Spiritual Principle: Honesty*
We never have it all together in OA. We are always powerless over food and this disease. We can never control it, and We can never manage my life, at least not by ourselves. The best thing we can do for our recovery is to keep being teachable and follow instructions, like a beginner. Edited from <http://www.oalifeline.org/>

Tradition One

Our common welfare should come first, personal recovery depends upon OA unity. Spiritual Principle: Unity
As long as our unity is based only on the 12 Steps and 12 Traditions, and each of us practice them to the best of our ability, differences and controversies will be handled by our Higher Power” (Beyond Our Wildest Dreams, p. 155).

Concept One

The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship. *Spiritual Principle: Unity*

A Plan Of Eating

Tool of the month

As a tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where, and why we eat. There are no specific requirements for a plan of eating; OA does not endorse or recommend any specific plan of eating... Each of us develops a personal plan of eating based on an honest appraisal of [our] past experience. Although individual plans of eating are as varied as our members, most OA members agree that some plan—no matter how flexible or structured—is necessary.— *The Tools of Recovery, p.1-2*

Eating plans may change over time as you gain more experience or your body changes. You may think a particular food is not a trigger and later find that it is. Or you may find that you need to lose weight but, are not doing so with your current plan of eating. If you have been in the program for a while, you may find that you need either less food or more exercise to maintain a constant weight.— *A Plan of Eating, p.10*

"It was here that we surrendered—admitted we were totally defeated and powerless over food, that we were not now nor ever could be like normal eaters. That was the beginning of freedom." (For Today, 12/17)

For me, accepting my utter powerlessness over food and my body - and my distorted perceptions about and reactions to both - was the beginning of freedom. Today, I am free...and...when life happens, the disease still whispers lies about my food and body. I am grateful that I have a solution today. I don't have to accept the lies, I just have to accept my powerlessness. I am an addict and food and body obsession are my drugs of choice. The obsession is lifted one day at a time as I do the work and stay in conscious contact with God and in connection with other people who "get it." Knowing that I am not alone and that "this too shall pass" allow me to find grace, love, and deep serenity and live life on Life's terms - just for today.

- Anonymous



Photo: taken in Cary on 10/8/2020

Quote: wisdom heard in a meeting

Step One: We admitted we were powerless over food and that our lives had become unmanageable.

By the time I came to OA at age 56, I had known for some time I was powerless over food: I'd given up diets years before because I knew I would just regain the weight and more – what was the point? I could stop binging, but I couldn't stay stopped. I could lose weight but I couldn't keep it off. Food was my master. But my life, unmanageable? No way! I might be fat, but I was managing the heck out of my life: raising two kids, highly respected at work and in my church, and a solid, long-term marriage. I had it all and my life was firmly under control. Or at least, that was my story and I was sticking to it!

It took 3 disastrous events in the space of one month for HP to finally get through my thick head that my life was, in fact, utterly unmanageable: in early June 2018, my 85-year-old father fell victim to a financial scam and lost a large sum of money, leaving me to clean up the financial mess. Two weeks later, I knocked my mother down with the car (I thought she was in but she was not and I started backing up, catching her with the door) and she broke her hip and spent 2 months in rehab. And two weeks after that, Dad was diagnosed with dementia and suddenly, he'd decided I (not my mother) was the authority on EVERYTHING. At that point, even I had to admit my life was unmanageable and I needed help.

It took me 6 more weeks to get through the door: I spent about a month with the dates and times of local meetings memorized, but lacking the nerve to follow through. And then one Tuesday, I found myself at a loose end, 5 minutes from a meeting in half an hour, and I knew if I didn't go that very day, I never would.

That was the best decision I ever made in my life, and it saved my life. Today I am a normal weight, and I know my life is unmanageable without HP's (and other people's) help. So I ask for that help daily, and it comes. Not always in the form I expect, but it comes. I have peace and serenity, and the ability to trust my HP with everything from my food to my elderly parents and everything else! Thank God for OA, and for the folks who encouraged me to keep coming back.

--Anne L., Chapel Hill



The opinions expressed in the articles are those of OA members and not of Overeaters Anonymous as a whole.

For more information about OA, please visit Triangle OA's website or www.OA.org.

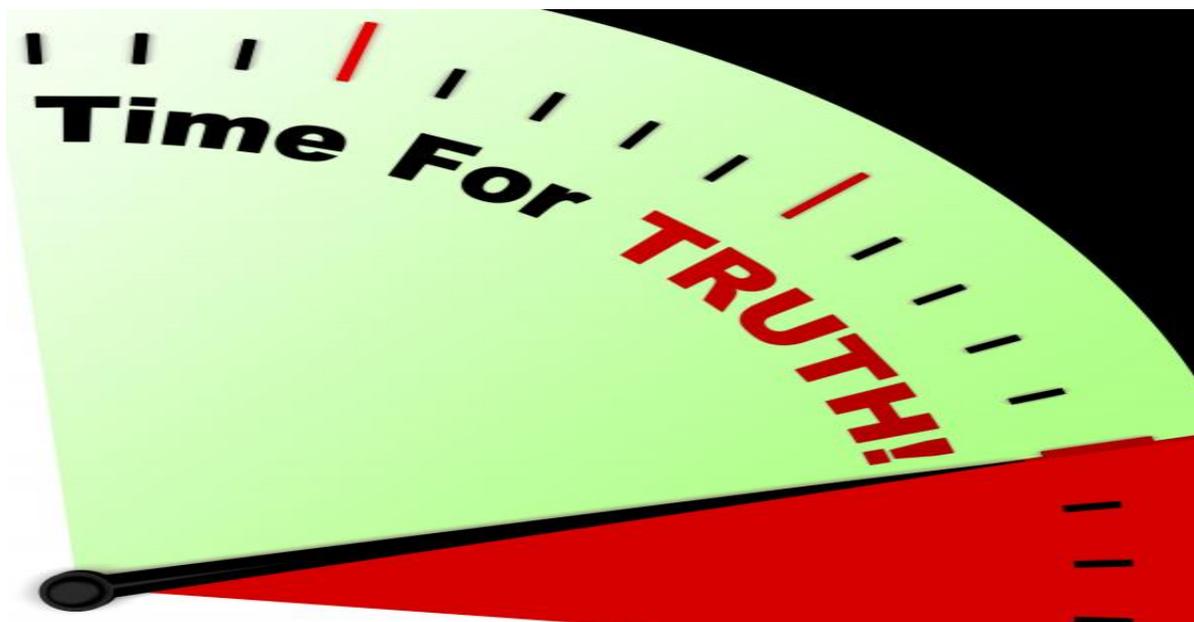
Honesty vs. Delusion

The spiritual principle behind Step 1 is honesty; but many of us thought of ourselves as very honest people before we ever came into program. By a narrow definition, we were. However, I clung to a number of delusions, and if the literature and sharing I hear in meetings can be relied upon (which I do not doubt), I was not alone in that.

The Big Book says that alcoholics persist in the delusion that after some period of sobriety or some other pseudo-solution, they will again be able to drink like normal people. Our own literature warns of the same thing, and calls it “complacency.” The delusion that we “just have a little weight problem,” and everything will be fine when we lose the excess weight comes with many of us into the rooms. Complacency is the delusion that occasionally tempts those of us who have, indeed, been abstinent for a long time. It tells us that we don’t have to keep up all that hard work so diligently—reading literature, writing, going to meetings, reaching out to each other between meetings, working with our sponsors and sponsees. Sometimes it even tells us that we don’t have to “be so careful with food.” Maybe we are not as diligent about surrendering our will and lives (very much including our food) every day. At least, that’s how it has happened to me.

One of our fellow OAs writes in *Voices of Recovery*, page 347, “Several times I’ve come into this program full of pain and despair. And then later I’ve left cocky, convinced I was cured. Two things have led to my downfalls: the refusal to surrender to Step One and complacency . . . Complacency is a powerful, frightening aspect of my disease.” Unlike this fellow-sufferer, I’ve not left the rooms when I’ve grown cocky and complacent because some little honest voice inside said, “if you leave, you’ll never get well.” However, complacency has led to painful relapse in the past and, more recently, some very scary moments of wondering if I really need to do all this stuff. This was particularly dangerous because it came at the very time I was vulnerable due to emotional and/or physical pain. I am grateful for those others who have shared the price they paid for complacency. They helped to recognize it in myself as the delusion that it is, and to search for the honest of the 1st step, followed quickly by the hope and faith of the 2nd and 3rd step. I pray that 2023 will not see any of us fall to complacency and delusion. We are worthy of honesty and recovery.

--Mary Anne, Chapel Hill



OA has 3 A's: Awareness, Acceptance, and Action.

Over the years I took a lot of action without the awareness or acceptance. I did diets and commercial weight loss programs. I lost weight but I didn't adopt a new way of eating. I did nothing to my way of living.

When I first came to OA I cried in every meeting. I heard my story and I knew that I needed to be in the room week after week. I achieved awareness that I am a compulsive eater and food addict. Over time, I came to accept that I am a compulsive eater and addict. In periods of deprivation that I called abstinence, I lost weight in OA. But, just as in other diets I gained the weight back. The piece I needed was action to change my relationship with food and change the way I lived.

My life is different today. I live in harmony and peace in my life. I still have to be diligent about my relationship with food because I am a compulsive eater and addict.

~Kim



'Step One: We admitted we were powerless over food - that our lives had become unmanageable.'

One of the many unexpected 'gifts' of Step One is how I am learning, since I am 'powerless' over my compulsive eating (and a lot of other people, places, or things), so much of my so-called 'unmanageable' life is rather "OK" when I stop working so hard to make it meet my unrealistic expectations. Instead, I may be able to take a step back and take a deep breath. I can pause and ask for some help, or even some sympathy - "Yeah, that was awful!" reassures a friend! I've heard recently that powerlessness does not equal helplessness. But help seems to imply reliance on some kind of relationship with someone or something outside of myself and my own resources. It's up to me to realize to reach out and take it.

Karen V - Hillsborough, NC

Thank you to Chapel Hill Thursday Evening Meetings and other contributors of this edition .

Happy New year may you enjoy the most spiritual you !

Intergroup Trusted Servants for 2023

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

Vice Chair: Karen V.

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

Secretary: Dana B.

WSBC Reps: Neill M. and Cheryl Y.

SOAR Reps: Colleen B. and Karen V.

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

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

PIPO: Liz V.

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

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

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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 zperry4a@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:

- 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
- May 15: 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

The opinions expressed in the articles are those of OA members and not of Overeaters Anonymous as a whole.

For more information about OA, please visit Triangle OA's website or www.OA.org.

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	(updated Feb 2021)