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Triangle OA Recovery News

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Step Two

Came to believe that a Power greater than ourselves could restore us to sanity. *Spiritual Principle: Hope*

When the fog begins to lift and we can see the path leading to the edge of the cliff it is time to change course! WE must decide which path to follow. Most of us, having dealt with our disease throughout our lives have a good bit of knowledge about all the diets available and proper nutrition. We ask with all this knowledge why can't we do it? The answer? We do not act rationally around food. We have to face this honestly and admit to needing help that is more powerful than self. This is step 2. Edited from Lifeline Sampler Pg 112.

Tradition Two

For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern. *Spiritual Principle: Trust*

In OA when we are faced with challenge, we ask our Higher Power for guidance to show us what is best for the group as a whole. Then we discuss the matter carefully, vote on potential outcomes and trust that the decision we reach is our Higher Power's will.

Concept Two

The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority, and effective conscience of OA as a whole. *Spiritual Principle: Conscience*

Action Plan

Tool of the month

An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. This tool may vary widely among members and may need to be adjusted as we progress in our recovery. A newcomer's action plan might focus on planning, shopping for and preparing food. Some members may need a regular fitness routine; time for meditation and relaxation; strategies for balancing work, family and friends, and our program. Others may need help to organize their homes; deal with their finances; and address medical, dental or mental health issues.

Along with working the Steps on a daily basis, an action plan may incorporate use of other OA tools to bring structure, balance and manageability into our lives. — *The Tools of Recovery*, p.5-6



Let Step Two Fuel Your HOPE

Step Two: "Came to believe in a Power greater than ourselves that could restore us to sanity."

The Principle of Step Two is HOPE. What exactly is HOPE and how does it work in moving me toward the freedom from and neutrality toward my addictive substances and behaviors the Twelve Steps promise?

First the word HOPE as defined by Merriam-Webster can be used both as a noun and a verb. As a noun the word HOPE can mean "a desire accompanied by expectation of or belief in obtainment or success" and "someone or something upon which hopes are centered". As a verb "to expect with desire and or confidence; trust" (a synonym). As I use the word HOPE, it's something I desire to happen that hasn't happened yet. HOPE is my belief that my desire may be fulfilled, but I am not 100% sure. I could say, "My HOPE for my stock investments is based on the 10-year record of the Dow-Jones Industrial Average, which promises an upturn." I am basing my positive outlook, my HOPE on the trends of over 80 years of business stock averages.

Okay, but what does HOPE have to do with Step 2? Well other than curiosity, HOPE is what brought me to an OA meeting. I had lost HOPE in diets and "pay and weighs" and I had lost HOPE in myself! What seemed to work for others didn't work for me. I needed someone or something to set my hope upon, but it couldn't look like what I'd tried because for me all were hopeless!

Enter OA and the Twelve Steps! The Alcoholics Anonymous Big Book explained that I had a different problem than the average dieter that resulted in the bingeing and purging solution I'd been using for almost 50 years. AA had a track record of thousands of alcoholics who when each decided to abstain and work the suggested steps, they became free from the compulsion of their addictive substance and stayed that way, as long as they continued on this path of spiritual recovery. This was different! I was convinced that I didn't have the power to beat my addictive "solution". I was still curious, definitely scared, but also HOPE-ful that acknowledging my HOPE-less condition, then finding/believing in a Power that wasn't me and following the directions of others who'd found success, could be the switch I needed to turn off this ugly addiction! The Big Book states that this process is simple, not easy, but neither is addiction. At Step Two I was just getting started, but I was filled with HOPE that was centered on working the Twelve Steps of OA with others. This HOPE for success fuels my recovery!

—Meg D Southport, NC



Things I've learned from my fellows in OA

The first OA meeting I went to, I did not want to like it. I thought I could find some reason why I didn't like it, then tell people I'd tried OA, and it didn't work for me. Instead, I found the most wonderful, nonjudgmental people I've ever met. I knew I wanted to be a member of OA. I have learned so much in OA, to my benefit. The literature helps, but some of the best things I have learned are from my fellows at meetings. I'd like to share some of the things that have helped me over the past several years:

- I do not have a normal relationship with food or body image. I couldn't have it said any more concisely than that.
- If others can do it, it gives me hope that I can too. That is why we go to meetings to support and learn from each other.
- You can throw away food that is not spoiled. Supposed there was a cake that I have eaten half of, I can throw it away.
- An open bag is an empty bag
- Someone is always there for me. All I have to do is pick up the phone.
- Where are the vegetables? Apparently, I still need to work on this one.
- One plate is enough. This is especially helpful during the holidays. No seconds, just a little of everything on your plate. Not piled high plate. No using a serving platter (already thought of those, but it was promptly explained otherwise)
- Someone was crying after a meeting saying they were hopeless. It was said to her that if she came to the meeting today, she had hope. We have lots of hope here.
- Friends in OA are so important. No matter what problems I have with food, someone has already been there and can share with me how they got things to work.
- If it is not in the house, I can't eat it.
- My HP is there for me even in small things to help me be abstinent.
- No matter what I've done or eaten or how long I've been gone, the group is always there for me, judgement free and welcoming. Sort of like the prodigal son.

I hope this helps. Attend meetings and listen to your fellows. You never know when someone will say something that really helps you.

—Anonymous



Tradition 2

OA's Tradition 2 reads; "For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

As I study this tradition, I'm reminded of times when ideas needed to be generated and decisions made in group settings and things didn't go very well for me. In the past, it was my experience to feel I wasn't heard or understood. Often I would try so hard to get my ideas across that I became agitated and repetitive. I would leave the interaction feeling guilty for the way I behaved and angry that "they didn't get me." I also thought that I made others uncomfortable expressing their ideas. I wanted a redo, but could only toss it all around in my head feeling worse and worse.

With this perceived unfixable mess I'd made of things, I wanted to feel better; I wanted all of it out of my head. Instead, resentments grew and old ones popped up. Without many tools to cope, I found relief from my guilt, shame and anger in compulsive eating. I would either binge and sleep the day away or make through the rest of the day looking forward to eating myself to sleep. Only to wake up feeling worse. Tradition 2 helps me set my mind for interactions that involve differing opinions and decision making.

This tradition reminds me that I need to recognize my limitations, trust God to guide me and to turn outcomes over to Him. I know I'm practicing Tradition 2 when I breathe, pause and relax instead of restating and forcing ideas. I am also practicing if I calmly listen to others. And when I pray to be flexible knowing that things are not supposed to go my way. If I allow things to flow in God's way, the outcome will be in my best interest. I pray and ask for guidance before launching into discussion or a decision.

—Kitty F., Wilmington, NC

The word "mindfulness" is written in a large, cursive, multi-colored font. The letters are in shades of blue, purple, and orange, giving it a soft, artistic appearance.

Trudging the Road of Happy Destiny

Honesty Thoroughfare – Exit 1
Hope Hill Boulevard – Exit 2
Faith Find Alley – Exit 3
Courage Circle – Exit 4
Integrity Isle Drive – Exit 5
Willingness Way – Exit 6
Humility Haven Row – Exit 7
Self-Discipline Terrace – Exit 8
Love Lane – Exit 9
Perseverance Place – Exit 10
Spiritual Awareness Avenue – Exit 11
Service Road – Exit 12

- Anonymous



Thank you to Wilmington Wednesday
and other contributors to this edition.

Happy New Year! May you enjoy the most spiritual you!

Minutes: Triangle OA Intergroup Meeting

Saturday, January 21, 2023—10:15am to 12:00pm

Draft minutes, subject to Intergroup approval

Attendance

Anne (Chair), Karen (Vice Chair, SOAR Rep), Mary Anne (Treasurer, WSO), Dana (Secretary, Sun 10am Durham), Colleen (SOAR Rep, Newsletter Editor), Zach (Group Outreach), Liz V (PIPO, Tue 6pm), Mel (12 Step Within, Thu 7pm Chapel Hill), Heather (Carrboro Sun, Webmaster), Cynthia (Sat Morning Raleigh), Cheryl Y (WSBC Delegate), Jessie (Hillsborough Wed Eve), Kathy Z (Chapel Hill Tue), Katie M (Rocky Mount).

Review and Approve Minutes:

The November meeting minutes were reviewed Cheryl was added as in attendance. The minutes were then approved with minor editorial corrections.

Treasurer's Report (Mary Anne, submitted electronically):

January 2023 Treasurer's Report

	Nov. 22	Dec.22*	Jan. 1-17, 2023
Beginning checking balance	\$15,152.96	\$15,520.78	\$15,412.58
Balance as of Meeting Report	\$15,275.76	--	\$15,926.70
Total Income from group Contributions	\$377.02	--*	\$742.88
Carrboro Sun 4pm #50296			\$424.12
Durham Sat 10am #20756			\$145.00
Durham Sun 10/10:30am #45514/#51290	\$136.80		
Fuqua-Varina Wed 1:30pm #00102/#56362	\$120.00		
Raleigh Wed 7am #00394			\$173.76
Raleigh Sat 10:30 am #54768	\$32.00		
Wilmington Sat 9:30am #24872	\$88.22		
Intergroup 7th tradition	\$50.00		
Serenity Day 7th Tradition			\$53.00
Total Income	\$427.02		\$795.88
Total Expenses	\$79.20	\$108.20	\$108.20
Email account with Google (monthly)	\$36.00	\$36.00	\$36.00
Public storage	\$43.20	\$72.00	\$72.00
Interest on checking account		\$0.20	\$0.20
Ending checking balance	\$15,520.78	\$15,412.58	
Beginning PR balance**	\$4,000.68	\$4,000.71	\$4,000.74
Interest earned	\$0.03	\$0.03	\$0.03
Ending savings balance	\$4,000.71	\$4,000.74	\$4,000.77
Ending total	\$19,521.49	\$19,413.32	

* Group contributions received in December and deposited at the end of that month were posted by the bank in January--shown in blue cells

* **prudent reserve +seed money

- Need to move auto-debit for the post office box to group card
- Report approved as presented.

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.

Standing Committee Reports:

Secretary (Colleen [outgoing], Dana [incoming]) – No report

WSO (Mary Anne [outgoing] – Diversity statements being completed; Cheryl [incoming] – Completing application, will seek reimbursement.

SOAR (Colleen. Karen) - Spring Assembly Virtual 3/17-19 Fall Assembly and Conference in person in GA.

High Tech (Anne [outgoing] handed off to Heather [incoming])

Group Outreach (Zach)- Allison from Cary interested in starting an in-person meeting, rogue listing for a Mon meeting in Raleigh removed. Sharpsburg area interest that Katie M will explore in conjunction with Rocky Mount.

Newsletter (Colleen) – Need groups to sign up to write. March - Carrboro Sun; April – Raleigh Tue

Public Information/Professional Outreach (Liz V.) – No report

Ad Hoc Committee Reports – (3 minutes each)

12 Step Within (Mel, Diane) – 2/4 Serenity Day Focus Loving Yourself , Flyer on SOAR site

Bylaws/Policy and Procedures (On hold for now)

Announcements:

- Provided contact list for officers and committee chairs
- 15 Week 12 Step Workshop online beginning 1/24 – Flyer emailed to webmaster.

Business

2023 Budget (Mary Anne): Review and approved as presented.

- Expecting POB price increase
- Includes \$75 budget for Committee Chairs to spend for incidentals to carry the message.
- SOAR/WSO Delegates – Consider for future years to rotate 1 person goes in person and 1 virtually, if possible.

FY 2023 Proposed Budget

Proposed Budget for 2023

	2023	2022	2021
INCOME			
Group Contributions	\$5,149.44	\$4,949.44	\$5,736.36
Intergroup 7th Trad	\$360.00	\$360.00	\$220.00
Interest Income	\$0.00	\$0.00	\$0.29
TOTAL INCOME	\$5,509.44	\$5,309.50	\$6,023.20
EXPENSES			
Operating Expenses:			
Directory Listing/domain name	\$150.00	\$139.75	\$0.00
Website hosting	\$165.04	\$165.04	\$188.00
Post Office Box	\$212.00	\$212.00	
Email/Web Services (Google)	\$432.00	\$300.13	\$565.99
Zoom yearly renewal	\$300.00	\$299.80	\$0.00
Treasurer's Expenses	\$0.00	\$0.00	\$0.00
Public Storage	\$699.00		
Bank service charges	\$60.00		
Operating subtotal	\$2,018.04	\$651.55	\$818.72
Outreach and Representation:			
12th Step Within	\$75.00	\$0.00	-\$2,000.00
PIPO	\$75.00		
Group Outreach	\$75.00		
SOAR Rep Expenses *	\$2,000.00	\$498.34	\$0.00
WSO Rep Expenses**	\$4,000.00	\$0.00	\$570.00
Outreach and RepresentationSubtotal	\$6,225.00		
TOTAL EXPENSES	\$8,243.04		

WSBC Agenda Questionnaire Due February 24. – Motion presented and passed for IG to complete this year. Reminder in May or July to plan for 2024 how to share with meetings for more input.

Review of attached questionnaire and agreed upon responses:

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A-R = Yes; S = No; T-V = Yes
1 = Yes; 2 = No; 3 = Yes; 4 = No; 5-18 = Yes

@TriangleOA.org (Google addresses) - expectation that we'll check them at least weekly.

Website update: draft reviewed; description currently "serving Piedmont Triangle area of NC" – confusing with Piedmont IG. Change to "serving the Triangle area and Eastern North Carolina". Add links to newsletter and meeting minutes. Determine how to use blog and events features.

Review for IG Reps to report to meetings:

- IG had limited time to review WSBC questionnaire and completed with IG input.
- Request for groups (or individuals) to write for the newsletter, starting in June.
- New website launching this Spring.

Our next meeting is planned for 3/18/23

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.

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:

Feb 15: deadline for March newsletter-Sunday Carrboro Meeting
Mar 15: deadline for April newsletter- Tuesday 6pm Raleigh Meeting
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

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)	

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