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TRIANGLE OA

RECOVERY NEWS

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newsletter@triangleoa.org • webmaster@triangleoa.org • Email the webmaster to subscribe to the newsletter by e-mail.

Step 4

Made a searching and fearless moral inventory of ourselves. *Spiritual Principle: Courage*
We are searching for "causes and conditions." We want to uncover the truth about ourselves. We want to discover the attitudes, thoughts, beliefs, fears, actions, behaviors, and the behavior patterns that have been blocking us, causing us problems and causing our failure. We want to learn the exact nature our "character defects" and what causes us to do the unacceptable things we do - so that once they are removed - we can acquire and live with new attitudes, thoughts, beliefs, actions and behaviors for our highest good, and for the highest good of those with whom we come in contact. -<http://oa-centraljersey.org/>

Tradition 4

Each group should be autonomous except in matters affecting other groups or OA as a whole. *Spiritual Principle: Autonomy*
Our groups are free to find what works best for them. They can make their own mistakes and learn from them. Our decisions must be by group conscience. Suppose a group decides to have no format and to eliminate the 12 Steps. Of course, it is free to do so, but it is no longer an OA group and should not identify itself as such. On the other hand, if a group votes to regulate smoking areas or to institute abstinence requirements for officers, it is exercising group autonomy. If a meeting is held in a church or school, it must, of course, conform to rules about smoking, noise, tidiness, etc. But its membership is not to be confined to members of the church or residents of the area. It must be open to all who wish to abstain from compulsive overeating. Nor is its freedom of expression to be limited by nonmembers. Group conscience is always our guide. -The 12 Steps and 12 Traditions of Overeaters Anonymous » p.1 » Global Archive Voiced Books Online Free (readfrom.net)

Concept 4

The right of participation ensures equality of opportunity for all in the decision-making process. *Spiritual Principle: Equality*

Sponsorship

Tool of the month

Sponsors are OA members who are living the Twelve Steps and Twelve Traditions to the best of their ability. They are willing to share their recovery with other members of the Fellowship and are committed to abstinence. We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional, and spiritual. By working with other members of OA and sharing their experience, strength, and hope, sponsors continually renew and reaffirm their own recovery. Sponsors share their program up to the level of their own experience. Ours is a program of attraction; find a sponsor who has what you want and ask that person how he or she is achieving it.—OA *Tools of Recovery* pamphlet, p.2

Five months ago, I was desperate for a change to get my weight under control. For decades I attended a weight loss club getting 'almost' down to my ideal weight but never maintaining. I was obsessed with excessive exercise for decades. Here in OA, I have found the solution and can say I have experienced freedom and hope from compulsive eating. The meetings, the Steps, the phone calls, the journaling have given me clarity.

Most importantly I AM NOT ALONE. I have peace in knowing that GOD has not forsaken me. Five months and two weeks ago my prayer was "GOD, take away any preconceived ideas I have of you and show me a better way." This prayer was answered. I found I belong here in OA. I painfully, tearfully, and diligently completed Steps 1 through 4 to the best of my ability and am in the process of doing Step 5 with my patient Sponsor. I have had a 44-year spiritual journey. Why did it take so long to be attracted to OA? Don't care, I've finally found a place to call home! —Anonymous, Durham

Step 4: Made a searching and fearless inventory of ourselves.

We are born innocent with necessary instincts for our survival. But those instincts can go into overdrive and lead to dysfunction, including compulsive overeating. Doing a Step 4 inventory helped me to identify how my instincts have evolved from protecting me to harming me. As our literature says, I ate excessively to drown feelings of fear, frustration, and depression. Unacknowledged fears, accompanied by lack of humility (too proud to admit to and seek help for my fears and other weaknesses), led to years of miserable eating habits. My Step 4 inventories have helped me understand more fully how my instincts hurt me and how I have hurt others. Once I completed Step 4, some chains were loosened from my heart. Then, doing the rest of the Steps has helped me live in a freer way. It's an on-going process, especially supported by Steps 10, 11, and 12: doing a daily inventory, staying in conscious contact with my higher power, and practicing the principles in all my affairs. —Anonymous



She Forgot Who She Was

I drove to the bank to make a deposit. Inside, a line had formed with one teller occupied with something other than serving customers. I huffed, left the lobby, and drove around to the drive-through. I was the only customer at the window, so I thought I would be helped quickly. Unfortunately, the teller assigned to the window was also working on something other than serving customers. She told me she'd be with me shortly. I huffed some more. Inside, the teller counted money but seemed to make no progress. I huffed louder. Finally, I pushed the "Call Teller" button.

"Yes?" she asked.

"I've been here 10 minutes. I just have a simple check to deposit."

"I'll be with you shortly," she replied. "Thank you for your patience."

I blew a gasket.

"I'm out of patience," I shouted. "Customer service means serving the customer. I'm a customer and I need to be served!"

I fumed. I yelled. I made a scene. Soon the manager came to the window. I fumed. I yelled. I told her she didn't know how to manage. She took my check, deposited it, and gave me the receipt. I sped off, laying rubber as I went.

This is a pattern. A really deep pattern. I could call it impatience and accept that I need to work on patience, but my emotional disturbance calls for far more than simply accepting my bad behavior and trying to change. Besides, I came to OA to heal. And to heal, I need to go deep.

What is beneath my impatience?

Entitlement. I feel entitled to prompt service.

And why do I feel entitled?

Because my whole life, I've served others—always at their beck and call and oblivious to my own needs. If anyone asked, "What do you need?" I stared back blankly—uncomprehending, as I had been groomed not to notice my own needs. Unpracticed and uncomfortable with self-identification, I channeled my energy into doing for other people. But when I DO finally ask for something? God forbid someone NOT do for me and heaven help the recipient of my fury.

Under my entitlement is a cauldron of unprocessed pain—the pain of not learning signals of self-care: little things (put on a sweater) and big things (this relationship is inappropriate). Instead, I sit in a cold room when I could put on a sweater, stay in an unhealthy relationship. I took hold of lies and formulas that promised to win me favors, but they were illusions, a fallacy. I saw my mother fall prey to the same promises: if you do for others, then they will love you. She couldn't teach me what she didn't know herself.

Under my entitlement is also grief: grief that I couldn't know myself or even learn to know myself. I was a pinball in a machine, bouncing around trying to score points from people.

Under the grief is my festering wound of "I don't know who I am" coupled with "who cares, anyway?"

Yet here in my lowest low, I learn I am in the company of God, God who *does* know me, loves me, wants me. God gives me every reassurance that I am meant to be here on this planet. After all, I am here because God wanted one just like me! And the adventure of discovering myself is endless and beautiful and possible, hard as it seems. I can take it a baby step at a time. Do you prefer pink or blue? Cats or dogs? I must not miss this adventure of self-discovery, lest I miss my whole life.

When I engage in self-discovery, I'm less prone to push my anger with myself out onto others. As a southern woman once commented when seeing bad behavior: "Poor thing. She forgot who she was." With God's help, I want to know who I am, patterns and pieces and all.

P.S. I returned the bank that afternoon and sincerely apologized to the teller and the manager. It turned out they were in the middle of a fraud case. No wonder everyone was tied up and unable to serve clients! I was gratefully reminded that I don't always, or even often, know the full story. —Anonymous



Step Four has been transformational for me. Specifically, the fourth 4th Step after my divorce, I was finally able to see new things that I hadn't in the previous three or during any of the 4th Steps I did during my marriage. Getting honest and continuing to work the steps is what saved me from the bitterness and anger I was holding on to. AND...I was willing and able to do an amends to my ex-wife for the first time. I've heard "don't leave 5 minutes before the miracle happens." I'd add to that...don't give up on the freedom and serenity the steps bring by not working them...keep working them...Higher Power is working on us through them, and WE ARE WORTH IT! —Grateful in Raleigh



Thank you to Tuesday 6pm Raleigh
and other contributors to this edition.



Made a searching and fearless moral inventory of ourselves.

In my first inventory, there was much attention paid to writing every bad/sad/terrible thing I'd experienced and far too much time taken re-feeling all of it. My last two inventories got me into the action of the Steps and allowed real change to occur. **Neither lasted for longer than a few months.**

The second, about 12 years in, I learned that I was always going to be implicated when I blamed others. The fourth column of the commonly used inventory sheet asks where **I** had been selfish, self-seeking and dishonest? "Wait, but *they* harmed *me*!" Nope. I truly had, in many cases, gotten the ball rolling, and even if I hadn't, I'd certainly stoked the fires of self-pity, entitlement, or some other self-derived emotion for the hours, days, years of the resentment. Focusing only on MY part was a great step toward freedom from holding myself hostage to pain.

In that same inventory cycle, I learned that people don't have obligations to me based on the roles they occupy in my life. (Insert 'mind-blown' emoji here). More freedom! I learned that my grandmother wasn't required to be soft, cuddly, and warm simply because she was a 'grandma.' My mom's sisters weren't required to be role models or to mentor and protect me simply because they were aunts. They were human beings having human experiences and I could free them (and myself) of any obligations and expectations based on their roles. This one was immediately life changing. I had the first authentic conversation I'd ever had with my paternal grandpa days after completing that 4th Step. I'd been angry with him for 20 years all because he hadn't behaved how I thought grandfathers should.

My latest inventory about 7 years ago also irrevocably changed my life. I learned the imperative, importance (for this COE) of including the 5th -9th Steps in the process. It is incomplete without them.

Close study of the 4th Step in the BB reveals:

we have listed the people we have hurt by our conduct, and are willing to straighten out the past if we can.

It meant that the people I had hurt were likely right there within my resentment listing. (Insert another mind-blown emoji here.) That was new information for me, it allowed me to go forward with connecting each resentment to a harm (8th Step) and then to go face-to-face, wherever possible, to make direct amends (9th Step). Had I stopped at telling a sponsor (5th Step) or even at being willing to turn my character defects over to a Higher Power (6th and 7th) I might have delayed some really important healing. — Liz V, Raleigh

Minutes: Triangle OA Intergroup Meeting Saturday, March 23, 2023

Draft minutes, subject to Intergroup approval

Attendees: Zach P (Group Outreach), Laura (Wilmington Wed), Karen (Vice-Chair/SOAR), Neill (WSBC), Mary Anne (Treasurer), Colleen - had to leave reported via text (Newsletter Editor, Durham Sat), Liz V (PIPO, Raleigh Tue Eve), Jessie (Hillsborough Wed Eve), Dana (Secretary, Durham Sun), Heather (Hi-Tech, Carrboro Sun Afternoon), Kathy (Chapel Hill Tue Eve), Anne (Chair), Cynthia R, and Margaret (Wilmington meetings).

Review and Approve Minutes

The January meeting minutes were reviewed and approved.

Treasurer's Report (Mary Anne, submitted electronically)

Triangle Intergroup Treasurer's Report: March 22, 2023

	January, 2023	February, 2023	March 1-22, 2023
Beginning checking balance	\$15,412.58	\$16,160.46	\$14,203.14
Balance as of Meeting	\$15,926.70	--	\$14,094.64
Total Income from group Contributions	\$742.88	\$1,018.26	\$120.00
Carrboro Sun 4pm #50296	\$424.12		
Chapel Hill Tue 6pm #32098		\$198.00	
Durham Sat 10am #20756	\$145.00		
Fuqua-Varina Wed 1:30pm #00102/#56362			\$120.00
Greenville Thu 7pm #46318		\$99.06	
Hillsborough Wed 8pm #33461		\$322.20	
Raleigh Wed 7am #00394	\$173.76		
Wilmington Wed 12pm #50278		\$159.00	
6:30 am Meditation #800242-80248		\$240.00	
Intergroup 7th tradition	\$50.00	\$30.00	
Serenity Day 7th Tradition	\$63.00	\$25.00	
Total Income	\$795.88	\$1,073.26	
Total Expenses	\$108.20	\$3,030.58	\$108.50
Email account with Google (monthly)	\$36.00	\$36.00	\$36.00
Public storage	\$72.00	\$72.00	\$72.00
Interest on checking account	\$0.20	\$0.80	\$0.50
Treasurer's Expenses (new checks)		\$74.97	
Web design & 1 yr upkeep (Heather Rose)		\$2,039.00	
WSO Rep Expenses (registration and air fare for 1 rep)		\$807.81	
Ending checking balance	\$16,160.46	\$14,203.14	
Prudent Reserve:			
Beginning PR balance**	\$4,000.74	\$4,000.77	\$4,000.80
Interest earned	\$0.03	\$0.03	\$0.03
Ending savings balance	\$4,000.77	\$4,000.80	\$4,000.83
Ending total	\$20,161.23	\$18,203.94	

- Liz reimbursed for chair budget for purchases.
- Treasurer Report reviewed and approved.

Standing Committee Reports

Secretary (Dana) – None

WSO (Neill, Cheryl) – Neill reported WSBC will be 4/25-30 in NM, reservations confirmed. Neill presenting with another fellow. Working on development of groups for young people. Mary Anne (outgoing) did complete project that allows a group to query how welcoming you are. Pending approval and distribution.

SOAR (Colleen. Karen) – Colleen provided report provided SOAR business conference. Karen assigned to PIPO group, discussing ways to share information.

High Tech (Heather) – Tour of new website TriangleOA.org. All features working – want to implement use of blog. Will need a regular schedule for posting.

Group Outreach (Zach) – Let him know of website updates. Rocky Mount was not able to get off the ground.

Newsletter (Colleen) – Will send April newsletter out once these minutes received. Needs groups to write June and beyond. Sat am Raleigh volunteered for June.

Public Information/Professional Outreach (Liz V.) – Ordered some materials and have identified some practices to share with. Bulletin board sticky notes can have Intergroup information listed. Idea for a PIPO calendar of types of tasks to complete. Wants to develop a Fall event. Working with Molly to collaborate. Possible outreach to the Atlanta Intergroup with ideas. Karen can pass over information learned.

Ad Hoc Committee Reports

12 Step Within (Mel, Diane) – Virtual workshop, Grounded Through the OA Tools 4/22 1-3pm

Bylaws/Policy and Procedures (On hold for now)

Announcements

Upcoming Region 8 virtual workshop “Abstinence” 5/21 3-5pm – 3 speakers. Will be translated into Spanish and Portuguese. Neill will send more information and will be posted on TriangleOA.org.

Business

Terms of Service: Should we consider making board members and possibly some or all committee chairs 2-yr terms? Half to be elected each year?

- Pros – Allows for people to better understand and learn the role and make a difference in the position.
- Cons – Want to get new people involved in serving.
- Considerations – Not have Treasurer and Chair changing on same year.

General consensus that this would be a good idea for all positions. Mary Anne and Anne will create a formal motion for vote next meeting.

12th Step Within Committee status: Motion was made to make TSW a standing committee, and not ad hoc. Approved.

Zoom Account Log In: Currently, the Chair and High-Tech Chair have the Zoom log-in credentials, but as TSW uses the Zoom account for serenity day events that use a waiting room (so the meeting must be opened by someone using our Zoom account), it seems logical that the TSW chair should have it as well. Any objection? Approved.

Review for IG Reps

- Reminder to provide Intergroup with changes in your meeting, including type hybrid etc. For proper representation on website.
- Check out the new website www.TriangleOA.org.
- Upcoming Virtual Events
 - 4/22 1-3pm Grounded Through the OA Tools – posted on website.
 - 5/21 3-5pm Abstinence – coming soon to website.
- Still need groups to write for Newsletter – July and beyond.

Announcements

The Triangle Intergroup of OA website has a NEW Look —
Come visit us and celebrate our recovery and the offering of
love from within @ Triangleoa.org!
Thank you to the wonderful people that worked to bring this
finished product to us all.

Newsletter Deadlines

Each newsletter focuses on the Step/Tradition/Concept and associated spiritual principles of the month and is published around the 1st of the month. The submission deadline is the 15th of the previous month.

WE NEED VOLUNTEERS FOR JULY AND THE REST OF 2023! Without you, we have no content! Please send your ideas, original writings, artwork, or puzzles to newsletter@triangleoa.org.

You can share whatever is on your heart regardless of the month's theme!

Upcoming meetings that have volunteered to write:

May 2023 (due Apr 15): Durham T/Th 12:30 Meeting

June 2023 (due May 15): Raleigh Sat 9am

July 2023 (due Jun 15): AVAILABLE

August 2023 (due Jul 15): AVAILABLE

September 2023 (due Aug 15): AVAILABLE

October 2023 (due Sep 15): AVAILABLE

November 2023 (due Oct 15): AVAILABLE

December 2023 (due Nov 15): AVAILABLE

Triangle OA Speaker List

Alice919-271-3292
Anne L 919-360-8711 (text)
Atiya919-302-1030
Elizabeth919-929-5936
Heidi.....heidicoach4you@gmail.com
J.V.919-233-9777
K.C.919-612-2000
Liz919-649-2088
Mary Anne919-260-5693
Neill.....919-789-9402
Robin919-667-7546
Tammy.....919-274-4052

(updated Feb 2021)

Triangle OA Intergroup
12th Step Within Committee
invites you to join us for a
spring serenity day!



Grounded Through the OA Tools

Workshop details...

Saturday, April 22, 2023

1:00 PM – 3:00 PM EST

Other time zones: 12-2 CST; 11-1 MST; 10-12 PST

Zoom Meeting ID:

838 6138 9759

The meeting host will admit fellows to the workshop!

Suggested 7th Tradition donation of \$5.

Activities include:

- Three speakers sharing their experience, strength, and hope
- Reflection time (we invite you to bring a journal)
- Movement
- Fun
- Question/answer and sharing time

For questions, please email: 12stepwithin@triangleoa.org

OA Responsibility Pledge: Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

SAVE THE DATE OCT 27-29, 2023

“Welcome Home, Y’all”

New Freedom Intergroup of OA (out of Jacksonville, FL) is hosting the SOAR 8 Fall Recovery Convention and Business Assembly. It will be face-to-face on Tybee Island, GA the weekend of **October 27-29, 2023**. More details about the meals and the registration flyer will be released soon.



We will be staying on the beach, within a 10-minute walk of Tybee Island Beach and Tybee Island Marine Science Center. This beach hotel is 0.4 mi (0.7 km) from Tybee Island Fishing Pier and Pavilion and 0.6 mi (0.9 km) from Back River Beach. Tybee Island is 20 minutes from downtown Savannah.

Hotel Tybee
1401 Strand Ave
Tybee Island, GA, 31328, USA
Call for reservations: 1-912-786-7777

If you even **THINK** you will be attending, make your hotel reservations now! (You **must** make your own reservations before 9/26//2023.) The Hotel requires a credit card to hold your reservation. Use code **“SOAR2023”** for special rates. Any reservations made after that date will be charged at their current room rate.

RATES: \$155 /Night Two Queen (Inland view) + \$15 /day parking + \$5 /night GA hotel fee + 14% taxes per night, (Total = \$199.50 /night.) This rate is valid for up to **four** people in the room. (If you get three roommates, each person would pay only ~\$50 per night, or \$100 for the weekend.) Rates are available for three days before and after the event. Rooms have refrigerators (but no microwaves). (Must place \$50 deposit per room for incidentals during the stay.) Each room will receive four drink tickets, three beach chairs and beach towels.

Cancellations: All guests will be charged one night's stay upon booking. Deposits are refunded or credited only if notice is received **7 (seven) days prior to arrival date (before October 19th)** and a cancellation number must be obtained by guest.

Hotel check-in is at 4:00 PM, Friday; check-out is 11:00 AM Sunday.

There is **NO** free parking on the island. Day trippers will need to pay a rate of \$20/day to use the hotel parking area.

