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# Triangle OA

## Recovery News

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### STEP FIVE

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. Spiritual Principle: Integrity  
It is important to choose a trustworthy and understanding person with whom to complete Step Five. ... We are not looking for someone to tell us how to solve our problems. What we need is a loving witness, someone who can keep our confidences and listen without judging us or seeking to fix us. —OA 12&12 p.41-42

### TRADITION FIVE

Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers. Spiritual Principle: Purpose  
Experience has shown we cannot keep the precious gifts of our own recovery unless we give recovery away by sharing OA's message. When we ... share how we've found the solution to our eating problems through practicing the Principles, we discover that we carry the message to those who still suffer, and to ourselves as well. Not matter how much recovery we have, we still need to hear the OA message. Every time we offer our experience, strength, and hope to the still-suffering compulsive eater, we give back what we have been given and thus continue the flow of healing power that fosters our own recovery. —OA 12&12 p.120

### CONCEPT FIVE

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered. Spiritual Principle: Consideration This Concept, which calls for consideration of others and courteous regard for a wide range of viewpoints, builds strength, unity, and cooperation. —12 Concepts of OA Service p.6

### Meetings

#### Tool of the month

Meetings are gatherings of two or more compulsive eaters who come together to share their personal experience, and the strength and hope OA has given them. Meetings give us an opportunity to identify our common problem, confirm our common solution, and share the gifts we receive through this program. OA offers face-to-face, online and telephone meetings, all of which can help us break through the isolation of food addiction. *OA Tools of Recovery* pamphlet, p.3



Tradition Five helps each group stay focused. When change is proposed it should be measured against the group's primary purpose of carrying its message to the compulsive eater who still suffers. The group is where an individual makes contact and learns first about the steps and then meets people in various stages of working the steps. An important element of keeping our focus on our primary purpose is service to those who still suffer just as we have suffered and may still suffer.

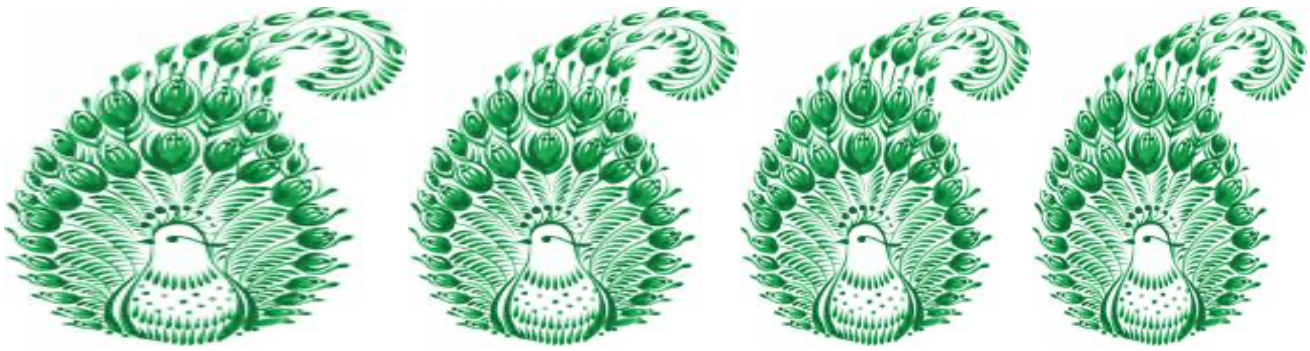
M.A.



Step Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

I thought at one time that was a very humiliating thing to do, but God already knew all about me; then I had to stop lying to myself and become honest to see all my wrongs. Last was having to share this with someone - scary to reveal myself. What if I shocked them with the illusion of who I thought I was? What would I be then? What I discovered was humility and that I wouldn't die from it. I learned to accept myself and then to understand not everyone would like me, which was very hard since I was a people pleaser. I wanted your love and approval; if you didn't like me, who would I be? I had no guidelines on how to be me. The 12 steps helped me learn how to become a better person.

Anonymous



## STEP 5

So, we've worked through Step Four. We dug deep into our memory to pull out all the things we've done, said, or thought that clutter our souls. Then we think, "why now do we have to tell someone? Isn't it enough that we did the work? It'll be so embarrassing to say these things out loud."

Haven't we had enough hiding? We've hidden our food, our binges, our purges, our undereating. It's time to stop hiding and let the light shine on our secrets. Once we let them out, we can more easily let them go. No more secrets. The Big Book says, "rarely have we seen a person fail who has thoroughly followed our path; those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves..." and, I would add, with others.

Sarah M Scout Hut



#### TRADITION 5

I am grateful for the primary purpose of each group being simply to care the message to the compulsive overeater who still suffers. I am new to the program; I have not been able to put many days of abstinence together and I have not yet done the Steps. I still suffer; I need to hear always the message of hope at every meeting I attend. Continuing to attend meetings is all I am currently able to do well in my recovery. I need the message of hope that it is possible to get better one day at a time I need to know that the message is there for me so that I keep going keep working at it and keep growing in the program

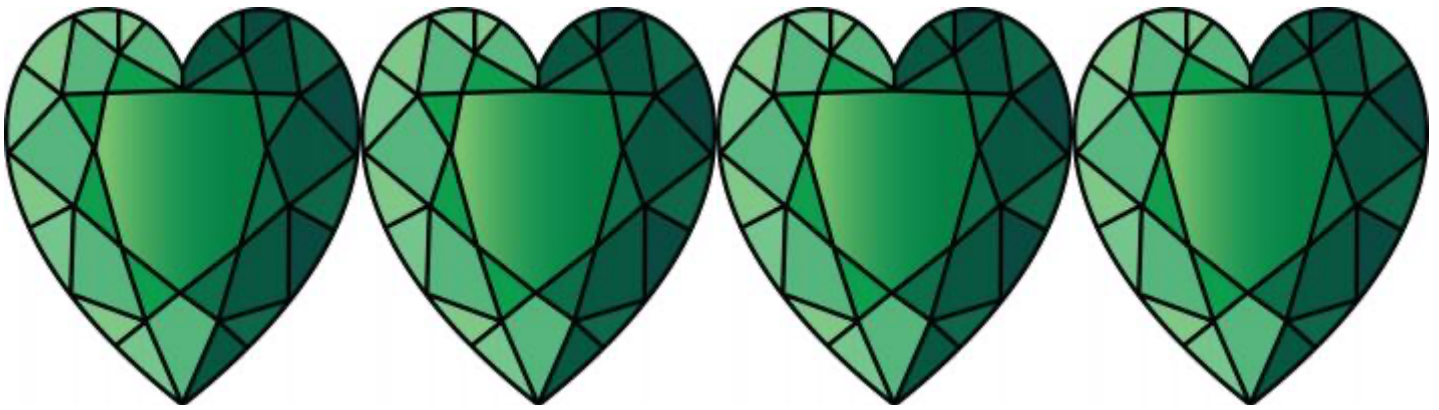
Rachael

Durham, NC



I walked in late this morning to find members writing on Tradition and Concept 5. I immediately thought "Don't be asking me to write **NOTHING** because I ain't in no way got anything to write with all I got going on!" Then as I sat down, the member next to me handed me paper, pen, and something to write on. Now you know she was just being helpful, so I had to be kind; as I picked up the pen, thoughts went back in time to a memory of my first Sponsor. We were at my house, and she was trying to get me to use the tool of writing. Way back then, my attitude was exactly like today and I said, "I ain't got nothing to write" and she replied will you agree to perhaps just scribble scrabble or doodle? I said, "Yeah I can do that," as I lay across the bed with pen and paper facetiously intending to doodle. Again, just like today, thoughts started coming. I absolutely love Concept 5, which basically states that regardless of decisions made, my opinion counts and will be heard; it's not even that we should do it my way but that, as a member, my thoughts will not be discounted. For this I am appreciative, and I am,  
Harriette from the Hut





### *Honesty*

*I feel ten. I feel ten years old again here in Victoria. It may be Victoria's reluctant spring and moody weather that puts me in the mind of Palmyra, Pennsylvania, my tree-lined town when I was ten. Maybe spring was especially slow that year. But it's more than that. Undergirding this atmospheric experience is a feeling. It's autonomy. This is the first time in a long time I've traveled so far entirely solo. I'm not a city-soul. Trees sing to my spirit and despite a Grand Fir tree just outside my hotel window, I know I am in a city. The connection back to ten seems to be my new-found autonomy. Like when I turned ten, I could ride my bike as far as I liked. At ten I also learned how to lie. I didn't need to mention at the dinner table I had seen our tree-lined town from the other side of the tracks. So, deceit was born in me at ten. And therefore, also self-deceit, its twin.*

*Self-deceit is believing I can get away with something, harmless and consequence-free. I got good at telling little white lies aimed at giving people what they seemed to want. This showed promise. Better still, won approval. But truth was the sacrificial lamb, my truth. And therefore, my self-respect, my integrity. So at ten, deceptions became my grooved pattern and with it, disregard for myself.*

*The OA program pulls back the veil of deceit and self-deception. I'm called to be cash register honest about what I am eating. But more importantly, I am invited to think differently. My first thought might still be to spin a tale (traffic was bad; I got behind a bus...) but now I catch myself. I ask myself: what is the truth here? Am I willing to tell the truth instead of a lie?*

*At sixty I am coming into my own. Fifty years of practicing illness doesn't evaporate in a night. But now, with God's help and this program, I am learning honesty, true honesty.*

*--Durham T/Th 12:30pm*



I am so glad that our primary purpose is clearly defined: to carry the message to the compulsive overeater who still suffers. This goes along with the statement in the preamble to the Steps: "OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues".

Tradition 5 keeps us focused on what is most important in our fellowship. It keeps the boundaries clear so that we don't have to worry that there will be political or religious agendas spoken about when we come to a meeting or OA function. For example, I'm glad this is true around the time of elections. I know I won't have to hear political viewpoints or be handed some literature promoting a candidate or political party. That would be very divisive in our organization, as we are comprised of people with a variety of viewpoints on politics, religion and other issues. We are unified by our common problem and common solution.

Ginny  
Durham Saturday morning meeting

**Thank you to Durham Saturday 11:00 meeting and other contributors of this edition! Without your help we would not have a newsletter Thank you all again**

## Announcements

*The Triangle Intergroup of OA has a NEW Look*

*The new website is LIVE! 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.*



# **Overeaters Anonymous Workshop on the Twelve Steps**

**A 14-session workshop designed to help  
participants achieve and maintain abstinence  
through working the Twelve Steps**

**For more information or to register email:  
OAWorkshopDanaB@gmail.com**

**May 16th  
through  
Aug 15th**

**14 Tuesdays  
6:30 – 8:00 PM  
Eastern**

**Zoom**

- **This is a closed session for 4-12 participants.**
- **No new members may join after the Introductory Session.**
- **Participants commit to attend and fully participate in all sessions.**
- **Next session begins Sept 5<sup>th</sup>.**

# **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 19<sup>th</sup>)** 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.





## Newsletter 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](mailto: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:

May 15: deadline for June newsletter - Raleigh Saturday Morning  
Jun 15: deadline for July newsletter- Hillsborough Wednesday night  
Jul 15: deadline for August newsletter - Sunday Structure House  
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)