

TRIANGLE OA RECOVERY NEWS



Step 8 Prayer

Higher Power,
I ask your help in making my list
of all those I have harmed
I will take responsibilities for my mistakes
and be forgiving to others
as you are forgiving to me.
Grant me the willingness
to begin my restitution.
This I pray.



Triangle OA Recovery News is a publication of
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Email the webmaster to subscribe to the newsletter by e-mail.

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 Delegates: Neill M. & Cheryl Y.

SOAR Reps: Karen V. and [vacant]

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

Newsletter: Colleen B. (newsletter@triangleoa.org)

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

Public Info/Professional Outreach: Liz V.

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

STEP 8

Made a list of all persons we had harmed and became willing to make amends to them all.

Spiritual Principle: Self Discipline



WRITING CONTRIBUTIONS

Step 8

Merriam-Webster defines making amends as “to do something to correct a mistake that one has made or a bad situation that one has caused.” When you make amends, you go further than just saying “I’m sorry;” you acknowledge your errors, then take action to make up for what has happened in the past.

Today there is an amends that I feel I am ready to make. This amends is to my amazing body for the years I spent stuffing and starving you, shaming you, shutting you down, disregarding your cries and trying to cut myself off from dealing with you. I thought if I came to terms with being overweight and rationalized that “I am what I am”, you would get used to it. Instead, I took you to the edge and only at the last minute did I retrieve you from the brink of disaster. The real effects of the lies I told myself are yet to be determined.

Today I treat you with honesty and respect. I understand that it takes only a second to make a bad decision and expose you to food or food behaviors that work against my overall physical and spiritual wellness. With the help of my Higher Power, I can move my body regularly, feed you foods that support and nourish you, and continue to heal through my recovery through this amazing program. I now treat myself with compassion and forgiveness for how I treated my body.

Spiritual Principle: Self-Discipline

The spiritual principle behind Step Eight is self-discipline. To have self-discipline involves action on my part. This includes the ability to pursue what I think is right despite my feelings and weaknesses. This allows me to continue doing the right thing despite the temptation to abandon everything and go back to what I know, to what is comfortable: to go back to compulsive overeating.

Self-discipline also makes me less likely to hurt other people and quicker to make amends when I do. Practicing this principle with love, I learn to accept others as they are, not as I would have them be. I’m now applying this new attitude not just toward other fellows, but also toward those at home, school, work, and in all areas of my life. Slowly but surely, I find that I am establishing the best possible relationship with each person I know.

TRADITION 8

Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

Spiritual Principle: Fellowship



WRITING CONTRIBUTIONS

Tradition 8

Professionalism in the context of Tradition 8 is defined as the occupation of counseling compulsive overeaters for fees or hire. Our 12th Step work is never to be paid for. Almost entirely unorganized, and completely non-professional, this mighty spiritual current is now flowing from fellows who are well to those who are still sick. One compulsive overeater talking to another; that's all.

Under scrutiny, we see that our few paid workers are performing only those service tasks that our volunteers cannot consistently handle. Primarily, these folks are not doing 12th Step work. They are just making more and better 12th Step work possible.

Unless we happen to work with the World Service Board, there aren't many ways to practice the Eighth Tradition as written.

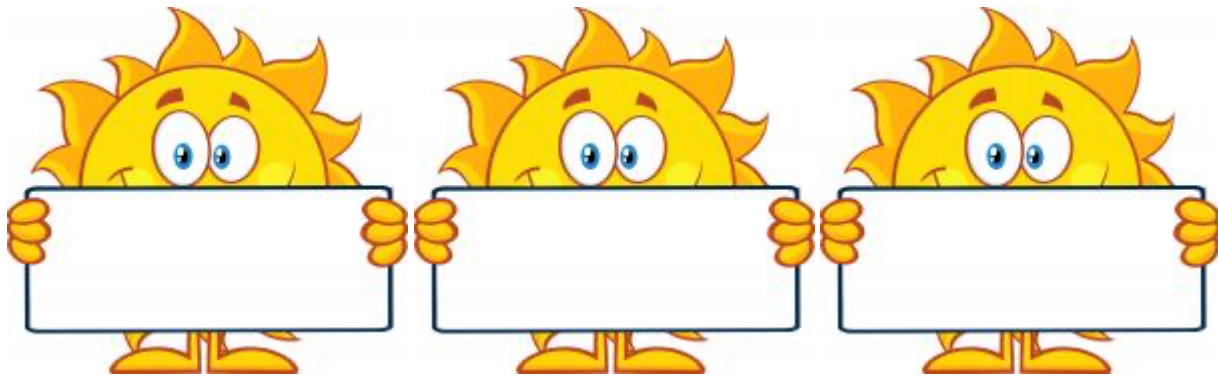
Spiritual Principle: Fellowship

Fellowship is defined as "companionship on equal terms and within a congenial atmosphere." According to a recent survey, 58% of Americans reported feeling lonely consistently. A growing body of research suggests that being lonely for a sustained period could be bad for physical and mental well-being. Many compulsive overeaters can relate, as isolation is a major aspect of the condition.

The fellowship or social support that the OA community can provide is fantastic, if you only reach out and embrace it. Meetings provide a safe space to share and identify with others suffering from compulsive overeating. Social support has been pointed out as an important element of success for OA members who perceive the program as effective. Members of the OA community serve to model a healthy lifestyle for newcomers. Finally, the recovery experience goes through a social identity transition, passing from "being a compulsive overeater" to "being a compulsive overeater in recovery".

I love the fellowship I find at OA. When I first came to the program, the fellowship allowed me peace and serenity so that I could eventually open to a spiritual awakening. It was very gradual and up and down, and I probably wouldn't have gotten there without the fellowship. Particularly important, not as important as spiritual connection itself, but still, an essential element. I practice it by attending meetings, sponsoring, and doing service at the Intergroup level.

*The opinions expressed 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.*



CONCEPT 8

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office. *Spiritual Principle: Delegation*



TOOL OF THE MONTH: Anonymity

The protection of anonymity offers each of us freedom of expression and safeguards us from gossip. Anonymity assures us that only we, as individual OA members, have the right to make our membership known within our community. Within the Fellowship, anonymity means that whatever we share with another OA member will be held in respect and confidence. What we hear at our meetings should remain there. However, we understand that we must not allow anonymity to limit our effectiveness within the Fellowship. It is not a break of anonymity to use our full names within our group or OA service bodies. Also, it is not a break of anonymity to enlist Twelfth-Step help for group members in trouble, provided we are careful to refrain from discussing any specific personal information.—OA *Tools of Recovery* pamphlet, p.6

Triangle OA Intergroup Meeting: July 15, 2023

Draft minutes, subject to Intergroup approval

Attendance: Karen (Vice Chair, SOAR Rep), Mary Anne (Treasurer), Dana (Secretary, Durham Sun 10am), Mel (12 Step Within, Chapel Hill Thu), Neill (WSBC delegate), Cheryl Y (WSBC delegate), Colleen (SOAR Rep, Newsletter Editor), Liz V (PIPO, Tue 6pm), Lindsey G (Sat AM, Durham)

Excused: Anne (Chair)

Review and Approve Minutes: May minutes were approved as originally written.

Treasurer's Report (Mary Anne): Accepted as written.

Triangle Intergroup Treasurer's Report: July 13, 2023

Triangle IG #09314	May	June	July 1-12
Balance at Beginning of Month	\$14,584.85	\$ 14,429.79	\$13,533.88
Balance as of Meeting	\$13,846.55	--	\$ 13,624.82
INCOME			
Total Group Contribution	\$1,599.74	\$65.00	\$397.90
Apex Thu 7pm #53198		\$65.00	
Chapel Hill Thu 7pm #12897	\$1,410.66		
Durham Sat 10am #20756			\$60.00
Havelock Tues 10am #32498			\$60.00
Raleigh Wed 7am #00394	\$189.08		
Wilmington Sat 9:30am #24872			\$88.47
Wilmington Wed 12pm #50278			\$90.00
Zelle payment with no memo			\$99.43
Intergroup 7th Trad		\$50.00	
Serenity Day 7th Trad	\$50.00		
TOTAL INCOME	\$1,649.74	\$115.00	\$397.90
Operating Expenses:			
Email/Web Services (Google)	\$36.00	\$36.00	\$36.00
Public Storage	\$91.00	\$91.00	\$91.00
Zoom Yearly renewal	--	\$299.80	--
Clip art subscription (annual)			\$89.96
Bank service charges	\$0.87	--	--
Operating subtotal	\$127.87	\$426.80	\$216.96
Outreach and Representation:			
WSO Rep Expenses	--	\$1,676.93	\$584.11
Outreach and Representation Subtotal	--	\$1,676.93	\$584.11
TOTAL EXPENSES	\$1,804.80	\$1,010.91	
Balance at End of Month	\$14,429.79	\$13,533.88	
PRUDENT RESERVE			
Beginning PR balance	\$4,000.86	\$4,000.89	\$4,000.92
Interest	\$0.03	\$0.03	\$0.03
Ending PR Balance	\$4,000.89	\$4,000.92	\$4,000.95

*Consider donation to SOAR or OA to lower surplus.

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

Standing Committee Reports

Secretary (Dana): None

WSO (Neill, Cheryl): Cheryl still waiting to hear about next actions to support Young Person's Committee. Neill on Literature Committee more active. Meeting monthly revising a pamphlet word for word online during the meeting. Need new stories for Men in OA. Submit a story to by the end of Sept.

SOAR (Colleen, Karen): Colleen must step down as SOAR rep. Karen working to support PIPO efforts meeting monthly. Needing people to host conventions. That may be something for us to consider for the future.

High Tech (Heather): Not present

Group Outreach (Zach): Not present

Newsletter (Colleen): Need writers Sept and beyond. Getting a little stale, will change up format this month to freshen up.

Public Information/Professional Outreach (Liz V.): None

12 Step Within (Mel, Diane): Successful serenity day last week with people from around the country. Next event is Sept 23 "Falling into Step", then Nov 18 "Getting Through the Holidays without the Holidaze" Meet the first wed of month from 6-7p. Feel free to join or refer others to join.

Announcements

Extended the dates to register for the Conscious Meditation Retreat 10/20

Business

Implementing new 2-year terms of service: Anne, Mary Anne, and Cheryl recommended that we implement the new two-year terms (with half elected in even years and half in odd) by electing all positions this November, with those to be elected in odd years (Vice Chair, Treasurer, High Tech chair/Webmaster, PIPO chair, and Parliamentarian) elected for a full 2-year term and those to be elected in even years (Chair, Secretary, Newsletter, Group Outreach, and 12th Step Within) elected for a 1-year term. Then next year, we elect only the even year positions to a standard 2-year term. They also recommended suspending any limits on number of consecutive terms for this year only to ease the transition. – Approved

Update to IG Rep duties: Karen asked to put this off at this time.

Intergroup Rep Share with local groups:

- Zelle payments for 7th Tradition must include the group's name in memo for proper accounting.
- Next events are Sept 23 "Falling into Step", then Nov 18 "Getting Through the Holidays without the Holidaze" Planning meeting the first wed of month from 6-7p. Feel free to join or refer others to join. (Both virtual)
- Conscious Meditation Retreat 10/20 in Avila
- Looking for Triangle OA newsletter writers Sept and beyond
- SOAR is also looking for newsletter contributions
- Encourage literature purchases via OA.org
- New workbook on the Traditions

WSO looking for stories about Men in OA – due by the end of Sept

Newsletter DEADLINES

The newsletter is published early in the month related to its content (so issue 1, content on Step/Tradition/Concept 1, is published in early January. Submission deadlines are 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:

Jul 15: deadline for August newsletter - Sunday Structure House

Aug 15: deadline for September newsletter

Sep 15: deadline for October newsletter - Tuesday Raleigh 6 pm

Oct 15: deadline for November newsletter - Chapel Hill Thursday 7pm

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)