



TRIANGLE OA

Step 11 Prayer

*"Lord, make me a channel of thy peace
that where there is hatred, I may bring love
that where there is wrong, I may bring the spirit of forgiveness
that where there is discord, I may bring harmony
that where there is error, I may bring truth
that where there is doubt, I may bring faith
that where there is despair, I may bring hope
that where there are shadows, I may bring light
that where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort than to be comforted
to understand, than to be understood
to love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to Eternal Life.
Amen."*

AA 12 Steps and 12 Traditions Book, page 99
(Attributed to St. Francis of Assisi)

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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 11

Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out. *Spiritual Principle: Spiritual Awareness*

Quote. —OA 12&12 p.



11th Step writing contributions

Sought through Prayer and meditation to improve our conscious contact with my Higher Power as I understood that Power, praying only for knowledge of that Power's will for me and the power to carry it out.

That was the way I had to approach the 11th step my first time through the steps. Now, I am not uncomfortable with the word God. I still tend to say HP, but my conception looks more and more like God. I still have a little trouble with the masculine pronoun, but that doesn't really reach me at a very deep emotional level (with all respect for those who do find it very emotional). All my quibbles over language delayed my having to deal with the real crux of this step! Was I really willing to have conscious contact—a relationship—with that Power greater than myself?

How times have changed! In my daily attempts to work my program, steps 3 and 11 are probably the most crucial. Most days I meditate on either the 3rd step or the 7th step prayers. In either meditation I am asking HP to "build with me and do with me as you will," or to report, "I am now ready that You should have all of me—good and bad." In both cases, I am trying to grow in sincerity about turning my life and will over to HP as much as I am able, for as long as I am able, and as often as I am able. It is only through trying that I can approach doing HP's will for me on a daily basis.

I am not a star at meditation—my mind wanders and I catch myself making a "to do" list of what I THINK HP wants me to do that day; but as long as I keep bringing myself back to surrender and spiritual awareness (the principle underlying Step 11) the time has not been wasted. My growth is slow and sometimes I feel an awareness of HP and sometimes I don't. It doesn't really matter. I believe I am loved and accepted even on the days I don't feel it. I am grateful now to have received the once-unwelcome direction to spend time every day in trying to improve my contact with HP whether I wanted to or not.

--Anonymous, CH

In the disease, I prayed. I would ask for what I wanted. When I didn't get what I asked for, I was convinced it was about my failures. That led me believe I needed to "try harder." You see, I am an addict, which means that in my mind, I am the center point. In this program, I have learned that I am not the center, and I am not responsible for keeping all those plates around me spinning. Oh, the compulsive overeater in me could spin plates, and wolf down the food off them without missing a beat — or so I thought! In reality, in all of my "trying harder" I was dropping plates, and causing chaos and confusion all around me.

Today, I live differently with the steps, tools, and traditions. I start my day doing what I call "centering" which includes: connecting with my Higher Power who is the *real* center; surrendering the food and my defects; reading: having quiet time to "hear" my HP; and often writing. (For me, writing is one of the ways I can live in conscious connection with my HP, and honest connection with my sponsor.) I can't report that I stay in constant contact, I am human and veer away sometimes. The gift of the program is that I always have a center to return to, a place of unconditional love and peace and stillness. This is so different from the chaos and confusion my disease invites me into. I don't need to "try harder." All I need to do is "keep coming back!" What a gift!

- Anonymous, Tuesday 6 PM Chapel Hill



A Slice of Defeat.

Our family gathered.
The collective mood high.
My focus was clear.
Until I saw the pie.

How grateful I was.
As I gazed at this gem.
Created with love.
I just had to dive in.

The party it seems,
had just faded away.
My loved ones now gone.
Me alone with my prey.

Her cry of frustration.

I still feel and see.
All her hard work.
Had been stuffed into me.

The horror was real.
As she ranted of cost.
Of time she spent cooking.
And all of it lost.

How could I, I asked?
Myself, in my head.
It hadn't been worth it.
Once more so misled.

What could I say?
At least something, I guess.
But I didn't know how,
or what to suggest.

Convicted in silence.
Unable to speak.
The group laughing stock.
The shame of defeat.

I'm so sorry friend.
Because fear took my voice.
All I can say is,
it wasn't my choice.
--Lisa P.



TRADITION 11

*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.*

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication. *Spiritual Principle: Anonymity* Quote. —OA 12&12 p.

11th Tradition writing contributions

Here is a reflection relating to the Eleventh Tradition:

What is the difference between attraction and promotion?

For me, attraction rather than promotion means minding my own business, living and letting live, but also being open and receptive to supporting anyone who wants to try the OA program. Attraction involves exhibiting the principles of the steps and traditions in our daily lives, with the aim of enriching other peoples' lives and leaving space for them to ask about OA if they are interested, based on the example of our recovery. It can involve mentioning in some settings that I participate in a recovery group for people with food issues.

Promotion is more like sales and marketing, and it has a potentially intrusive energy about it. With promotion, you're proactively reaching out to people and indicating that they need something that you have. This isn't ultimately an effective approach to a recovery program because a person's spiritual journey of recovery needs to come from within, when the individual is ready to participate in a program that might help them grow. Also, OA might not be a good program for every person who struggles with food at a given time, for whatever reason. We can't ever know the underlying causes of someone's eating behavior, and it may be medically complex. It's not our place to say if OA is what they need right now. Our job, as OA members, is to work the program in our own lives and receive people who want what we have with open arms.

Elizabeth L



Concept 11

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Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs, and consultants.

Spiritual Principle: Humility

Quote – 12 Concepts of OA Service

As there were no submissions for concept 11 Please enjoy this writing from LIFELINE OA

In August last year, parts of the United States witnessed a full solar eclipse. There was roughly a 70-mile-wide (113 km) “path of totality,” and the lucky individuals along this path got to experience an awesome phenomenon. At first, I didn’t understand the hype, but my daughter lives near Nashville, which was in the path of totality, so she invited us to be part of it all. I am so thankful we went because we got to experience this breathtaking event as a family. It left me pondering deep thoughts, which I enjoy (though it leaves my family shaking their heads sometimes). I thought a lot about the phrase “the path of totality.”

The people from my hometown weren’t in the path of totality. Their comments about the partial eclipse they saw went something like this: “It was neat, I guess.” “Argh, overrated!” “Actually disappointing.” “Kind of cool, but unimpressive.” Some emphatically expressed on social media that they were glad it was over so people would shut up about it. Overall, they just did not have a once-in-a-lifetime experience. But we did!

Now let me tell you what we witnessed in the path of totality. We sat on my daughter’s front lawn listening to an eclipse playlist of her favorite tunes. We sang and laughed as we waited. We had our little eclipse glasses—we put them on and got to watch the moon slowly creep over the sun. That was cool.

Then it happened. Right there in the middle of the day it became nighttime: the stars came out, the crickets starting chirping, the temperature dropped, and the sight of the sun engulfed by the moon was a sight to see! We just sat in awe and amazement, then we exclaimed and shouted, and yes, we even howled. It was beyond what we’d ever expected. God truly is amazing, isn’t he?

This experience has taught me there are some things in life that should be done in totality. It's all or nothing, or we miss some of the awe and blessings. One thing I've learned that I need to do in totality is work the OA program. Working only part of the program is "kind of cool, but unimpressive." But the path of totality in OA—now that is really something!

Of course, it took effort to reach the location for eclipse totality. We researched, traveled, and dealt with obstacles (like heat and traffic) along the way. But once we set out on the path, all we had to do was look up to the heavens and let our highest Power of all do the rest. And we sat in awe of what God did that day.

Since I've come to OA, some of the obstacles I've had to face are trying to get to meetings and finding a sponsor. I kept traveling and searching and reading. At a website for online OA meetings, I found a sponsor through an email list. She has been absolutely amazing. I have never met her, but I feel we have a friendship bond already.

I am new to OA—I've actually been in program and abstinent for ninety days today. I've lost 26 pounds (12 kg), but more importantly, I'm gaining a happier, healthier me. Although I am new, I can tell: this program is more awesome and amazing if it is worked in totality. Someone said to me, "When you get a sponsor, that's when it gets real." Well, isn't real what we really want from program?

Program is working for me because I'm all-in, in totality! I read the literature daily, I write, I got a sponsor and I'm working the [Steps](#) with her guidance. I'm telling you, the path of totality is where it's at!

— Lisa N., Alexander City, Alabama USA



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



Announcements

Region 8 (SOAR) has a new address! Please address all contributions and other mail to:

SOAR
PO Box 151
DeQuincy, LA 70633

Thank you!

The Region 8 12th Step Within committee is presenting a workshop Journey from Relapse to Recovery on Nov. 12 And the link for the workshop is <https://oaregion8.org/r8-event/journey-from-relapse-to-recovery/>

Triangle IG Serenity Day 11/18 1-3 on Zoom - Info <http://triangleoa.org/event/celebrate-the-holidays-while-avoiding-the-holiday-zoom/>

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The Tuesday, 6pm Raleigh voted to change the time of its meeting and widen the focus. The meeting will now be :

Raleigh, 7pm, Zoom

Contact: Liz Vines, 919.649.2088

Focus: Big Book/Step Study



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:

Nov 15: deadline for December newsletter-

December 15: deadline for January newsletter

January 15: deadline for February newsletter

February 15: deadline for March newsletter

March 15: deadline for April newsletter

April 15: deadline for May newsletter

May 15: deadline for June newsletter

June 15: deadline for July newsletter

Triangle OA Intergroup Meeting: Oct 21, 2023, 10:15 – 11:30 AM

Draft minutes, subject to Intergroup approval

Attendance: Anne (Chair), Karen (Vice Chair, SOAR Rep), Mary Anne (Treasurer), Dana (Secretary, Durham Sun 10am), Mel (12 Step Within, Chapel Hill Thu), Neill (WSBC delegate), Colleen (Newsletter Editor), KD (Tue 6pm), Lindsey G (Sat AM, Durham), Heather (Webmaster, Carrboro Sun), Cynthia (Raleigh Sat am), and Margaret (Wilmington Wed).

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

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

- If your group number has changed due to becoming an online meeting or otherwise, please list the town, day, and time along with your new number so it can be accredited to the correct meeting.

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Triangle IG #09314	July	August	September	October 1-17
Balance at Beginning of Month	\$13,533.88	\$13,734.32	\$14,010.81	\$14,221.43
Balance as of Meeting	\$13,624.82	--	\$13,855.81	\$14,346.43
INCOME				
Total Group Contribution	\$397.90	\$399.68	\$198.00	\$207.00
Chapel Hill Thu 7pm #12897				\$207.00
Durham Sat 10am #20756	\$60.00		\$198.00	
Durham Sun 10/10:30am #45514/#51290		\$227.44		
Havelock Tues 10am #32498	\$60.00			
Raleigh Wed 7am #00394		\$172.24		
Wilmington Sat 9:30am #24872	\$88.47			
Wilmington Wed 12pm #50278	\$90.00			
Zelle payment with no memo	\$99.43			
Intergroup 7th Trad				\$25.00
Serenity Day 7th Trad	\$20.00	\$5.00		\$20.00
Total Income	\$417.90	\$404.68	\$198.00	\$252.00
EXPENSES				
Operating Expenses:				
Post Office Box			\$226.00	
Email/Web Services (Google)	\$36.00	\$36.00	\$36.00	\$36.00
Public Storage	\$91.00	\$91.00	\$91.00	\$91.00
Clip art for newsletter	\$89.96			
Bank service charges	\$0.50	\$1.19		
Operating subtotal	\$217.46	\$128.19	\$353.00	\$127.00
TOTAL EXPENSES	\$217.46	\$128.19	\$353.00	
Balance at End of Month	\$13,734.32	14010.81	\$14,221.43	
PRUDENT RESERVE				
Beginning PR balance	\$4,000.92	\$4,000.95	\$4,000.98	\$4,001.01
Interest	\$0.03	\$0.03	\$0.03	\$0.03
Ending PR Balance	\$4,000.95	\$4,000.98	\$4,001.01	\$4,001.04

Standing Committee Reports

Secretary (Dana): None

WSO (Neill, Cheryl): Literature committee – meeting monthly virtually and have reedited the body of a pamphlet and solicited for stories (28 rc'd) to review and consider for inclusion (For the Man in OA Welcome)

SOAR (Karen): Karen attending the conference soon – Colleen has stepped down.

High Tech (Heather): Some meetings have fallen off the website as they were set to expire. If a meeting is missing, please contact Heather to get it added back. Will need City, Day, and Time. If you send a flyer, you may be asked for details so meta data can be added for those needing accommodations.

Group Outreach (Zach): No report but Zach is stepping down.

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Newsletter (Colleen): Need writers for Newsletter as soon as December. Asked to the source of any outside inclusions such as prayers. The speaker list needs to be updated or removed.

Public Information/Professional Outreach (Liz V.): Per Karen - Attended a Walkathon by REX Raleigh. Invited and brought literature. Successful and asked to be invited again.

12 Step Within (Mel, Diane): Celebrate the "Holidaze" 11/18 1-3p Virtual (last event for 2023).

Announcements

- **Triangle IG Serenity Day 11/18 1-3 on Zoom - Info** <http://triangleoa.org/event/celebrate-the-holidays-while-avoiding-the-holidaze-zoom/>
- The Region 8 12th Step Within committee is presenting a workshop **Journey from Relapse to Recovery on Nov. 12** And the link for the workshop is <https://oaregion8.org/r8-event/journey-from-relapse-to-recovery/>

Business

- Reviewed the Information about Nominations and Requirements of Office
 - Nominations accepted for elections November:
 - Treasurer – Mary Anne 2 years
 - Vice Chair- Karen 2 years
 - Chair – Anne 1 years
 - Secretary – Dana 1 years
 - WSO – Neill 2 years
 - SOAR – Open 2 years
 - HiTech – Heather 2 years
 - PIPO – Liz 2 years
 - Parliamentarian – Open 2 years
 - Newsletter – Colleen 1 years
 - Group Outreach – Open 1 years
 - 12 Step Within – Mel/Diane 1 years

Intergroup Rep Share with local groups:

- Include the name, time of meeting, and group number on contributions.
- If meeting missing on website, please contact Heather to get it added back. Will need to include city, day, and time.
- Need writers for newsletter December and beyond.
- Upcoming Events
 - **Triangle IG Serenity Day 11/18 1-3 on Zoom - Info** <http://triangleoa.org/event/celebrate-the-holidays-while-avoiding-the-holidaze-zoom/>
 - The Region 8 12th Step Within committee is presenting a workshop **Journey from Relapse to Recovery on Nov. 12** And the link for the workshop is <https://oaregion8.org/r8-event/journey-from-relapse-to-recovery/>
- Share open positions – SOAR, Parliamentarian, Group Outreach in case of interest.

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