

TRIANGLE OA



Step 12 Prayer

Dear God, my spiritual awakening continues to unfold.
The help I have received I shall pass on & give to others, both in and out of
the fellowship.

For this opportunity I am grateful.

I pray most humbly to continue walking day by day on the road of spiritual
progress.

I pray for the inner strength & wisdom to practice the principles of this way
of life in all I do and say. I need you, my friends & the program every hour of
every day. This is a better way to live.

[OA Steps \(1-12\) Meditation and Prayers • OASV](#)



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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 12

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs. *Spiritual Principle: Service*

Quote. — OA 12&12 p.

12TH STEP WRITING CONTRIBUTIONS

One of the joys of having a spiritual awakening is to want to "carry the message". But how does this line up with Tradition 11 which states "our public relation policy is based on *attraction rather than promotion*"? (Italics mine).

This is an important issue to consider as we long to convey to others the freedom from the bondage to food that we have found, one day at a time, as we recover. I have heard it said that the program is for those who want it, not for those who need it. To me, this is a good and simple explanation. However, another important point is stated in the 12 & 12 in Step Twelve. "Those of us who live this program don't simply carry the message; *we are the message*...and we embody the joy of recovery, which attracts others who want what we've found in OA." (p.86-87). Thus, just living a life of recovery is the message itself. To me this implies that as others see changes in me: not just of my body, but of my whole personage, they will want to know what has changed me, and will be attracted to the solution--OA.

"Durham Saturday morning"



TRADITION 12

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities. *Spiritual Principle: Spirituality*
Quote. —OA 12&12 p.

AS THERE WERE NO SUBMISSIONS FOR TRADITION 12TH PLEASE ENJOY THIS WRITING FROM LIFELINE OA

I was the self-appointed poster child for OA: I had physical recovery, I performed a lot of service, and I had several sponsees. My phone rang day and night. I was asked to speak at marathons and retreats. I wasn't anonymous, and I didn't want to be anonymous—I was a star.

I was lacking in self-esteem, and OA offered a platform where I could succeed and show my worth. When I attained a normal body weight and performed more than my fair share of service, recognition came my way. People looked up to me! I was finally perched on a higher rung of that imaginary ladder of worth. Self-righteousness only strengthened my grip.

Members began to look my way whenever a service position needed to be filled. By then, my life was full to bursting with service, family, work, and the fixer-upper home I'd purchased.

Then at one business meeting, a question hung in the air, needing an opinion. I always had at least three opinions on the same issue, but this time I didn't offer any of them—I leaned back in my chair and remained silent, letting someone else take the lead. It was the start of humility.

Building a persona at meetings takes a lot of energy. I imagined myself better than others because that was the only way I felt good enough. Imagine the effort it took to keep up such a sick standard! How you continued to love me defies all reason, but you did.

When the inevitable fall came, I tossed away my abstinence and sank into a three-year, 70-pound (32-kg) relapse. I continued to come to meetings, fearing what would happen if I didn't. My shame must have been palpable to others in the group, and it took every last shred of courage to show up. Ironically, the only member who ever sneered at my relapse was the other "star" in the group. The rest of you loved me through it.

When I see other OA members repeating my mistakes, I appreciate their willingness to give, and I hope they learn balance before they fizzle out and fall away from our Fellowship, unable to sustain endless service commitments and perfect back-to-back abstinence. I am aware that some members (the “experts”) want to influence decision-making based on the length of their membership. I only know because I did that too.

We can only love the stars blazing in our meetings, make our own decisions, and keep our “expertise” to ourselves. We all have one voice and one vote, and none is more substantial than another. We are all trusted servants, not self-appointed leaders. I’m grateful that OA taught me the difference.

— Cynthia W., Wickenburg, Arizona USA



CONCEPT 12

The spiritual foundation for OA service ensures that:

- (a) No OA committee or service body shall ever become the seat of perilous wealth or power; *Spiritual Principle: Selflessness*
- (b) Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle; *Spiritual Principle: Realism*
- (c) No OA member shall ever be placed in a position of unqualified authority; *Spiritual Principle: Representation*
- (d) All important decisions shall be reached by discussion, by vote, and, whenever possible, by substantial unanimity; *Spiritual Principle: Dialogue*
- (e) No service action shall ever be personally punitive or an incitement to public controversy; *Spiritual Principle: Compassion*
- (f) No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action. *Spiritual Principle: Respect*

AS THERE WERE NO SUBMISSIONS FOR CONCEPT 12 PLEASE ENJOY THIS WRITING FROM LIFELINE OA

The OA group conscience meetings I've attended that were successful allowed members to practice recovery principles in an open, orderly manner with surrender to a Higher Power and the goodwill of all OA members.

Successful group conscience meetings were announced ahead of time at regular meetings. They used the [Suggested Format for a Group Conscience Meeting](#) available at oa.org and had a preannounced agenda that allowed for member contributions. They were led by an OA member acting as a trusted servant, who created and followed an announced meeting agenda that members could contribute to at the beginning of the group conscience meeting. Agenda topics were adequately explored to meet the needs of the group and then voted on or withdrawn. The leader solicited input from members and followed Robert's Rules of Order for voting. The meetings were structured for timed sharing that enabled participation for all without dominance by vocal members or withdrawal by quiet members. Topics requiring additional input and discussion were tabled until the next meeting. The meetings ended on time and with a prayer for compulsive overeaters in and out of recovery.

*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.*

Participating in group conscience meetings has brought me out of isolation. It has helped me learn about open-mindedness and willingness in hearing things out. It has taught me about Higher Power working through each of us together at the group level. This takes me out of ego-based attitudes and thoughts. It helps me interact with others, as Higher Power wills, by my listening and sharing about what may help the newcomer and serve for the good of all, with tender care for all members.

When I slipped and had to step down from a trusted-servant position, participating in a group conscience meeting allowed me to experience acceptance and forgiveness from Higher Power, others, and myself. It also allowed me to experience renewed gratitude and joy in recovery when—Thank you, Higher Power!—I became abstinent again and willing and able to do service at the group level.

When participating in group conscience meetings, I've done my best to develop substantial unanimity wherever there was uncertainty or controversy about which course of action the group ought to take. I do this by:

- reflecting on the topic at hand
- reading [Conference-approved literature](#) about OA principles related to the topic
- talking with others about the topic on program phone calls
- checking the oa.org website for information and guidance
- listening to other members
- speaking when necessary
- trusting a Higher Power
- turning over my will and the results of the group conscience to that Higher Power
- reminding myself that each participating member cares about OA, recovery, and doing Higher Power's will
- reminding myself that the group can amend or change its decisions as needed
- being aware, gladly and consciously, of Higher Power's presence, OA recovery, and my chance to participate in this group conscience meeting about a program and meeting I care about
- noting with a grateful heart that we are no longer alone or without help
- praying that, Higher Power willing, all compulsive eaters everywhere and always have this awareness and comfort.

I'm grateful to be the way Higher Power makes me in OA, and I'm grateful that Higher Power allows me to be gladly right-sized in group conscience meetings where I can be one among many.

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— Alyson H., New York USA



TOOL OF THE MONTH: ABSTINENCE AND RECOVERY

Abstinence is the *act of refraining* from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

Recovery is the *removal of the need* to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve-Step program.

Simply refraining from eating whatever I want, whenever I want, while working towards a healthy body weight (*abstinence*) is essentially the description of every diet I've ever done. Yet my experience of abstinence felt like much more than that—when I put down the food, that was an action; when the insanity left, *that* was a miracle! I lumped that feeling into abstinence, but that made it a difficult idea to define, let alone pass on to someone else. What I was missing was the clarity that this two-part definition highlights: *recovery* is where the miracle lives. Abstinence is surely a result of recovery, but abstinence must be defined individually through self-honesty. Recovery, on the other hand, is universal. —Cory, Triangle IG WSO Rep at the WSBC that passed this two-part definition.



Announcements

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

SOAR8
PO Box 151
DeQuincy, LA 70633

Thank you!

The Tuesday, 6pm Raleigh voted to change the time of its meeting and widen the focus. The meeting will now be:
Raleigh, 7pm, Zoom

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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!

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Upcoming dates:

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: Nov 18, 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), Diane C (12 Step Within), Liz V (PIPO, Tue 6pm), Cheryl Y (WSBC Delegate), Neill (WSBC delegate), Colleen (Newsletter Editor), Heather (Webmaster, Carrboro Sun), Cindy R (Raleigh Sat am), and Margaret (Group Outreach, Wilmington Wed).

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

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

- I continue to receive both checks and Zelle transfers with no number or a number that does not match my list of meetings. Some of these may be new numbers for groups that registered as virtual meetings. I hope group outreach and I can work together to identify all current meeting numbers, but also encourage meeting treasurers to put number and meeting location/day/time in the paper or electronic memo line.
- I will prepare the 2024 budget for the January 2024 meeting. It will be helpful to know particulars of the WSBC and SOAR meetings for next year.
- Please email me at treasurer@email.unc.edu if your meeting's contribution is missing or wrongly attributed.

Triangle IG #09314	September	October	November 1-17
Balance at Beginning of	\$14,010.81	\$14,221.43	\$14,346.43
Balance as of Meeting	\$13,855.81	\$14,346.43	\$14,708.82
INCOME			
Total Group Contribution	\$198.00	\$207.00	\$259.89
Chapel Hill Thu 7pm #12897		\$207.00	
Durham Sat 10am #20756	\$198.00		
Fuqua-Varina Wed 1:30pm #00102/#56362			\$90.00
Raleigh Wed 7am #00394			\$141.69
#57002 (Zelle from Ryan M)			\$28.20
Sale of donated literature			\$229.50
Intergroup 7th Trad		\$25.00	
Serenity Day 7th Trad		\$20.00	
Total Income	\$198.00	\$252.00	\$229.50
EXPENSES			
Operating Expenses:			
Post Office Box	\$226.00		
Email/Web Services (Google)	\$36.00	\$36.00	\$36.00
Public Storage	\$91.00	\$91.00	\$91.00
Clip art for newsletter			
Bank service charges			
Operating subtotal	\$353.00	\$127.00	
TOTAL EXPENSES	\$353.00	\$127.00	\$127.00
Balance at End of Month	\$14,221.43	14346.43	
PRUDENT RESERVE			
Beginning PR balance	\$4,000.98	\$4,001.01	\$4,001.04
Interest	\$0.03	\$0.03	\$0.03
Ending PR Balance	\$4,001.01	\$4,001.04	\$4,001.04

Standing Committee Reports

Secretary (Dana): None

WSO (Neill, Cheryl): Neill - Literature Committee - 29 stories submitted to update to the Man in OA pamphlet. 10 stories being considered. Will submit to Publishing Committee Feb 2024. Cheryl - Young Persons Committee (18-28yrs) - loss of traction and nothing happening.

SOAR (Karen): Wonderful experience in GA. Wording discussions re: literature. Includes Central and South American countries (multilingual). A committee was created to address this need. PIPO committee regular meetings scheduled. Video on SOAR website on how to use the website. Literature on how to talk to your healthcare professional shared and was shared successfully with her HCPs.

High Tech (Heather): Have cleaned up meetings that fell off the site due to glitch.

Group Outreach (Margaret): New representative.

Newsletter (Colleen): Need volunteers for writing submissions. Can submit any month on any topic due by the 15th of the month for the following month. Will be held for the future. Looking for feedback to updated version: Looks less cluttered, including references to prayers.

Public Information/Professional Outreach (Liz V.): \$90 for printing posters etc. to share. Interested in a billboard \$1400-3500. Suggestion to partner with another agency for a less expensive location, such as a neighborhood, or maybe consider shopping carts, maybe other ideas. Karen to share person with billboard info with Liz.

12 Step Within (Mel, Diane): Celebrate the "Holidaze" 11/18 1-3p Virtual (last event for 2023). 3/2 Sponsorship: Two Hearts and Two Hands Together- info coming soon.

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Announcements

- **Triangle IG Serenity Day 11/18 1-3 on Zoom** - Info <http://triangleoa.org/event/celebrate-the-holidays-while-avoiding-the-holiday-zoom/>
- **3/2 Sponsorship: Two Hearts and Two Hands Together**- info coming soon.

Business

- Elections held - results as follows:
 - 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
 - Hi-Tech – Heather 2 years
 - PIPO – Liz 2 years
 - Parliamentarian – Open 2 years**
 - Newsletter – Colleen 1 years
 - Group Outreach – Margaret 1 years
 - 12 Step Within – Mel/Diane 1 years
- **Add to Jan Agenda** - Zoom meetings less powerful than in-person meetings. Adopting meetings and visit to discuss intergroup, SOAR etc.... to make sure there is a clear understanding of the legacy of OA. Intergroup Rep to report to entire meeting, rather than just at the business meeting. Track and advocate for Intergroup Reps for all meetings.
- **Add to Jan Agenda** - 2024 WSBC Agenda Questionnaire content. Suggestion to have a Feb meeting on this topic. Karen will support the preparation for this discussion.

Intergroup Rep share with local group:

- 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. Can submit any month on any topic due by the 15th of the month for the following month. Will be held for the future.
- Upcoming Events: 3/2 Sponsorship: Two Hearts and Two Hands Together- info coming soon.