

# TRIANGLE OA RECOVERY NEWS

## STEP 2 PRAYER

Heavenly Father,  
I know in my heart that only you can restore me to sanity.  
I humbly ask that you remove all twisted thought &  
addictive behavior from me this day.  
Heal my spirit & restore in me a clear mind.



### Alternate Prayer

I pray for an open mind so I may come to  
believe in a Power greater than myself.  
I pray for humility & the continued  
opportunity to increase my faith.  
I don't want to be crazy any more.

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

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](mailto:chair@triangleoa.org))

Vice Chair: Karen V.

Treasurer: Mary Anne S. ([treasurer@triangleoa.org](mailto:treasurer@triangleoa.org))

Secretary: Dana B.

WSBC Delegates: Neill M. & Cheryl Y.

SOAR Reps: Karen V. and [vacant]

Webmaster: Heather O. ([webmaster@triangleoa.org](mailto:webmaster@triangleoa.org))

Newsletter: Colleen B. ([newsletter@triangleoa.org](mailto:newsletter@triangleoa.org))

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

Public Info/Professional Outreach: Liz V.

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

## **STEP 2-**

Came to believe that a Power greater than ourselves could restore us to sanity. *Spiritual Principle:*  
*Hope*

Quote. — OA 12&12 p.

## **2ND STEP WRITING CONTRIBUTIONS**

Step 2: Came to believe that a power greater than ourselves could restore us to sanity.

I chose question #12 in the workbook.  
Do I believe in God but not really believe God can or will deal with my compulsive eating?

Yes. I do believe in God, a higher power. But because I failed so, so, so, many, many, many times, I decided God felt like it was my problem, my sin; that this area of my life is just intractable, and I will have to deal with it as best I can while trying to carry on a “normal” life.

Then I learned through meetings that I do not need to be punished, that not every day needs to be torture to become abstinent. I decided to become willing to be teachable. I am willing to accept that the higher power would prefer to have me well, rather than wounded. This was a shift from the God/higher power I thought of as punitive, to one who really does want me to be happy.

Through prayer/meditation, I also learned that my higher power is all about relationships - connectivity. My over eating and isolation fed each other, pulling me in a downward spiral. Slowly, one day at a time, I can heal, learn other behaviors, and receive hope that this area of my life is not intractable. I have learned to become willing to step away from the battle. Life is more peaceful “over here”. Cindy R., Saturday morning Raleigh



What is honesty? Being honest with myself means trusting my own character to the best of my ability. It takes spending time with myself and learning from mistakes. Being honest means telling the truth even when it doesn't feel comfortable. It also means being forthright and direct. Being direct is being kind. I often have a hard time being fully honest because I doubt my own intentions. For so long I wanted to please other people and try to act in a way that I think they want me to act in order for them to like me or to gain their approval. When my pride gets in the way of me being honest it's often because I don't want to seem disagreeable or I'm afraid I'll be rejected.

With food and food behaviors I often lie to myself to justify behaviors that I know aren't good for me. Mostly the lies show up in me thinking that my weight and how my body looks define who I am and what I'm worth. When I feed myself the lie that a certain weight will make me feel okay or make me safe or protect me from things going wrong and feeling certain feelings, I'm not living my recovery. Instead, being honest means I admit I'm powerless over that way of thinking and acting and when I choose that story my life is unmanageable. The steps, Step 2 particularly, gives voice to the idea that I don't have to choose that story. *That there is another story; a different way to live; that I could be sane.*

Step 2 offers me a chance to accept power from a source greater than myself – from God, others, the program, my deepest, truest self, so that I might be sane not only in decisions about food, body, exercise, but about life in general – relationships, thought patterns. Step 2 is an invitation to sanity and offers me hope that I can grow and I don't have to stay stuck in the same patterns of chaos and insanity that cause me suffering. Step 2, in particular, believing – that word believing means a lot because it requires trust. Believing – taking a chance – that a power greater than me can restore me to sanity is a practice I choose daily. I really have to choose daily to let go of that lie and rather have hope in a higher power that I call God that is teaching me about love for myself and love for others regardless of how I look or what I weigh. Yes, I want to maintain a healthy body weight but more than that I want to live in honesty and in alignment with God's will for my life.

Thanks for letting me do service. And I realize there may be a lot of entries so this one might not show up since I wrote last month.

Take care, Rebecca



## Step 2

Step 2 is part of what I do every morning when I take the first three steps again. Once again, I come to believe, to have faith, and to know that a power greater than me will restore me to sanity. That power is not only loving but all powerful, helping me with everything from my abstinence to my working the steps to practicing the principles of the program in all my affairs. This power is with me throughout the day and helps me as I turn over to that power things I am having difficulty with. I communicate my gratitude to this power many times throughout the day. I believe this power has restored me to sanity.  
Audrey C. Raleigh



## **TRADITION 2**

For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern. *Spiritual Principle: Trust*

Quote. — OA 12&12 p.

**AS THERE WERE NO SUBMISSIONS FOR TRADITION 2 PLEASE ENJOY THIS WRITING FROM LIFELINE OA**

Five or six years ago, I was involved in OA service work within my region. To aid my interactions with the personalities I encountered, I read recovery literature on Tradition Two.

Over time, it slowly occurred to me that this Tradition was inviting me to have a relationship with a loving Higher Power. It came with the awareness that I was still carrying false core beliefs about a punishing, judgmental, demeaning God.

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My new awareness from Tradition Two infiltrated my Step Two experience. I came to believe in the good, and my Higher Power restored in me the ability to see the good in every person, place, thing, and situation. If I was unable to see the good, it was not because of the absence of good, but simply a reflection of the limitations of my human thinking.

More recently, I once again dealt with a personality in service work. After many years of practicing spiritual Principles, my reaction was significantly less intense than before. Yet I was having a reaction.

One morning during prayer and meditation, I asked my Higher Power to allow me to see the ways this personality was acting lovingly. My loving Higher Power gently reminded me to see it all as love. What my Higher Power knew, and what was slowly dawning on me, was that I had set up a judgment: I was right and this person was wrong. This judgment was underlying my reactions toward this personality and, thus, our interactions. By seeing it all as love (every aspect of this person's behavior and not just the parts that I thought were loving), I was able to re-frame the behavior in a new light, which allowed love to flow through. Love truly is the answer!

Thank you for allowing me to share. Love, peace, and blessings to all!

— Atiya M.



## **CONCEPT 2**

The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority, and effective conscience of OA as a whole. *Spiritual Principle: Conscience*

Quote —12 *Concepts of OA Service p.*

### **AS THERE WERE NO SUBMISSIONS FOR CONCEPT 2 PLEASE ENJOY THIS WRITING FROM LIFELINE OA**

I've long been a self-proclaimed "service junkie." I learned very early the benefits of attending more than just one group. I've also reaped the benefits of having a sponsor and being a sponsor. It didn't take me long at all to get involved at the group, intergroup, region, and world service levels, and I've been blessed to attend some of our World Service Conventions.

It can be difficult to adequately express the rewards of stepping outside the safe and comfortable room of my home group. Stepping beyond my group, I met others in my local community and expanded my knowledge of OA as I listened to many other members share their varied experiences. I found new friends in nearby groups, and eventually, I became involved in our intergroup. Similarly, as I attended our region assemblies, I met more wonderful people from beyond my own country. We are fortunate that our OA regions typically cross borders into at least one other country.

My service and involvement at the region level then introduced me to [World Service Business Conference](#). In this setting, not only did I meet people from many countries but also some of our World Service Office staff for the first time. At my first two Conferences, I even had the pleasure of meeting and spending a bit of time with our founder, Rozanne S.

I love to travel. I always have. During two personal trips to Europe, I had the fabulous opportunity to attend meetings in Scotland, England, France, Germany, Switzerland, and Portugal. In each of these countries, I was met with a warm welcome from an OA member. Today, I have friends throughout the world whom I've met only because I was willing to admit my powerlessness

over food, willing to step outside of the comfort of my own group, and willing to trust in a Higher Power to guide my path along the way.

One disadvantage of service is that it can take away from family time, but World Service Convention often gives us the opportunity to have both. Our Conventions are often located— just a walk, short drive, or shuttle to many well-known attractions. (The planning committee always considers locations with nearby attractions and arranges special room rates to allow for stays before and after Convention.) I make plans to go early and take some family time before settling into the Convention.

I always look forward to Conventions. I know I'll be reunited with my "worldwide friends" and meet new ones. The speakers, the workshops, and the exploring before and after are all wonderful. Most heartwarming is when I see a friendly face from somewhere, anywhere, and "I put my hand in yours" again.

— *Bonnie*





**OTHER WRITINGS OFFERED FOR FEBRUARY 2024:**

Reflection on For Today February 18.

“Real humility about our character defects carries with it acceptance.”

I have a defect that was difficult for me to accept: Sloth. As one of the Seven Deadly Sins listed in the Big Book, sloth is a big thing to admit and accept. So, I looked at myself for a long time before I could accept sloth as a defect. I am industrious in my work setting. I spend my work hours doing many projects and tasks. I am good at what I do. I am also a good delegator and I follow-up on things that are being done by others. So, what about my home? My home is: 1) messy because I have more than my home will hold; 2) disorganized because I do not pick up after myself well and all things don't even have a place; 3) dirty because it is impossible to clean where messes get in the way. This is the truth. Today I accept sloth as a problem for me. I don't want to work hard at home – its emotional; but, I am taking small actions. With the help of my husband, who is messy himself, and a trusted OA buddy I am spending blocks of time purging and organizing. I put time in my weekend schedule for home chores. These actions are not easy for me. I am following through and starting to see results. Accepting sloth as a defect of character was the first step to progress.

Kim M.

Saturday Raleigh 9AM



**TOOL OF THE MONTH: Action Plan**

An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. This tool may vary widely among members and may need to be adjusted as we progress in our recovery. A newcomer's action plan might focus on planning, shopping for and preparing food. Some members may need a regular fitness routine; time for meditation and relaxation; strategies for balancing work, family and friends, and our program. Others may need help to organize their homes; deal with their finances; and address medical, dental or mental health issues.

Along with working the Steps on a daily basis, an action plan may incorporate use of other OA tools to bring structure, balance and manageability into our lives.— *The Tools of Recovery*, p.5–6



## Minutes: Triangle OA Intergroup Meeting Saturday, January 20, 2024—10:15am to 12:00pm

**Attendance:** Anne (Chair), Mary Anne (Treasurer), Dana (Secretary, Durham Sun 10am), Mel (12 Step Within, Chapel Hill Thu), Liz V (PIPO, Tue 6pm), Cheryl Y (WSBC Delegate), Neill (WSBC delegate), Colleen (Newsletter Editor), Heather (Webmaster, Carrboro Sun), Cindy R (Raleigh Sat am), Margaret (Group Outreach, Wilmington Wed), Helen M (Tue/Thu Durham), Kathy Z (Tue Eve) and Tia (Tue Eve).

**Review and Approve Minutes (3 min)** *Approved with minor edits*

**Treasurer's Report (Mary Anne, submitted electronically) (10 minutes)** – note we will cover the budget separately, below. *Approved.*

Triangle IG #09314	November	December	January 1-10
<b>Balance at Beginning of Month</b>	\$14,346.43	\$14,718.42	\$13,654.69
<b>Balance at time of meeting</b>	\$14,708.82	--	\$13,652.57
<b>INCOME</b>			
Group Contribution	\$259.89	\$0.00	\$846.88
Durham Sat 10am #20756			\$453.70
Durham Sun 10/10:30am #45514/#51290			\$283.28
Fuqua-Varina Tues1:30pm #00102/#56362	\$90.00		
Raleigh Wed 7am #00394	\$141.69		\$60.10
Wilmington Sat 9:30am #24872			\$49.80
#57002 (from Ryan M)	\$28.20		
Intergroup 7th Trad		\$35.00	
Serenity Day 7th Trad	\$10.00	\$5.00	
Sale of donated literature	\$229.50		
<b>TOTAL INCOME</b>	<b>\$759.28</b>	<b>\$40.00</b>	<b>\$1,126.38</b>
<b>EXPENSES</b>			
<b>Operating Expenses:</b>			
Website maintenance and plug in (Heather Rose)			\$699.00
Email/Web Services (Google)	\$36.00	\$36.00	\$36.00
Public Storage	\$91.00	\$91.00	\$114.00
Bank service charges	\$0.40	\$0.38	\$114.00
<b>Operating subtotal</b>	<b>\$127.40</b>	<b>\$127.38</b>	<b>\$963.00</b>
<b>Outreach and Representation:</b>			
SOAR Rep Expenses		\$976.35	
WSO Rep Expenses			
<b>Outreach and Representation Subtotal</b>	<b>\$0.00</b>	<b>\$976.35</b>	<b>\$0.00</b>
<b>TOTAL EXPENSES</b>	<b>\$127.40</b>	<b>\$1,103.73</b>	<b>\$963.00</b>
<b>Balance at End of Month</b>	<b>\$14,978.31</b>	<b>\$13,654.69</b>	
<b>PRUDENT RESERVE</b>			
Beginning PR balance	\$4,001.04	\$4,001.07	\$4,001.10
Interest	\$0.03	\$0.03	0.03
<b>Ending PR Balance</b>	<b>\$4,001.07</b>	<b>\$4,001.10</b>	<b>\$4,001.13</b>

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Discussion - Challenges some groups are having setting up Zelle.

### Standing Committee Reports (5 minutes each)

**Secretary (Dana):** None

**WSO (Neill, Cheryl):** Neill World Service - hotel registration open now. Will make a reservation. Reps take business motions and bylaws with proposed changes are posted at OA.org, WSO conference e-docs. Recommend that IG Reps bring back to meetings for comment - as well as our response. Deadline March 7, 2024. Discussion about having meetings vote and report results to Intergroup. Intergroup to vote and enter results on SurveyMonkey. Link below for IG Rep to share and bring back responses for Feb 17th off schedule mtg. Email to Anne or Cheryl. **Cheryl** - Booking conference hotel registration and flight.

**SOAR (Karen):** Absent

**High Tech (Heather):** A few messages about accessing website by mobile phone.

**Group Outreach (Margaret):** Emailed a list of 4 IG Reps from this area. Working on getting them to attend the meeting. Anne will reach out and Heather will add to the website.

**Newsletter (Colleen):** Thanks to Heather for sending out an email to the groups to encourage them to write. Got a number of submissions for Jan/Feb already.

**Public Information/Professional Outreach (Liz V.):** Billboard research - \$1795 4-week run posted on I-40, 688K + views. Image posted will be an OA poster that is already in existence with Triangle OA and OA phone numbers. Discuss with 2024 Budget below. Suggestion to let groups know that this is an initiative that people can make special donation to Intergroup to support.

**12 Step Within (Mel, Diane):** Events for the year are posted on the website. See below for upcoming.

### BUSINESS

**Budget for 2024:** (Mary Anne) *Budget approved with minor edits.*

Triangle Intergroup: Draft Budget for 2024

<b>Triangle IG #09314</b>		
	2023 Total	2024 Budget
<b>INCOME</b>		
Group Contribution	\$6,083.18	\$6,083.18
Intergroup 7th Trad	\$210.00	\$200.00
Serenity Day 7th Trad	\$198.00	\$80.00
Sale of donated literature	\$229.50	\$100.00
<b>TOTAL INCOME</b>	\$6,720.68	\$6,463.18
<b>EXPENSES</b>		
<b>Operating Expenses:</b>		
Directory Listing/ domain name	\$139.00	\$139.00
Website hosting (small orange)	\$198.05	\$198.05
Website maintenance + plug in	\$699.00	\$699.00
Post Office Box	\$226.00	\$226.00
Email/Web Services (Google)	\$432.00	\$432.00
Zoom yearly renewal	\$299.80	\$299.80
Treasurer's Expenses	\$74.97	\$50.00
Public Storage	\$1,035.00	\$1,369.44
Clip art for newsletter	\$89.96	\$100.00
Bank service charges	\$4.84	\$5.00
<b>Operating subtotal</b>	\$3,198.62	\$3,518.29
<b>Outreach and Representation:</b>		
12th Step Within	\$0.00	\$75.00
PIPO	\$33.75	\$75.00
Group Outreach	\$0.00	\$75.00
SOAR Rep Expenses	\$976.35	\$1,000.00
WSO Rep Expenses	\$3,068.85	\$3,500.00
<b>Outreach and Representation Subtotal</b>	\$4,078.95	\$4,725.00
<b>TOTAL EXPENSES</b>	\$7,277.57	\$8,243.29

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- Billboard (information above in PIPO report) - Keep as a special expense that we vote on each year, rather than include in the budget. Cost: \$1795 - *Billboard approved as a special expense for 2024.*
- Donation to the church for the in-person event on 5/18 and other associated costs. There is a history of sharing the 7th tradition with the location.

#### **Other business?**

- Helen - Tu/Th Durham mtg- now on Zoom and attended by people all over the world. Want to stay as part of Triangle Intergroup - but can also shift to the Virtual Intergroup instead.
- Cheryl - 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.

#### **Intergroup Rep share with local group:**

- Business motions and bylaws with proposed changes: Recommend that IG Reps bring back to meetings for comment - as well as our response. Link to items up for discussion below. Email results to the Chair Email ([chair@triangleoa.org](mailto:chair@triangleoa.org)) by 2/16 EOD. The point of the exercise is "does this need to be considered for the agenda".  
<https://media.oa.org/app/uploads/2024/01/12094500/agenda-questionnaire-summary-wsbc-2024.pdf>
- 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.
- Billboard coming soon on I-40 - Dates TBD most likely March.
- Upcoming Events:
  - 3/2 Sponsorship: Two Hearts and Two Hands Together - Zoom
  - 5/18 Meditation - In-Person Information Coming Soon
  - 7/13 Service - Zoom Information Coming Soon
  - 9/21 Steps 1-3 - Zoom Information Coming Soon
  - 11/16 Spiritual Principles - Zoom Information Coming Soon

#### **For March Agenda:**

- Discussion: How can we distribute the literature being stored for \$1400 per year - to decrease or eliminate this cost.
- Update to IG Rep duties: Karen volunteered to update this a while back; anything to report?
- Cheryl - 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.
- Mary Anne - Committee to support revising Bylaws. Helen volunteered to help.

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## **Announcements**

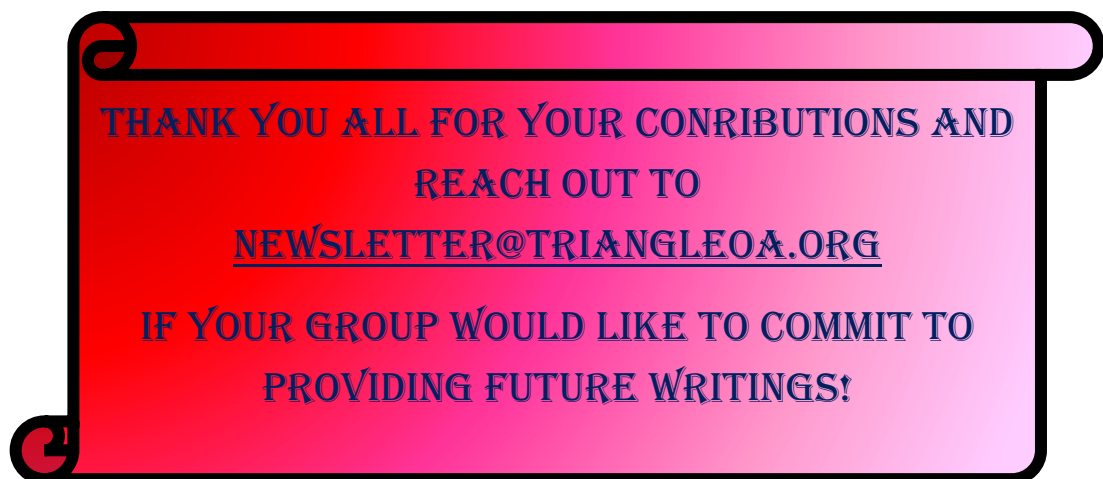


Triangle OA has 5 serenity day "get togethers" in 2024! We invite you to save these dates and hope you will plan to attend!

- March 2 (1-3 PM on Zoom) Focus: Sponsorship
- May 18 (**in person**) Focus: Meditation (location: [Raleigh labyrinth and garden](#)!)
- July 13 (1-3 PM on Zoom) Focus: Service
- September 21 (1-3 PM on Zoom) Focus: Steps 1, 2 & 3
- November 16 (1-3 PM on Zoom) Focus: The Principles

Additional information will be available on [triangleoa.org/events](http://triangleoa.org/events) as we get closer to each event!

Also, our committee is always looking for people willing to do service at these events! If you would like to be of service as a reader, Zoom host, in-person greeter, or share your experience, strength and hope as a speaker, please email [12stepwithin@triangleoa.org](mailto:12stepwithin@triangleoa.org). Thanks for considering!



## 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](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:**

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