

TRIANGLE OA RECOVERY NEWS

Step 4 Prayer

“God, help me to show tolerance, pity and patience. This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done.”

(Resentments)— Big Book page 67

Dear God,

It is I who has made my life a mess.

I have done it, but I cannot undo it.

My mistakes are mine & I will begin a
searching & fearless moral inventory.

I will write down my wrongs,
but I will also include that which is good.

I pray for the strength to complete the task
[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 4](#)—Made a searching and fearless moral inventory of ourselves. *Spiritual Principle:*
Courage Quote. —*OA 12&12*

[.As there were no submissions for step 4 Please enjoy this writing from](#)
[LIFELINE OA](#)

Searching Out Shame

In OA, we rely strongly on AA literature, and we are truly blessed to have it. I am infinitely grateful to AA and its founders and members. I do find, however, one critical difference between alcoholism and food addiction that, once addressed, finally gave me the freedom of back-to-back abstinence that eluded me for decades.

Members of AA can walk away from alcohol. As hard as it must be, they can find new activities and new friends. With the support of their program, fellowship, and higher power, they do not have to engage with their substance again.

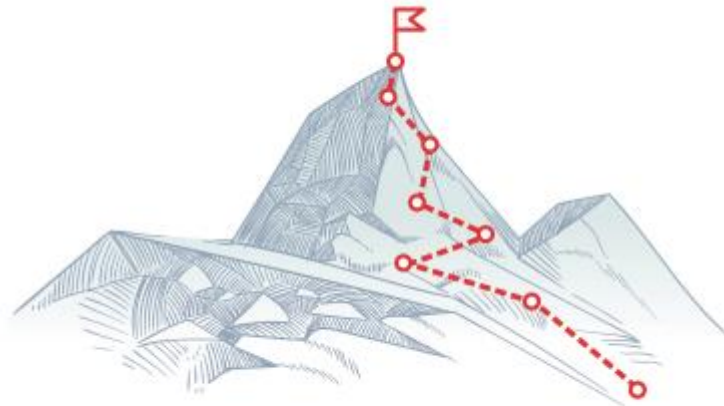
The Step Four inventory in AA literature focuses on fears and resentments and has been enormously helpful, but there is a critical difference for me as an overeater that requires additional probing in my personal Step Four inventory. My food addiction is not to individual foods but to eating itself. I have to go head-to-head with my addiction three times a day. In order to do that abstinently, I have to delve deep. I believe strongly that my food struggle is an emotional struggle. I cannot be in emotional discord for long without it leading to a food struggle. Since I have to engage with my addiction every day, it puts me on very shaky ground to be in a state of emotional “dis-ease.”

I recently heard a helpful metaphor: If I wanted to replace the blades in a blender, I’d obviously have to turn the machine off. But would I then put my hand inside it? Of course not, because it might turn on if still plugged in. I’d first be sure to disconnect the power source, or the blades could start spinning and I could get badly hurt. Disconnecting the power source is key. So I had to ask myself, “What is the power source of my compulsion?”

For many OA members, the power source of our compulsions is not just fear and resentment, but shame, which is rooted in the codependency that developed in our dysfunctional childhoods. Shame is my power source. If I don't address it, the power can kick on again with the slightest trigger. Before I healed my shame, for example, a critical comment by a co-worker or supervisor was enough to send me into relapse. Trying to abstain without understanding the power of shame was like trying to stop the blender by only pressing the off button. It invariably kicked on again and cut me with a relapse.

My experience is that I only became able to abstain peacefully and consistently when I began a searching and fearless Fourth Step journey into my shame and codependence. I then began to enjoy the greatest gift of all: comfort in my own skin. This comfort is glorious and precious in itself, and it has protected my abstinence, one day at a time, for over five years.

— *Leslie O., Broad Brook, Connecticut USA* [Step 4: Searching Out Shame - Lifeline \(oalifeline.org\)](http://oalifeline.org)



TRADITION 4

Each group should be autonomous except in matters affecting other groups or OA as a whole. *Spiritual Principle: Autonomy*
Quote. — *OA 12&12*

As there were no submissions for Tradition 4 Please enjoy this writing from LIFELINE OA

The Big Picture Decisions

Our group considers itself free to make its own decisions, guided by a Higher Power. We don't have to have certain values or particular ways of doing things just because some other groups do. No one can make us do things the way they think is right. We are free to do things the way we think is right.

But let's take a hypothetical situation: Suppose we gossiped about groups we thought were doing things wrong and caused others to avoid those groups. Then our autonomy would be affecting other groups. Even worse, maybe newcomers or others would listen to our gossip and conclude that Overeaters Anonymous is too divided and therefore not right for them. In that case, our autonomy would be affecting OA as a whole.

In general, how do the Traditions affect our decisions? Some issues are easy. Is our meeting open or closed? Can people eat during the meeting or bring drinks in? Should we sponsor a Super Saturday? Other issues can be more difficult. What do we do if a speaker starts quoting from an outside source? What kinds of literature will we display on the table? Do we have an official opinion about certain food substances? Shall we change any words in the readings? When we eat out together after the meeting, how do we behave? The Traditions suggest some points to consider in these situations, but a group is free to ignore the Traditions, in the sense that no one has the authority to stop them. (I'm not saying ignoring the Traditions is a good idea, of course.)

In my own journey through OA, there was a time when my two closest meetings openly and enthusiastically used names, words, and prayers from one particular religion. I was completely turned off. That was one reason why I dropped out of OA for over ten years. If I'd had more recovery at the time, I might have just looked for other meetings to attend, or I might have had the courage to challenge those groups. As it was, I just slunk away with the idea that OA was too religious for me—something that wasn't true of OA as a whole, but I didn't know it then.

In my years in program, I've seen several examples of group autonomy being liberating and energizing and also of it being taken too far. It's always a good idea to keep an eye on the big picture.

— *Edited and reprinted from OA Today newsletter, St. Louis Bi-State Area Intergroup, April 2015*
[The Big Picture Decisions - Lifeline \(oalifeline.org\)](http://oalifeline.org)



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[concept 4](#)

The right of participation ensures equality of opportunity for all in the decision-making process. *Spiritual Principle: Equality Quote –12 Concepts of OA Service*

[As there were no submissions for concept 4 Please enjoy this writing from LIFELINE OA](#)

Concept Practices

Hi, I am a compulsive overeater and have been in OA for twenty-six years. I have been abstinent for almost three years and have lost about 200 pounds (90 kg).

In the beginning, Bill W. turned away from the bar to carry the message of recovery to Dr. Bob. From one person to another, from one service to another, Twelve Step programs and OA came into being. We now have our own OA Steps, Traditions, and Concepts of Service. Our Preamble, Step Twelve, and Tradition Five all ask us to carry the message of recovery to those who still suffer. And our Concepts guide us in how to do it.

The message we carry is simple: There is a proven, workable way to recover through the Twelve Steps of OA. How we carry that message is through service, guided by the Concepts. I remember sitting in an intergroup meeting reading *The Twelve Concepts of OA Service* when something clicked: This pamphlet is talking about me! Not just them, the Board of Trustees, because there is no “them” in OA, only we and us. The pamphlet tells me to butt out of doing someone else’s job; let them do it their way, even if they are not doing it right (i.e., my way). I started reading in earnest. Now I’ve taken the Concepts and made them easier for me to swallow.

- I bring God into everything I do, and I can say a prayer at any time (Concepts One and Two).
- I make sure I know what I’m doing and am clear about what I need (Concepts Three and Nine).
- I have a voice. I make sure everyone else does too (Concepts One and Four).
- I recognize it is okay to make mistakes; in fact, it is expected (Concepts Three and Five).
- I try not to do too much (Concepts Six and Seven). I ask for help when I need it (Concepts Eight and Eleven).
- I do not do something I asked someone else to do (Concepts Three and Ten).
- I trust the process. I don’t judge the judging (Concept Twelve).
- I do not think “I’m all that!” (Concept Twelve).

These practices aren’t only for my service; they also help in my everyday life, even in just setting up my plan of eating and action plan for the day. As with all the OA program, it is all about relationships. I hope you find this as helpful as I do.

— Lyn [Concept Practices - Lifeline \(oalifeline.org\)](http://oalifeline.org)



TOOL OF THE MONTH: Sponsorship

Sponsors are OA members who are living the Twelve Steps and Twelve Traditions to the best of their ability. They are willing to share their recovery with other members of the Fellowship and are committed to abstinence.

We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional, and spiritual. By working with other members of OA and sharing their experience, strength, and hope, sponsors continually renew and reaffirm their own recovery. Sponsors share their program up to the level of their own experience.

Ours is a program of attraction; find a sponsor who has what you want and ask that person how he or she is achieving it.—OA *Tools of Recovery* pamphlet, p.2



Minutes: Triangle OA Intergroup Meeting Saturday, February 17, 2024—10:15am to 10:30am

Attendance: Anne (Chair), Mary Anne (Treasurer), Dana (Secretary, Durham Sun 10am), Mel (12 Step Within, Chapel Hill Thu), Cheryl Y (WSBC Delegate), Neill (WSBC delegate), Colleen (Newsletter Editor), Heather (Webmaster, Carrboro Sun), Cindy R (Raleigh Sat am), Margaret (Group Outreach, Wilmington Wed), and Cindy R.

Special meeting to discuss WSBC Agenda Questionnaire response.

Business motions and bylaws with proposed changes:

<https://media.oa.org/app/uploads/2024/01/12094500/agenda-questionnaire-summary-wsbc-2024.pdf>

12 meetings returned results to the Chair: Carrboro Sun 4pm; Chapel Hill Tues 6pm; Chapel Hill Th 7pm; Durham Sun 10:30am; Durham T/Th 12:30; Durham Sat 11am; Hillsborough Wed 6pm; Oak Island Th 11am; Raleigh Sat morning; Raleigh Tues 7pm; Raleigh Wed 7am; and Wilmington Wed 12pm

Tallies were as follows:

Items B, C, 3, 6, 8, 9, 10, and 12: 12 yes, 0 no

Items A, D, 1, 5, 7, 11, 13, 14, 15, 16: 11 yes, 1 no

Items E, 4: 10 yes, 2 no

Item 2: 8 yes, 4 no

Decision made for Intergroup vote to represent the results from the local meetings. Consequently, we will vote yes on all items. Chair to complete survey.

Minutes: Triangle OA Intergroup Meeting Saturday, March 16, 2024—10:15am to 12:00pm

Attendance: Anne (Chair), Mary Anne (Treasurer), Dana (Secretary, Durham Sun 10am), Cheryl Y (WSBC Delegate), Neill (WSBC Delegate), Heather (Webmaster, Carrboro Sun), Cindy R (Raleigh Sat am), Margaret (Group Outreach, Wilmington Wed), Helen M (Tue/Thu Durham), Kathy Z (Tue Eve) and Caroline T (Oak Island)

Review and Approve Minutes – *January and February 2024 - approved as written*

Treasurer's Report (*Mary Anne, submitted electronically*)

**** Updated 2024 Budget attached**

Triangle Intergroup: March, 2024 Treasurer's Report

Triangle IG #09314	January	February	March 1-13
Balance at Beginning of Month	\$13,654.69	\$13,702.22	\$13,538.99
Balance at Time of Meeting	\$13,652.57		\$13,620.57
INCOME			
Group Contribution	\$846.88	\$527.01	\$0.00
Durham Sat 10am #20756	\$453.70		
Durham Sun 10/10:30am #45514/#51290	\$283.28		
Fuqua-Varina Tues. 1:30pm #00102/#56362		\$232.81	
Havelock Tues 10am #32498		\$58.80	
Raleigh Wed 7am #00394	\$60.10		
Wilmington Sat 9:30am #24872	\$49.80		
Wilmington Wed 12pm #50278		\$162.00	
Direct contribution		\$2.00	
Zelle deposit with no meeting ID		\$71.40	
Intergroup 7th Trad	\$50.00	\$30.00	\$40.00
Serenity Day 7th Trad		\$25.00	\$20.00
Sale of donated literature			
Special contribution for billboard			\$175.00
TOTAL INCOME	\$1,743.76	\$1,109.02	\$235.00
EXPENSES			
Operating Expenses:			
Post Office Box	\$699.00		
Email/Web Services (Google)	\$36.00	\$36.00	\$39.22
Public Storage	\$114.00	\$114.00	\$114.00
Bank service charges	\$0.35	\$5.04	
Operating subtotal	\$849.35	\$155.04	\$153.22
Outreach and Representation:			
WSO Rep Expenses		\$590.20	
Outreach and Representation Subtotal	\$0.00	\$590.20	
TOTAL EXPENSES	\$849.35	\$745.24	\$153.22
Balance at End of Month	\$14,549.10	\$14,066.00	
PRUDENT RESERVE			
Beginning PR balance	\$4,001.10	\$4,001.13	\$4,001.16
Interest	\$0.03	\$0.03	\$0.03
Ending PR Balance	\$4,001.13	\$4,001.16	\$4,001.19

- Continuing issue with receiving group contributions without a group ID.

Chair's Report (Anne)

- WSBC survey questionnaire completed
- Spotty forwarding of final minutes to webmaster for posting; missing ones (May through November 2023) have now been sent.

Standing Committee Reports

Secretary (Dana) - None

WSO (Neill, Cheryl) - Registered for the upcoming conference

SOAR (Karen)- Conference today. More next time.

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

High Tech (Heather) - Google fees raised per month (6 users) - can be reduced by 1 Group Outreach Chair has not used.

Group Outreach (Margaret) - None

Newsletter (Colleen) - None

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

12 Step Within (Mel, Diane) - None

Ad Hoc Committee Reports (3 minutes each) - None

P&P/Bylaws (Mary Anne & Helen) - None

BUSINESS

- **Storage Unit/Literature:** Can we distribute the remaining literature and close the storage unit? The May in-person serenity day is an opportunity. Do we need an ad hoc Literature Committee to focus on this? Any volunteers to chair it? Karen has done a lot, but it's a lot for one person! Cynthia and Kathy will reach out to Karen to join in the efforts to distribute and get the storage closed. Cheryl can join in a strategy meeting to support the creation of a plan. Cynthia will take the lead in coordinating efforts. A list of what is available would be worthwhile to share with the groups.
- **Staying connected to groups without IG Reps:** Need to identify which these are; we've had some new reps join in recent months from groups that had not been sending a rep. Determine who has IG Reps and then reach out to those who do not.

Review of past Agendas and IG Representation

Meeting	IG Rep	Regular Attendee
Durham Sun Structure House	Dana B	NA
Carrboro Sun	Heather	NA
Raleigh Sat AM	Cindy R	NA
Wilmington Wed	Margaret	NA
Durham Tue/Thu	Helen	NA
Oak Island	Caroline T	NA
Chapel Hill Thu	Mel	NA
Other?		

- **Update to IG Rep duties:** Karen volunteered to update this a while back. The goal is to have it to one page and make it easy for people to understand. Helen volunteered to revise. Suggestion to add to ChatGPT to summarize. Heather can support this effort as a first step.
- **Lowering of Google fees** - Google fees raised per month (6 users) - consider reducing by 1 Group Outreach Chair has not used. Consider another provider? Refer anyone with experience

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to Heather for inclusion. Discussion of the need for PIPO email - and perhaps that can be shared with Group Outreach.

- **Discussion of possible In-Person Intergroup Meeting in May or even a July date at the coast** - to facilitate members ability to attend in-person serenity just following (May) and also invite others to experience what a meeting is like. A location is needed. Helen and Margaret will work together to seek a location.

Intergroup Rep share with local group:

- Reminder to Treasurer - When sending contributions include the group ID
- We interested in hearing about how new people hear about OA - in relation to the billboard
- 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.
- Tech savvy individuals interested in lending hand to IG to support HiTech - contact Heather
- Upcoming Events:
 - 5/18 Triangle OA Serenity Day: Focus on Meditation In-Person in Raleigh at a Labyrinth
 - 7/13 Triangle OA Serenity Day: Focus on Service
 - 9/21 Triangle OA Serenity Day: Focus on Steps 1, 2, and 3
 - 11/16 Triangle OA Serenity Day: Focus on Principles

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 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 12thstepwithin@triangleoa.org. Thanks for considering!

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PLEASE SEND YOUR WRITING CONTRIBUTIONS TO
NEWSLETTER@TRIANGLEOA.ORG

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:

April 15: deadline for May newsletter

May 15: deadline for June newsletter

June 15: deadline for July newsletter