

TRIANGLE OA RECOVERY NEWS

Step 8 Prayer

"God, I ask for the willingness to make amends for the damage I have done in the past." Big Book page 76

Higher Power,

I ask Your help in making my list of all those I have harmed.

I will take responsibility for my mistakes &

be forgiving to others as You are forgiving to me.

Grant me the willingness to begin my restitution.

This I pray.

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



STEP 8-

Made a list of all persons we had harmed and became willing to make amends to them all.
Spiritual Principle: Self Discipline

Quote. —OA 12&12 p.

As there were no submissions for Step 8 Please enjoy this writing from LIFELINE OA Step 8: Admission and Prayer - Lifeline (oalifeline.org)

Step Eight asks me to own up to who I am in relation to other people and myself.

Working with a sponsor helped. I returned to OA after a relapse, during which I quickly gained 40 pounds (18 kg). After a suicidal crisis, I realized I would slowly eat myself to death if I continued. I received the gift of desperation and was willing to go to any length to recover from this disease. I asked someone who had what I wanted to sponsor me.

After Step Seven, my sponsor suggested I review my Fourth Step to look for anyone I had harmed. I wrote down their names and the reasons why I needed to make amends to them. The first half of Step Eight was an opportunity to name those I had harmed and why. It didn't matter if someone had harmed me; I only needed to identify the people I had harmed. I recently considered several people I used to sponsor. It wasn't easy to admit I had been controlling and arrogant towards them. When I did admit I had harmed these people, relief filled my heart.

I needed to put my own name on the list—"we have also damaged ourselves with our self-destructive thinking, eating, and living habits" (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 69). I damaged my body by compulsively overeating, starving, overexercising, and denying my excess weight. I lived in isolation, fear, self-pity, and resentment. I wrote my name on the list, although I had no idea how I would make amends to myself. That was part of Step Nine, and I wasn't there yet.

The second half of Step Eight involved becoming willing to make amends to those I had harmed. "It might help us to remember that our purpose in doing step eight is not to judge others, but to learn attitudes of mercy and forgiveness" (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 69). My sponsor suggested I pray for anyone I was unwilling to forgive. I prayed for each person to have health, prosperity, and joy, although I still felt angry. After praying for one particular person every day for a month, I felt a wave of forgiveness flow

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over me. The God of my understanding helped me see this person as a lovable child of God, who, just like me, was doing one's best with what had been given.

I prayed for each person on my Step Eight list and asked God to forgive me too. Then I was ready for Step Nine.— *Edited and reprinted from The Transformation newsletter, Central Ohio Intergroup, August 2011*

TRADITION 8

Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers. *Spiritual Principle: Fellowship*
Quote. — *OA 12&12 p.*

[As there were no submissions for Tradition 8 Please enjoy this writing from LIFELINE OA Tradition 8: Labor of Love - Lifeline \(oalifeline.org\)](#)

I remember when I was new to OA. I sat with my first sponsor, going over my journaling on Step One. It took quite a bit of time, and I couldn't believe how patiently my sponsor sat there, listening. She wasn't giving advice. Periodically she shared her experience, strength, and hope, but mostly, she just offered the gift of understanding. I was amazed that I wasn't paying her! She accepted me even though we had only known each other for a short while. She even said I was helping her.

The gift of sponsorship is so powerful because it is given freely—no strings attached. Now I get to pass it on and do the same for others. I always enjoy seeing my sponsees' faces when I tell them they are actually helping me more than I am helping them.

[The Twelve Steps and Twelve Traditions of Overeaters Anonymous](#) tells me "In OA, we learn to give our loving support to others freely, without trying to advise people or change them; nor do we look to others to work our program for us" (p. 175). Service is its own reward. Even if we are experts (counselors, ministers, dietitians, authors) outside the rooms of OA, we only share our experience, strength, and hope. Even someone who has long-term abstinence is not an OA expert; experience has shown that everyone suffers in the long run when recovery "gurus" exist.

OA may (and does) employ special workers. These employees help manage the business aspect of OA when the job is too big for volunteers. These employees may or may not be members. Effective workers are appreciated because they help OA grow stronger, but their duties are entirely business-related.

No member is ever paid for Twelve Step service. Just as the OA [Twelve and Twelve](#) says, "When we keep OA's eighth tradition, we discover a beautiful spirit of caring service . . . we can each turn to the one next to us and say truthfully from the heart, 'I put my hand in yours because I care'" (p. 176).

— *Edited and reprinted from OA Today newsletter, St. Louis Bi-State Area Intergroup, August 2014*

Concept 8

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office. *Spiritual Principle: Delegation Quote –12 Concepts of OA Service p*

[As there were no submissions for Concept 8 Please enjoy this writing from LIFELINE OA Just Taking My Turn - Lifeline \(oalifeline.org\)](#)

I learned about service when I first came into OA long ago, working the Steps and using the Tools.

I learned it was good for my recovery to get out of my head and do things for others—that one recovering compulsive eater reaching out to another is the foundation of OA. I learned that no CEO presides over us. Rather, OA's service structure is upside-down: groups are at the top and the Board of Trustees and Executive Committee are at the bottom. But I wasn't sure where I fit in. The lower part of that structure was made of members who had something I didn't. And I wasn't sure what this had to do with abstinence.

Now that I am studying the *Twelve Concepts of OA Service*, I see the service structure in a new light. I see it as a three-dimensional pyramid made of many individual bricks. Every brick is a member, and not one of them is

more important than any other. Over time, we member bricks change positions in the pyramid. Sometimes, we are near the top, doing service in our groups or as sponsors; other times, we are near the bottom, giving service as representatives, delegates, or trustees. Still, each brick is the same size as any other.

This makes sense! Any member can be elected as a representative, delegate, or trustee, as long as certain requirements are met, and all these trusted servants are still regular members at OA meetings.

Can this image, the 3-D pyramid, help me stay abstinent? I suffer from the character defect of "I'm-not-as-good-as-ism," and when my disease picks up on my insecurity, it knows how to tempt me with food. The image of identical bricks simply switching places in the pyramid reinforces, for me, the Principle of humility. I'm reminded that I'm neither better nor worse; I'm just taking my turn.

So what holds the pyramid up? I believe it's the Principle of responsibility. When I take on a job and do it, and all the other bricks do their jobs, then the pyramid stays together as a unit. I can't make someone become responsible, but maybe once we all see how important each one of us is, we'll all want to become more involved.

Why doesn't the upside-down pyramid topple over? Concept One reminds us that "God is the ultimate authority . . ." (*Twelve Concepts*, p. 3). My HP is greater than gravity! When I bring God into everything I do, he does miraculous things.

— *Anonymous*

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

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:

August 15: deadline for September newsletter

September 15: deadline for October newsletter

October 15: deadline for November newsletter

November 15: deadline for December newsletter

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

Attendance: Mary Anne (Treasurer), Dana (Secretary), Heather (Webmaster, Carrboro Sun), Cindy R (Raleigh Sat am), Kristy M (Tue 7pm Zoom), Colleen (Newsletter Editor), Karen (Vice Chair, SOAR Rep), Esther Grace (Wed am), Janet B (Raleigh) Margaret (Group Outreach), Audrey C (subbing for Mel), Cory (Sat Scout Hut Durham), Diane (12th Step Within), Laura C (Durham Sun 10am), Neill (WSO), Cheryl (WSO).

Review and Approve Minutes – May 2024 - Approved, with minor change.

Treasurer’s Report (Mary Anne, submitted electronically)

- Includes April to correct mistake in May Treasurer’s Report

Triangle IG #09314	April	May	June	July 1-15
Balance at Beginning of Month	\$13,783.49	\$12,625.94	\$11,651.78	\$11,236.13
Balance at Time of Meeting	--	\$11,814.61		\$11,402.44
INCOME				
Group Contribution	\$946.20	\$249.00	\$423.28	\$732.11
Chapel Hill Thu 7pm #12897				\$93.50
Chapel Hill Tue 6pm #32098		\$249.00		
Durham Sat 10am #20756	\$83.40			
Durham Sun 10/10:30am #45514/#51290			\$285.48	
Havelock Tues 10am #32498			\$49.00	
Raleigh Tue 6:30 in person 58069				\$139.80
Raleigh Tue 7:00pm #57002			\$88.80	\$88.80
Raleigh Sat 9am #16772/ #801300	\$862.80			\$276.00
Raleigh Wed 7am #000394				\$99.21
Wilmington Sat 9:30am #24872				\$34.80
Intergroup 7th Trad	\$30.00	\$5.00		
Serenity Day 7th Trad		\$182.00		\$30.00
Sale of donated literature		\$35.00		
TOTAL INCOME	\$1,922.40	\$720.00	\$846.56	\$1,494.22

Standing Committee Reports

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

Secretary (Dana) - Move to CA, Laura C stepping in as IG Rep for Durham Sun Structure House. Wiling to continue involvement, and per Mary Anne can continue to do so if attending Triangle meetings virtual.

WSO (Neill, Cheryl) – WSO Conference - Cheryl unable to attend due to personal issue
Neill - See attached - WSBC 2024 delegate report

SOAR (Karen) - Owes a summary of SOAR conference. Registered for Fall convention in FL in September.

High Tech (Heather) - Meeting minutes posting on website coming soon.

Group Outreach (Margaret) - Nothing to report.

Newsletter (Colleen) - Last 2 newsletters 0 submission. Groups not signing up to write. Clipart renewal is due. Idea to write on any month that has a 5th week. Request feedback regarding new format.

Public Information/Professional Outreach (Liz V.) - Not present sue to last minute issue. Sent message nothing to report. Billboard efficacy - hard to measure. Karen saw a PSA on Youtube with a link to Facebook.

12 Step Within (Mel, Diane) - Diane - Serenity Day 7/13 very successful. See upcoming 9/28 and 11/16.

Ad Hoc Committee Reports

P&P/Bylaws (Mary Anne & Helen) - Mary Anne See attached - Proposals and discussions questions for Bylaws revisions. Review proposed changes in document.

Update IG Rep duties (Heather & Helen) - Heather Edited duties of the IG Rep. Sent to Anne.

Literature Disbursement/Storage Unit Closure (Cynthia, Kathy, Karen) - Karen - Empty need to go in person to close the unit. Sold remaining literature McKays (Mebane) - owes \$70 to treasury. Some wheeled carts available for free. Neill will take one. Karen will continue to curate what is left.

BUSINESS

9/21 September meeting in Wilmington: Meeting will be held at the church on 3940 Shipyard Blvd (Administration Building). Church site has many buildings and can be confusing as to address and location on campus. It is not located at the church itself, but the Administration building (labeled as such).

Cynthia has previously volunteered to take minutes, as Dana will not be present.

10:30 Recovery meeting

11:00 IG meeting

Per Margaret can make meeting hybrid as tech resources on site.

Update on staying connected to groups without IG Reps: Heather will add Laura C in exchange for Dana B Durahm Sun Structure House. Neill not listed as rep for 10:30 meeting - remove. He is the contact person for Tue 6:30 Grace Lutheran not an IG rep. Laura will send her info to Heather for editing.

Looking for volunteer groups to host Region 8 SOAR conference for Fall 2025 Approx Oct. It is a lot of work. Could be a wonderful opportunity for service for our IG, as well as bring in revenue. We hosted in 2012 (Cheryl Chair). We could team up with the Piedmont IG - but what are the logistics of that? SOAR has a hosting manual as a source of support.

Need to understand what support the Piedmont Group needs, before we can commit. Mary Anne will talk to Anne to see what she has learned so far and report back.

Intergroup Rep share with local group:

- Reminder to Treasurer - When sending contributions include the group ID, city, location 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. Idea - any group with a 5th week use that to write for newsletter.
- Review Proposals and discussions questions for Bylaws revisions- (see attached) and provide any feedback to IG report to report back to next IG meeting for discussion.
- Upcoming Events:
 - 9/28 Triangle OA Serenity Day: Focus on Steps 1, 2, and 3
 - 11/16 Triangle OA Serenity Day: Focus on Principles
- Intergroup Nominations Sept - Elections in November (anyone able to attend)
 - Descriptions on the Triangle OA website - Colleen will post in the Aug newsletter for review, including abstinence requirements.
 - Chair - Open
 - Newsletter - Open
 - Secretary - Open
 - Group Outreach
 - 1 WSBC Reps
 - 2 Soar Reps
 - 12 step Within - Open

ANNOUNCEMENTS :

Elections for open positions on Intergroup for 2025 will be held in NOVEMBER. We will be taking nonimations for these positions in Septeember and November. See position specific needs below:

Requirements, Terms, and Duties of Intergroup Officers

	Chair	Vice Chair	Secretary	Treasurer	WSBC Rep.	SOAR Rep.
Requirements (Bylaws, Article IV, Section 3)	Abstinence:					
	1 year	1 year	6 months	1 year	2 years	1 year
	<ul style="list-style-type: none"> In OA and working the steps 1 year Studying traditions and familiar with concepts (no time requirement) Regular group attendance 6 months Previous service as an IG rep (no time requirement) 					
Term and Term Limits (Bylaws, Article IV, Section 6)	1 year	1 year	1 year	1 year	2 years	2 years
	After 2 consecutive terms have been served in a position, a person must wait at least 1 year to be eligible for re-election to that position, unless Intergroup takes a group conscience to waive this. A partial term counts as a term for purposes of this limit. Board members may not also serve as Intergroup Reps for an individual meeting.					
General Duties (Bylaws, Article IV, Section 7)	<ul style="list-style-type: none"> Maintain current abstinence and apply the Twelve Steps and Twelve Traditions in their affairs. Serve as guardians of the Twelve Steps, Twelve Traditions and Twelve Concepts with respect to the functions of the intergroup. Perform the duties of the service position in accordance with Intergroup policies and procedures. Serve as guardians of Intergroup funds. Provide a forum for the interchange of ideas and information among member groups. Train the incoming board member at the expiration of term of service. Notify the Intergroup in writing if a decision to resign before the end of the term is made. Notify the Intergroup Chair if unable to attend a meeting. Maintain a document of policy and procedures related to the position. May attend all standing committee meetings. 					

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Specific Duties of Intergroup Officers

	Bylaws (Article IV, Section 7)	P&P
Chair	<ul style="list-style-type: none"> • Preside at all regular and special meetings of this Intergroup. • Be responsible for establishing the agenda for all Intergroup meetings. • May cast the deciding vote to break a tie. • Serve as a WSO delegate and a Regional Representative and may attend the World Service Conference of Overeaters Anonymous and all regional assembly meetings. • Designate a qualified member to serve as alternate WSO Delegate or Regional Representative. 	<ul style="list-style-type: none"> • Have a key to the meeting place and be responsible for ensuring the meeting facility is open. • Work with the secretary to send in an updated Intergroup Registration Form • Vote only to break ties.
Vice Chair	<ul style="list-style-type: none"> • Serve in the absence of the Chair. • Assist the Chair whenever needed. • Maintain the Intergroup Policies and Procedures documents. • Be the co-owner and an authorized signatory on the Intergroup bank accounts 	<ul style="list-style-type: none"> • Keep and distribute all passwords and sensitive information appropriately • Ensure new Intergroup members are trained • Ensure the policy and procedures documents are kept current by the Intergroup members • Hold a key to the meeting facility.
	Bylaws (Article IV, Section 7)	P&P
Secretary	<ul style="list-style-type: none"> • See that minutes are kept of all Intergroup and board meetings and that the minutes are made available to each Intergroup member. As a cooperative gesture, the minutes may be available to the Regional Trustee and Chair of Region 8. • Maintain a file of all minutes of past meetings. • Direct correspondence to the appropriate officer or committee chair and maintain a file of outgoing correspondence. • Ensure notices of all meetings of the Intergroup are communicated as described in Article V. 	<ul style="list-style-type: none"> • Distribute the minutes via the newsletter to the Intergroup • Pass around a signup sheet at Intergroup meetings • Send the webmaster and group outreach any additions or changes in contact information • Send an email to new Intergroup members with information specific to their role and call to ensure they have sent a notice to updates@triangleoa.org • Immediately after a new chair and/or secretary is elected, the Intergroup Registration Change Form needs to be completed and sent to OA World Service.

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	<ul style="list-style-type: none"> • Keep WSO informed of all changes of group information 	
Treasurer	<ul style="list-style-type: none"> • Maintain a checking and savings account, if necessary, for dispersal of Intergroup funds. • Submit financial reports each month at the Intergroup meetings. • Serve as chair of the Budget Committee (if such a committee exists.) • Prepare and present a year-end report to the Intergroup at the December Intergroup meeting. • Prepare and present an annual budget for the Intergroup at the November Intergroup meeting. • Be a signatory on all committee checking accounts except the Retreat committee. 	<ul style="list-style-type: none"> • Pay bills • Collect mail from the post office box • Make deposits • Reimburse costs • Make financial recommendations
WSBC Rep	<ul style="list-style-type: none"> • Attend the World Service Business Conference • Serve OA and the World Service conference until the following Conference • Report either orally or in writing the actions of the conference to all member groups • Keep the Intergroup and represented groups aware of WSO information • Communicate important information to the area 	<ul style="list-style-type: none"> • Register for WSBC • Plan travel, lodging, food and transportation costs • Participate in the business of the conference • Participate in assigned WSO committee
SOAR Rep	<ul style="list-style-type: none"> • Attend all region assembly meetings • Serve OA and Region 8 for the term designated by the region bylaws. • Report either orally or in writing the actions of the region assembly to all member groups • Keep the Intergroup and represented groups aware of region information • Communicate important information to the area 	<ul style="list-style-type: none"> • Register for Assemblies • Plan travel, lodging, food and transportation costs • Participate in the business of the Region • Participate in assigned Regional committee

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Requirements and Duties of Committee Chairs	Abstinance	Description of Committee
Newsletter Editor	30 days	Creates the Triangle OA Intergroup newsletter, which contains IG meeting reports, information about each of the meetings in the Intergroup, upcoming events, and writings by members on the steps, traditions, and other OA related topics. The newsletter is a vehicle of communication for members and is often distributed to the public.
Newsletter Distributor	30 days	Distributes the Triangle OA Intergroup newsletter. Picks up newsletters either at the printer and brings to IG meeting or picks up at monthly IG meeting if someone else is picking up from printer. Maintains a list of contacts and mailing addresses for each meeting in IG; brings that list to IG meeting so reps present can sign out newsletters, and mails newsletters to any not present.
High Tech/ Webmaster	30 days	Maintains the Triangle OA Intergroup website (triangleoa.org) as a communication tool and storage facility for Intergroup documents and handles anything else related to the internet as a communication vehicle. Coordinates the posting of IG information such as upcoming events, reports, resource material, mailing lists, mail accounts, and newsletters to the website. Coordinates the forwarding of email to the proper people and maintains the email boxes and email distribution lists.
Retreat chair and registrar	6 months	Organizes retreats for OA members to strengthen their recovery with focused fellowship. Retreats also function as fund-raisers for Intergroup to carry the message of recovery to current, past and future members. Duties generally divided between a chair and a registrar.
PIPO	30 days	Provides information to the public, medical professionals, and other groups that work with compulsive eaters by attending health fairs, distributing public service announcements, putting meeting information in external media, hosting sessions for medical professionals, counselors, clergy and other special interest groups interested in a solution to the disease of compulsive eating. Has an outgoing email address for anonymity?
Group Outreach	30 days	Contacts member groups, organizes visits to groups, maintains information about each group, and ensures the Triangle Intergroup serves the member groups. Updates the phone line with face to face meeting info. Contacts all groups and reps at least yearly; monitors the OA website for new groups in our area. Keeps a master list of group information and makes sure the info on the Triangle IG website, the national website, the phone line, in the newsletter, and used by PIPO for outside media is current. Maintains the list of Intergroup reps and coordinates with the Newsletter Distributor to maintain the mailing addresses used for the Newsletter Distribution.
Twelfth Step Within	30 days	Brings the message of recovery to suffering compulsive eaters within the fellowship by hosting special events and supporting member groups hosting special events.

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Parliamentarian	30 days	Is knowledgeable about procedures in Roberts Rules of Order and Group Conscience. Attends the Intergroup meetings and guides the chair in running the meeting according to these principles
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Triangle OA Recovery News is a publication of
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newsletter@triangleoa.org • webmaster@triangleoa.org
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)