

TRIANGLE OA RECOVERY NEWS

Step 9 Prayer

"I pray that I may be given strength and direction to do the right thing, no matter what the personal consequences may be."

Big Book page 79

Higher Power,

I pray for the right attitude to make my amends,
being ever mindful not to harm others in the process.

I ask for Your guidance in making indirect amends.

Most important, I will continue to make amends

by staying abstinent, helping others &

growing in spiritual progress.

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



STEP 9-

Made direct amends to such people wherever possible, except when to do so would injure them or others. Spiritual Principle: Love Quote. – *OA 12&12 p.*

Please enjoy this writing from an OA Fellow Step 9:

From the Twelve Steps and Twelve Traditions of Overeaters Anonymous Second Edition page 67:

“It also helps us to remember that we make direct amends for our actions (or inaction when action was called for) rather than our feelings.”

Before recovery I had a lot of feelings about people. I acted out some of them (for which I had to make direct amends) but some of them were below the surface where I never acted them out. They were just thoughts and feelings. These ones I didn't act out were often thoughts of incompetence in work situations. Here's the thing: I didn't owe direct amends to these people because of my feelings or thoughts. I did however owe them indirect amends by accepting them and having compassion for them. I had to accept that these people had their own Higher Power and were doing the best they could with the skills they had. These are living amends.

Spiritual Principle for step 9: Love

The spiritual principle for Step 9 is Love. I will make myself vulnerable and admit that it wasn't until recently that I was able to receive or give love. Whatever happened in my childhood, it was not conducive to developing the often taken for granted ability to love. After coming into OA, I began the process but had a long way to go. Even as people said they cared about me, I could not perceive they were telling the truth, believing I was alone and unlovable. Through much work with my sponsor, church pastor, and therapist over the past 2 years, I have come to a point where I can say – I love, I am loved, and I am lovable. It is a feeling I did not have before. It is a wonderful feeling, to know that I am loved and can return that love. I am happier now than I have ever been in my life, and I believe it is because of this new love in my life. Of course, God's love is primary in any discussion of love, and it is God's love that intertwines with all the ways I have learned to love and be loved. It took time for me to accept God's love too, but that was a beginning. I could not have made all this progress without God's help and for this I am extremely grateful



TRADITION 9

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. *Spiritual Principle: Structure*

Quote. — *OA 12&12 p.*

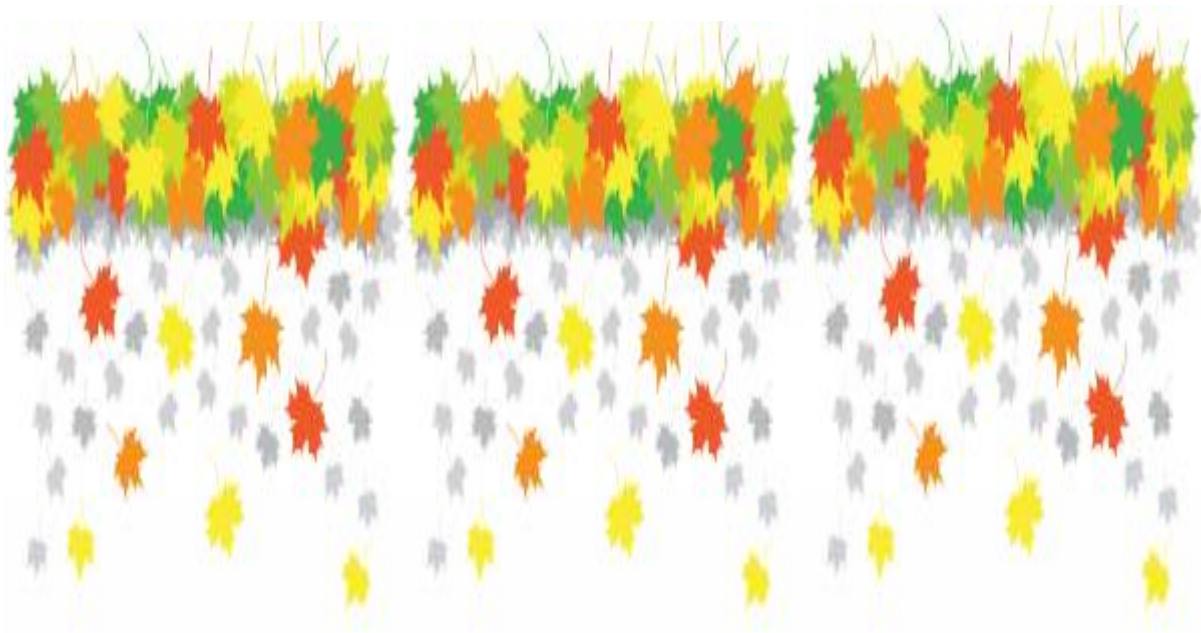
Please enjoy this writing from an OA FELLOW for Tradition 9

Tradition Nine makes me anxious; As someone who is very impulsive and disorganized, Organization and Structure can be challenging - but I know it's Very Important. Especially before entering OA, I often felt out of sync - either falling behind or running ahead of the rest of the world - never comfortably balanced. Never serene.

With Tradition Nine in place, instead of 'needing to try harder' - which dooms me to paralysis or failure, I am encouraged by the promise that there is, in OA, a balanced and reliable source of order: God, my Fellows, and the Fellowship. Sanity becomes possible when I surrender my will to control everything, even this OA Fellowship. I am able to make progress (overcoming paralysis!) and Things Generally Work Out (overcoming failure!)

It's amazing!

Anonymous, NC



Concept 9

Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels. *Spiritual Principle: Ability*

Quote –12 *Concepts of OA Service p.*

As there were no submissions for Concept 9 Please enjoy this writing from LIFELINE OA

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).

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- 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



OTHER WRITTEN SUBMISSIONS FOR YOUR ENJOYMENT

Excuses, Excuses

I can come up with lots of excuses to eat things I shouldn't. Any emotion really: sad, angry, excited, nervous, happy can all be an excuse to eat. Holidays and celebrations offer more excuses, but have you ever thought of using excuses not to eat? I use excuses to help me not eat food I shouldn't.

My top 12 are:

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12. I got in my pajamas early. I won't go to the store in my pjs
11. I can always go back to the store and buy this later
10. I am too comfortable on this couch to get up and get something to eat
9. I like my wardrobe. I want these clothes to fit, and I don't have the money to buy larger clothes
8. Stay busy. I can watch a funny movie, clean the bathroom, or go for a walk
7. Read nutrition content on the package or look it up online. Once I see that there are more calories in just one cupcake than I eat all day, it is a good excuse not to eat it
6. I want to maintain my abstinence just for today
5. Stay physically away from food I shouldn't eat. I refuse to go down certain aisles at the grocery store or go inside the convenient store when I get gas – pay at the pump
4. My official weigh-in day is close. I don't want to have gained anything
3. I don't want to have to tell my sponsor I ate that
2. Look at the price on this. I'm not paying that much!

And #1 best excuse not to eat is-

1. There are other ways to sooth myself like buying some nice bubble bath and using it, drink some herbal tea, or light a scented candle

I hope this is helpful, and please add your own excuses to the list

Sahra A W, NC



TOOL OF THE MONTH:

A Plan of Eating

As a tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where, and why we eat. There are no specific requirements for a plan of eating; OA does not endorse or recommend any specific plan of eating... Each of us develops a personal plan of eating based on an honest appraisal of [our] past experience. Although individual plans of eating are as varied as our members, most OA members agree that some plan—no matter how flexible or structured—is necessary.— *The Tools of Recovery*, p.1-2

Eating plans may change over time as you gain more experience or your body changes. You may think a particular food is not a trigger and later find that it is. Or you may find that you need to lose weight but, are not doing so with your current plan of eating. If you have been in the program for a while, you may find that you need either less food or more exercise to maintain a constant weight.— *A Plan of Eating*, p.10

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:

September 15: deadline for October newsletter

October 15: deadline for November newsletter

November 15: deadline for December newsletter

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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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)