

# TRIANGLE OA RECOVERY NEWS

## *Step 10 Prayer*

*"I pray, God, that You remove my selfishness, dishonesty, resentment and fear."*

### **Big Book page 84**

I pray I may continue:

- To grow in understanding & effectiveness.
- To take daily spot check inventories of myself.
- To correct mistakes when I make them.
- To take responsibility for my actions.
- To be ever aware of my negative & self-defeating attitudes & behaviors.
- To keep my willfulness in check.
- To always remember I need Your help.
- To keep love & tolerance of others as my code; &
- To continue in daily prayer how I can best serve You, My Higher Power.

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



### **STEP 10-**

Continued to take personal inventory and when we were wrong, promptly admitted it. *Spiritual Principle: Perseverance Quote.* —OA 12&12 p

### **Please enjoy this 10<sup>TH</sup> Step writing submitted by fellow OAs**

To My Higher Power: A Sample 10<sup>th</sup> Step Inventory

By: Molly R.

Dear H.P.,

I wrote a text to a new friend, and I was conversationally generous, mentioning lovely greetings such as, “How are you?” “I hope you feel better since you were ill.” and “How is your mother?” I also invited them to go somewhere. And I didn’t get an answer. In the past, I may ruminate, (repeating angry thoughts and imagining conversations between me and the person I texted), I may fume. I may have to change plans due to not being able to go to the place I invited them to go. I may have gotten so angry as to have gossiped and said conjectural things. But now, God, I am self-aware of my defects like a tendency to overreact to what I cannot control, for example, other people’s decisions and to let my imaginative self will run riot, making believe that I can read minds and I know what that person or people is thinking, saying, doing or feeling about me.

Another tendency, dear God, that I am self-aware about now is anger and stress about a little thing like an unanswered text. I now say the serenity prayer and affirm or practice stoicism. I have done what I can to form relationships that are mutually appropriate and, ergo, I say to myself, and it was nice of me to text. The person may be currently very busy, or otherwise occupied, and, most likely, appreciated hearing from me. It is no sense getting myself all riled up and acting out character defects over not getting an answer, in actuality, nothing.

I promptly admit I am wrong to leap to conclusions and act out or on character defects and practice self-awareness and affirm that assertiveness is good to practice. It is assertive to consider the needs of both people at either end of the phone, and simply text informatively, kindly and joyously, unattached to the outcome of the text, at a considerate time. Also, that I do not need to act out character defects like anger, gossip and overreaction.

And God, it is not easy or perfect to me to text and not get an answer. And I have learned a lot about how to handle that when that happens and not have a psychotic episode about it. But I am not perfect, and I still don’t like it. But, through the grace of the 12 steps of you, God, my higher power, I am still able to call and text who I want without being overly preoccupied with whether I get an answer or not.



## Me And My Big Mouth

I struggle with a certainty that I am the Ultimate Authority on Everything.

Especially those things that, honestly, are not my business. Especially if those things are Really Interesting (because people are even more likely to see how important I am - without focusing on myself and some minor shortcomings that might be revealed.)

I must admit that this might be a character defect - I fail to suppress my urges to be more interesting at someone else's expense.

As part of the twelve-step process, I accept that I AM going to mess-up... I am Human... but I am learning to recognize when I fall short of my 'ideals', and, following step 10, stop hiding in denial but expose it and deal with it promptly.

A recent example was when a friend asked something personal regarding a mutual acquaintance, and it was VERY interesting... and I spilled the beans.

Almost immediately, I thought, "Oh, No! Me and my big mouth!" I fretted a little (OK, a lot) and first thought, "Oh, well. Maybe the other person won't find out!"

But then I could see me getting 'caught' ... Almost like the feeling when I was a kid and got caught sneaking goodies behind my mom's back (I think I have been a Real Compulsive Eater for a long time).

So, I took a deep breath and made a plea to my Higher Power to give me strength to admit to the other person that I had been talking about their private business (I didn't even have to involve the mutual friend's name) ... and they laughed, gave me a hug, and told me it was OK.

I didn't have any expectations of how I was going to be judged, which seems the strangest part of this process... but I must admit I was so relieved!

Thank you, Twelve Steps and OA for helping me move closer to a more ideal existence... imperfectly perfect, one day at a time.

Anonymously Grateful in NC



Defects of Character  
You and My Judgments

Cody

Am I meant to be the ultimate judge  
A heavy wooden gavel in my hand  
Striking down without evidence or just cause  
Impulsive, pretending to be the thundering voice of right and wrong  
Deeming any and all people, places, and things guilty and devilish

Is this my purpose in life  
Is this who and what you brewed me to be  
Or am I the one who has filled my own cup  
Have I let it steep too long  
Myself, the opinionated barista, unable to dilute the potency of my beliefs  
Or am I unwilling  
Is the power of indulgence too strong  
Frantically refilling my ammunition  
Recklessly spilling onto others' innocent tablecloths

May my soul ever be released from this secret dictator  
The one I spawned, birthed, and am strangled by  
Struggling to withhold my nutrients from this rancid beast

*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](http://www.OA.org).*



I continue to forget that I am, and always will be, your apprentice  
Humbly learning your craft  
There is no bar I shall ever pass  
No control that is mine to possess

If I choose to, daily, I can hold onto trusting of your will for me  
Let go of this useless old hammer;  
It has only gifted me with resentments and blisters  
I can choose to declare a ceasefire on all my supposed enemies  
Conclude my sentencing of others  
Come to believe that neither you, God, a power greater than myself, nor I are meant to hold such an  
foolish occupation  
Maybe, just maybe, there is no such thing, nor should, and nor shall there ever be



### Step 10, One Day at a Time

I thank my higher power every day for my daily 10th-Step practice. Even when I am not abstinent, the structure of the 10th Step inventory prompts me to reflect on my day and be accountable for my food, exercise, resentments, amends and gratitude.

One of the first things I learned about when entering OA more than a decade ago was the power of the 10th Step inventory. One of my fellows explained that she journaled each night using the AEIOU formula: A for abstinence; E for exercise; I for the things I did that day for self-care; O for service to others; U for feelings uncovered. Over time, I have also been able to use my journal to do a daily run through of Steps 4 through 9 to address resentments and acknowledge the need for amendments. And lastly, I write at least three gratitude each day.

As I continued to write a nightly 10th Step, I began to recognize patterns, where abstinence and regular, but gentle exercise helped calm me. Awareness of my feelings helped me change behaviors. I learned to not be so rash and reactive. I learned to work through my resentments and began to understand my part in them. I came to understand how I may be hurting or neglecting my loved ones. This practice was one that, by the grace of my HP, I have been able to turn to and continue throughout my life in program.

My food may not be perfect, but with my HP's guidance, I can be aware of my behaviors and how I react to circumstances in my life. I can reflect on my good fortune, which is often perfectly simple: all the love in my life, my community, the roof over my head, my health and that of the people I love, security in my relationships and of course my OA program. The result of practicing a 10th Step inventory over these many years has been self-growth I never imagined would be possible.

-Anonymous

#### Finding Serenity Through Enormous Changes

For the last year, my body has been going through a very natural -- and age appropriate -- change and I have been struggling to accept it. Like anyone going through menopause, there is so much that is not in my control. The changes brought on by menopause have affected my body image and weight in ways that are triggering some of the same feelings I had in adolescence. Thank God for the OA program! Very simply, I am less body and weight conscious when my food is abstinent. When I am abstinent, I hand over the food AND the other concerns to my higher power. Being abstinent helps me to focus on what I can control through menopause, and it relieves a tremendous amount of stress and anxiety. I can't imagine approaching this phase of my life without the blessings and self-awareness of OA.

-Anonymous



## TRADITION 10

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy. *Spiritual Principle: Neutrality Quote.* —OA 12&12 p.

Please enjoy this 10<sup>TH</sup> Tradition writing submitted by a fellow OA

I am so glad OA has no opinion on outside issues.

I am relieved that when election time rolls around, I don't have to hear about candidates or platforms at meetings.

I'm glad that no one will proselytize and try to get me to believe in HP the way they do or try to get me to go to their place of worship.

I'm also glad that no one will corner me into buying their products or use the phone list to try to solicit sales.

I'm relieved I can go to meetings to concentrate on my recovery because outside issues would only clutter my mind and/or distract me.

--Ginny

Sat. morning in Durham





## Concept 10

Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided. *Spiritual Principle: Clarity*  
Quote —12 *Concepts of OA Service p.*

[As there were no submissions for Concept 10 Please enjoy this writing from LIFELINE OA Clarity Without Certainty - Lifeline \(oalifeline.org\)](#)

*"Our path in OA transcends weight loss and a return to emotional health."*

— Seeking the Spiritual Path

I have been in program for thirty-five years and I'm blessed with long-term recovery. I feel moved to write about my journey toward developing a relationship with a Higher Power.

I'd grown up with a concept of a punishing, judgmental God I didn't understand. We didn't talk about God, but I knew in my heart that God existed; God had to be punishing me with this unhappy, dysfunctional childhood.

Fast-forward many years to the day I walked into OA after trying every weight-loss scheme out there. OA members talked about a Higher Power and about a relationship I felt desperate to have. I'd never experienced a Higher Power leading me as others described. What was I doing wrong? I prayed, meditated, and wrote; I worked the Steps and used them as guides for living. These practices restored me to sanity. Yet I did not experience that presence I heard others talk about. I didn't understand, but I decided to give up all doubts and questions and live as if I believed in that Higher Power.

I still can't bring myself to limit or define a Higher Power—I think I'm afraid a punishing God would be mad at me for getting it wrong! But I did have a recent epiphany: I don't ever have to have a clear concept of God. What I do have is a clear concept of how my God would want me to live. I am to make choices that are



honest, kind, and true to myself. This actually doesn't leave a lot of wiggle room. The clarity, however, gives me a great deal of comfort.

I don't know where this epiphany will take me or even where I need to go. I already have more blessings than anyone deserves. I am in my 60s and still enthralled with life and all the miracles that abound. For all this, I thank OA and my Higher Power—whom I don't understand and don't need to understand.— *Terri B., Bel Air, Maryland 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.



**AS ALWAYS THANK YOU TO THOSE WHO CONTRIBUTED TO THIS NEWSLETTER! Sharing is such an important service it reassures us we are NOT ALONE!**

### 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:

October 15: deadline for November newsletter

November 15: deadline for December newsletter



**Minutes: Triangle OA Intergroup Meeting**  
**Saturday, September 14, 2024—10: 30 am to 12:00pm**

*Triangle OA Intergroup Meeting On The Road in Wilmington @Pine Valley Baptist Church Administration Building 940 Shipyard Blvd, Wilmington, NC*

Attendees: Anne (chair), Karen (vice chair), Margaret (group outreach), Cindy R, Mel (12 step within), Kathy, Mary Anne (treasurer), Audrey C (Saturday Morning OA Raleigh), Ester Grace, Molly R, Tia S, Meg, Laney, Lisamarie, Neill (WSO), Cheryl (WSO)

July 2024 minutes - approved with the revision that the 2nd page of the Treasurer's report will be included.

Treasure's Report - The Carrboro Thursday meeting has closed. They have given the remaining money in the appropriate percentages to IG, Soar 8 Region, and WSO. Karen and Mary Ann have unloaded the storage unit, saving Triangle IG \$114.00/mo in rent.

- Contribution from Carrboro Thursday, 12:30 is final—meeting has closed

<b>Triangle IG #09314</b>	<b>July</b>	<b>August</b>	<b>July 1-8</b>
<b>Balance at Beginning of Month</b>	\$11,236.13	\$11,493.98	\$11,553.92
<b>Balance at Time of Meeting</b>	\$11,402.44		\$11,660.72
<b>INCOME</b>			
Group Contribution Total	\$704.85	\$539.40	\$150.00
Carrboro Thu 12:30pm #51040			\$150.00
Chapel Hill Thu 7pm #12897	\$93.50		
Greenville Thu 7pm #46318		\$209.40	
Hillsborough Wed 8pm #33461		\$210.00	
Raleigh Tue 6:30 in person #58069	\$139.80		
Raleigh Tue 7:00pm #57002	\$61.54		
Raleigh Sat 9am #16772/ #801300	\$276.00		
Raleigh Wed 7am #000394	\$99.21		
Wilmington Sat 9:30am #24872	\$34.80		
Wilmington Wed 12pm #50278		\$120.00	
Serenity Day 7th Trad	\$30.00		
<b>TOTAL INCOME</b>	<b>\$734.85</b>	<b>\$539.40</b>	<b>\$150.00</b>
<b>EXPENSES</b>			
Operating Expenses			
Post Office Box		\$232.00	
Email/Web Services (Google)	\$43.20	\$43.20	\$43.20
Zoom yearly renewal	\$319.80		
Public Storage	\$114.00	\$114.00	
Clip art for newsletter		\$89.96	
Bank service charges		\$0.30	
<b>Operating subtotal</b>	<b>\$1,241.85</b>	<b>\$1,018.86</b>	<b>\$193.20</b>
<b>Outreach and Representation</b>	<b>\$0.00</b>	<b>\$0.00</b>	
<b>TOTAL EXPENSES</b>	<b>\$477.00</b>	<b>\$479.46</b>	
<b>Balance at End of Month</b>	<b>\$11,493.98</b>	<b>\$11,553.92</b>	
<b>PRUDENT RESERVE</b>			
Beginning PR balance	\$4,001.28	\$4,001.31	\$4,001.34
Interest	0.03	0.03	
<b>Ending PR Balance</b>	<b>\$4,001.31</b>	<b>\$4,001.34</b>	

anonymous as a whole.

For more information about OA, please visit Triangle OA's website or [www.OA.org](http://www.OA.org).



Group Outreach (Margaret) - no news to report

Newsletter - please write for the newsletter and submit to [newsletter@triangleoa.org](mailto:newsletter@triangleoa.org)  
Question was raised: Does writing submitted have to be on the topic of the month? No.  
But it may be held until the appropriate month.

PIPO (Liz) - no news to report

12 Step Within (Mel, Diane) - Two Serenity Day events upcoming. September 28th and November 16th. Flyers for more information are available on [triangleoa.org](http://triangleoa.org).

Seventh Tradition - Send to Mary Anne (treasurer)  
P.O. Box 12525, Durham, NC 27709. Or Zelle: [treasurer@triangleOA.org](mailto:treasurer@triangleOA.org).

SOAR 8 The Piedmont IG has made a bid to host Spring 2026 in person meeting. They have requested help in hosting this event and have secured a hotel in Charlotte.

Nominations for open IG positions:

An individual may be nominated now at this meeting even if they are not present (but if you nominate them, you are responsible for letting them know), but must be present for final nominations at the November (2024) meeting.

Chair - Cheryl, Liz and Atiya will be asked.

Newsletter Editor - Meg maybe

Secretary - maybe Cindy R. Meg will ask Caroline.

Group Outreach - Molly and Mel nominated as co-chairs

SOAR -need 2 reps. Molly R, Cheryl. Neill will consider if someone is willing to pick up one year of his tenure as WSBC. There is a SOAR hybrid meeting April 2025. IG reimburses for airfare and half of hotel expenses.

WSBC - need one rep. Mary Anne (1 year)

Bylaws committee, a subcommittee of WSBC, meets 1 time per year for 1-1and1/2 hour.

12 Step Within chair - Molly R will accept nomination if someone will co-chair with her. Mel will contact a potential nominee for this position.

Tia was mentioned as being qualified for this, or any other position needed.

Discussion of Bylaws has been deferred to a future meeting.

Close 11:57am

## **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"> <li>In OA and working the steps 1 year</li> <li>Studying traditions and familiar with concepts (no time requirement)</li> <li>Regular group attendance 6 months</li> <li>Previous service as an IG rep (no time requirement)</li> </ul>					
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.					
<b>General Duties</b> (Bylaws, Article IV, Section 7)	<ul style="list-style-type: none"> <li>Maintain current abstinence and apply the Twelve Steps and Twelve Traditions in their affairs.</li> <li>Serve as guardians of the Twelve Steps, Twelve Traditions and Twelve Concepts with respect to the functions of the intergroup.</li> <li>Perform the duties of the service position in accordance with Intergroup policies and procedures.</li> <li>Serve as guardians of Intergroup funds.</li> <li>Provide a forum for the interchange of ideas and information among member groups.</li> <li>Train the incoming board member at the expiration of term of service.</li> <li>Notify the Intergroup in writing if a decision to resign before the end of the term is made.</li> <li>Notify the Intergroup Chair if unable to attend a meeting.</li> <li>Maintain a document of policy and procedures related to the position.</li> <li>May attend all standing committee meetings.</li> </ul>					

*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](http://www.OA.org).*

### Specific Duties of Intergroup Officers

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

*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](http://www.OA.org).*

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



Requirements and Duties of Committee Chairs	Abstinance	Description of Committee
<b>Newsletter Editor</b>	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.
<b>Newsletter Distributor</b>	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.
<b>High Tech/ Webmaster</b>	30 days	Maintains the Triangle OA Intergroup website ( <a href="http://triangleoa.org">triangleoa.org</a> ) 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.
<b>Retreat chair and registrar</b>	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.
<b>PIPO</b>	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?
<b>Group Outreach</b>	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.
<b>Twelfth Step Within</b>	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.

*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](http://www.OA.org).*

<b>Parliamentarian</b>	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
------------------------	---------	---

Triangle OA Recovery News is a publication of  
Triangle OA Intergroup • P.O. Box 12525 • Durham NC 27709  
[newsletter@triangleoa.org](mailto:newsletter@triangleoa.org) • [webmaster@triangleoa.org](mailto: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](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))