



TRIANGLE OA

Step 11 Prayer

*“Lord, make me a channel of thy peace
that where there is hatred, I may bring love
that where there is wrong, I may bring the spirit of forgiveness
that where there is discord, I may bring harmony
that where there is error, I may bring truth
that where there is doubt, I may bring faith
that where there is despair, I may bring hope
that where there are shadows, I may bring light
that where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort than to be comforted
to understand, than to be understood
to love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to Eternal Life.
Amen.”*

AA 12 Steps and 12 Traditions Book, page 99

(Attributed to St. Francis of Assisi)

**Higher Power, as I understand You,
I pray to keep my connection with You
open & clear from the confusion of daily life.
Through my prayers & meditation I ask especially for
freedom from self-will, rationalization & wishful thinking.
I pray for the guidance of correct thought & positive action.
Your will, Higher Power, not mine, be done.
[OA Steps \(1-12\) Meditation and Prayers • OASV](#)**



STEP 11

Sought through prayer and meditation to improve our conscious contact with our HP *as we understood Them*, praying only for knowledge of Their will for us and the power to carry that out. *Spiritual Principle: Spiritual Awareness*

Quote. — OA 12&12 p.

11th Step writing contributions

Throughout my time in and out of these rooms, I have come to understand the need to reach out to my HP to show me their will and the directions of how to follow through. Sometimes, I find the outcome to be exactly what I want, when I wanted it to happen. Sometimes, HP makes me specifically ask for the exact thing I want and maybe I will get it and maybe not- that seems to be based in the level of importance. Sometimes, I am surprised and sometimes, the answer comes in a form that makes me laugh and realize my HP has the sense of humor that has become important to me. This allows me the freedom to know that other than my own reactions to anything that happens; I have zero control of any outcome. I am not in charge! All I can do is let my HP do their thing and be ready to accept it. It is not always easy and I am not always happy about it, but I have learned to accept it. I have found places I belong and find opportunities to learn and grow and serve and remember and forgive. I have the truth about how to look at things that brings me peace and I faith and hope that brings me joy. I used to joke that as people come closer to the end of life they seem to get closer to "GOD" and that it was really to clear their conscience but perhaps sometimes it takes some of us just a little longer to realize we do not really control much in life and that if we don't find faith, love, joy, acceptance, harmony, and most of all; if we don't find our way to forgiveness we will NEVER find our way to happiness. This is maybe the biggest lesson I have learned, forgiveness, that is what allows me to be ok today. It really is for me not them. I no longer carry the weight of resentments and hurts and this has allowed me to let go of compulsive behaviors that are self-destructive and really

do not serve me in any way. My prayer for you today is that if you have not found this that you make this a priority in your life as well. Thank you for listening and allowing me to share today.

Your OA sister...



TRADITION 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication. *Spiritual Principle: Anonymity Quote.* –OA 12&12 p.

As there were no submissions for Tradition 11 Please enjoy this writing from LIFELINE OA

The Spirit of Tradition Eleven - Lifeline (oalifeline.org)

My earliest memories are of me playing in front of the mirror. The game I played consisted of me pretending to be famous and answering questions from an invisible interviewer. I remember what a blast it was, mimicking TV commercials, award ceremonies, and entertainment shows. Twenty years later, I found myself in a public relations and marketing career, getting paid to promote, persuade, and motivate.

Discovering Tradition Eleven (and frankly, all the Steps and Traditions) was like encountering a foreign language. No promotion? No celebrity endorsements? No film at eleven? I initially rationalized Tradition Eleven's anonymity Principle this way:

We in OA have a disease that we should be ashamed of. Keep it secret.

As I continue to bring my sick body and mind to meetings, however, I also heard such concepts as “we are as sick as our secrets.” I figured it was important to share honestly at meetings, but nowhere else. OA meetings were islands of safety and respite, like the island of Molokai was for those with leprosy.

Higher Power has given me many opportunities to understand Tradition Eleven in the spirit that it was written. In recovery, we in OA are not ashamed of our illness. We want to carry the message to those who still suffer. The vehicles we have chosen to carry this message, however, are not promotion based. They are attraction based. But what does this mean? In both my career and my childhood fantasies, to attract always meant to promote aggressively and competitively.

Today, I understand that promotion of OA with spokespersons or advertising rollouts would harm individual members and the recovery community. Our “advertising” has a different look and feel: It is in the quiet of a newcomer’s abstinence that I feel hope. It is in the humility of a relapsing long timer that I experience gratitude. It is in the perseverance of members who are in pain that I know recovery. It is in giving anonymous service that I feel rewarded. I am deeply moved and attracted by these authentic experiences.

Though I still love makeover shows that transform individuals in thirty minutes, I don’t trust them as real. I do trust Overeaters Anonymous because I have learned over the years that humility is the best public relations policy, and carrying the message can be done over time, with love rather than ego leading the way.— *Edited and reprinted from Today newsletter, St. Louis Bi-State Area Intergroup, November 2005*



Concept 11

Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs, and consultants. *Spiritual Principle: Humility*

Quote –12 *Concepts of OA Service*

As there were no submissions for concept 11 Please enjoy this writing from LIFELINE OA Service Put Me There - Lifeline (oalifeline.org)

Service above the group level was never in my plans, but as I write this, I am the treasurer for my region. Thanks to my region-level service, I am about 30 pounds (14 kg) lighter!

After twelve years of recovery and maintaining a 40-pound (18-kg) weight loss, I thought my weight-loss days were over, and I was comfortable with that. But I guess the God of my understanding wanted more, both for me and from me.

About five years ago, I found my way to an emergency intergroup meeting. Our intergroup board was concerned that the same few people had been doing all the service far too long; that unless they recruited new members and rotated service, the intergroup would fold. Because I would have hated to see an end to our newsletter, our updated meeting lists, our hotline for newcomers, and our strong connection with region and the World Service Office, I thought I could do some small part to help.

I volunteered at that meeting to take the minutes because they had no secretary. At the next meeting, they asked if I would be willing to take that job for the foreseeable future. I didn't accept until I talked to my sponsor and prayed about it. When I did accept, I said okay, as long as I didn't have to move through the service chairs. They said, "Oh no; you only have to do as much as you want to."

Well, two years later, I was vice chair and then chair; I was a region representative and a world service representative. Next, I was a funded chair at region, then treasurer for my intergroup, and now treasurer on the region board! It certainly wasn't my doing, but as a program friend is fond of saying, "I've been bitten by the service bug!" I've loved every phase of it, proving once again that my HP knows better than I do what's best for me.

Meanwhile, I'd been thinking about changing my food plan and praying for willingness because I didn't want to do it, even though I did want to lose more weight. At the March assembly, I talked to a dear program friend whose recovery I'd been watching. She explained her food plan and suggested I write down everything I ate on my current plan until the end of the month.

Then, on April 1, I could try the new plan one day at a time while continuing to write down everything I ate. I agreed to start writing down my food. The next day, I heard the closing speaker share about her own goal to get to a healthy weight, even though she'd already lost quite a bit. Those two people were the angels my HP sent to inspire the willingness I needed. On April 1, I began my new food plan, giving up foods I'd been unwilling to give up just a few days earlier. Today I'm about 30 pounds (14 kg) lighter. I owe it all to my region service and to being right where I needed to be to hear what I needed to hear. Thank you, God and my region (and my intergroup for choosing me to represent them). Today I'm a happier, healthier, and thinner recovering food addict.

— *Patti*



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.*

group members in trouble, provided we are careful to refrain from discussing any specific personal information.—OA Tools of Recovery pamphlet, p.6



THANK YOU ALL FOR YOUR CONTRIBUTIONS
AND REACH OUT TO

NEWSLETTER@TRIANGLEOA.ORG

IF YOUR GROUP WOULD LIKE TO COMMIT TO
PROVIDING FUTURE WRITINGS!

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. 					

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 	<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.

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.

	<p>all regional assembly meetings.</p> <ul style="list-style-type: none"> • Designate a qualified member to serve as alternate WSO Delegate or Regional Representative. 	
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. • Keep WSO informed of all changes of group information 	<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.
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. 	<ul style="list-style-type: none"> • Pay bills • Collect mail from the post office box • Make deposits • Reimburse costs • Make financial recommendations

*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.*

	<ul style="list-style-type: none"> • Be a signatory on all committee checking accounts except the Retreat committee. 	
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">WSBC Rep</p>	<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
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">SOAR Rep</p>	<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

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.

*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.*

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
------------------------	---------	---



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:

Nov 15: deadline for December newsletter-

December 15: deadline for January newsletter

January 15: deadline for February newsletter

Triangle OA Recovery News is a publication of
Triangle OA Intergroup • P.O. Box 12525 • Durham NC 27709
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)

*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.*