

TRIANGLE OA RECOVERY NEWS

Step 12 Prayer

Dear God, my spiritual awakening continues to unfold.

The help I have received I shall pass on & give to others, both in and out of the fellowship.

For this opportunity I am grateful.

I pray most humbly to continue walking day by day on the road of spiritual progress.

I pray for the inner strength & wisdom to practice the principles of this way of life in all I do and say. I need you, my friends & the program every hour of every day. This is a better way to live.

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



STEP 12-

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs. *Spiritual Principle: Service*
Quote. – OA 12&12 p.

Please enjoy these 10TH Step writings submitted by fellow OAs

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:

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 Wilmington, NC

The holidays were just one of the countless reasons I had to indulge in foods that were "bad." In the disease, my experience was that the holidays were a rush and filled with so many highs, mostly driven by food and frenzied activity.

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There was just so much “more” calling. Then, came the consequences...the weight gain, the self-hatred, the lethargy (overeating left me heavier and purging left me depleted so I entered the New Year feeling defeated and full of remorse).

In abstinence, I still experience the ups and downs of the holiday season...the busy days, the stressors of family, gift-giving decisions and holiday festivities. But, the ups are not food induced highs. Similarly, the downs are not as deep. The food and body behaviors (symptoms) and living life on Life’s terms (my disease of living) are not as loud as they were. In recovery, I experience the holidays as focused on “less” instead of the old siren song of “more” in so many ways. And, if anything in life gets noisy, I have my HP, sponsor, fellows, steps, traditions, and tools to turn to.

Returning to “normal” post-holiday living still requires some adjustment. The days are colder and life is much less busy in January. My HP gives me the ability to sit with the discomfort of change and life gently settles back into a more normal rhythm. I recognize with gratitude the sense of having, doing, and being enough.

Anonymous, Durham Tuesday 6PM



A spiritual awakening

Ok, what do they mean by a spiritual awakening? Sounds kind of Hippy-dippy, you know with nuts! How can I get this to happen now, heck yesterday? How did I get to this place? I'm smart, I'm educated, I know ALL about nutrition and health. Sure, those other people could use some enlightenment. It's simply a matter of science; take in less calories than you put out! Diet and exercise, exercise and diet blah, blah, blah! It's so hard!

They say I need to commit to a power greater than myself, Check. No hang-ups there. This e other that fight this just need to let go and accept it.

Connecting to others? Why? It's so hard for an introvert like me. I'm too shy, no boby ever seems to get that! They don't listen to me, anyway. "Take what you want and leave the rest" right? '

Take the cotton out of your ears and put it in your mouth. Haha, funny, you can't eat too much with a mouth full of cotton, I get that.

Wait, Did that really happen to them? And they really felt that way too? They seem like they might understand what it is like when that happened to me. How awful I felt. I'm so sorry that happened to them. It really hurst doesn't it? And look what they did to get through it – to move on.

Wow! That is amazing I wonder if that might work for me. Maybe there is something to this. Anonymous



Letters to God

Dear God

Triggered, Holy smokes! House guests trigger me in every way. Let me parade these out on to the page to examine which is the most flagrant of me, me, me. House guest "Candy" can't converse: the answer to I am learning fencing isn't I've never done that. What I do is swim with a lengthy treatise on swimming benefits to her. All the air leaves the room. It's impossible to breath. It's impossible to talk. One can only stay or leave. God, is there another option?

Is my being triggered simply my wanting to disguise my own narcissism? Is it a sutler, craftier form of what she does? Isn't all of it facile or fatigable conversation- to get people to notice and like me? I am feeling actual nausea around this, I know it's core. This is anathema; I can't cope with it. God I am powerless over this situation including my condition. This is so much more than an eye roll, "Oh that's just her." This is core for me. Toxic, but aren't I toxic too? Oh, God maybe I see it. As one reading points out "I don't need to excuse bad behavior by saying" oh it's not so bad" or "where would I be without him/her?" or and here's mine... "don't I do that too." I thought the 12 step exercises were to for me to see my own flaws and take those to my HP.

So God I see how NEEDFUL I am of basic human cells that show me worth. I acknowledge those are still all external and not the be all end all of me. This is core for me, do I, will I, trust you GOD to hold me, comfort me, keep me, rescue me. I so, so, need your reassurance just now. This visit points out how much I still rely on external cues for my own validation. God I pray to see, hear, taste, touch, and smell you, maybe especially smell. Thank you I love you . Robin A



God, Please provide me with a spiritual awakening. I know you have done this so many times before. I feel restless, fearful, confused, and distant from you and your guidance. I want to decide again to turn what I believe is my will back over to you as I continue to understand you as you are.

Why is this so challenging? Defensiveness and self-preservation seems to be restricting my connection to you and the people you are present in. I have yet to learn how to pray for your will. There is a part of me that believes I should have or at least experience some sort of punishment or discipline for my actions. I unknowingly am seeming to be isolating my honesty and feelings from the people I love and trust. This includes you. But you are not human you are everything and everywhere.

Will you please hold some of these fears while I try to find you and recall my trust in you?

Discomfort in my thoughts and body seem to have become all consuming. I do not want to live in this moment but currently it feels as if it is all I have and all I know and that there is no other way to be. I know this is not true but it is still a belief that is engraved in my fibers. Wash them away PLEASE. Anonymous Durham



TRADITION 12

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities. *Spiritual Principle: Spirituality* Quote. – OA 12&12 p.

As there were no submissions for Tradition 12 Please enjoy this writing from LIFELINE OA Clarity Without Certainty - Lifeline (oalifeline.org)

Tradition 12: Fallen star: [Tradition 12: Fallen Star - Lifeline \(oalifeline.org\)](http://oalifeline.org)

I was the self-appointed poster child for OA: I had physical recovery, I performed a lot of service, and I had several sponsees. My phone rang day and

night. I was asked to speak at marathons and retreats. I wasn't anonymous, and I didn't want to be anonymous—I was a star.

I was lacking in self-esteem, and OA offered a platform where I could succeed and show my worth. When I attained a normal body weight and performed more than my fair share of service, recognition came my way. People looked up to me! I was finally perched on a higher rung of that imaginary ladder of worth. Self-righteousness only strengthened my grip.

Members began to look my way whenever a service position needed to be filled. By then, my life was full to bursting with service, family, work, and the fixer-upper home I'd purchased.

Then at one business meeting, a question hung in the air, needing an opinion. I always had at least three opinions on the same issue, but this time I didn't offer any of them—I leaned back in my chair and remained silent, letting someone else take the lead. It was the start of humility.

Building a persona at meetings takes a lot of energy. I imagined myself better than others because that was the only way I felt good enough. Imagine the effort it took to keep up such a sick standard! How you continued to love me defies all reason, but you did.

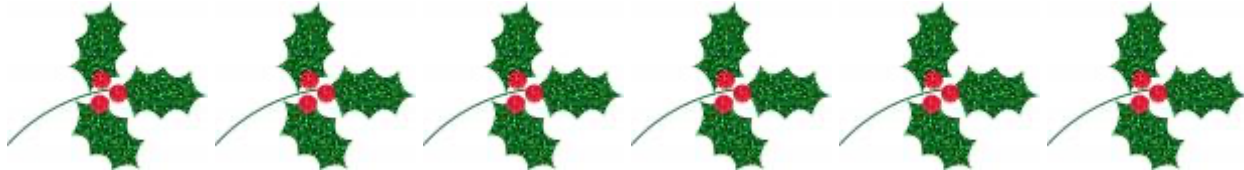
When the inevitable fall came, I tossed away my abstinence and sank into a three-year, 70-pound (32-kg) relapse. I continued to come to meetings, fearing what would happen if I didn't. My shame must have been palpable to others in the group, and it took every last shred of courage to show up. Ironically, the only member who ever sneered at my relapse was the other "star" in the group. The rest of you loved me through it.

When I see other OA members repeating my mistakes, I appreciate their willingness to give, and I hope they learn balance before they fizzle out and fall away from our Fellowship, unable to sustain endless service commitments and

perfect back-to-back abstinence. I am aware that some members (the “experts”) want to influence decision-making based on the length of their membership. I only know because I did that too.

We can only love the stars blazing in our meetings, make our own decisions, and keep our “expertise” to ourselves. We all have one voice and one vote, and none is more substantial than another. We are all trusted servants, not self-appointed leaders. I’m grateful that OA taught me the difference.

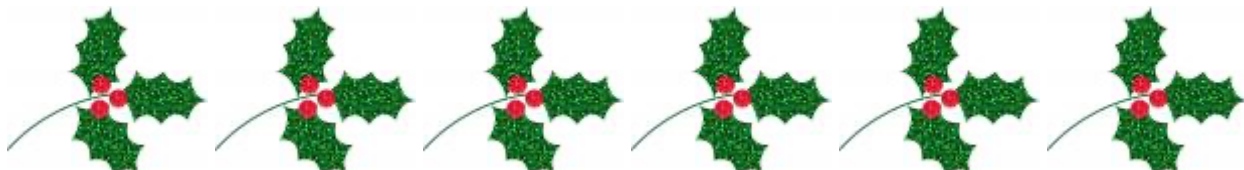
— Cynthia W., Wickenburg, Arizona USA



Concept 12

The spiritual foundation for OA service ensures that:

- (a) No OA committee or service body shall ever become the seat of perilous wealth or power; *Spiritual Principle: Selflessness*
- (b) Sufficient operating funds, plus an ample reserve, shall be OA’s prudent financial principle; *Spiritual Principle: Realism*
- (c) No OA member shall ever be placed in a position of unqualified authority; *Spiritual Principle: Representation*
- (d) All important decisions shall be reached by discussion, by vote, and, whenever possible, by substantial unanimity; *Spiritual Principle: Dialogue*
- (e) No service action shall ever be personally punitive or an incitement to public controversy; *Spiritual Principle: Compassion*
- (f) No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action. *Spiritual Principle: Respect*



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TOOL OF THE MONTH:

Service

Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.
(OA Responsibility Pledge)

Carrying the message to the compulsive overeater who still suffers is the basic purpose of our Fellowship; therefore, it is the most fundamental form of service. Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery. — *Tools of Recovery*, p.7

When I first joined OA, I shied away from service opportunities. I told myself several things: “I’m too new,” “I don’t know enough about program to perform that particular service,” “It will take too much time from my work or family,” and, best of all, “In the past, I have given too much of myself and my time to other organizations. Since I don’t know how to give in a healthy way, I’m going to be very cautious now.

In order for me to reap the benefits of service, I had to get over the hurdles I set up to sabotage my own attempts at recovery. I had to blindly volunteer to perform service even though I did not feel experienced enough or recovered enough or healthy enough to set appropriate limits around my service. Even though I thought I was making it easier for myself by not doing service, I was actually making it harder on myself by denying myself the tool that so effectively enhances my recovery. — *Voices of Recovery*, p. 90

Please enjoy this writing submitted by fellow OA on Service

Service is the principle of step 12 and it is the tool and that is dearest to me. Service is not just an OA tool for me it is a live language to me. It is how I stay abstinent yes, but it is so much more. It is how I show appreciation to others in my family, church and even in my occupation. At work I go above and beyond routinely learning more about the importance of the work I am doing and applying new knowledge to those I serve. At church I serve as a caregiver, greeter and occasionally a liturgists or filling other needs, at home with my family I am there as a caregiver and confidante as a referee at times and sometimes a negotiator I am the one who is always there to help with technical matters and I do a lot of other things too. Here in OA I have been happy to provide service by way of gathering stories and compiling the news letter for the past few years I have enjoyed that service but as with all services we perform it is time to pass the baton.

Rotation of service is one of the guidelines in OA and I need to take a break from this one. I will continue to be of service as the InterGroup secretary in the next year and I pray that some good fellow will step up and continue to create a newsletter of their own idea for us all to enjoy

Thank you all Colleen.



Other submissions from OA Fellows:

A Reflection from the November 16th Serenity Day

One of the “fun activities” between speakers at our most recent Serenity Day was to do something creative with some or all of the principles of the program—write a poem, draw a picture, create anagrams with the words. Creativity is not one of the gifts that HP has given me in abundance, but I had a sudden thought (see promises of the program in the Big Book) that I could return to one of my weekly elementary school assignments and write a “story” using my spelling words. More specifically, I could tell a little bit of my recovery story using the 12 principles associated with the 12 steps. Below is my effort to do that. Note that I did not use the principles in the order of the steps, but that just didn’t seem to matter. Here is the story:

Eating to manage my feelings and to cope with life separated me from my own values. It is impossible for me to abuse food and lead a life of **integrity**. Yet, I lacked the **courage** to face the world without my edible security blanket. I’m not sure how I got **hope**—I think the HP that I didn’t believe in at the time just ignited a little spark of hope in me so I would have the courage to try just one more thing—OA.

I thought I had principles, but my self-loathing was perpetuated by my inability to live by them. Even though I still did not have **faith** in a Higher Power, I began to have **faith** that OA could work for me, because my prayers for abstinence were being granted one day at a time.

I was given the **willingness** to work the steps, but even after writing with **honesty** about my character defects in step 4; admitting them to myself, HP, and another human being in step 5; and trying to become willing to be freed of them in step 6, I still had to do extensive reading, writing, and praying about **humility**. Despite the evidence that I had totally screwed up my life through my self-will, I still thought I had all the answers. This delusion reappears from time to time.

Although **service** is the principle associated with the 12th step, I could not wait until I had completed the other steps to start giving service. My new friends in the rooms said that giving service would help me to stay in recovery and that I could not keep it without giving it away to others. Some even said the magic words “Service is slimming.”

As I came to **love** and accept myself and others more, and to have greater faith that there was a power greater than myself who was doing these things for me, I realized that **perseverance** was the key to my continued **spiritual awareness**. I needed to practice **self-discipline** in order to read, write, meditate, and pray daily as well as going to meetings. Sometimes that required little discipline, but sometimes there were a number of things I would rather do. I realized that I did not “earn” my abstinence and recovery by doing those things—it was a free gift when I surrendered my will. Yet, I needed to do them to help keep myself aware and open to HP’s “power, love, and way of life,” to quote the Third Step Prayer. As I keep practicing imperfectly but with a sincere desire to align my will to HP’s, I am grateful for all of the principles ingrained in me by the steps.

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

Attendance: Anne (Chair), Mary Anne (Treasurer), Dana (Secretary), Colleen (Newsletter Editor), Karen (Vice Chair, SOAR Rep), Janet B (Raleigh), Margaret (Group Outreach), Audrey C (Raleigh Sat am), Cory (Sat Scout Hut Durham), Laura C (Durham Sun 10am), Cheryl (WSO), Molly R, Mel (12th Step Within), Kathy (Chapel Hill eve, Liz V (PIPO), and Caroline T (Oak Island).

Review and Approve Minutes (3 min) – September 2024 - Approved with minor corrections.

Treasurer’s Report (Mary Anne, submitted electronically) (10 minutes) - Accepted with no corrections.

- Contribution from Hillsborough, Saturday morning is final—meeting has closed

Triangle IG #09314	September	October	November 1-13
Balance at Beginning of Month	\$11,553.92	\$12,028.92	\$11,985.47
Balance at Time of Meeting	\$11,660.72	---	\$12,817.58
INCOME			
Group Contribution Total	\$493.20	\$0.00	\$775.21
Carrboro Thu 12:30pm #51040 closed out	\$150.00		
Chapel Hill Thu 7pm #12897			\$153.00
Durham Sat 10am #20756	\$343.20		
Durham Sun 10/10:30am #45514/#51290			\$157.98
Hillsborough Sat 9am #54988 Closed out			\$416.23
Raleigh Tue 7:00pm #57002			
Serenity Day 7th Trad	\$25.00		
Sale of donated literature			\$100.00
TOTAL INCOME	\$518.20	\$0.00	\$875.21
EXPENSES			
Operating Expenses:			
Email/Web Services (Google)	\$43.20	\$43.20	\$43.20
Bank service charges	\$0.30		\$0.25
Operating subtotal	\$479.46	\$43.20	\$43.45
Outreach and Representation:			
SOAR Rep Expenses			\$ 650.04
Outreach and Representation Subtotal	\$0.00	\$0.00	\$650.04
TOTAL EXPENSES	\$43.20	\$43.45	\$693.24
Balance at End of Month	\$12,028.92	\$11,985.47	
PRUDENT RESERVE			
Beginning PR balance	\$4,001.34	\$4,001.37	\$4,001.40
Interest	0.03	0.03	0.03
Ending PR Balance	\$4,001.37	\$4,001.40	\$4,001.43

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Standing Committee Reports (5 minutes each)

Secretary - None

WSO (Neill, Cheryl) - Neill (excused) - Cheryl no report.

SOAR (Karen) - Spring/Fall title is changing 1st Conference and 2nd Conference. An IG engaging in targeted marketing with Facebook. An interesting way to get the word out. Collecting information about institutions of higher learning for outreach. Youth will now be referred to Young People or Adult meetings and references. OA.org has information on the recommendations for minors attending a meeting.

High Tech (Heather) - Not present but note Heather - take the closed meetings off the website (see Treasurers Report Carrboro and Hillsborough).

Group Outreach (Margaret) - Wilmington Wed meeting will need to move on Jan 1. They have a new location.

Newsletter (Colleen) - Looking for any Dec meeting submissions. Offer of help to the next person who takes on this role.

Public Information/Professional Outreach (Liz V.) - Attending Soul Wellness Expo (Morrisville) and take literature. No indication on the effectiveness of the billboard. Discussion about the possibility of "bus wrap" for advertising. Suggested timing just before Halloween.

12 Step Within (Mel, Diane) - Last Serenity day today. See below information.

BUSINESS

Elections for open positions: The following have been nominated; additional nominations can be made from the floor (abstinence requirement in parentheses; ? indicates nomination not confirmed):

- **Chair (1 yr): Cheryl** <Atiya not present> - **Elected**
- **Secretary (6 mo): Colleen** <Cindy R not present> **Elected**
- **Newsletter Editor (30 days):** no nominations. This may be a time to rethink how we do the newsletter. Can send out a message to the email group who receives the newsletter, that this is the last issue, unless there might be someone on the list who might want to take on this service. *Add this to the next agenda for further discussion next meeting.* Anne will send out a message for Jan newsletter hiatus and a recruitment for anyone interested.
- **Group Outreach Chair (30 days): Mel F and Molly R (co-chairs) - Elected**
- **12th Step Within Chair (30 days): Molly R and Janet B (co-chairs) - Elected**
- **WSBC Rep (2 yr):**
 - **1-yr term: Mary Anne S - Elected**
 - **2-yr term:** <Atiya Not present> Open for now and someone can follow-up with Atiya and if so, revisit at the Jan meeting.
- **SOAR Rep (1 yr):**
 - **1-yr term:** no nominations. Will leave this position open and can elect at a later date.
 - **2-yr term: Neill (accepted nomination excused from meeting) - Elected**

Proposed Revisions to Bylaws: Postponed this discussion till Jan.

Other Business:

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- **Mel** - When you go to the <https://> of the webpage we are getting a message that the security certificate is expired. The <http://> site is not secure. Need for investigation and resolution. This may be interfering with people accessing our website. We need to own the secure and not secure URL. Anne requests Mel reach out to Heather - who can reach out to website developer for guidance. *Add this topic to the Jan meeting agenda.*

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.
- FYI - the split for donations IG 60/Region 10/WSO 30 is now recommended to 50/10/40
- Upcoming Events:
 - 11/16 Triangle OA Serenity Day: Focus on Principles

Announcements:

From our outgoing Chair, Anne L:

At our Intergroup elections in November, we had no candidates willing to be nominated to serve as Newsletter Editor. Our previous editor, Colleen B, has served for 4 years and needs to rotate off. We thank her for her faithful service in this role!

Intergroup is considering this an opportunity to rethink whether the newsletter in its current form serves our current needs: much has changed in the last 5 years, and perhaps the newsletter needs to change as well. Therefore, this is the last newsletter for now.

Intergroup will discuss where to go with the newsletter at the next meeting, on January 18 at 10:15am - all are welcome and we particularly encourage you to attend if you have ideas on the newsletter and the willingness to serve in some capacity to further whatever future form the newsletter takes. The zoom info is below:

Meeting ID: 994 7153 4102 Passcode: 8tqLU1Nb

Join from link <https://zoom.us/j/99471534102?pwd=MmppOG0vbHlnek40d3dtRjlHVjcrZz09>

Call in: 1 646 558 8656 Meeting ID: 994 7153 4102

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Volume 39, Issue 12

Digital version at
www.triangleoa.org

Call in Passcode: 40457915

Intergroup looks forward to your ideas!

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

Triangle OA Recovery News is a publication of
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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: VACANT

Group Outreach: Zach P. (outreach@triangleoa.org)

Public Info/Professional Outreach: Liz V.

12th Step Within: Mel F., Diane C. (12stepwithin@triangleoa.org)

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