

Triangle Intergroup

Recovery News



August, 2026 edition

Now we need more action, without which we find that
"Faith without works is dead."

Alcoholics Anonymous (BB) p 76

	Text	Spiritual Principle	Reflection
Step 8	Made a list of all persons we had harmed and became willing to make amends to them all.	Self-discipline	Here we meet guilt head on and get rid of it. We learn about the healing power of forgiveness as we discover how to forgive ourselves and others." —OA 12 & 12 p 58
Tradition 8	Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.	Fellowship	We don't need certification, education, or credentials to share our program or to do service. All we need is willingness and a commitment to the 12 Steps and 12 Traditions of OA. —OA 12 & 12 p 140
Concept 8	The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.	Delegation	The authority to oversee administrative issues, such as finances, pricing goods, and managing human resources, is delegated to the Executive Committee, a subgroup of the Board of Trustees. —12 Concepts of OA Service, p 9

The opinions expressed in these articles are those of the individual OA members and do not represent OA as a whole.

This section, on humility, contains articles written for Step 7 in July, but humility remains essential for all of the ongoing steps.

Becoming Right-Sized

“We confused [humility] with humiliation or low self-esteem.”

—*Voices of Recovery, July 17*

My disease is about extremes. As a child, the humiliation of being the “little fat kid” was overwhelming. I found the “answer” in control first of food and body then of emotions, then of life. The “reward” was moments of grandiosity, but this is a cunning, baffling and powerful disease and the “thin” and “arrived” times always ended. Then, I spiraled back into the disease, the food, the humiliation, and the shame.



In OA, I learned the ladder of self-worth was imaginary—a distortion of my disease and there is a place between humiliation and grandiosity that is “right-sized.” I found love and acceptance for others, instead of the need to compete and climb to seek

the elusive “enoughness.” I have a Higher Power who loves me as I am and is present with me in the here and now—the joy, the pain and everything in between. I also have found fellows who will love me unconditionally until I can love myself just as I am, a beautiful, messy, and very human being.

Acceptance is the answer in this one-day-at-a-time journey, and I’m grateful for my HP, the steps, and the traditions which help me to keep walking alongside others. I no

longer need to win “the race” to prove myself. Instead of hiding from life, I show up each day and trudge the road of happy destiny. I am grateful for the ability to live in the in between.

—Anonymous

Humility

Humility is the principle of Step 7. I have learned in the meetings and literature of OA that it means to be teachable and to be equal. Humility has helped me to see myself as I am with no judgement, no shame, no ego. It allowed me to put down the tremendous burden of living as I did before finding OA. It means being open and hopeful. This principle means seeing my assets along with my defects— noting that most of my defects are assets done to extremes—and seeing my powerlessness in not being able to change on my own. Humility means being willing to surrender and ask for help. There is freedom in true surrender— in being teachable. There is hope. There are endless possibilities. There are promises to live and experience. Life is to be lived.



—Cheryl, Wednesday 7am Raleigh (Zoom)

Assignment on Humility



On the first Saturday of each month, Raleigh Saturday 9am writes on questions from the OA 12&12 Workbook. This month's questions:

What is my concept of humility and what have I learned in OA about humility? • How do I work Step 7? • What is my list of defects? • Which character traits that have hurt me have become great assets when applied to the right things at the right time?

Here is my writing:

Yesterday I attended a secular OA meeting. There were two topics presented. The first was on humility, humiliation and shame and the second was on fear. After hearing other people's experience, strength and hope during the meeting, and that of a fellow after the meeting, sharing my own experience, strength and hope during the meeting and with the fellow, AND reading today's questions for writing, I can see how these topics are all currently intersecting in my life.

Humility can be another word for curiosity and open-mindedness. I also like the words

adventure and exploration. It's an understanding that more will be revealed.

When I operate from a place of fear, I am clenched. I clamp down, and I want everything to stay exactly as it is now, to maintain the illusion of permanence. Growth scares me because it is unknown.



When in fear, I am fixated on the pain and discomfort of the unknown and forget to remember the joy and sense of well-being that comes from growing. I

also fail to remember that freedom is my highest value, and freedom is on the other side of fear. Freedom is akin to humility: freedom from self-consciousness and self-doubt; freedom to accept and enjoy my humanness; freedom to take chances and make mistakes. This is Freedom to live my life!

May we be well.

—Atiya, Raleigh Wednesday 7am & Raleigh Saturday 9am

This Section represents writings on Step and Tradition 8

Learning to Forgive

I remember when I first did my Step 8. I had already decided who I would make amends to and felt I was off the hook because both of my parents were deceased and I had no way of contacting my ex-husband. Then through reading the steps and talking with my Sponsor, I began to understand that I needed to forgive them and be willing to make amends if I could. This hit me hard. I had to forgive these people.

Forgive! Yes, I admitted in Step 4 ways I had harmed my parents as a teenager and adult. However, look at what they did to me when I was an innocent child. I mean, I believed that one of the main reasons I was obese was because of them. It was their fault for the way I was treated. What was there to forgive?

It took working with my Sponsor, praying to my Higher Power—Whom I was still trying to develop a consistent relationship with—writing, and hearing fellows share on Step 8



to get me to consider forgiving them. Following the program suggestion, I began praying for them and trying to really mean it.

I was finally able to forgive my ex-husband and admit all the ways I had contributed to the dissolution of our marriage. I eventually forgave my mother too. After about a year of still not being able to forgive my father, my Sponsor suggested I move on with the next Steps and continue to ask my Higher Power for the willingness to forgive him. It took a few years before I was finally able to forgive my father. Amazingly, after I forgave him I experienced such a burden lifted from me and a huge release of shame, anger, and fear. My recovery began to soar!

—Paula, Hillsborough, 9:30AM

It's All Good

"Willing to make amends. . ." **that** word has been popping up lately: Willing.

It's difficult, sometimes, to understand what this means. My usual habit (perhaps



character defect?) is 'just getting by.' What if it is too hard? Somehow, it seems like I spend my days being forced to comply with rules or requests. This sense of forced compliance sometimes extends to the

foundation of this Program, the Steps.

Why is this a problem? Instead, I might see this as being very gentle, very easy; if I comply and am 'just' willing to make the amends. I give up hard conflicts and even, perhaps, responsibility for the outcome. I do my best, and the results are not mine to control. An older gentleman I knew had a

favorite phrase for many issues of life: It's all good!

Next, Step 8 says, ". . .to them ALL." The second time I worked through the 12 steps, my sponsor specifically instructed me that this meant I should carefully and thoroughly consider ALL of the people, institutions, and principles on my list that resulted from my Step 4 inventory—not just the easy ones. Then, I needed to state, without hesitation, where my willingness began **and** where I was resisting, as well. I would share this honestly and openly to my sponsor, and together we could mindfully discern what actions needed to be taken.

This required me to suspend my expectations of outcomes. It was so hard for me, it still is, to admit that I still felt resistance, still want to hang on to a guaranteed result. The hope, for me, is that my dark, resisting, unwillingness will transform. Beauty and healing can rise out of struggles and hard work. I do not have to be permanently stuck in the pain that haunts me. I have loving presences in my life now—the Higher Power of my choice and my Fellows who help me in my daily journey.

—Anonymous, Hillsborough, 9:30AM



Step 8: Persons I Had Harmed

Harm? Me harm others? Never! I was nice—mostly. Working step 8 forced me to face an uncomfortable truth: I have caused a lot of harm in my life with some dreadful consequences. I can be very critical—of myself, yes—but those impossible standards get passed forward in my

relationships. I have denigrated and belittled partners and friends in the name of “advising” them.

The other major harm I confronted in step 8 was neglect and abandonment. A toxic mixture of self-centeredness and low self-esteem meant that I moved without telling friends, I forgot birthdays and rarely had time to nurture relationships. Step 8 taught me to approach situations with a “how can I

be of service” attitude rather than “what’s in it for me.”

Step 8 led to some step 9 direct amends but more it led to this living amends approach to relationships. It cured me of the delusion that my food addiction only harms me. Yes, I can cause great harm and that is a sobering truth.

—Nan M. Hillsborough, 9:30AM



Thank you to the both the Hillsborough 9:30 AM and Raleigh Wednesday 7:00AM Meetings for writing and a puzzle contribution (see page 6) this month.

September Intergroup Meeting Announcements

- The next IG Meeting is Saturday, September 12 and will be in Wilmington.
- There will be an in-person OA Meeting 10 to 11 am. The Intergroup meeting will follow from 11 am to 12:15 pm and will have Zoom access
<https://zoom.us/j/99471534102?pwd=MmppOG0vbHlnek40d3dtRjIHVjc rZz09>
Meeting ID: 994 7153 4102
Passcode: 8tqLU1Nb.
- Address: First Baptist Church Activities Center, 1939 Independence Blvd, Wilmington, NC 28403.
- The September meeting will include nominations for a number of Intergroup Service Positions. See pages 7–9 for information about duties and eligibility. Please consider ways you would be willing to provide service at the IG level!
- The SOAR PIPO Committee invites you to share how you personally found OA the very first time. Hearing from you will help in fine-tuning outreach efforts. Please click on the following link to take this two-minute survey:
<https://oaregion8.org/survey>
- Donations and Literature sales are down at WSO. Please encourage meetings and individuals to purchase literature directly from the OA Bookstore (<https://bookstore.oa.org/>). In addition, please consider making a special donation to the [Annual Appeal \(view video and information at this link\)](#)!

SOAR (Region 8) and World Service Updates



Word Search Puzzle



Instructions:

Find and circle all the words listed below. Words may appear horizontally, vertically, diagonally and can run forward or backward.

P S F H F K D A X D P D R M Y
M E S E G B O S D J R I G A I
L L U C S C F N Y R N S T J S
Q F P S Y V Y V U B D C G C V
R V P G A H D R N F M I D M R
H W O G M A R G O R P P W Y C
E P R R S S E N G N I L L I W
M C T J P H B M H F A I N J W
D L I G N I T E E M R N O I A
D A N N Z J J G N Z Z E D Z M
A E G E H T O E C I V R E S E
P U O R G K S D N X Z Q M E N
O V V O G S X S L O O T A W D
I Z K D P I H S W O L L E F S
A T Q A V O U T R E A C H J L

Words to Find:

—Anonymous, Hillsborough, 9:30AM

WILLINGNESS

GROUP

SELF

MEETING

SUPPORTING

OUTREACH

DISCIPLINE

TOOLS

AMENDS

FELLOWSHIP

SERVICE

PROGRAM

Nominations for Intergroup Officers and Committee Chairs Needed

At the September 12 Intergroup meeting in Wilmington, and available through Zoom (see intergroup announcements), nominations may be made for these intergroup board members: Chair, Secretary, one WSBC delegate, and one SOAR rep. Nominations are also invited for the Newsletter editor, the Group Outreach chair, and the 12th Step Within chair (Half of board members and committee chairs are elected in even years and half in odd years.)

Requirements, terms of office, and general duties of officers/board members are shown in Table 1. Specific duties by position are shown in Table 2. Requirements and duties of committee chairs are shown in Table 3.

Table 1. Requirements, Terms, and Duties of Intergroup Officers

	Chair	Vice Chair	Secretary	Treasurer	WSBC Rep.	SOAR Rep.
Requirements (Bylaws, Article IV, Section 3)	Abstinance:					
	1 year	1 year	6 months	1 year	2 years	1 year
	• 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) • Abstinance:					
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)	• Maintain current abstinance 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.					

Table 2. Specific Duties of Intergroup Officers

Bylaws (Article IV, Section 7)	
Chair	• 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.
Vice Chair	• 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.
Secretary	• 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.
Treasurer	• 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.
WSBC Rep	• 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.
SOAR Rep	• 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.



If you enjoy the newsletter, please share it with others in your meeting. You may encourage them to download it from Triangleoa.org (under newsletter). People who would like to receive it by email, may send a request to be put on the mailing list to webmaster@triangleoa.org.

Table 3. Requirements and Duties of Committee Chairs

All must be in OA 6 months (Bylaws, Article IV, Section 4) and have abstinence as noted below.

	Abstinence	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.
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	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 OA email address to preserve 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.
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

Triangle Intergroup Retreat— **Surrender**  —

September 18–20 at Christmont Retreat Center.

The retreat committee still needs volunteers to provide service with set-up,
clean-up, and decorations.

Registration Deadline is September 1

We need you to write or create art for the newsletter!

Coeditor Kathy V. continues to reach out to groups, asking them to volunteer to write for a given month; **but we still need groups to volunteer for November and December.** **In addition, anybody can submit materials to the newsletter at any time.** If you enjoy the newsletter, please consider contributing your writings or recovery-related art and encouraging other members of your group to do the same. Materials should be sent to newsletter@triangleoa.org. Check the table below for suggested topics and due dates.

Writing Schedule for the Remainder of 2026			
Month	Due Date	Meeting	Suggested Topics
September	Sept. 5	Clayton Sat. 10 AM	Step, Tradition, or Concept 9; Love, Structure, Ability, Writing
October	Oct. 10	Durham Tu/TH 12:30	Step, Tradition, or Concept 10; Perseverance, Neutrality, Clarity, Literature
November	Nov. 14		Step, Tradition, or Concept 11; Spiritual Awareness, Anonymity, Humility, Action Plan
December	Dec. 12		Step, Tradition, or Concept 12; Service, Spirituality, Selflessness, Realism, Representation, Dialogue, Compassion, Respect, Anonymity