

Triad OA Newsletter  
April, 2020

**FROM THE EDITOR**

Hi, my name is Lynne and I'm a compulsive overeater. The coronavirus is devastating. It helps me to start each day with a gratitude list. Along with all the specifics for each day, I'm so totally grateful for technology. I'm still able to go to 12-step meetings every day, video or phone meetings, as well as classes at my temple. This challenging time would be so much worse if we had the limited technology 10 or 20 years ago. I'm also grateful for all the countries of the world working together to find a cure. Let's all be mindful of our health and safety, take one thing at a time, and thank our Higher Power for Abstinence, health, and OA.

Direct all correspondence to: LYNNE ISME @ AOL.COM, or telephone 336-202-4409.

**COMING ATTRACTIONS**

- August 20-22 OA World Recovery Convention, Orlando Fl. For more information, go to oa.org.

**INTERGROUP**

Next Meeting: Date May 16, 2020  
10:00am - 12noon  
Phone number TBA

**Intergroup Officers:**

**Chair: JoAnn**  
**Vice-Chair: Yolanda**  
**Secretary: Open**  
**Treasurer: Debra**  
**Special Events Chair: Open**  
**Newsletter: Lynne**

**STEPS & TRADITIONS**

***STEP 4: "Made a searching and fearless moral inventory of ourselves."***

"The fourth step calls for us to examine our lives up to the present day, writing down all important actions and events of a moral or ethical nature, our feelings about them, and the character traits in us from which these actions stemmed. Writing this inventory is an important process which tests our commitment to the twelve-step program ...

Many of us had lived our lives up to this point with a secret feeling of shame. We carried deep in our hearts the feeling that we were worthless or insignificant. Often this shame stemmed from unresolved guilt over mistakes we'd never fully dealt with ... Writing our step-four inventory enabled us to begin cleaning up the messes of the past so we could start over, afresh."

- OA 12 & 12

For me, the biggest clue that I need to do a fourth step (and I've done them, again and again and again), is that I feel bad about something. Whatever my negative feeling, be it fear, anger, resentment, guilt, worry - it tells me that I've got 'unfinished business,' some old and obsolete belief telling me lies that make me feel bad. At those times, I usually sit down and write until I uncover what the distorted belief is. Only then can I jump back to Step One and begin to let go of it. - Lynne

**Remember - if you're going in the wrong direction, God allows you to make a U-turn! - Anonymous**

**TRADITION 4:** *"Each group should be autonomous except in matters affecting other groups or OA as a whole."*

"Tradition four defines our freedom. Our groups are free to find what works best for them. They can make their own mistakes and learn from them ... our decisions must be by group conscience." - "The Twelve Traditions of Overeaters Anonymous"

**APRIL ASKIT BASKET: With everything going on, I thought I'd go for humor this month ....**

**ONE WEEK WITHOUT A MEETING MAKES ONE WEAK!**

## THE PRINCIPLES OF THE TWELVE STEPS

1. **HONESTY** - when willpower is not enough
2. **HOPE** – you are not alone
3. **FAITH** – giving up the game
4. **COURAGE** – face to face with yourself
5. **INTEGRITY** – and the truth will set you free.
6. **WILLINGNESS** – getting ready to let go
7. **HUMILITY** – let go and let God
8. **DISCIPLINE** – getting honest
9. **LOVE** - building bridges
10. **PERSERVERANCE** – accepting ourselves
11. **AWARENESS** – centering ourselves
12. **SERVICE** – living the program

### GAMES COMPULSIVE OVEREATERS PLAY

-Anonymous, Durham

**Because.** Name something you're unwilling to do, attach the word 'because' to it and finish the sentence with a string of excuses. 'I can't go to meetings because ...' 'I don't accept this Higher Power stuff because ...' 'I don't share the real me at meetings because ...' 'I'm not able to work the steps because ...' 'I haven't the time to pray or meditate because ...' You get the general idea. This game can be played to avoid working the program, making telephone calls, getting a sponsor, [*answering the ASKIT BASKET question,*] reading program literature, giving service and much more.

**Create a Crisis.** Make mountains out of anthills and use them to justify your compulsive food behaviors. This is an excellent way of avoiding life and its real problems. You can make this game especially exciting by asking, 'What if such-and-such should happen?' Living in the future is a fantastic way of exerting huge amounts of time, energy and emotion to get absolutely nothing done.

**The Big I and the Little Me.** The Big I is useful when you need to have the world recognize your terrific achievements; the little me comes in handy when you want people to know about your terrible misfortunes. This is a game in which you can let your emotions run wild. It's especially rewarding in meetings where pitching is spelled with a 'b'.

**Compare, Don't Identify.** You can secretly include everyone in the group in this game. 'X is losing weight faster than I am.' 'I'm working a better program than Y.' 'Z has two jobs, goes to school and still sponsors a whole raft of people. Why can't I do that?' This game will keep you feeling either not as good as or better than other members. It's a foolproof way to keep you from feeling part of the group, and a guarantee that you'll never accept yourself as you are.

Playing these and other games is a great way to hinder your recovery. They'll stifle growth, guarantee misery and result in soul-sickness. I should know . I was a pro."

"The path to recovery may get narrow, but the horizons get wider." - New Horizons, Feb., 1999.

### MEETING LIST \*\*Unless otherwise indicated, please call contact person to learn how to get on meeting \*\*

#### Greensboro

**Monday, 7:00pm**, First Lutheran Church, 3600 W. Friendly Ave. Call Ginah 336-558-6617 (**MEETING ON ZOOM, call Robin for help getting on: 336-209-4889**)

**Wednesday, 12noon** Guilford Park Presbyterian Church, 2100 Fernwood. Call Becky 336-956-6172 (**MEETING ON ZOOM, call Robin for help getting on: 336-209-4889**)

**Thursday, 7:30pm**, First Friends Meeting, 2100 W. Friendly Ave. Call Jo-Ann 336-451-9501 (**MEETING ON GOOGLE**)

**Saturday, 8:30am**, Irving Park United Methodist Church, 1510 Cone Blvd. Call Tasha 336-575-8985 (**MEETING ON WEBEX**)

**Sunday, 4pm**, First Friends Meeting, 2100 W. Friendly Ave. Call Abigail, 336-317-0271 (**TBD**)

#### Winston-Salem (Call David for help, 336-995-8863)

**Monday, 5:30pm**, Downtown Health Plaza, 1200 N. Martin Luther King Jr Dr. Call Clara 336-784-5341  
ZOOM <https://zoom.us/j/993720359>

**Tuesday, 6pm**, Knollwood Baptist Church, 330 Knollwood St. Call Anne 336-608-8612  
ZOOM: <https://zoom.us/j/987671352>

**Thursday, 7pm**, Knollwood Baptist Church, 330 Knollwood St. Call Anne 336-608-8612  
ZOOM: <https://zoom.us/j/367632339>

#### Kernersville (Call David for help, 336-995-8863)

**Saturday, 9:30am**, Holy Cross Catholic Church, 616 S. Cherry St, Jane House, Call Juliann 336-996-7136  
ZOOM: <https://zoom.us/j/760301685>