

Triad OA Newsletter
February, 2020

FROM THE EDITOR

Hi, my name is Lynne and I'm a compulsive overeater. Is it really February already? *"It works if you work it."* We say that at the end of every meeting, but how often do we think about what it means? OA isn't a magic wand, a quick fix, or a brain transplant. It's a proven method of living every day, that *guarantees* to arrest my life-threatening illness. Yes, it *guarantees* me a better life: **serenity, freedom** from compulsive eating, and **a wondrous relationship with my Higher Power** that is far beyond my wildest dreams. But there is a catch. **I have to do it. I have to make the choice** to work the program, over and over, every day of my life. **I have to live all 12 of those steps**, not just the easy ones. **I have to use all 9 of those tools**, plus a couple of others, not just go to meetings. **I have to be vigilant always**, for the "cunning, baffling, powerful" voice that tries to lure me back to my insanity, that tells me there's an "easier, softer way" It's not easy. But **"It works if you work it."** - I guarantee it. - . - Lynne

Direct all correspondence to: Lynne Clawson, 3517 Regents Park Lane, Greensboro, 27455, or email at LYNNE ISME @ AOL.COM, or telephone 336-202-4409.

COMING ATTRACTIONS

- Feb. 29, 10am-12:30p,
Unity Day Serenity Day, Cornelius, NC
7621 Norman Island Drive.
For information, call Carol, 516-476-0799
- May 1-3: NC State OA Convention
Hawthorne Inn & Conference Center
Winston-Salem, NC
More information & early registration at:
www.oa-carolinas-convention.org

INTERGROUP

Next Meeting: Date February 8, 2020
10:00am - 12noon

**Kathleen Clay Edwards Library
1420 Price Park Drive (off of New Garden Rd)**

Greensboro

Intergroup Officers:

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

STEPS & TRADITIONS

STEP 2: "Came to believe that a Power greater than ourselves could restore us to sanity."

"The paradox of Step Two is that the compulsive overeater doesn't have to believe in anything. Action comes first, belief follows. Belief in something other than self, larger than self, as a Higher Power, is progress enough to go on to the next step ... let go of old ideas and reliance on self. Willingness and an open mind are necessary." - "The Twelve Steps for you and your Sponsor"

"When we look with complete honesty at our lives, we see that where eating is concerned, we have acted in an extremely irrational and self-destructive manner. Under the compulsion to overeat, many of us have done things no sane person would think of doing...

...For the sake of our compulsive eating, we have turned ourselves into objects of ridicule and we have destroyed our health." - OA 12 & 12

Self will can be brought in line with God's will." -
"The Twelve Steps for You and Your Sponsor

TRADITION 2: "For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

"We ask God's guidance and then vote on concerns, and the group's decision is our authority. Not all group decisions will be wise and practical. We do

make mistakes. Then we must look for better answers to the problem. In time we are likely to see that we have learned and grown from our mistakes ... There is more strength in working out solutions together.” - “The Twelve Traditions of Overeaters Anonymous”

FEBRUARY ASKIT BASKET: “What does “It works when you work it?” mean to you??

“It reminds me that I will not recover passively. I must take action to experience any relief from my compulsion. The beauty is that when I do ‘work it’, then I reap the glorious benefits. God loves me so much, but I realized a long time ago that God needs my help. God will work through me as I open myself up for that help, and the way that I do that is to use the tools, which for me are ways for me to reach God. The other part of the ‘work’ is to take, work, and live the 12 steps, to the best of my ability. I think about what steps actually are when I take a step on my staircase at home, I am stepping onto a higher level, and so it is with the 12 steps, but I am on a spiritual ‘higher ground.’ My Mom taught me that if I do the groundwork, God will do the rest. OA confirmed it because it has worked because I have worked it.” - Anonymous

“It means that I get out of this program exactly what I put into it. The extent of my recovery, or lack of recovery in my life, seem to be in direct proportion to my **willingness** to ‘work it’. It implies **choice**, ‘if’ being the key word to me. I am **free** to choose to work the program and reap its benefits or not and suffer the consequences. It places the **responsibility** for my recovery directly on my shoulders and no one else’s. ‘Willingness, freedom, responsibility’ is what ‘It works if I work it’ means to me”. - Anonymous

“It means that if I am willing to be responsible for my actions, to use the tools and to put as much time and energy into recovering as I put into compulsive overeating, then God will open the doors and my life will become a working example of sanity and serenity. He will take my small efforts and magnify and intensify them in such a way that I will recover.” – Anonymous

“After being in OA for over 3 years I can tell when I use the tools and when I don’t. If I am slipping in my program I look back over the tools to which one I have neglected.” - Anonymous

“The program purpose is really about teaching me to cope with my life. In order to do that, I have to be able to face myself, who I am, and accept life on life’s terms. For my particular addiction, I can’t face life while burying my head in food. Working the program means learning how to live, and having a Higher Power so that I don’t try using food to cope with my life.” Anonymous

"OA is for "UP" People."

STEP 1: Give Up!

STEP 2-3: Look Up!

STEP 4-9: Clean Up!

STEP 10-11: Keep Up!

STEP 12: Show Up!

New Horizons, Feb., 1999

MEETING LIST

Greensboro

Monday, 7:00pm, First Lutheran Church, 3600 W. Friendly Ave. Call Ginah 336-558-6617

Wednesday, 12noon Guilford Park Presbyterian Church, 2100 Fernwood. Call Becky 336-956-6172

Thursday, 7:30pm, First Friends Meeting, 2100 W. Friendly Ave. Call Jo-Ann 336-451-9501

Saturday, 8:30am, Irving Park United Methodist Church, 1510 Cone Blvd. Call Tasha 336-575-8985

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

Winston-Salem

Monday, 5:30pm, **Downtown Health Plaza, 1200 N. Martin Luther King Jr Dr. Call Clara 336-784-5341**

Tuesday, 6pm, Knollwood Baptist Church, 330 Knollwood St. Call Anne 336-608-8612

Thursday, 7pm, Knollwood Baptist Church, 330 Knollwood St. Call Anne 336-608-8612

Kernersville

Saturday, 9:30am, Holy Cross Catholic Church, 616 S. Cherry St, Jane House, Call Juliann 336-996-7136