

Triad OA Newsletter

December, 2019

FROM THE EDITOR

Hi, my name is Lynne and I'm a compulsive overeater. The holiday season is upon us – gratitude, love, and peace. This newsletter will be devoted to getting through the season without eating compulsively.

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

INTERGROUP

Next Meeting: Date TBD, 2020!

10:00am - 12noon

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

2019 Intergroup Officers:

Chair: JoAnn

Vice-Chair: Yolanda

Secretary: Gwen

Treasurer: Debra

Special Events Chair: Open

Newsletter: Lynne

STEPS & TRADITIONS

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"

"As the months and years pass, your own understanding and practice of the program will broaden and deepen. Through the experience of working with others you will begin to rely on the intuitive guide within you to know what to say to still-suffering compulsive overeaters. We are powerless to make anyone follow our suggestions. If they don't want to, we can release them with love and work with others, who are more desperate ... We practice the twelfth step and work with others partly because we like what we have found in OA

and want to share it with others. But as our predecessors and mentors in Alcoholics Anonymous have found, we do it also to save our own lives. Nothing will guarantee our continued abstinence so much as working with others. We must give away what we have found in order to keep it."

- A Guide to the Twelve Steps for You and Your Sponsor

TRADITION 12: "*Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.*"

"Anonymity means a great deal more to us than just not using our last names.

"It means being able to talk freely about feelings and experiences, without fear of gossip, so that we need not repress feelings with food. In meetings we share in a general way. More intimate problems are best discussed with a sponsor or another OA member.

"This is a life or death program. There is no room for pettiness. We cannot afford to let our antagonism for some member's personality distract us from practicing the twelve steps of our program. We must strive to put program first, admitting when we are wrong, and trying always to find peaceful ways of working together.

"Anonymity also means that each of our members is just that - a member of the group. We place spiritual principles before personalities. Neither can we build our program about any one person. No one is safe on a pedestal. No one is infallible. We are only compulsive overeaters, working toward our recovery.

"Anonymity has one more significance. It means that we serve OA in whatever way we can, without expecting glory, prestige, or power. It allows us to practice the spiritual principle of humility."

"-. The Twelve Traditions of Overeaters Anonymous

THE TWELVE STEPS FOR THE HOLIDAYS

"Here's a rewriting of the 12 steps with the current season in mind.

1. We admitted that the Holiday Season has deeper meanings attached to it than the devouring of food.
2. We came to believe that a Power greater than ourselves could help us to see and celebrate the TRUE meaning of the Season.
3. We came to believe that our Higher Power could help us to appreciate the joyfulness of the season as we understand it.
4. We made a searching and thorough examination of our relationship with food in connection with the holidays as well as what other things we have enjoyed about the season.
5. We admitted to our Higher Power the exact nature of our past food habits during holiday seasons past.
6. We became entirely ready to allow our Higher Power to remove our attachment to food as an unavoidable necessity of the holidays.
7. We humbly asked him to remove our desire to partake of the holiday treats.
8. We made a list of all persons whose presence makes the holiday season more joyful for us and with whom we would like to share our joy.
9. We made plans to spend time with those people whenever possible, except when to do so would remove us from our primary purpose of abstinence.
10. We continued to enjoy the company of our friends and family as well as all the other enjoyable non-food aspects of the season.
11. We sought through prayer and meditation to improve our appreciation of the season, praying for knowledge of the meaning of the season and the joy we feel at this time.
12. Having realized that sharing with others the joy of this season far outlasts the fleeting good feeling of food, we gave ourselves the gift of abstinence throughout the holidays, and gave others the gift of our full attention and appreciation."

MEETING LIST

Greensboro

Monday, 7:30pm, First Lutheran Church, 3600 W. Friendly Ave. Call Ginah 336-558-6617 ****BEGINNING DEC 2**, Meeting time will be 7pm-8pm.

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