

Triad OA Newsletter

March, 2020

FROM THE EDITOR

Hi, my name is Lynne and I'm a compulsive overeater. This is a stressful time. With all the political fighting, the coronavirus, and the plunging stock market, it's hard to know where to find calm. Working my program is the best resource I've found. Turning events over to my Higher Power. Going to lots of phone meetings. Working the Steps. Using all the tools. Sticking to my Plan of Eating so that my abstinence can calm me, rather than compulsive eating stressing me more. Let's all be mindful of our health and safety, take one thing at a time, and thank our Higher Power for Abstinence and OA.

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

COMING ATTRACTIONS

- May 1-3: NC State OA Convention
Hawthorne Inn & Conference Center
Winston-Salem, NC – **POSTPONED UNTIL MAY 2021**
- August 20-22 OA World Recovery Convention,
Orlando Fl. For more information, go to oa.org.

INTERGROUP

Next Meeting: Date March 28, 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: Open
Treasurer: Debra
Special Events Chair: Open
Newsletter: Lynne

STEPS & TRADITIONS

STEP 3: “Made a decision to turn our will and our lives over to the care of God as we understood Him.” “For a compulsive overeater the spiritual awakening begins at the instant of surrender in Step One. He

recognizes and accepts abstinence as the answer to his symptom of overeating. Now he can begin to surrender other areas of his life to a Higher Power ... Action is necessary in relinquishing self-will. The effectiveness of the OA program depends on how completely we have come to a decision to turn our lives over to the care of God as we understand Him.

Faith does not automatically mean that we have let God into our lives. But our willingness is apparent in the way we cast out our old ideas and turned ourselves over to the OA program to relieve our food obsession.” - “The Twelve Steps for You and Your Sponsor”

“Easy does it, but do it!” - New Horizons, Feb., 1999.

TRADITION 3: “The only requirement for OA membership is a desire to stop eating compulsively.”

“A person cannot be barred from OA because he differs from others in race, political views, religion, economic status, interpretation of the program, or food plan. Weight is not a criterion for membership. A person is a member if he has a desire to overcome his compulsion. There is a place in OA for each of us. Here we are free to be ourselves and be accepted ... Note, too, that desire is required – not success. Many people keep coming back even though they feel they have failed. The door never closes. As long as they keep coming back, they have a chance.” - “The Twelve Traditions of Overeaters Anonymous”

MARCH ASKIT BASKET: “What if I’m not perfect???”

BABY STEPS - (New Horizons, February, 1999)

"A baby step, is a step...it could be worse, don't beat yourself over the head, even babies can go on to set world records in the Olympics, it just takes a little time to grow up."

The above share made me think of something. When a baby takes a step and falls down. The parents don't yell and hit the baby because the baby didn't get it right the first time. No, instead they marvel that the baby tried.

They cheer the baby on and watch as the baby tries and tries again until the baby takes a whole bunch of steps.

I think the *first* step of actually being willing to even *try* is one of the most celebrated steps by the parent. How much more, then, can my Higher Power be overjoyed and pleased when I become *willing* and take that action of trying. If I fall down, okay, try again. I know whether I fall or stand, my Higher Power is clapping His hands and cheering me on and loving me no matter what. I think He loves first steps as much as new parents love first steps. - Anonymous

“Don’t mistake comfort for freedom.” - New Horizons, February, 1999

ASKING FOR HELP - New Horizons, February, 1999

Someone told me recently that our program is not about learning how to refrain from compulsive overeating, but about learning how to ask for help.

I guess that is why I go to Overeaters Anonymous meetings, why I have a sponsor, and why at this stage of my recovery I'm considering getting some professional help.

It took me approximately one year to decide to go to my first OA meeting after learning about the program. That was probably the worst year of my entire life. I hit bottom so badly I would pray every single night asking God with whom I was very disappointed just to let me die. My height is 5'7" and I was weighing 425 lb.

Finally, when I decided to go to my first OA meeting, I couldn't find the room at the university where it was being held. I peeked through a window in one room thinking that might be it, but no one there seemed to be even half my size, so I thought "this can't be it". I started to walk away giving up on the idea of OA. I was going to head home and probably never come back, when a woman came out of the room and asked me what I was looking for. I told her and she said that was the right place.

I define a miracle as the direct intervention of a Higher Power (I choose to call it God) in our life. Before OA I would treat such events as just being coincidence. But then I was going through a somewhat agnostic period in my life. Today I understand the act of that woman coming out of her way with such a kind attitude and nearly leading me by the hand into the room as the first of a long list of miracles that have happened in my life ever since I started going to OA meetings 1 year and 10 month ago.

...Today, at 270 pounds, I am still one of the largest persons in my meetings, but I don't feel ashamed about it because I've been learning to ACCEPT and LOVE myself

just where I am on my long journey to recovery which started nearly 300 meetings ago. And to accept and love myself is the most beautiful miracle of all, because it allows me to accept and love others.

...I've been at meetings with people who weigh 75 pounds. And our misery has been basically the same. No matter who we are, we learn from each other. Together we have hope. We try to hang on the best we can to our program just for the day we have ahead of us. And the best we can may be better or worse than the day before, because each day brings its own affairs. Then it gets to the point where one day at a time we start making some progress. And we learn to live happily with that because we come to accept that in order to recover what we need is progress, not perfection. I've had my slips. I've been on the verge of relapse. But the meals I really care about are the ones that lie ahead of me just during this day.

I could have been abstinent for 30 years, or not been abstinent at all. I could have just binged. For me, what really matters is my abstinence during the next 24 hours. And my next 24 hours start precisely now. - Anonymous

MEETING LIST **Please call contact person to learn if there is a meeting **

Greensboro

Monday, 7:00pm, First Lutheran Church, 3600 W. Friendly Ave. Call Ginah 336-558-6617 **(NO MEETING UNTIL FURTHER NOTICE)**

Wednesday, 12noon Guilford Park Presbyterian Church, 2100 Fernwood. Call Becky 336-956-6172 **(NO MEETING UNTIL FURTHER NOTICE)**

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

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

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

Winston-Salem

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

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

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

Kernersville

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