

Triangle OA

Recovery News

Inside:

Step, Tradition,
Concept 6,p1
Tool of the Month....p1
Writings.....p2-4
IG Minutesp.5-6
Announcementsp.7-8

Publication of Triangle OA Intergroup • P.O. Box 12525 • Durham NC 27709
newsletter@triangleoa.org • webmaster@triangleoa.org • Email the webmaster to subscribe to the newsletter by e-mail.

Step Six

Were entirely ready to have God remove all these defects of character. *Spiritual Principle: Willingness*

"In Step Six, I use love, insight, and vision to release my current identity and self-image and open myself to further growth and recovery. I remember my ideals and dreams, and I pay attention to them. The Sixth Step is not about being controlled or coerced toward perfection, as my disease would have me believe. Rather, I prepare to become lighter: more fully me, more fully aware and living in my heart's desire. I envision a new self, with the intention of letting my Higher Power and my experiences bring me closer to who I really am. While this is, at times, a gradual and contemplative process, I am also in the Sixth Step any time I approach my life with openness to what the moment may show me." —Voices of Recovery, August 3

Tradition Six

An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose. *Spiritual Principle: Solidarity*

"As individual OA members, keeping tradition six could take many forms. We can refrain from mentioning outside organizations, including religious and spiritual ones, by name. We can avoid mentioning the titles of books or materials from non-OA-approved sources (including other fellowships and spiritual organizations as well as for-profit publishers). We can avoid sharing that digresses at length about the principles, practices, or influence of outside groups. If we, ourselves, have created such materials or are in the business of supplying them, we can leave our business affairs outside." —
<https://seacoastoa.org>

Concept Six

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous. *Spiritual Principle: Responsibility*

Telephone

Tool of the Month

Member-to-member contact helps us share on a one-to-one basis and avoid the isolation that is so common among us. Many members call, text or email their sponsors and other OA members daily. As part of the surrender process, these tools help us learn to reach out, ask for help and extend help to others.

—OA Tools of Recovery pamphlet, p.3

WRITING CONTRIBUTIONS

WILLINGNESS

Step 6's spiritual principle is willingness. My addictive disease and character flaw of wanting acceptance left me emotionally exhausted. Willingness is hard to come up with. That is where asking the Higher Power is helpful. When I ask HP for help, it doesn't come in a big tidal wave. It comes in small increments. My character flaw of wanting acceptance compelled me to want to be the hero or the life of the party. I helped people with things they didn't need help with, gave advice to people they didn't want or need, made jokes that weren't funny. Now, aware of this character flaw, I approach groups of people more humbly. HP reminds me as I walk into a group of people that I do not have to be the star, I do not need to be acknowledged in a big way ("Oh! Cindy is here!") In practicing this, I have found a big burden lifted. Just being present takes a lot less energy than being the star. I didn't realize this until I curbed the original behavior. Willingness is openness. Openness requires some boldness. Not big courage, just curiosity. —Cindy R, Raleigh



Step & Tradition Six

As I listened to the lead share this morning, the phrase "defects of character" came to me. We are talking about my thoughts and behaviors, NOT me (who I am/who I can become), NOT my feelings (which are a natural part of me/gifts of information). Simply having this awareness is rooted in the loving foundation developed in earlier steps. By working the prior steps, abstinently and with a sponsor's guidance, I approach this step with the willingness to open further, go deeper, and trust even more.

The primary purpose identified in the tradition is to work the steps, to have a spiritual awakening, and share this hope of recovery with those who need to hear it. I was given the gift of hope at my first OA meeting and the traditions create the space for this hope to be passed along. —Atiya M, Raleigh

Step 6: Were entirely ready to have God remove all these defects of character.

In the AA 12 & 12, it talks about how Step 6 is a lifetime job. I have found this to be true. When I first started to work the steps all I could see were my most glaring and destructive defects of character. As the years go on, I have looked to the Seven Deadly Sins of pride, greed, wrath, envy, lust, gluttony, and sloth to seek out my defects of character. I worked on many defects of character – some of which were defenses that saved me from danger in my life. Today, I am addressing a lot about sloth and gluttony. Both hamper the full enjoyment of my home life. I amassed a huge number of items when I was actively in the disease (gluttony). I am lazy about the condition of my house where all these items are stored (sloth). Gluttony and sloth still pop up with my food too. I must continually work at planning and executing food planning, shopping, and preparation. What I know today is that I am a work in progress. In the AA 12 & 12 in Step 6 on page 66 it says: "No matter how far we have progressed, desires will always be found which oppose the grace of God." —Kim



The opinions expressed in the articles are those of OA members and not of Overeaters Anonymous as a whole.

For more information about OA, please visit Triangle OA's website or www.OA.org.

Step 6 - Were entirely ready to have God remove all these defects of character.

I was in and out of OA meetings for decades before I got abstinent and lost 100 pounds in a year and a half. I felt I was abstinent, and I was attending meetings and I had 2 very flexible sponsors I am very grateful to have had and many friends and supporters, but I was not abstinent of processed white flour and sugar. I was not entirely ready to do that for many years. And I was trying, but I talked and rationalized my way out of taking that step into abstinence. What I needed to step out of the fat suit, the bakeries, the takeout restaurants, and the addiction was, among other things, to know that it was both possible and necessary. And it took me decades to find that out for myself.

The how was also in question. God, my sponsor, and the program helped with the how, but help didn't come until, having spent money on binge food, I reached out in desperation by email to someone I didn't know very well from the program. I wanted to be ready, I thought I was ready, I was trying to be ready but compared to where I am now, I was not.

God made a way for me that is beyond my wildest dreams. The promises say that we will be amazed before we are halfway through, and I have been. Not only by awesome friendships made in the program, but also by a freedom from food obsession and a greater sense of health stemming from sugar/white flour abstinence and food neutrality.

The spiritual principle of Tradition 6 is *Solidarity*. I've learned from others to look up words and found that *Solidarity* means *unity or agreement of feeling or action, especially among individuals with a common interest*. On page 125 of the *OA 12 and 12*, it states, *'Tradition 6 cautions each OA group to stick to the primary purpose exclusively, no matter how many outside enterprises may interest us as individuals.'*



As a food addict, I can naturally make chaos and have conflict with others — in my disease, it is messy. In recovery, practicing the traditions like Tradition 6 in my meetings and personal life, I've learned guidelines that are based on how to have relationships with myself and others. I've been taught that OA meetings are focused on how to recover from food addiction and extending the hand to others. And only using Conference-Approved Literature (CAL) and keeping topics focused on recovery. As a result, outside issues like politics, therapy, religion, non-CAL, other 12-step programs, etc. are left outside the "room," because outside issues can distract us from our primary purpose and can also create discord threatening the unity of the group and our recovery. As my sponsor says, "Is it an OA meeting or an 'anything goes' meeting?" It is important for all who come into the rooms— especially for the newcomer — that we hear the OA message of recovery.

In March, I celebrated my 29th year in OA. Until COVID, all my meetings were in-person and I attended 4+ meetings a week. Today, the difference is that my meetings are virtual, but I still attend them and have added a few more that are not local. Attending in-person meetings in the Triangle area — I feel the meetings were and are strong in recovery — focused on the OA message/purpose and grounded in the traditions. Members spoke up for the traditions and did service. As a result, I grew up in OA being taught by elders these valuable principles and guidelines. The traditions are the relationship handbook that I never got before coming into these rooms and I am very grateful. As a result, I try to carry the tradition message of recovery that was shared with me. — Cheryl Y., Cary



*The opinions expressed in the articles are those of OA members and not of Overeaters Anonymous as a whole.
For more information about OA, please visit Triangle OA's website or www.OA.org.*

Step 6

It is very hard to do step 6 on my character defects because they have served me so well for so long; they always do something for me that I want to keep. I can be *impatient* and at the same time *controlling*, which makes me believe I'm in charge, not God. My *egotism* lets me think I'm better than others, and I'd like to hang on to that one because my actual self-esteem is not that great. The same goes for *pride*: I need it to help me along and it is hard to part with because it makes me feel good.

Procrastination is a character defect that I depend on because I am essentially lazy when it comes to things I don't want to do. It's hard to give up because I would have to do things that I don't want to do at a time I don't want to do them.

Selfishness serves me well and I can believe I can get anything I want when I want it. The truth is that I can't but giving up the character defect is hard anyway.

"Everything happens for a reason", "Nothing is going to happen that isn't supposed to", and "Life happens." These are all mantras of a true believer, right? I have thrown them out of my mouth my entire adult life. You might think that the person who knows these things must truly know the willingness to hand over the character defects. Well not all of them!

I recently had to go through a life issue where I had NO CONTROL. I couldn't control where my child was, where my wife was, who was caring for her, when we would get to be together, even whether she would live or die. The story is too long to share the whole thing here, but I want to share this: prayers and the support of the fellow OAs, my church community, and of course myself had to be what helped. At the end of this ordeal, my family is intact and possibly closer than ever. I have learned to trust my oldest daughter more than I have in years, and more importantly my faith in my Higher Power is stronger than it has ever been in my life! I could have lost my wife. I could have been confronted with having to choose between attending to my wife or my child. None of that happened. I could have been more alone than I have been in my life, but HP put people in my life who supported me and lifted me up and are still checking on me and my family. I am so grateful, and I pray for that ability to trust in the future. That HP will direct me to when I have control or when to leave it alone and allow things to happen as they should. I urge all my fellow OAs to be willing to trust HP to do what we cannot in our lives. This may be the most important and difficult spiritual principle learned and I would be willing to say I am still learning it! —CB

Durham



**Thank you to Raleigh Saturday Morning meeting
Meeting and all other contributors of this edition.**

Minutes: Triangle OA Intergroup Meeting Saturday, May 20, 2023—10:15am to 12:00pm

Draft minutes, subject to Intergroup approval

Attendance: Anne (Chair), Karen (Vice Chair, SOAR Rep), Mary Anne (Treasurer), Dana (Secretary, Durham Sun 10am), Zach (Group Outreach), Mel (12 Step Within, Chapel Hill Thu), Heather (Webmaster, Carrboro Sun), Cynthia (Raleigh Sat am), Neill (WSBC delegate), Cheryl Y (WSBC delegate), Jessie (Hillsborough Wed), Margaret (Wilmington Wed).

Excused: Colleen (SOAR Rep, Newsletter Editor), Kathy Z (Chapel Hill Tue), Liz V (PIPO, Tue 6pm)
Review and Approve Minutes: March minutes were approved with minor corrections.

Treasurer's Report (Mary Anne):

Report approved.

Triangle Intergroup Treasurer's Report: May 20, 2023

Triangle IG #09314	MARCH	APRIL	MAY 1-17
Balance at Beginning of Month	\$14,203.14	\$14,200.89	\$14,584.85
Balance as of Meeting	\$14,094.64	--	\$13,846.55
INCOME			
Total Group Contribution	\$120.00	\$709.21	\$1,599.74
6:30 am Meditation #800242-80248		\$200.00	
Chapel Hill Thu 7pm #12897			\$1,410.66
Durham Sat 10am #20756		\$219.60	
Durham Sun 10/10:30am #45514/#51290		\$202.80	
Fuqua-Varina Wed 1:30pm #00102/#56362	\$120.00		
Raleigh Wed 7am #00394			\$189.08
Zelle payment without group number. Treasurer's first name Ryan		\$86.81	
Intergroup 7th Trad	\$20.00		
Serenity Day 7th Trad			\$50.00
TOTAL INCOME	\$260.00	\$1,418.42	
Operating Expenses:			
Website hosting (small orange)		\$198.05	
Email/Web Services (Google)	\$36.00	\$36.00	\$36.00
Public Storage	\$72.00	\$91.00	\$91.00
Bank service charges	\$0.50	\$0.20	
Operating subtotal	\$108.50	\$325.25	
Outreach and Representation:			
12th Step Within			
PIPO	\$33.75		
Group Outreach			
SOAR Rep Expenses			
WSO Rep Expenses			\$2,261.04
Outreach and Representation Subtotal	\$33.75		
TOTAL EXPENSES	\$142.25	\$325.25	
Balance at End of Month	\$14,320.89	\$15,294.06	
PRUDENT RESERVE			
Beginning PR balance	\$4,000.80	\$4,000.83	\$4,000.86
Interest	\$0.03	\$0.03	\$0.03
Ending PR Balance	\$4,000.83	\$4,000.86	\$4,000.89

Standing Committee Reports

Secretary (Dana): No report.

*The opinions expressed in the articles are those of OA members and not of Overeaters Anonymous as a whole.
For more information about OA, please visit Triangle OA's website or www.OA.org.*

WSO (Neill, Cheryl):

Neill WSO Conference – 175+ delegates – Literature: Pamphlet – *Diverse Voices: A Common Solution* (#265) adopted, combining Sponsorship in OA: *Guiding Others into Recovery* (#200) and *Sponsoring Through the Twelve Steps* (#220) defeated. New: *Mental Health Medication and Recovery* pamphlet under development. WSO Treasurers Report: losses last year – hotel contract issue due to COVID issues, investment losses are unusual items that do not present long term concern. Reminder that not self-supporting without literature sales @ OA.org. Promote direct purchase.

Presented an Encouraging Service Workshop (above the Intergroup level).

<Comprehensive report attached>

Cheryl WSO Conference - Young People Committee. Business Meeting 2023 WSBC Theme: Concepts of Service - The Heart of Fellowship. <Comprehensive report attached>

SOAR (Colleen, Karen): *Colleen* – No report. *Karen* – virtual conference a while back and assigned to PIPO Committee. Supports PIPO for Intergroups.

High Tech (Heather): No report. Still handing off webmaster from Anne.

Group Outreach (Zach): Reach out if need to update something on the website.

Newsletter (Colleen): No report – but writers signed up for June (Raleigh Sat), July (Hillsborough Wed), and Aug (Durham Sun Structure House). Still looking for Sep -Dec.

Public Information/Professional Outreach (Liz V): Posters placed and Post-It notes taken to doctors' offices.

12 Step Within (Mel, Diane): Next Zoom event 7/8 Freedom of Abstinence. Upcoming meetings to finalize plans for a creative format.

Business

Terms of service: a motion was made and passed to revise the Bylaws Article IV, Section 6, Item 1 as follows:

Intergroup Board members and other elected members shall be elected to serve for a period of two (2) years, with the Chair, Secretary, one WSBC delegate, one SOAR rep, the Newsletter editor, the Group Outreach chair, and the 12th Step Within chair elected in even years and the Vice Chair, Treasurer, one WSBC delegate, one SOAR rep, the High Tech chair/Webmaster, the PIPO chair, and the Parliamentarian in odd years.

*Cheryl, Mary Anne, and Anne to form a committee to clarify details.

Process for minutes: We formalized that draft minutes are included in the next newsletter and approved minutes are posted on the website.

Update to IG Rep duties: Karen volunteered to update and streamline this.

Other Business

Lisa suggests that we consider encouraging all meetings to appoint a Literature person to oversee efforts to purchase literature as a group from OA. Reinforce the importance of ordering literature directly from OA.org.

IG Reps Report Back to Groups

Order literature from OA.org

SOAR 8 Zoom Seminar on Abstinence tomorrow Sun May 5/21 @ 3 pm... see Region 8 website.

Other Events (Posted on TraiangleOA.org)

Mary Anne or Karen @ Intergroup regarding literature needed. Keep in mind as some pieces are listed as "Group Copy".

Reminder to make donations to World Service

Announcements

Newsletter Deadlines

The newsletter is published early in the month related to its content.. The submission deadline is the 15th of the previous month (see list below). Remember, without you, we have no content! Please send your ideas, original writings, artwork, or puzzles to newsletter@triangleoa.org.

The theme is always the step, tradition, or concept of the month (so, Step/Tradition/Concept 1 in Jan, and so on etc.) and associated spiritual principles, but you can always share whatever is on your heart regardless of the theme!

Upcoming dates:

Jun 15: deadline for July newsletter- Hillsborough Wednesday night

Jul 15: deadline for August newsletter - Sunday Structure House

Aug 15: deadline for September newsletter

Sep 15: deadline for October newsletter

Oct 15: deadline for November newsletter

Nov 15: deadline for December newsletter

Triangle OA Intergroup 12th Step Within Committee invites you to join us in celebrating abstinence!



The Freedom of Abstinence

Abstinence means freedom from the bondage of compulsive overeating.

(Voices of Recovery, May 6)

Workshop details...

Saturday, July 8, 2023

1:00 PM – 3:00 PM EST

Other time zones: 12-2 CST; 11-1 MST; 10-12 PST

Zoom details:

Meeting ID: 834 3932 6593

The meeting host will admit fellows to the workshop!

Suggested 7th Tradition donation of \$5.

Workshop activities...

- Two speakers sharing their experience, strength, and hope on strong abstinence.
- Group activities
- Individual reflection time
- Movement
- Music
- Sharing time

For questions, please email: 12stepwithin@triangleoa.org

OA Responsibility Pledge. Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

Triangle OA Speaker List

Alice 919-271-3292
Anne L..... 919-360-8711 (text)
Atiya 919-302-1030
Elizabeth 919-929-5936
Heidi heidicoach4you@gmail.com
J.V. 919-233-9777

K.C. 919-612-2000
Liz 919-649-2088
Mary Anne 919-260-5693
Neill 919-789-9402
Robin 919-667-7546
Tammy..... 919-274-4052

(updated Feb 2021)

SAVE THE DATE OCT 27-29, 2023

“Welcome Home, Y’all”

New Freedom Intergroup of OA (out of Jacksonville, FL) is hosting the SOAR 8 Fall Recovery Convention and Business Assembly. It will be face-to-face on Tybee Island, GA the weekend of **October 27-29, 2023**. More details about the meals and the registration flyer will be released soon.



We will be staying on the beach, within a 10-minute walk of Tybee Island Beach and Tybee Island Marine Science Center. This beach hotel is 0.4 mi (0.7 km) from Tybee Island Fishing Pier and Pavilion and 0.6 mi (0.9 km) from Back River Beach. Tybee Island is 20 minutes from downtown Savannah.

Hotel Tybee
1401 Strand Ave
Tybee Island, GA, 31328, USA
Call for reservations: 1-912-786-7777

If you even THINK you will be attending, make your hotel reservations now! (You **must** make your own reservations before 9/26//2023.) The Hotel requires a credit card to hold your reservation. Use code **“SOAR2023”** for special rates. Any reservations made after that date will be charged at their current room rate.

RATES: \$155 /Night Two Queen (Inland view) + \$15 /day parking + \$5 /night GA hotel fee + 14% taxes per night, (Total = \$199.50 /night.) This rate is valid for up to **four** people in the room. (If you get three roommates, each person would pay only ~\$50 per night, or \$100 for the weekend.) Rates are available for three days before and after the event. Rooms have refrigerators (but no microwaves). (Must place \$50 deposit per room for incidentals during the stay.) Each room will receive four drink tickets, three beach chairs and beach towels.

Cancellations: All guests will be charged one night’s stay upon booking. Deposits are refunded or credited only if notice is received **7 (seven) days prior to arrival date (before October 19th)** and a cancellation number must be obtained by guest.

Hotel check-in is at 4:00 PM, Friday; check-out is 11:00 AM Sunday.

There is **NO** free parking on the island. Day trippers will need to pay a rate of \$20/day to use the hotel parking area.

