

Triad OA Newsletter

May, 2020

FROM THE EDITOR

Hi, my name is Lynne and I'm a compulsive overeater. June will mark the 1-year anniversary of my term as Newsletter editor. Beginning now, each month, I'll pose a question to which, hopefully, you will respond. Perhaps your IG rep. will bring it in the last 5 minutes of your next meeting. Or, you can respond when you read your newsletter at home. Responses can be texted to my cell number, emailed, or mailed to my street address. If you don't want your name used, be sure to sign "Anonymous." With your help, this column can be great! **THIS IS YOUR CHANCE TO GIVE SERVICE!!**

Direct all correspondence to: LYNNE ISME @ AOL.COM, or telephone 336-202-4409, or 3517 Regents Park Ln, Greensboro, 27455.

COMING ATTRACTIONS

- June 20, 1pm-3:30pm, Zoom Serenity Day, Winston-Salem OA groups. Watch for flier for more information.
- ~~August 20-22 OA World Recovery Convention, Orlando FL. For more information, go to oa.org.~~
RESCHEDULED FOR AUG 2021

INTERGROUP

Next Meeting: Date July 18, 2020
10:00am - 12noon
Phone number TBA

Intergroup Officers:

Chair: JoAnn
Vice-Chair: David
Secretary: Rhonda S.
Treasurer: Debra
Special Events Chair: Open
Newsletter: Lynne

STEPS & TRADITIONS

STEP 5: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

"Throughout our lives many of us have felt isolated from other people. We felt that we were outsiders,

and we acted out this feeling in many ways, some of us by being shy, others by being arrogant or belligerent, others by playing the clown. No matter how we acted, however, deep down we felt alone and apart. Now, looking at the fifth step, we see something we can do – a positive action which we can take – to end our isolation.

... By the time we have completed the fourth step, most of us felt ready to move ahead quickly with step five. We want to be free of resentments, guilt, and shame rooted in the past, and we realize that sharing the details of our past with another human being is an important step toward freedom. Once we have taken this step, we will no longer have anything to hide. This is the beginning of the end of our isolation."

- OA 12&12

TRADITION 5: "Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers."

"The still-suffering compulsive overeater includes not just newcomers, but those in the program who suffer as well. Relapse is not contagious. I am aware of how much courage it takes to come back to OA after relapse, and I think it's important to acknowledge these people.

It is important to remember what each of us felt about OA as newcomers, that there was something that drew us in and got us to come back to meetings, no matter how much we professed to not wanting to be there.

From these experiences we discovered a key principle: The practicing compulsive overeater is more likely to find help from someone who has also experienced the pain of compulsive eating than from doctors, family, or friends. Speaking openly about our own struggles from the perspective of our OA recovery, we bring the suffering newcomer a message of strength and hope that is not available anywhere outside the OA fellowship."

For you to think about:

1. Do you make the effort to talk to newcomers?
2. What do you do when you stop seeing someone at a meeting? Do you reach out?
3. What does my home meeting do to foster this tradition? Does someone have the responsibility of calling newcomers? Those who no longer attend?
4. Do I make myself available to sponsor newcomers?

-In loving service, Vivian M. San Diego(New Horizons, winter 1998-99)

“A pintful of example is worth a barrelful of advice” -
New Horizons, April., 1999.

JUNE ASKIT BASKET

“What brought you to OA? Have you found what you were looking for?”

Send answers to address on front by June 13. We can only keep it if we give it away!

“Don’t fear tomorrow because God is already there.” -
Anonymous

Abstinence 911

- Before you eat pray “Thank you for my abstinence.”
- Sit at the opposite end of the table from the bread/desserts
- Close the menu as soon as you know what you’ll eat, or check the web site before you leave home
- Look at their eyes, not their plates or their mouths
- Walk away
- Salt/pepper/dishwashing liquid
- Stay out of the food room
- Go to the bathroom
- Go outside

- Stop the car, get out
- Brush your teeth, floss, pick, gargle
- Procrastinate
- Invite HP to sit/walk beside you
- Make a plate for your sponsor
- Imagine your sponsor sitting next to/across from you
- Imagine it smells from insecticide
- Don’t look at it
- Imagine you’re eating with your meeting
- Make a phone call to HP

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>