

January 2012 *Recovery*

Triangle OA
NEWS

Volume 28, Issue 1: Donations Welcome

The Triangle OA Newsletter can also be viewed on the website at: www.TriangleOA.org
A Publication of the Triangle OA Intergroup, Raleigh, NC

STEP ONE	TRADITION ONE	CONCEPT ONE
We admitted we were powerless over food--that our lives had become unmanageable.	Our common welfare should come first; personal recovery depends on OA unity.	The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
<i>Overeaters Anonymous 12 Steps and 12 Traditions Snippets:</i>		
<i>Page 3 Most of us have tried to deny we have this disease.</i>	<i>Page 111 We express our own opinions honestly without belittling those who may disagree.</i>	Principle: Unity Synonyms—harmony, accord, unison, concord, unanimity
<i>Fill-in: Your favorite snippets...</i>		

OOOPS! Bumpy Transition

This has not been as easy as we would have liked!
Well, we came up with a solution that we hope
Will fill in for this bumpy two months.
Sorry for the mess—or missing mess? DMM

Minutes from Triangle Intergroup Meeting

19 November 2011 (*secretary: Jen*)

Attendees: *Alice (Acting Fuquay Varina Rep. and Cary Mon. Rep.), Alicia (Raleigh Sat. Rep.), Atiya (WSO Rep.), Diane (Sanford Rep., SOAR Conference Sub-committee Chair), Elizabeth (Tues. CH Rep.), Harriette (SOAR Rep.), Janeen (Group Outreach Co- Chair, 12th Step Within), Jen (Secretary), Jim K. (Chair), Kathy R. (Mon. Carrboro Rep.), Maris (Sat. Durham Rep.), Mary Anne (SOAR Rep.), Pam (Sun. Carrboro Rep.), Ronnie (Durham Sun. and Hillsborough Wed. Rep.), Scott (Newsletter Distribution and PI/PO), Swin (Tues. Raleigh Rep.)*

Corrections to Minutes from October:

Mary Anne's name will be spelled with an "e".

Treasurer's Report (Greg, sent by email delivered by Jim)

A detailed budget report was submitted by email. A new budget was discussed for 2012. Travel expenses are expected to be less for 2012 than in 2011 due to the locations of SOAR conferences. Potential proceeds from hosting the March SOAR conference were discussed. The proposed budget was accepted. Intergroup thanks the treasurer for preparing the budget report in advance.

Standing Committee Reports High Tech (Joe)

Joe resigned from the position. Mike, Jim, and Swin have volunteered to fill the position for the rest of the year.

Group Outreach (Janeen and Linda)

The Intergroup walk in the park occurred last month and raised a small sum of money. Cary's group will hold a retreat in the first Saturday of January.

SOAR (Harriette and Mary Anne)

Harriette and Mary Anne and Kathy described their experiences in Medellin. A full report was submitted by email. The definitions of "abstinence" and "group" were updated in the Region's bylaws. The terms of funded chairs was changed from one year in duration to two years. A new computer was purchased for the technology committee. Delegates, funded chairs, and board members were elected.

PI/PO (Scott) No new reports.

Newsletter Editor (Joe)

Joe resigned from this position. Diana volunteered to take over the position for the rest of the year's term.

Newsletter Distribution (Scott)

November newsletters were mailed on the 18th, December newsletters were distributed by hand.

Retreat Registrar (Kim)

No report.

WSO (Atiya)

There is a call out for recovery stories for the next edition of *Overeaters Anonymous* there is a special call out for stories that reflect recovery with unique life circumstances or conditions. The deadline for submissions is January.

Ad Hoc Committee Reports Tape/CD Library (Mike)

No report.

12th Step Within (Janeen)

No new reports.

SOAR Conference Committee (Cheryl)

Report delivered by Jim (vice-chair for the conference). The decorations and publicity committees remain not covered at this time.

Retreat Chair (Darcy)

No report.

Announcements (Jim)

Nominations were made for Intergroup service positions: Chair: Atiya and Mary Anne Vice-chair: Janeen, Neill, Patrick, Elizabeth Treasurer: Alice Secretary: Alicia, Jim, Maris WSO business conference (two reps needed): Atiya, Neill SOAR Representatives (two reps needed): Harriette, Neill, Janeen, Elizabeth Newsletter Editor: Diana, Maris High Tech Chair: Swin Group Outreach: Janeen, Scott, Alicia PI/PO: Jen Newsletter Distribution: Maris, Scott Tape/CD librarian: Anne, Swin, Mike 12th Step Within: no nominations at this time Retreat Registrar: Kim, Darcy, Alice D. Parliamentarian: Jim, Mary Anne, Jen

Ongoing Business

7th tradition collection for the meeting: \$27.00 Next meeting: December 17th, 2011; 10:00 AM.