

Finding recovery together in and near the Charlotte, NC area



Original artwork by
Maureen

(Black Mountain meeting)

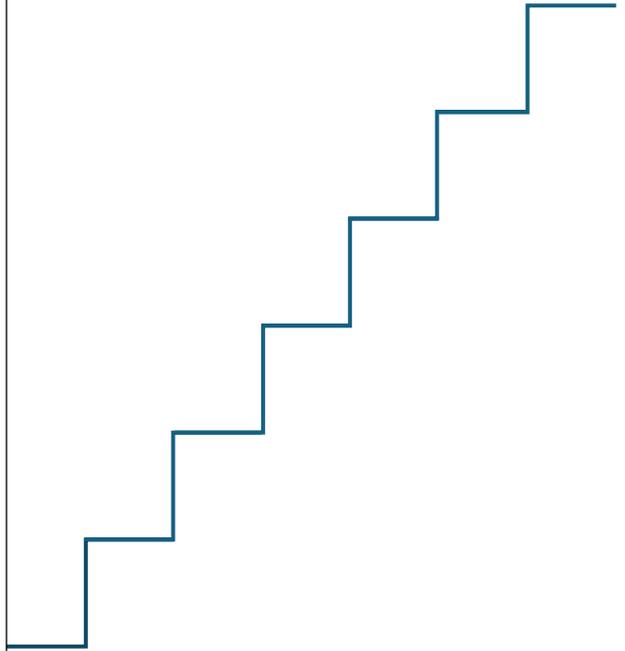
Before Recovery



After finding OA

The Steps of OA...these need to be MY steps. My "stairway to heaven". Stairs are not a place to stay; they are a vehicle to get you where you're going. Stairs can be dangerous if you don't pay attention to each step, I will stay mindful. If not, I could misstep, I could fall. I'm recalling 'don't play on the stairs, you could fall'. But these are MY steps. I need and want to know my steps so I can walk them in daylight and in the dark without fear of falling. My steps have a handrail on both sides. One of my handrails is loose and wobbly yet it is still secure, like me. Sometimes I'm loose and wobbly in my OA commitment. But the other railing is tight and secure and always safe. That is the OA railing to my mindful steps. When I am wobbly on my stairs, I will allow another to take my hand...and then I will find myself sure-footed enough to take someone else's hand.

Barbara H., Kenmore, NY



Trusting HP

Greetings! I write on my OA material daily and post it to my Non-Realttime meetings. This one is from VOR May 24: "In Step Three, we learned faith as we made the most important decision we had ever made, the decision to trust God—as we understand God—with our will and our lives."

Each morning when I take my time to pray and meditate, I review Steps 1-2-3 to remind myself how I got here, and what works for me. The spiritual principles of those steps are honesty, hope and faith. I am so amazingly grateful for these simple principles. No, they are not always easy, but they are without question the way to freedom.

For me, as a control freak, the idea of placing my will and my life over to the care of my HP seemed not only remote, but crazy! The most wonderful feeling I have ever had is to let go of control, find that HP I can trust completely, and with complete faith, believe that this HP can be entrusted with my will and my life!

All I can say in doing so, having that faith, was the scariest thing, and the most rewarding thing I've ever done! This morning at 4 am I woke up with a migraine. I put my trust in my HP; I took a pill and went back to bed. I let my 8:30 am meeting know that I would not be attending and went to sleep until 10:30 am when I woke up feeling better, without pain. I am grateful there was no reason for me to worry and fret. I put my trust in HP, and I got through it without fear. HP will always be there for me as long as I continue to be willing to make that important decision to trust.

Yours in recovery and service,
Ginny

Abstinence, Service, and OA People Are Important to me!
By Jo Haimovitz

San Fernando Valley Intergroup / California
Attend Tuesday, 6:30 pm 12+12
Friday 12 Noon Abstinence Meeting

I would have never believed that I could remain in OA and not leave even when having trouble and relapse with abstinence. Being of Service was the tool that provided me with the courage to “keep coming back” for over 48 years. I was 23 years old when I came into OA in May 1976, weighing 288 pounds.

From the very beginning, I perceived the message of keep coming back, being abstinent and being of service. I believe that the service and feeling important helped me continue coming and staying in OA.

I honestly believe that service on all levels, meetings, intergroup, region and World Service level at WSO Conference helped me learn the importance of abstinence and living a healthy life (emotional, physical, and spiritual).

In the late 1970's through 1996, I had the opportunity to feel a part of Overeaters Anonymous and remained abstinent.

In 1996, I started to have a lot of trouble with food and my plan of eating. Then went into total relapse in 2000, going from 160 to 265 pounds. I continued to be of service at the meeting and intergroup level where I could.

I kept coming back to OA, feeling so terrible about myself. I know my heart, I wanted to grow emotionally, spiritually, and physically (meaning to have a healthy body and exercising).

There was something inside me that told me “No matter what” go to meetings, be of service, and ask God for guidance, whether abstinent or not.

The years between 2000 and 2010 were a very dark time for me and I felt like a complete failure, but there was something deep inside me that said, Jo you can't leave OA, or you will die.

I was and still am grateful for the OA friends who loved and supported me even through my relapse and being abstinent intermittently during those years.

In November 2010, I became abstinent and started losing the weight I gained during the relapse. Today, “One Day at A Time” I am growing physically, mentally, and spiritually while living my OA 12th Step Program.

I know deep in my “gut” that service, abstinence, as well the support of my friends in OA kept me coming to OA.

THANK YOU, G-D for allowing me to be abstinent and feel love for myself more each day!

PIEDMONT INTERGROUP MONDAY MORNING MEETING

A Loving and Friendly Place

I'm Chris B. an old member of the Monday morning meeting of OA. By old I mean a year and a half. This meeting is only a few weeks older than when I joined. It meets once a week at Grace Presbyterian Church room 7 at 2955 West Highway 160 in Fort Mill, SC at 10:30 am on Mondays. I can't sing enough praises about this group. It is uniquely diversified in its opinions among individuals with diversified backgrounds and life stories. We have a combination of religions and spiritual but not religious people both male and female. However, it is not the differences between us that I love, it is the things we share.

As the saying goes, a friend will help bail you out of jail, but a true friend will be with you in your cell. This group falls into the true friend grouping, though without the getting arrested part. The accused part may be true, but not the convicted part. I'm joking here, but the bond is the same. We really do care about each other that much. The things we share are what make life look shiny and full of rainbows and unicorns. On a worst day, I may not have dealt with any of my issues that brought me into OA, but I definitely come out happier and more courageous after a meeting than going into one.

The things we have in common are brutal honesty with our shares, complete anonymity, the peaceful warm feeling we get, the non-judgmental tolerance we have, the friendships, the love, and the trust. It is truly a safe and friendly space for all. For most of us, our struggles and triumphs go beyond the meeting. We help each other, check in with each other, support each other, and most of all pray for each other. Our Higher Power's love is definitely present.

I know this sounds like a puff piece, and it is. However, it is all true. We are a small group, so we have a lot of room for newcomers, and we want to help. If you too want to feel this way, come and join us on a Monday morning.

May your Higher Power bless you.



Acceptance is the Answer

We recently took a trip to Africa which had been a dream of my daughter's for years.

When she was 6 my mom took us to Kenya as she loved animals. She wanted her kids to face the same experience with their grandparents. As we sat in the airport, we kept seeing our flight get delayed time after time. We realized that after many delays there was no way to make our connection in London. I was unbelievably calm as I knew I was powerless and turned it over to my higher power. After a couple of hours, my husband and I got rebooked for flights the next day via Raleigh with almost a 9-hour layover.

My daughter and her family were on different flights.

Traveling with a person without a program is not always easy when things go wrong. We wasted a couple hours with my husband trying to find different flights when agents kept telling him we had the best possible route. All flights out of Dallas had been canceled and all flights were booked to accommodate everyone.

The next morning as we were traveling to Raleigh the crankiness continued. Again, my powerless over people, places, and things was evident. But I have a program. I had hours to read. I made phone calls to 4 program friends. I took a 40-minute walk in the airport saying to myself all the things I'm grateful for. There was so much on that list.

How important is it- yes, we missed a day of our vacation, and we couldn't fly with the family but we still got to go. How lucky are we?

We make plans and God laughs. I said the serenity prayer and I read my Big Book. I was able to maintain my serenity and remained abstinent.

I'm writing this on route to London so I'm not sure how the safari will go. It's some weird time in the middle of the night but since I can't sleep at the moment, I thought I'd write for the journal.

Thank you, OA and my higher power, for having me not be a cranky one and to be able to know "acceptance is the answer to all my problems today" and not eat no matter what.

Susan W



Rigorous Honesty and Compassion (Fourth Step)

By George G.

When I was in college, I took a course called, "The Art of the Autobiography". On the first day of class the professor told us, "No one is capable of telling the whole truth about themselves." While I didn't believe it at the time, the many years since I graduated have made the wisdom of that statement all too painfully apparent.

When I entered The Rooms, I was introduced to Step Four ("Making a searching and fearless inventory of ourselves") and with it, a concept called "Rigorous Honesty." This requires that the member perform some brutally honest soul searching and divulge their whole truth to a sponsor.

What does it mean to "Tell the whole truth" about yourself? Truth can be a moving target. Your truth at age 20 is certainly not the same as it is when you're 30, or 40, or 50. For many people it might drastically change from one year to the next. Furthermore, your view of yourself is usually quite different from that of your spouse, your best friend, a co-worker, your sponsor or even a casual acquaintance.

And yet, Step Four requires us to look deep inside and examine the parts of ourselves we'd rather not see. We force ourselves to see the ugly side, the dishonest side, the character flaws we dislike; the rotten things we've done that we don't want to admit to having done. Like Dorian Gray (Google it!), each of us has an ugly side that we don't like being forced to look at. Some people take years to complete Step Four, and it's not hard to see why.

The first and most self-evident truth is that no one is perfect. We all have faults and character flaws; no human is immune from them. We are selfish, vain, lustful, greedy, wrathful, prideful, jealous, and appropriate to OA, gluttonous. Each one of us has wronged others and wronged ourselves in this life. We've done horrible things to others and most importantly, to ourselves.

We cannot recover without Step Four, and we cannot complete Step Four without doing this incredibly difficult thing. How can we change our character flaws if we don't even know what they are? How can we make amends for our transgressions if we don't know what we've done? Chances are that if we look hard enough, we realize we've done some pretty bad things. We've been cruel, insensitive, selfish, manipulative, neglectful and irresponsible. Sometimes we didn't know better, other times we did and transgressed anyway!

The Big Book talks about a "Fearless moral inventory," but to be honest I was terrified of doing the kind of soul searching that Step Four requires. As someone who entered the rooms later in life, I had a long list of wrongs, many half-forgotten and buried. Responsibilities I'd shirked. Commitments I made and didn't keep. Transactions I had conducted dishonestly. Loved ones I'd disappointed. The pain my addiction had

caused others and more importantly, myself. The addictive behavior – hiding food, the incredible volumes I'd eat; the lying to those around me but worst of all, to myself. Many of us undertake Step Four more than once, over time and sometimes across multiple twelve-step programs. In my own experience, each time has been somewhat different than the time before.

The second time I undertook The Steps took place several years after the first. I planned to cut and paste my text from my first time, which I still had on my computer. But when I re-read it, I realized several things. The list of transgressions was longer, partially because time had passed. I also realized there had been some growth and I had become more attuned to honesty in my dealings. Things such as “little white lies” didn't pass my lips so easily anymore. Things I had previously done without a second thought, I now numbered among my wrongs.

Completing Step Four is not unlike getting a spiritual enema - you must flush out the toxins before you can recover. Compiling that list of faults and wrongs can make you feel horrible about yourself. But through the whole process, there is one word you must remember – compassion.

No one can recover without compassion. We must have compassion for those who have wronged us. We must have compassion for those who have hurt us unintentionally. We must have compassion for those who have injured us by omission as well as commission. Everyone is fighting their own demons and issues.

But first and foremost, we must have compassion for ourselves. When we say hurtful things carelessly. When we don't honor our promises. When we don't stick to our food plan. When we binge eat. When we go off plan again... and again... and again. Get back up and keep trying!

So yes, in our program we require Rigorous Honest, but it must be tempered with compassion. We must accept ourselves – and everyone else, for that matter – as imperfect and flawed beings.

Be clear-eyed, be fearless, be thorough. But also love yourself, forgive yourself; take care of yourself. That's why we're all here.

Step 4

Made a searching and fearless moral inventory of ourselves.

Below is an excerpt from a skit created by Susan W which was used at the assembly in Baton Rouge in March 2025

Reader 2 ____, I can't stop eating. Once I start, I can't stop. I don't know what to do.

Reader 1 ____, have you heard of OA –Overeaters Anonymous? “Its a Fellowship of individuals who through shared experience, strength and hope are recovering from compulsive overeating.” (and other compulsive food behaviors) I've been going for many years, and I couldn't stop either. I now am in a position of neutrality-not fighting food or avoiding it. OA is having an assembly in Charlotte March 13-15, 2026 and I'm going to go.

Reader 2 Charlotte-where's that?

Reader 1 Its in North Carolina-a few hours from the ocean and a couple from the mountains. Charlotte is a big city with small time charm.

Reader 2 That sounds interesting. Tell me more.

Reader 1 Did you know it's a banking capital?

Reader 2 I had no idea

Reader 1 It also has the White-Water Center where Olympians train and anyone can go to hike, zipline, kayak and even rock climb.

Reader 2 Wow. Very cool.

Reader 1 It's also the home of the NASCAR Hall of Fame, The Panthers football, Hornets basketball as well as several museums.

Reader 2 Boy-OA recovery plus a visit to an amazing city. I'd like to go and stay for an extra day or two.

Reader 1 ____, I put my hand in yours and you will find love and understanding beyond your wildest dreams.



The Summer Social is one of five events that the Piedmont Intergroup hosts every year. And there's an interesting backstory to share....

OA's World Service suggests that each Intergroup hosts 4 events or workshops a year: Unity Day in February, Sponsorship Day in August, IDEA Day (International Day Experiencing Abstinence) in November, and Twelve Step Within Day on Dec 12th at 12 o'clock (refer to flyer which lists all these events).

The Summer Social is an additional event that Piedmont Intergroup has organized for several years now. The purpose of the Summer Social is to bring OA members together to strengthen our recovery as we approach summertime by hearing the experience, strength and hope of an abstinent speaker or panel of speakers, to hear individual short shares, and/or ask questions of the speaker. Plus, it wouldn't be a social if we didn't socialize and have some fun!!! So, we always plan for some fellowship time and/or games at our yearly Summer Social.

Our 2025 Summer Social took place on May 17th at Grace Presbyterian Church in Fort Mill. We gleaned experience, strength and hope from a recovered compulsive overeater who has been in program 59 years (& abstinent for the past 49 years!). Some great questions with answers followed. After a short break we played OA Bingo facilitated by another fellow. **What fun we had!**

During the workshop we posted questions for folks to answer at their leisure and at the end of the day we shared what people wrote:

Describe a challenge or concern that you will

- face this summer. It could be an event, celebration, etc..
- My daughter is moving to Asheville.
- Traveling to see grandkids in Texas & Arizona. Stay in touch with my family even if I don't see them.
- My best friend's mom is turning 90 and I am going to the celebration.
- Going to Colorado.
- The heat.
- Getting too busy.
- Continuing to support my young adult son with health issues without breaking abstinence or saying too much or too little.
- Staying connected to my program and HP.
- Ignoring versus obsessing over body image insecurity.
- My own worries.

In your experience, how have you gotten through or planned to get through Summer challenges while remaining abstinent?

- Plan & pray, plan ahead and go to meetings. Pray and be around positive people.
- Still trying to get there.
- Live and Let Live.
- Plan my meals and meditate.
- Prioritize my spiritual connection – quality and quantity.
- Connect with my OA family daily.
- Slow down, pause, breath, pray for the next right action step.
- Exercise, which I dislike.
- Plan ahead.
- Keep up with my program.
- Keep God in my life every day and all day.
- Pray, listen & pray again.
- Tools, steps, prioritize my spirit, feed my spirit, not my ego.

What Is a goal you have to strengthen your recovery this summer?

- Self-care
- Remain abstinent
- God-diagol
- Getting size 16 jeans.
- Pray
- Trust my HP always!
- Working on Step 4 with my sponsor.
- Keep God with me ALL day, every day.
- Willingness.
- Lengthen meditation time.
- Putting pen to paper with working the steps with my sponsor.
- Putting my mind in the here and now.
- Stay mindful.

We truly are a WE program...together we get better. So grateful for Piedmont Intergroup's support of these workshops/events and for our current Event Chair.

Looking ahead, with the theme " I Put My Hand In Yours ", I look forward to Sponsorship Day on Saturday, August 9th in person at Lake Forest, Westlake Church, 2204 Saint James Road, Denver, NC 28037 from 12:30-3pm.

Thank you for being a part of my recovery as I could not do this without you,

*Stacey M
Fort Mill, SC*

Please share your thoughts and artwork to our next journal – the Winter journal.

Submit material writings (500 words or less), poetry, original artwork or photography to journal@piedmontintergroup.org by December 20, 2025.

EVENTS 2025 SCHEDULE



FEB 22
11:30-1:30
ET

UNITY DAY VIRTUAL WORKSHOP

Sharing Our Unique Spiritual Imprint

Zoom # 823 7489 6537 PW: 010248

SUMMER SOCIAL IN PERSON WORKSHOP

Come Enjoy Some Games and Fellowship

Grace Presbyterian Church

2955 SC-160 Fort Mill SC 29708

MAY 17
12:30-3
ET

SPONSORSHIP DAY IN PERSON WORKSHOP

I Put My Hand in Yours

Lakeforest Westlake Church

2204 St James Road Denver NC 28037

AUG 9
12:30-3
ET

IDEA DAY IN PERSON WORKSHOP

International Day of Experiencing Abstinence

St Stephen United Methodist Church

6800 Sardis Road Charlotte NC 28270

NOV 15
12:30-3
ET

12 STEP WITHIN DAY VIRTUAL WORKSHOP

Join us for a day of Fellowship

Zoom # 391 399 951 PW: 032152

DEC 12
12:00-1
ET

MORE INFO:

Contact Carol S. at (516)476-0799 or cshore0303@yahoo.com
or visit piedmontintergroup.org

Other events – please click on the link below

8/21 -8/23/2025 [World Service 2025 Convention Orlando, FL Walking in the Sunlight Together](#)

9/19-9/21/2025 [Mountain of Miracles Retreat Black Mountain, NC Unity with Diversity Steps 10-12](#)

10/24-10-26/2025 [SOAR Business Assembly Coming Together in Unity Virtual](#)

OR

visit Piedmont Intergroups Event page at <https://piedmontintergroup.org/events-2/>