

# Recovery TRIANGLE OA NEWS

A Publication of the Triangle OA Intergroup— Raleigh, NC

Volume 17, Issue 11

November 2003

Donations Welcome

## Step Eleven

*Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.*

## Tradition Eleven

*Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.*

## Concept Eleven

### Humility

*Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.*

- OA 12 and 12 and The Twelve Concepts of OA Service

## Adjusting and Trusting

I have been in OA for 15 years and I don't believe I have ever lost or gained much weight during those years until the last 4 months. I was not overweight when I came in but I was "food crazy" and exercising a-plenty. As the program began to work for me, I was able to stop weighing myself daily, stop binging most of the time, and stay with my desired healthy-eating outline reasonably well.

Eventually I stopped weighing completely and trusted by clothes to give me honest, objective feedback. Everything fit and kept on fitting. At the doctor's office, I would close my eyes, explain to the nurses that I had an eating disorder and told them I didn't want to know my weight as I'd begin obsessing. They would always reassure me, "You have absolutely nothing to worry about."

This March, on a visit to my doctor, I decided to actually look at the scales when I was weighed. As usual I was praised for my "healthy on the height size weigh in."

Today I had to return for a routine check-up. I wanted to know my weight as I've traveled a lot this summer and eaten more (with occasional overeating out of town). I weighed 4 ½ pounds more four months ago. *Four and a half pounds in four months.* Hmm!

The nurse reassured me that was still absolutely fine for my 5 feet 7 inches. I

*"I waited for the shame, the terror, the need to starve myself...and nothing came."*

waited for the shame, the terror, the need to starve myself...and nothing came. Since realizing my tummy was a little bigger 3 weeks ago, I have been talking

to my sponsor, re-clarifying my portions, eating very moderately...and I really trust, I mean REALLY trust, that either menopause, my age, and the change in my exercise will keep me 4 ½ pounds heavier, or my weight will normalize in the next couple of months. Either way, I am healthy, happy, calm, honest, and working my program, in good faith, one day at a time.

- J., Raleigh

**TOPIC  
FOR  
DECEMBER**

Topic for December: The Gifts of Recovery. Please send your contribution to [OARecoveryNews@aol.com](mailto:OARecoveryNews@aol.com) by November 4th. Thanks for sharing!

## Some Words from Pat and Jim

**Hi**, I'm Pat, and I'm your *former* newsletter editor. In these past twenty-two months of service, I have gained both abstinence and sanity from this wonderful and rewarding service. I have enjoyed reading your contributions and finding creative ways to bring your messages of experience, strength, and hope to our readers in the Triangle area and beyond. I have come to fully embrace the sense of belonging to something much greater than myself from the time I spent in Intergroup, working for each and every group in our Triangle area. I have grown physically, emotionally, and spiritually by collaborating with members of OA who were enjoying long periods of strong abstinence and who spread the message daily with their service and commitment to their programs and to OA as a whole.

When Jim M. contacted me a few months ago and offered to step up to the challenge of newsletter editor, I was so relieved that our newsletter would continue in such very capable hands. Since I had just begun a new full-time job in August, I knew it was time for me to step back from this position. In this issue Jim has certainly shown us his talents and his abilities, and I know we are all grateful for his service. Then I had a slip. I did not see it coming; I was blindsided. What I had not expected and had never realized was how much my service had kept me on track with my disease and my program. These past few weeks have been rocky for me; I'm not reading your messages at least three times a week while I lay out the newsletter, I'm not contacting groups to write, and I'm not working to spread the message. I have heard the whispers of my disease and felt the temptations of isolation. More than anything else in my life, I do not want to go there again. I will not go there again. I will do whatever it takes.

What I have now realized and will come to expect of myself in the next few months is that I must continue service outside of my regular meetings if I am to embrace my abstinence and the sanity and self-respect that has come with that abstinence. I am busier now than I have been in a long time, but being busy is no excuse for shying away from service. If my recovery is first and foremost in my life, than I must work it and work it hard, and service helps us all to get the recovery we so desire. I have already volunteered to work on breakout sessions and workshops for the upcoming SOAR conference if we are fortunate enough to be chosen to host it next November. As soon as I volunteered to help with this committee, I felt those warm arms of commitment wrap around me, and I knew I was again home. I will also attend Intergroup meetings whenever I can, because it is there that I see strong abstinence and people who are recovering and can show me how it's done.

It is not enough to attend a meeting, as I have found out the hard way. Meetings are only one tool, one step toward my full recovery. I also know that meetings will not exist if members do not step up to keep our Intergroup body functioning strongly and powerfully by coming to Intergroup meetings once a month. For the upcoming year each group will be asked to send an Intergroup rep to IG on a regular basis and to nominate one group member for an Intergroup service position. I hope that many others in OA will come forward for the good of IG and OA as a whole and will gain the experience, strength, and hope that I have found through my service.

Thank you for allowing me to be your editor. Thank you for my recovery.

Sincerely, Pat, Chapel Hill

**Hi**, I'm Jim, the *incoming* newsletter editor. I'm very excited to be offered this service work. Service is one of the tools that helps keep me coming back, even when I might not have the will otherwise. Thanks to Pat for all the great time and service she has put into the newsletter to make it a strength in our OA region. If you'd like to help out by writing an article, typing in articles, or applying mailing labels to our subscriptions, please drop us a line at [OARecoveryNews@aol.com](mailto:OARecoveryNews@aol.com). -Jim M. ([jmatlock@pobox.com](mailto:jmatlock@pobox.com))

## **TRIANGLE INTERGROUP MEETING - September 13TH, 2003**

Who Represented Our Groups: Corrine-Acting Chair; Judith-Secretary; Pat-Newsletter Editor; Rhoda-Newsletter Liaison; Bob-Fayetteville Sat.; Harriette-Durham Sat.; Jim M.-Raleigh Thurs.; Valerie, Raleigh Tues.; Judy-Fayetteville, Tues.; Pam-Chapel Hill Thurs.; Virginia-Durham, Tues.; Felicia-Chapel Hill, Sun.; Jennifer-Raleigh, Sun.

What we Talked About:

- A Raleigh member asked to be sponsored by IG to go to the next SOAR conference. IG could not accept this request since the member did not have a year's abstinence. IG also suggested that if this member was considering the SOAR rep position for next year, she should contact IG to discuss a reconsideration of IG requirements for this position.
- A suggestion was made that committee chairs send a committee report to IG if they will not be present each month.
- Information will be gathered about the duties and requirements of each committee chair.
- Check your bylaws in member and group notebooks and be sure you have the newest ones.

- We need to remind groups that the Seventh Tradition implies not only self-support but management of the organization through sharing of the work. Therefore, it is necessary for each group to send a representative to IG.

Thank you, Judith for taking minutes this month!



...And work continues as we prepare for the November 2004 SOAR Business Meeting to come to the Triangle! At this point we're in the process of lining up committee chairs and gathering information about hotels. Firm dates have not been set yet as we continue to look at what local events (i.e. football games, college parent days, etc.) may impact our choices.

We are **extremely** excited about getting to host this event, and we'd definitely need help. If you want to find out more, and perhaps provide service to help this event become a reality, please attend the next Intergroup Meeting. You can also let your Intergroup Representative know that you are interested, and they can bring that information back to the Intergroup.

**DON'T FORGET! MARK YOUR CALENDARS  
AND SEND YOUR REP!**

**INTERGROUP MEETING FOR NOVEMBER**

**SATURDAY, NOVEMBER 15TH, 2003 10 A.M.—12 NOON**

**Community United Church of Christ**

**(corner of Wade Av. and Dixie Trail—Raleigh)**

**You may send anyone from your group as a rep.**

**All groups should be represented,  
according to our Seventh Tradition.**

All Triangle meeting groups are reminded to mail their IG nomination forms back to IG by the November 15th IG meeting. IG will need the name of the IG rep from your group at this time to begin making contacts for the new IG membership. Also, please help us by nominating one person from your group for a chair or committee position. We must all share the service if we are to continue to share our experience, strength, and hope. Thank you for your commitment to your Intergroup.

## **NOTICE OF UPCOMING INTERGROUP ELECTIONS**

**We will hold nominations for the 2004 Intergroup Board of Trustees at the November IG meeting on Saturday, November 15th, 2003. Votes will be cast by all IG reps, Committee Chairs, or alternate IG reps in attendance. You do not have to be present to be nominated, but you must be present at the IG meeting in December to be elected.**

**Your Intergroup Board consists of:**

- 1. Chair - responsible for setting the agenda for and presiding over all IG meetings; serves as WSO and SOAR representative. Requires one (1) year of current and continuous abstinence.**
- 2. Vice-Chair - serves in the absence of the Chair. Requires six (6) months of current and continuous abstinence.**
- 3. Secretary - keeps minutes of all IG meetings; sends notices of upcoming IG meetings; keeps WSO informed of all changes to group contacts, locations, and other information.**
- 4. Treasurer - maintains checking and savings accounts for the IG; submits financial reports at monthly IG meetings; prepares and presents an annual budget. Requires one (1) year of current and continuous abstinence. NOTE: THIS POSITION IS NOT OPEN AT THIS TIME.**
- 5. WSO Delegate - attends and reports on WSO Conferences. Requires two (2) years of current and continuous abstinence.**
- 6. SOAR Representative(s) - May attend all region assembly meetings. Requires one (1) year of current and continuous abstinence.**

**Requirements: Unless otherwise noted in the position descriptions, IG Board members must meet the following requirements:**

- a) have been working the 12 Steps for one (1) year or more;**
- b) have familiarity with the 12 Traditions;**
- c) have six (6) months current and continuous abstinence;**
- d) have one (1) year or longer as an active OA member;**
- e) have past service as an IG rep of Triangle Intergroup or another OA Intergroup.**

### **GIVE SERVICE AS A COMMITTEE CHAIR !**

**The following committees need an OA member or members who is/are willing to serve as chair or co-chairs, as well as dedicated members of these committees:**

**Retreat Chair - with the help of a Retreat Committee, locates upcoming retreat locations, plans fall and spring retreats for OA members, registers and plans retreat activities**

**Public Information - Distributes OA PSAs to local TV and radio stations; makes sure that local meeting information is published in area newspapers or other media.**

**HIPM (Hospitals, Institutions, Professionals, and Military) - Spreads information about OA to organizations that come into contact with still-suffering compulsive overeaters.**

**Group Outreach - maintains contact with OA groups throughout the Triangle Intergroup area; visits meetings and provides support as needed.**

**Special Events - coordinates IG level special events as needed (a great position if you have an idea for an OA dance, yard sale, pot luck, you name it).**

**Please call Jim C., IG Chair, at 773-0477 or email him at [khoteth@hotmail.com](mailto:khoteth@hotmail.com) if you are willing to serve in any of these positions. Thank you.**

## ***New to OA?***

***If you are having problems with food, we invite you to reach out and see if Overeaters Anonymous can be helpful for you. You are welcome to use the information in this newsletter to find a meeting, call a member, or receive literature.***

.....  
*The Serenity Prayer*

***“God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”***

.....  
*Wisdom of Step Eleven*

***“What do we say when we talk with God? We say whatever we feel like saying.”***

*- OA 12 & 12, p. 93*



## **Reach Out to Local Speakers and Sponsors**

Name	Number	Speaker	Sponsor	When to Contact
Alice H.	467-8786	Yes	Yes	Before 11pm
Carla S.	467-3458	Yes	No	Before 10 pm
Deborah K.	403-9207	Yes	Yes	Before 10 pm
Dianne	878-4308	Yes	Yes	Days
Elizabeth C.	929-5936	Yes	No	
Evelyn	848-6798	Yes	No	Before 9:00 pm
Harriette B.	596-9543	Yes	Yes	
Janet S.	755-1686	Yes	Yes	Before 9:30 pm
Judith Jane	270 - 8926	Yes	Yes	any (weekends best)
Judith	233-9777	Yes	Yes	10 am-4 pm
Kim A.	220-1517	Yes	Yes	
Lynn H.	479-5654	Yes	Yes	Before 9 pm.
Robyn	829-1830	Yes	Yes	Before 10 pm.
Watson	571-8330	Yes	Yes	Before 9:30 pm.
Karen H.	969-8465	Yes	Yes	anytime, day/evening
Lynne C.	(336) 288-8771	Yes (weekends)	No	evenings
Dianne A.	787-1337	Yes	Yes	1-3 pm or 7-9 pm

*If you would like to add your name to this list or make any changes, please call Elizabeth C. at 929-5936 or email [OARecoveryNews@aol.com](mailto:OARecoveryNews@aol.com)*

## **Need to Read?**

### ***Triangle OA Recovery News***

\$7.50/yr. (checks payable to Triangle Intergroup)

Triangle Intergroup,  
P.O. Box 20356,  
Raleigh, NC 27619

### ***Lifeline***

\$15/yr.; \$28/2 yrs; \$39/3 yrs.  
(Checks payable to Lifeline)

Lifeline,  
P.O. Box 44697,  
Rio Rancho, NM 87174-4697

SOAR 8 Newsletter! Now available on the web: [www.oaregion8.org](http://www.oaregion8.org)

## **Looking For A Meeting?**

**(919) 406-9300** - Triangle Area (Aberdeen, Cary, Chapel Hill, Durham, Fayetteville, Hillsborough, Raleigh, and Laurinburg)

**(336) 545-8008** - Triad Area (Greensboro, High Point, Jefferson, Wilkesboro, & Winston-Salem)

**(704) 319-1625** - Piedmont Area (Charlotte, Kings Mountain, Statesville, Concord, Monroe, Gastonia, Shelby, Salisbury, Hickory, and Blowing Rock)

**(864) 282-0105** - Upstate South Carolina    **(828) 258-4821** - Western NC (mountains)    **1 (800) 308-2940** - Wilmington Area

**(505) 891-2664** - OA World Service Office, fax (505) 891-4320; [www.overeatersanonymous.org](http://www.overeatersanonymous.org)

Triangle Intergroup publishes a Triangle area meeting list which is available to all groups. If you know of any changes in area meetings, please email the information to [oarecoverynews@aol.com](mailto:oarecoverynews@aol.com). Thank you.

## Triangle Intergroup (#09314) Overeaters Anonymous Meetings for Fall 2003

Meeting Info: Triangle (919) 406-9300, Western SC (864) 282-0105, Western NC(828) 258-4821, in Wilmington 1-800-308-2940,  
and in Crystal Coast Area (Havelock, Morehead City and New Bern area) 1-888-308-2940

City/Group No.	Day and Time	Mtg Format*	Location	Contact(s)
Aberdeen 06494	Thursday 8-9 pm	S, S/D, N, HA	Bethesda Presbyterian Church 1002 N Sandhills Blvd.	Aileen (910) 295-1840
Cary 06494	Monday 7:30-9 pm	D, HA, N, S, T	Greenwood Forest Baptist Church 110 SE Maynard Rd. Room 6A	Carla S. (919) 467-3458
Cary/Raleigh 47262	Sunday 7-8 pm	V, HA, W	Seventh-day Adventist Church 4805 Dillard Drive (Corner of Tryon/Dillard)	Karen (919) 557-0864
Chapel Hill 27355	Sunday 4:30-5:30 pm	S, T, HA	Holy Trinity Lutheran Church 300 E. Rosemary St (Augsburg Room)	Laureen (919) 967-8631
Chapel Hill 02519	Monday 7:30-8:30 pm	V, HA, N	Holy Trinity Lutheran Church 300 E. Rosemary St (Augsburg Room)	Micaela (919) 383-0937 Linda (919) 933-1355
Chapel Hill 32098	Tuesday 6-7 pm	BB, HA	Evergreen United Methodist Church US 15-501 (1/4 mi. S of Cole Pk Plaza)	Elizabeth (919) 929-5936
Chapel Hill 12897	Thursday 7-8 pm	L, HA	Holy Trinity Lutheran Church 300 E. Rosemary St (Augsburg Room)	Mary Anne (919) 968-0304
Durham 28531	Tuesday 12:30-1:30pm	V, HA, BL, W	St. Phillip's Episcopal Church 403 E Main St (in Education Bldg Library)	Robin A. (919) 683-3013
Durham 45514	Saturday 10-11:30am	N, V	Westminster Presbyterian Church 3639 Old Chapel Hill Rd (Youth Hut)	Harriette B. (919) 596-9543
Durham 20756	Sunday 10 am Newcomers mtg 10:30am Regular mtg	N, V, HA	Structure House, Room 220, Second Floor 3017 Pickett Rd.	Judith T. (919) 542-6722
Fayetteville 37188	Tuesday 7-8 pm	S, D, HA, L, V	Westminster Presbyterian Church 2505 Villiage Dr. at Purdue Ave	Kristin (910) 257-8590 Mitzi (910) 423-2577
Fayetteville 33594	Saturday 11-12:30 pm	V, HA, S, T, D	VA Medical Center 2300 Ramsey St (Appalachian Blessing)	Suellen (910) 488-3349
Greenville 46226	Thursday 7-8 pm	V	First Presbyterian Church Corner of Elm and 14th Street	Liz (252) 756-6629
High Point 47460	Thursday 7:30-8:30 pm	D,S,T,L, S/D or V	Lebanon United Methodist Church 237 Idol Street	Linda Maria (336) 887-4536
Hillsborough 33461	Wednesday 7:30-9 pm	S/D, T	Hillsborough Presbyterian Church Churton and Tryon Streets	Robin L. (919) 732-0936 Alisa (919) 490-5878
Raleigh 18237	Sunday 5-6 pm	L, HA, W	Grace Lutheran Church 5010 Six Forks Rd	Janet (919) 847-0079
Raleigh 32458	Monday 12:30-1:30 pm	D, HA	Grace Lutheran Church 5010 Six Forks Rd Room 3	Cathy C. (919) 848-6963
Raleigh 04874	Tuesday 7:30-9 pm	D, S, N, HA S/D	Grace Lutheran Church 5010 Six Forks Rd	Scott (919) 835-1410
Raleigh 20285	Wednesday 12:30-1:30 pm	S, T, HA	Grace Lutheran Church 5010 Six Forks Rd Room 3	Cathy C. (919) 848-6963
Raleigh 08041	Thursday 7:30-9 pm	D, N, HA	Highland UMC, Class Bldg, 2nd floor Ridge Road at Lake Boone Trail	Evelyn (919) 848-6798 Jim K. (919) 303-8985
Raleigh 32459	Friday 12:30-1:30 pm	L, HA	Grace Lutheran Church 5010 Six Forks Rd Room 3	Cathy C. (919) 848-6963
Raleigh 16772	Saturday 9-10 am	S, T, C	Holy Trinity Lutheran Church, 2723 Clark Ave. @ Brooks St. enter Education Bldg, Rm 200	Jim C. (919) 773-0477

<b>BB</b> Study of the AA Big Book	<b>N</b> Newcomers' meeting available	<b>BL</b> Okay to bring your lunch
<b>D</b> Discussion of OA-related topics	<b>V</b> Format of meetings varies	<b>C</b> Closed meeting
<b>S</b> Study of the OA 12 steps	<b>T</b> Study of the OA 12 traditions	<b>L</b> Study of OA literature
<b>W</b> Meeting may include writing	<b>HA</b> Accessible to people with handicaps	<b>S/D</b> Speaker and Discussion

*Please send any changes to this list to: [OARecoveryNews@aol.com](mailto:OARecoveryNews@aol.com)*