

TRIANGLE O A Recovery NEWS

A Publication of the Triangle OA Intergroup— Raleigh, NC

Volume 17, Issue 12

December 2003

Donations Welcome

Step Twelve

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Tradition Twelve

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Concept Twelve

Boundaries

The spiritual foundation for OA service ensures that...no OA committee or service body shall ever become the seat of perilous wealth or power....

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

Messages of Hope

What has been your spiritual awakening experience?

- My spiritual awakening happened when my doctor told me that I was in the obese range and that put me at high risk for diabetes. Since then, I prayed to God to help me get through this, and now I am almost out of the obese range.

- For me, my spiritual awakening has not been a "sudden" experience, but over time I've realized periods of peace and serenity that I can only attribute to my Higher Power. Further, I've enjoyed those times when I've been freed from my food obsession, and I think the only way that I've gotten those times is through deepening a relationship with my Higher Power.



What is the message of hope that you carry to other compulsive overeaters?

- The message that I hope to carry is that people don't want to end up like us. It's not easy being an overeater and when you start it's so hard to stop.

- The message I hope to carry to other compulsive overeaters is that there IS hope. A very fearful person when first coming to OA, I had no idea how much this program would help me face unpleasant situations, people, and emotions. The OA Steps, Traditions, Tools, and Fellowship help me to find solutions, to take action instead of merely reacting with fear. Hopefully the gift of being calmer makes OA attractive to other compulsive overeaters.

**TOPIC
FOR
January**

Topic for January. **Renewing our Recovery!** You can also write about the First Step or Tradition. We are **always** looking for writings to put in the newsletter. Please send your contribution to OARecoveryNews@aol.com by December 9th. Thanks!

Alive and Awake!

How am I to remain spiritually awake and fully alive? It all starts with abstinence. Unless I'm abstinent, my brain is too foggy, and I am too filled with self-loathing to be awake to anything, especially God as I understand God. It's simply too painful.

Even in abstinence, however, I have had periods of struggle to remain spiritually awake. After the death of a beloved pet, I was so angry at God, I stopped daily prayer and meditation, and rejected all attempts by others to encourage me to look for evidence of a caring Higher Power. My sponsor has been very helpful in my journey back to being spiritually awake.

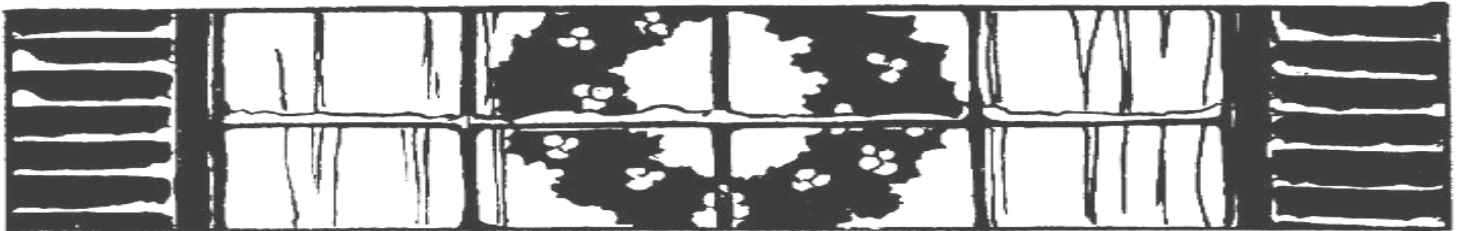
It's been important that I be allowed to awaken at my own pace. Like any addict, I am stubborn and defiant, and I resist being pushed (even toward health). I am a slow waker-upper in the mornings, and this is true spiritually as well.

A morning routine of set prayers helps start

my day with at least the intention of doing God's will, not my own. Gratitude in those moments when I do recognize a caring force in the universe greatly helps me stay spiritually awake. For example, when I'm feeling overwhelmed and pressed for time, and a patient cancels, giving me an extra hour, I can say "thank you" for the care this represents.

Writing, reading program literature (OA and AA), going to meetings, and talking with other program people all keep me sane, spiritually awake, and fully alive. It is very hard not to feel spiritually awake when I hear, read, and see stories of how far 12-step recovery has brought people. Not every meeting is great, not every reading hits the spot, sometimes people aren't home when I call, but by showing up I am (at least) available to hear, see, and read about the miracles of recovery. These stories energize me and leave less room in my head for stories of gloom, doom, despair, and hopelessness.

- Kristi, Chapel Hill



Awakening and Responsibility

In my life before OA, I had experienced many brief instances of spiritual awareness. These moments of serenity came while listening to music, reading, hearing the spoken word, or being out in the beauty of the natural world. However, Overeaters Anonymous gave me my first spiritual "awakening", a sense of oneness with my Higher Power within myself and all around me.

To paraphrase the catch phrase of a popular comic book character, "With this great privilege of spiritual awakening comes great responsibility." Step 12 gives me a purpose and a direction for my life. To stay on

the road to recovery, I need to carry the message of OA to other compulsive overeaters. To stay in recovery, I need to share my recovery with others.

Finally, Step 12 guides me to practice the principles of the Twelve Steps in all parts of my life. The Twelve Steps are a wonderful way to live my life, out from under, freed from the bondage of compulsive overeating, and in service to others. The Twelve Steps are truly the guidebook to life for me, just for today.

- Neil M.

TRIANGLE INTERGROUP MEETING - OCTOBER 18TH, 2003

Who Represented Our Groups: Jim C., Chair; Corrine, Treasurer; Elizabeth, SOAR Rep.; Pat, Outgoing Newsletter Editor; Jim M., Incoming Newsletter Editor and Raleigh, Thurs.; Rhoda, Outgoing Newsletter Liaison; Virginia, Durham Tues.; Donna, Durham Sat.; Judy, Fayetteville Tues.; Jen, Raleigh Sun.; Felicia, Chapel Hill Sun.; Liz, Raleigh Sat.; Cindy, Cary Mon.; Karen, Raleigh MWF; Harriette, Durham Sat.; Jim CW - Visitor.

What we Talked About:

- Money was returned from the cancelled retreat. We are **still** desperately seeking a Retreat Chair for the upcoming year. A chair is needed now so that retreats for next year can be booked. Please consider taking this most important position as soon as possible!
- The Cary Sunday meeting has become a regular meeting; it no longer follows HOW format.
- Elizabeth will attend the November SOAR conference in Birmingham. A second rep can attend if he or she meets the abstinence requirement. Elizabeth is willing to come and speak about her SOAR experiences if any group would like her to do so.
- If you're willing to help on a Tech committee, please email Jim M. at jmatlock@pobox.com.
- Corrine is putting together new service manuals for our new IG reps who come on board in January. These notebooks will include reformatted bylaws, IG rep responsibilities, and other important IG information.

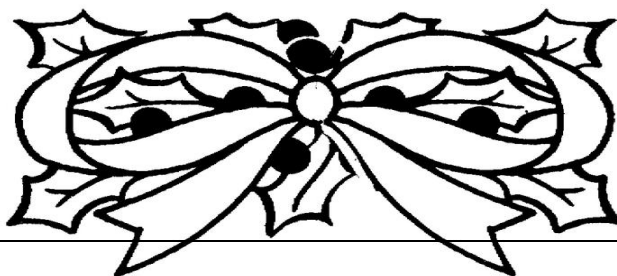
- We need to get the message out about service. Please tell group members there is no abstinence requirement to serve on a committee. Remember...service is slimming!
- All nominations for next year's board positions, committee chairs, and group IG reps must be mailed to the IG PO Box by November 15th. Nominees do not have to be present at the November meeting to be nominated, but they must be at the December meeting to be elected.
- The December IG meeting will be changed from December 20th to December 13th if the church is available. (Note: Church was not available on 13th.)
- SOAR Assembly News! Harriette found a great facility! If we are granted permission to hold the November 2004 Assembly and the hotel bid is approved, we have agreed to use the Holiday Inn on Page Road in Durham. Great work, Harriette!

We have selected our SOAR Assembly Theme from the two most popular themes. The winner is: (drum roll, please)...

"SOAR-ing Happy, Joyous, and Free."

The logo will be a triangle with the words in each corner.

Thank you, Jennifer, for taking minutes this month!



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

INTERGROUP MEETING FOR DECEMBER

SATURDAY, DECEMBER 20, 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.**

The Tradition of Anonymity

The tradition of anonymity is a great comfort to me in my program and really helps me stay humble. In my day to day life at work, there is such an emphasis on “making a name” for yourself, being “visible” so that you can be favorably evaluated. At times this atmosphere has brought out some of worst emotions: envy, jealousy, feeling superior or inferior. These emotions and states of mind easily shake me out of the serene place that surrounds my recovery. I am truly blessed to be able to come to a place where names and ego are removed, and I can feel the true humility of being an equal among equals. Whether I have one hour of abstinence, ten years of abstinence, or none at all, I am welcomed and accepted. And whether I do no service, a little service, or hours and hours of service, I am not looked at as more or less than anyone else. With my ego put in check, I can truly grow to care for my fellow OAs and the others around me, and I lose a major issue, isolation. Isolation is one of the major factors that leads me to compulsively overeat.

—Jim M., Raleigh

Writing is a great tool for recovery and for spreading the message of hope. If you write something in a writing meeting, or on your own, consider submitting it to the Triangle OA Newsletter. We're always looking for short and long pieces, whether on the topics of the month or not.

*To submit a writing, send an e-mail with the writing either attached or part of the e-mail message to **OARecoveryNews@aol.com**.*



Even Santa uses the tool of
the telephone!

Ho, Ho, Ho!

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.

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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 Twelve

“Service in OA has been a surprisingly powerful factor in our recovery.”
- OA 12 & 12, p. 101



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 OARecoverNews@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

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

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. 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 10:30am	V, HA N @ 10am	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
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
Rocky Mount 45038	Thursday 7-8pm	D, L, HA, V	Nextcare Specialty Hospital 1031 Noell Lane	Dale (252) 407-8114

BB Study of the AA Big Book

D Discussion of OA-related topics

S Study of the OA 12 steps

W Meeting may include writing

N Newcomers' meeting available

V Format of meetings varies

T Study of the OA 12 traditions

HA Accessible to people with handicaps

BL Okay to bring your lunch

C Closed meeting

L Study of OA literature

S/D Speaker and Discussion

Please send any changes to this list to: OARecoveryNews@aol.com