

Recovery TRIANGLE OA NEWS

A Publication of the Triangle OA Intergroup— Raleigh, NC
January 2004

Volume 18, Issue 1

Donations Welcome

Step One

We admitted we were powerless over food — that our lives had become unmanageable.

Tradition One

Our common welfare should come first; personal recovery depends upon OA unity.

Concept One

Unity

The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

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



Knowing and Connecting

Here is a story worth repeating! When I went to my first OA meeting in February 1989, I was a broken man – emotionally, spiritually, and physically. I knew I had a problem with food, but I was unable (or unwilling?) to make the connection between my problems with food and the unmanageability of my life. What I knew then was that I gained and lost huge amounts of weight through binge eating that would last weeks and months, followed by weeks and months of exercising to exhaustion and controlled starvation regimens (sometimes under medical supervision). A 50 pound weight gain for me was easy and frequent, as was the 50 pound weight loss, albeit a little less easy. Over time, the gains got bigger and the losses got smaller and I settled into a 240 pound level on my small frame (I

had been as low as 130 pounds!). So I was fat and desperate.

I had heard about OA from a therapist who I did not like (probably because he was telling me the truth, truth I was an addict). I went to a meeting, eventually recognized that although my

addiction was to food and the physical manifestation of this was rapid weight gain and weight loss, there were many more serious consequences than weight gain and weight loss. I was an

addict and an addicts life is always out of control and unmanageable.

This was the beginning of a profound awareness and with abstinence has come many years of physical, emotional, and spiritual recovery.

- Anonymous

“I knew I had a problem with food, but I was unable to make the connection...”

TOPIC FOR February

Topic for February. **Recovering from Relapse.** You can also write about the Second Step or Tradition. We are **always** looking for writings to put in the newsletter. Please send your writings to TriangleNCOANews@pobox.com by January 8th. Thanks!

What Powerless Means

One of the words in Step One that I think of the most is “powerlessness.” I come across every day lots of situations that are just right for me to use the concept of powerlessness.

Am I powerless over getting into this situation? If I am, “powerlessness” means I don’t ever have to worry about myself or my actions. (This is a big good thing for a worrier like me!) And I don’t ever, ever have to think that I am a bad, worthless person because I can’t change my behavior.

But being powerless does mean that I badly need to work as hard as I can, to work the Steps. I need to give my thoughts and actions to God and ask for the faith to believe that God will help me in the best possible way. I need to take a moral inventory of myself with everything in my life in regards to the situation, and do my best to follow through to the end of the Steps.

- Anonymous

Renewal In Recovery!

It’s been 14 years since I slid into my first OA meeting. I came absolutely beaten by my conflicting addictions. I was addicted to both overeating sugary foods and staying as skinny as possible! I walked miles briskly, vigorously, as often as possible to burn up calories, sometimes with a bar of my favorite binge food in my pocket.

Now at the end of one year and the beginning of a new year, I am recommitting myself once again to this phenomenal program. It has been a path of building awareness, developing healthy life-affirming practices, and learning loving kindness and acceptance, especially for myself.

My former yo-yoing weight is a distant memory. Long gone are the “thin clothes” and “fat clothes” in my wardrobe. According to my doctor, my weight is perfect for my height and frame. (She has OA Literature on her bulletin board.) Best of all, I’ve made peace with the way I look, my natural curves, most of the time.

OA is where I finally got the encouragement and support I needed to succeed with creating a life of sanity and moderation. I have also learned how to deal with toxic feelings WITHOUT EATING over them. This is amazing to me.

Of course, these wonderful benefits have come from years of taking this food addiction seriously, working my program diligently (more often than not), slipping and struggling and reaching out for help every so often, attending and sometimes leading meetings, and integrating the steps, tool, and traditions into my everyday life.

Thank you OA. You have made my life sing! No matter where you are this moment, folks, there is HOPE. Investigate OA, deeper and deeper, today. Hooray!

- J. Raleigh

TRIANGLE INTERGROUP MEETING - November 15TH, 2003

Who Represented Our Groups: Corrine- Treasurer, Acting Chair; Valerie-Raleigh Tuesday; Jennifer-Raleigh Sunday; Donna-Aberdeen; Aileen-Aberdeen; Susan-Durham Sunday; Judy-Fayetteville Tuesday; Marsha-Durham-Saturday; Cheryl-Durham Sunday; Kathy-visitor; Cindy-Cary Monday; Elizabeth-SOAR rep; Jim M-Raleigh Thursday & incoming newsletter editor; Sue M-visitor; Liz-Raleigh Saturday; Rhoda outgoing newsletter liaison; Pat-outgoing newsletter editor; Pam-Chapel Hill Thursday

What we Talked About:

Treasurer's Report: We have \$3994.20 in OA checking and \$1002.01 in OA savings (prudent reserve). We spent \$121.21 on Intergroup binders.

The IG Budget discussion was postponed until next month.

Announcements:

Elections are being held on December 20th. To be elected you MUST be present. If unable to attend and vying for position arrangements must be made in advance with Jim C.

There was also a discussion of moving election date as to not interfere with holidays. This decision will be left open to discussion by bylaws committee for further consideration.

Active Standing Committee Reports:

Newsletter: Editor recommended using a pobox.com account to manage email. The cost is \$15 yearly and it's password safe. This recommendation was approved by IG.

IG reps should encourage their home group members to send writings into newsletter.

Increase number of newsletters in print from 200 to 225.

Sue M. volunteered to be newsletter liaison. She and Jim M. will decide upon what that position will entail.

Newsletter corrections on November issue:

To Attendee list, add Valerie-Raleigh Tues; Sue M-visitor; Marsha-visitor; Cheryl Durham-Sun to October attendees in IG meeting notes.

"oaregion8.org" should read "oaregion8.org"

Apologized for using Santa as "holiday" clip art.

SOAR: The bid for November 2004 went to Gold Coast Intergroup in Florida. It has been suggested that we resubmit for March 2005. Thank you to Natalie and Hariette for working so hard to put together a bid.

SOAR has a new Chair, Sarah G. from Nashville TN, and a new SOAR treasurer, Hariette H. from Florida.

Continuing/New Business

IG reps signed out IG binders...Thank you again Corrine!

Sue M. taking over the IG contact list.

ELECTION NOMINATIONS

Board Positions

Chair: No nominations presented

Vice Chair: Hariette-Durham Sat/ Mary Anne-Chapel Hill Thurs

Secretary: Jennifer-Raleigh Sun; Hariette-Durham Sun; Pat outgoing newsletter editor (withdrawn)

Treasurer: Corrine-present IG treasurer

WSO delegate: Jim C-present IG chair

SOAR 8 Regional Rep- Kathy R-Chapel Hill-Thurs

Committee Positions

Retreat Chair: Neil M-Raleigh Tues/Sat

Public Information Chair: Scott P. Raleigh Tues/Thurs

HIPM Chair: No nominations presented

Group Outreach: No nominations presented

Special Events Chair: Cheryl F.-Durham Sun

Tech Chair: Jim K-Raleigh Thurs; Jim M-Raleigh Thurs (withdrawn)

New Business

There has been a MEN's meeting started in High Point. For more information contact the Triad rep.

Thank you, Jennifer, for taking minutes this month!



(Editor's note: These minutes were edited to provide relevant information based on the publication date of the newsletter.)

Note from an Old Newcomer

I need you
To be 12-stepping.
I have walked
These steps before
Over and over for
Other addictions,
20 years clean
At my back.
The desire shed
Away gratefully
And not always
Gracefully but
Removed by a power
So sweet, so divine
And Higher than
The ego that I
Sometimes am. This
Compulsive eating
Is at the core
Of me, and again
I am a beginner,
I face my first
And last addiction.
OAers, I need you
To be 12-stepping,
Carry your message,
Your promises,
Your hope to me,
And just for today
I will open to receive the steps
That you are living.

- Sherylyn, Raliegh.

New Year's Resolutions

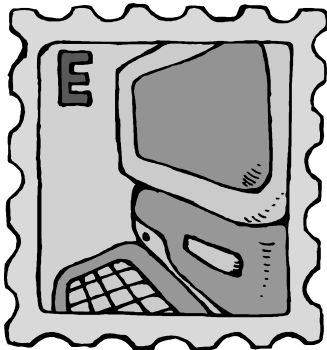
Ever since OA I have rid myself of vexing New Year's resolutions. I never could keep them, anyway. With OA the question shifted from: *Will your start at the New Year?* to: *Will you start today? This very minute?* If the answer was no, then I was fooling no one. I simply understood I needed to back up one more step and work on willingness. And that is accomplished on my knees in prayer.

- Robin A., Durham

Every Day, Recovery

Before I came into OA, I thought willpower could get me through my struggle with food. It was very simple, all I had to do was use a little bit of willpower to not overeat, to not binge, and to not obsess about food day and night. Go on a diet using willpower and then keep the weight off with willpower. I was kidding myself. Now I know that willpower isn't going to help me. What helps me stay abstinent is working the OA program, using the tools, and praying to my HP everyday that I follow His will for me and accept that I am a compulsive overeater. I am powerless over my life and my food. My life is unmanageable. I began a new life when I first took Step One over eight years ago. As long as I continue to go to meetings, call my sponsor, talk about what's going on in my life and follow my meal plan, I renew my recovery every day of my life, one day at a time, one step at a time.

EBA, Durham



Change of Address!

The e-mail address of the newsletter has changed. Please use the following e-mail address to submit any writings or to correspond with the newsletter editor:

TriangleNCOANews@pobox.com

A Wonderful Gift

I was at an end-of-the-year department luncheon yesterday, and I was given an amazing gift. We went to a restaurant with all kinds of rich, heavy foods, and I choose sensibly and I choose reasonable amounts. When the desserts were presented, I choose two very small portions, and then I was done. What was amazing was that there was still food on the table! I watched people talk about how overfull and stuffed they were, and they still grabbed for more. Some of them complained about feeling miserable and still put “just one more bite” on their plates. Yet, I felt no compulsion to have anymore to eat, not even a taste. What a gift! And I didn’t feel “superior to” or “better than” anyone else, or thought that I was “stronger-willed” than anyone else. I knew I was receiving a gift from God. I could actually see and talk to the people I was with, and enjoy the celebration. Thank you HP for a wonderful gift!

Tradition 1 – Our Common Welfare

I have come to realize that we as a group is as important as the newcomer, if not more. When a newcomer enters these rooms, the first thing he or she sees is the group. Without the group, the newcomer has no where else to go. In other words, if we die, they die.

The following 11 traditions keep our groups functioning pertaining to our common welfare. This tradition is the first step in taking care of “us” not “I”. As a member of my group, I am tasked with adhering to this principle in the group. Although I have opinions, I have to ask myself if what I do or say can benefit the group or inhibits the recovery of the people in the group. Over time, this tradition affects my life outside OA where I can practice this principle in **all** my affairs.

- Mark M., Raleigh

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

INTERGROUP MEETING FOR DECEMBER

SATURDAY, January 17, 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 Action of Step One

Although all it says is that we ‘admit’ our powerlessness and the chaos in our lives, I think of Step One as very much of an action step. The only way for me to work Step One is to get into action – and the only way to find out whether I am on track in terms of Step One is to review my actions. For me, the most important way to make Step One real in my life is to get to meetings. Every time I walk into the rooms, I remind myself of my powerlessness over food and my need for help – as well of my participation in a community of people who are likewise willing to admit that they need help. If I were *powerful* where food is concerned, then I wouldn’t need the program; since I’m powerless, I need to show up, listen, and do what others do to get better.

Going to meetings is also an expression of how unmanageable my life is when I am left completely to my own devices. I show up for OA because, when I do, my life feels manageable. I also show up because I remember all the times when I didn’t show up, tried to go it alone, and wound up feeling overwhelmed, stressed out, secretive, and resentful.

My actions speak more forcefully and honestly about powerlessness and unmanageability than any words I might say out loud, or even to myself or in prayer.

- Felicia K., Durham

Real in Recovery

Learning to talk to people, to be with people and feel comfortable not phony is one of the gifts of the program. Most of the time I can be myself and feel good instead of inadequate trying to use food or some kind of fix to hold me together.

Afraid of falling apart, being seen as weak or stupid, I would put up a front of overconfidence. Becoming real comes as a result of the 12-step program. I didn’t know how to be or who I was so I had no way of standing on solid ground. Today because of being humble enough to be teachable I can learn and team up with the best. Wishing things were different didn’t work for me: I had to take an action and ask for help. First it got different, then it got real different, then it got real. Living life on life’s terms looked harsh but today I have tools to help me through. Spirit is the Source that makes it all OK. I am given everything I need one day at a time.

It’s good to be with people today; they are not my enemies but my teachers. Being involved is being alive, being scared and hiding is death. Today I stand in the sunlight and look to the Force of Good in my life to show me the way.

Thank You Dear God My Friend.

- MKW, reprinted from “New Beginnings”, October 2003, the monthly newsletter of the Central Florida Intergroup of Overeaters Anonymous

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.”

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 TriangleNCOANews@pobox.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, and Raleigh)

(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 TriangleNCOANews@pobox.com. Thank you.

Triangle Intergroup (#09314) Overeaters Anonymous Meetings for Winter 2004

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

Please send any changes to this list to: TriangleNCOANews@pobox.com