

Recovery NEWS

TRIANGLE OA

A Publication of the Triangle OA Intergroup— Raleigh, NC

Volume 18, Issue 2

February 2004

Donations Welcome

Step Two

Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition Two

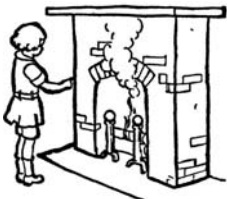
For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Concept Two

Conscience

The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority, and effective conscience of OA as a whole.

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



Writings About Step Two

In so many ways, through so many times in my life, maybe out of desperation, I have found myself turning a situation over to a power greater than myself. I ask myself if I must be forced to by exploring all options known to me and finding none. After relying on this power and finding true solutions, I still question my ability to turn them over. The methodical and problem solving thoughts I normally possess fail me here. I truly believe that repetition will force me to understand. I have to believe. My Higher Power has not let me down before and will not in the future.

- Anonymous, Raleigh

My greatest handicap in working The Twelve Step Program has been my periodic unwillingness to let my Higher Power restore me to sanity. I am the child of the Creator of the Universe. I know that He is

able to do all that I need, but I am very reluctant at times to give up my own will and let Him show me what is best for my life. When I do let Him lead me, then my reward is peace, a cessation of food cravings and a great sense of being loved and cared for. At these times I take to

“When I do let Him lead me, then my reward is peace...”

heart the OA principle of living each day solely for itself, dealing with only the problems of the day and gratefully accepting God's gift of abstinence for that day alone without borrowing trouble from the future

or agonizing over mistakes from the past. Coming to know and love my HP and letting Him exercise His ability and desire to bring sanity to my world have been the greatest blessings in my life. My goal is to replace my self-will with His divine will each and every day.

- N., Raleigh

TOPIC FOR March

Topic for March. **Moments of Grace.** You can also write about the Third Step or Tradition. We are **always** looking for writings to put in the newsletter. Please send your writings to TriangleNCOANews@pobox.com by February 12th. Thanks!

More Writings on Step Two

For me being restored to sanity means to develop an awareness of a behavior that I am displaying that is causing me or someone else harm. The ways in which I am restored to sanity include a suggestion from my sponsor, something shared by an OA member, recovery literature that I've read. As a result of developing this awareness I began to realize that what I'm doing needs to stop or change.

- Alice J., Raleigh

When I first came to OA I could feel there was a power greater than myself at work in the room. It was overwhelming! I hadn't felt that much love or caring in a very long time. When I worked Step 2, I was amazed at the idea that an HP could restore me to sanity. I had always believed in God but my belief was in a remote God who was way busy with big issues. I never thought He cared about such trifles as my compulsive overeating and unmanageable life what with watching over the world, the universe, war and peace, good vs. evil, etc. Once I realized that my HP was way bigger than any human definition and of infinite dimension, capability and possibilities, without human limitations, my recovery began.

- Suzanne, Raleigh

Thank goodness for Step 2! From the insanity of a binge, it doesn't feel like there is help anywhere! Or when you're out running errands and your mind is running to every single nearby place or spot within driving range that you can stop and get some goodies to eat, you know you're out of control. Or when you're watching TV in the evening and those food commercials come on, and you start obsessing about those foods and can't stop. The mind can be such a difficult thing to control, especially once it starts compulsively thinking about food.

- Suzanne, Raleigh

And that's where Step 2 is such a blessing. In the midst of this insane thinking, that does get followed up by actions sometimes if we break abstinence, in the midst of all this there is help. Thank goodness we have a Higher Power we can turn to for help. Even at the thinking stage about food. And this Power greater than ourselves can help us turn our thoughts and our minds away from obsession and back to sanity, and help us keep our abstinence.

I know first hand that this works because He's been doing it constantly for me for the last 5 months since I joined OA. God's granted me 5 long months – the first time with over two weeks without a binge in 14 years, and a weight loss of 37 pounds, since I've joined OA! I am so grateful!

- Anonymous, Raleigh

How do I see my Higher Power? I see my Higher Power as a loving Earth Mother, one who can respond to me and my individual fears and needs on a one-to-one basis. I get fearful easily, and I doubt Her presence, so I ask Her for signs (usually feathers), which she usually grants me – often in very dramatic ways, such as in the middle of my bed in a hotel room or on my door mat, where I can't possibly miss them. She does not necessarily give me what I want, but I can ask Her for it anyway. When I am sad, hurt, or afraid, She is there to comfort me. When I am angry, She will not leave me. When I am ashamed, She will not judge me. She does not allow bad things to happen to “teach me as lesson,” which means that I think She does not control everything. I am not sure how to rectify this with Her being Goddess. For now I just accept it as mystery. I don't think I have to know that answer. I just need to have Her love me, and I need to love Her.

- Anonymous

About Tradition Two...

I have always struggled with bureaucracy and organized religion – people telling me what to do, what to believe and how to think. I have always had little patience for bureaucracy and I have always been afraid of authority figures. It is a great relief to me that OA has no authority figures who dictate to and threaten those under them. We are all equal in OA – we are all here to recover - we all serve so that we can “keep our recovery by giving it away”. Thanks to all of us for being equal. Thanks to all of us for being OA, being here for one another and being here for the new compulsive overeater looking for help.

Powerless Over This Addict's Mind

I went into relapse January 7, 2003, the day after my mother died. I would manage to get some abstinence, but then the need for comfort and the call of the food would become too strong. In early November I went back to my mother's home for the first time since her memorial service. My resolve was strong. I called ahead about an OA meeting I could attend. I was determined to stay abstinent.

What actually happened? My stepfather offered a choice of lowfat or regular frozen dessert confections the very first night after dinner, and I thought, "Oh, lowfat is better, I'll take that!" In addition, my brother found a jar of my favorite topping for this frozen confection, and I thought to myself, "Well, if *he* can have it, so can I!" I was a goner for the rest of the weekend. Even after going to my OA meeting and taking a white chip, I came home and ate salty crunchy things to avoid eating the sweets my stepfather had put out around the house.

When I returned home to NC and talked to my sponsor, she said I could use this relapse as a springboard into a new recovery, and she asked me if I were willing to go back to Step One. I said yes. She told me to read Step One in the 12 & 12 and the Big Book, and then to answer the questions on it in the *OA 12 Step Workbook*.

In the Big Book I read the chapter, "More About Alcoholism." In that chapter it describes the insane excuses that addicts come up with to justify using their substance. (For example, the man who went to a bar for a sandwich and a glass of milk and suddenly thought, "If I were to put an ounce of whiskey in my milk on a full stomach it can't hurt me" [p. 30].) As I read this chapter it hit me that I have this same mind set – an addict's mind – that rationalizes, justifies, excuses, cajoles me into using food all the time. It tells me I don't really have a problem, that I am not really a compulsive overeater. I remember hearing in the rooms that this is the only disease that tells you that you don't really have a disease. Now I understand that. Now I get it. I finally get Step One – I truly am a compulsive overeater, powerless over this addict's mind of mine.

I got clean when I came to this realization, and I have stayed clean since. It isn't always easy and it isn't always perfect. But I am grateful to my sponsor, the OA and AA programs, and my Higher Power for giving me this insight and a new hope. It's great to be abstinent today!

- Karen, Holly Springs

Recovery as a New OA Member

For 14 years, I regularly binged at least once a month, usually once every week or two. I endlessly thought of food. I had cravings that could not be contained. When I ran errands, I could think about was where I could stop for luscious snacks all around me. I was obsessed with food and miserable! It was controlling my life, and I was about 100 lbs overweight.

Then, last July, I joined OA, and began to work the program. I got a sponsor my first week in program. She suggested I attend 7 meetings a week and make 2 calls a day for a while, so I did. Plus she started assigning me one homework question a day from the Big Book and the 12 & 12. I so immersed myself in the program that I bought six books right off the bat, and started reading OA literature, too. I also began to exercise several times a week. I tried to practice 3-0-1: 3 meals per day, zero snacks, one day at a time. Additionally, I changed my eating habits to include less fried foods, less sugar, and more fruits and vegetables. I pray and ask my Higher Power to help me stay abstinent daily.

Now that I have been with OA for five months of abstinence, and attend 3 or 4 meetings a week, the had work has paid off, and I have lost 38 pounds. I'm very grateful for OA and the blessing it is in my life.

- Anonymous, Raleigh

Intergroup 2003 Treasurer's Report

Current Triangle OA Account Balances

As of 12/18/2003

OA Checking	4514.71
OA Savings	1002.22
Total Bank Accounts	5516.93

Triangle Intergroup 2003 (Year to Date)

01/01/2003 to 12/18/2003

Income from Group Contributions

Cary, Mon, 7:30pm 10387	96.00
Cary, Sun, 7pm 47262	24.00
Chapel Hill, Mon, 7:30pm 02519	360.00
Chapel Hill, Sun, 4:30 27355	300.00
Chapel Hill, Thurs, 7pm 12897	240.00
Chapel Hill, Tue, 6pm 32098	295.20
Durham, Sun, 10am (SH) 45514	403.44
Durham, Sat, 10am (YH) 20756	292.25
Durham, Tue, 12:30pm 28531	90.50
Fayetteville, Tue, 7pm 37188	60.00
Hillsborough, Wed, 7:30pm 33461	432.00
Raleigh, Wed PM 22695 * disbanded	209.83
Raleigh, Sat, 9am 16772	363.64
Raleigh, Sun, 5pm 18237	91.00
Raleigh, Thurs, 7:30pm 08041	600.00
Raleigh, Tue, 7:30pm 04874	450.00
TOTAL Group Contributions	4307.86

Additional Income

Interest	4.66
Retreat Income	500.00
Seed Money Returned	500.00
Subscription	37.50
TOTAL INCOME	5350.02

Expense

Check Fee	80.80
Directory Listing	15.04
Group Outreach	23.00
High Tech	0.00
Message Service	149.35
Misc. Expense	61.12
Newsletter	1065.45
Post Office Box	76.00
Postage	94.17
Printing	60.09
Rent	300.00
SOAR Expense	1094.86
Software Expense	32.05
WSO Expense	1010.00
TOTAL EXPENSES	4061.93

The Authority in OA

There is but one Ultimate Authority. Understanding that is truly what makes me the person I am. I answer to only my HP. All those that are not HP are servants of HP. I am a servant and my HP guides me, my recovery and my life--with no exceptions. I surround myself with people who also understand and serve. That is the way of life I have chosen and believe in.

- Anonymous, Raleigh

TRIANGLE INTERGROUP MEETING - December 20TH, 2003

Who Was Present: Jim C.- Chair; Judith - Acting Secretary; Corrine - Treasurer; Elizabeth - SOAR Rep.; Jim M. - Newsletter; Rhoda - Outgoing Newsletter Liaison; Susan - Durham Sun.; Virginia - Durham Th.; Harriette - Durham Sat.; Pam - CH Thurs., Jenny - CH Thurs.; Karen - Raleigh MWF; Jim K. - Raleigh Th.; Felicia - CH Sun.; Valerie - Raleigh Th.; Kim - Hillsborough Wed.; Cindy - Cary Mon.; Eileen - Aberdeen; Donna - Aberdeen; Judy K. - Fayetteville; Sue - nominee for Newsletter Liaison; Kathy R. - nominee for SOAR Rep.; Jennifer - nominee for Retreat Committee Chair; Pat - visitor

What we Talked About:

- Corrine gave her year-to-date report. The treasurer's report is detailed on page 4. The 2004 budget shows projected income and expenditures of \$ 5295.00.
- The IG decided to use the surplus by sending money to WSO and SOAR and to enhance committee budgets.
- Jim M. announced the new email address for the newsletter. It is *TriangleNCOANews@pobox.com*.
- SOAR Report - Elizabeth: We lost the SOAR bid for November 2003 by two votes. We will prepare to submit a bid for either the March or July 2005 Assembly.

- Retreat Committee - Jennifer and Neil M.: Plans for September 2004 are almost set. Work is under way on Spring 2004.
- Technical Committee - Jim K.: Jim is looking into establishing an account with an ISP. More exciting info to follow in his report in January!
- Election of New Officers: Please welcome your new IG officers for 2004!

Chair - Felicia K.

Secretary - Harriette B.

SOAR Rep. - Kathy R.

WSO Rep. - Jim C.

- Mary Anne could not be present but will be elected to the Vice-Chair position in January if still interested.
- Scott P. and Cheryl F. could not be present but will be elected to the PI and Special Events Chair positions in January if still interested.

Thank you, Judith, for taking minutes this month!

Recovery from Relapse: Minute by Minute

One day, one hour, one minute is the gift I give myself when recovering from relapse. I only have to do right now what I need, then I can add more minutes or hours to my program. I only ask myself what that extra plate of food is really substituting. Sometimes if I can give myself an extra few minutes between answering my own question and filling my plate one more time, the desire for that extra plate just passes.

-- Mary Catherine

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

INTERGROUP MEETING FOR February

SATURDAY, February 21, 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.**

One Recovery from Relapse

My last big relapse ended up being a blessing in disguise. It occurred during a period when I was able to "control" my addictions of bulimia and compulsive overeating by following a traditional course of treatment: dieting, therapy, and medication.

There was a certain snack food that I had once loved, and, therefore, overeaten to the point of physical illness. Because I could not control myself, I had been staying away from it entirely. Then I thought, "I'm fine now! So I'll just have a few." With great anticipation I prepared this snack, forgetting to make just a few, and preparing three or four servings instead. With the first bite, I stopped cold. My old patterns of abuse with this snack were so strong that they brought up all sensations of being physically ill. I realized this, I was disgusted by it, and proceeded to eat the entire plate full. I ate every last one of these snacks and could not decide what was worse, the fact that the taste of my old friend was ruined for me, or that I ate them anyway.

"I...could not decide which was worse,...that my old friend was ruined for me, or...I ate them anyway."

This relapse while using traditional treatment methods was the breaking point that finally humbled me enough to go to OA. I came to understand that it was not real recovery, and never would be real until I did the work for myself with my Higher Power. Even with OA there may be small relapses, but they are relapses from a REAL recovery process. And that is what makes all the difference for me.

- Lindsey

Action from Relapse

To be absolutely honest I have relapses now and then. I have several ways of viewing these and so far they have helped me nip a relapse in the bud. One is that my HP might be giving me this relapse for a reason. Every day I commit myself to God using Step 3 – "I am yours, make of me and do with me as Thou wilt". When a relapse occurs I consider that maybe God is giving me what I need – I thank Him and consider that it is His will for me for now. Then I ask why. To remind me that I am powerless? To become more humble? To remind me to work my program more diligently? To deal with what's going on inside of me emotionally – which by nature I avoid at all costs? To look at exactly what I may have eaten to trigger cravings (for example I just found out that something I eat regularly and compulsively has sugar way down on the list of ingredients – I avoid sugar altogether)? To practice acceptance that it happened, to practice forgiveness of myself that it happened, to practice avoiding negative self-judgment that it happened? When I examine these things I usually come to terms with the relapse and it's over. When this doesn't work I get on my knees and ask God to remove the craving from me! This has always worked so far!

- Suzanne, Raleigh

Reach Out to Local Speakers and Sponsors

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.”

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Wisdom of Step Two

“OA is a spiritual program, not a religious one....Atheists and agnostics are welcome in OA and have found recovery.”

- OA 12 & 12, p. 13

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 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