

# Recovery NEWS TRIANGLE O A

A Publication of the Triangle OA Intergroup— Raleigh, NC

Volume 18, Issue 4

Donations Welcome

**April 2004**

## Welcoming the Newcomer

### Step Four

*Made a searching and fearless moral inventory of ourselves.*

### Tradition Four

*Each group should be autonomous except in matters affecting other groups or OA as a whole.*

### Concept Four

#### Equality

*The right of participation ensures equality of opportunity for all in the decision-making process.*

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



**M**y name and phone number are listed as the contact for my home meeting. Often I receive calls from people at the end of their ropes, looking for some way out of the same trap I found myself in, eight years ago. I remember how hard it was to make that first phone call. In fact, I called three times before I could manage to stay on the line long enough for someone to answer. For me, that phone call was the first step along a path that leads me to daily recovery.

“...I try very hard to share some level of unconditional love...”

When I answer these calls, I try to remember that all I can offer is compassion, borne of my own experience with this daunting disease. I try very hard to share some level of unconditional love with the caller and to welcome her or him with my voice and a promise to look for the caller at the next meeting. But

often that person doesn't arrive – fear or any number of the disease's compelling tactics has won that person back, for now.

I wonder how I could welcome the newcomer, even before that first meeting. Is there some way to reach out, as soon as I receive the call – either by getting a phone number or email address or some way of connecting again with the person again – some way of maintaining contact between the call and when the suffering

compulsive overeater makes it to the first meeting? This disease, cunning, baffling, and powerful as it is, requires us to find new ways to reach out to its sufferers.

- Robin L., Hillsborough

**TOPIC FOR May**

Topic for May: **Every Day, A New Start.** You can also write about the Fifth Step or Tradition. We are **always** looking for writings to put in the newsletter. Please send your writings to [TriangleNCOANews@pobox.com](mailto:TriangleNCOANews@pobox.com) by April 8th. Thanks!

## Writings on Step Four

**W**hen I first worked step four with my sponsor, I tried to be fearless and searching in my moral inventory, but I was having problems seeing how my perfectionism, self-hate and controlling behaviors were character defects. When she began to challenge my empty list my nose started to bleed. It was as if I was holding on to my defects so tightly that as she challenged me to be honest with myself, I was exploding inside. My sponsor's grace in that moment gave me the freedom to recognize, enumerate and offer to my H. P. a list of character defects. I've revisited step four several times during my recovery. Today I'm working

toward a better understanding of what it means to be "more total in our surrender" so that the "more fully realized our freedom from food obsession" is.

I seek out more opportunities to be honest with myself and others, trusting that my H. P. will give me what I need when I need it. This honesty helps me work step four and as a result reap the serenity of the program.

-Connie B., Whitsett

**I**t would be easy for me to make a list of my shortcomings, since this is what I have been dwelling on for most of my life. I had accepted that I was a bad person and thus everything about me was bad. As a child I felt that I would eventually go to hell when I died.

My first fourth step inventory was truthful but unbalanced. First of all, it never occurred to me that there was anything good about me. Second of all, I was taught that having positive self talk was a sin, a sign of ego. If I thought or said

anything good about myself, God would strike me down.

As I strive to have a more balanced point of view regarding my characteristics, I find it difficult to know how to do this. It still feels wrong to credit myself with anything positive.

It is important for me to be balanced so that I may learn to be honest. Honesty will help me change what needs to be changed, thus allowing recovery.

-Anonymous



**T**his step sounds very serious and overwhelming. Many of us don't want to know ourselves and the food obsession keeps us from ever finding out. One program slogan I heard defined fear as "face everything and recover!"

That seems to be the theme of step four for me. Facing everything about myself and how I have abandoned myself and others in the obsession with food. By facing what is, we become less fearful and that's recovery!

-Anonymous

**I**f all I did during my fourth step inventory was list my character defects, I would have on terrible view of myself! Once I realized that many times a character defect had a GOOD side to it, I felt that I could cut myself some slack. Example: Being tight-fisted with money and worrying about "will there be enough?" has a good side, such as saving money, always paying my bills on time, not running up credit cards. So, it has always helped me to look at both sides of a character defect.

-Esther

## More on Step 4

**I** find it very helpful to write my inventory. Sometimes if the topic is very painful, I need to talk about it first and then write. Talking about an issue with an understanding friend usually helps clarify my feelings and what I need to write about.

Somehow, I can manage to stay in denial about my feelings when I am by myself, but talking to someone helps me break through the denial.

The combination of talking and writing also helps me to gain a more balanced view of myself. Most of the time my sponsor or whoever I am talking to has a different view of the situation than I do. They can help me see defects I may not be aware of, and positive behaviors I may ignore as well.

-Kim, Hillsborough

## How Do We Avoid Cross Talk In Meetings?

**W**hat I find works best is not referring to "anyone's sharing." It is much "cleaner," keeping the message on the message and not on the messenger. An example would be "I really appreciate the sharing this morning..." rather than "I really appreciate what MARY shared this morning..." The difference is that someone heard something they could relate to. It has nothing to do with who said it but what was said. This also keeps it principles before personalities. I focus on the message and not the individual. This way it doesn't matter who said it, just that it was said and is helpful to you.

Sometimes someone may not care for a particular individual, so as soon as someone shares that "MARY said..." that person doesn't listen to the message because there is a personality getting in the way.

When we share generally, we don't put anyone up on a pedestal and set them up to fall down. We also don't insult each other by agreeing or disagreeing with them. I remember there are no stars or VIP's and this keeps us all humble. I am carrying the message, not the individual. When I share what helped me, that is sharing only my experience, strength, and hope, and not making someone into an expert.

I know from experience when someone shared, "I am so grateful that MARY was willing to tell me about OA..." I felt very uncomfortable. It wasn't about me; it was about how doing 12 step work is there for all of us to do and how important it is to do the 12 step work. Instead the share was more of a "Look how wonderful this person is," rather than "WOW, 12 step work is so important. I know I wouldn't be here today if someone in the fellowship hadn't taken the time to tell me about Overeaters Anonymous and the local meetings."

- From Mary, our appointed trustee *(Reprinted from April 2003)*

### Intergroup Committees!



### Service Opportunities!

Committee	Chair	Phone	E-mail
Retreat	Jennifer M. Neil M.	919-532-4332	Spinning_stars4u@yahoo.com
Group Outreach	Karen S.	919-557-0864	ksmith2030@nc.rr.com
High Tech	Jim K.	919-303-8985	Jim.kerick@mindspring.com
Hospitals/Institutions	Cindy B.	919-463-0943	cbaylor@nc.rr.com
Public Information	Scott P.	919-835-1410	scottdavidphillips@hotmail.com
Special Events	Cheryl F.	919-493-8628	chfrazier@yahoo.com

# TRIANGLE INTERGROUP MEETING - February 21ST, 2003

**Who Was Present:** Felicia, Chair; Mary Anne, Incoming Vice Chair; Harriette, Secretary; Corrine, Treasurer; Jim M., Newsletter Editor; Sue, Newsletter Liaison; Kathy R., SOAR Rep; Jim K., Hi Tech Chair; Karen, Outreach Chair; Cheryl, Special Events Chair; Donna, Aberdeen; Becky, Chapel Hill Sun.; Colleen, Chapel Hill Mon.; Elizabeth, Sub for Chapel Hill Tues.; Jenny, Chapel Hill Thurs.; Steve, Raleigh MWF; Valerie, Raleigh Tues.; Joanna, Rocky Mount Mon.; Judy, Fayetteville Tues. and Sat.; Virginia, Durham Tues.; Jenny, meeting unknown; and Pat, visitor.

**What we Talked About:**

- Retreat... Only one retreat was budgeted for the year. The location and date are pending, as a locale must be found. We'd love to have more help on the Retreat Committee!
- Newsletter... We will grant permission to other groups to use our newsletter information with a reference to the contributing IG or writer.
- Hi-Tech... Look for more news about our website!

- SOAR: The SOAR Assembly will be held in Atlanta March 26 – 28th. Kathy R. and Elizabeth will attend.

- Special Events: Cheryl presented a proposal for special activities. IG voted for the Events Committee to proceed with planning the events.

- The Speaker/Sponsor list is in the process of being updated.

- Crosstalk at meetings was discussed. Members provided their opinions on what it is/is not. We will reprint a previous article in the newsletter.

- Reps were reminded to request meeting formats for the regular meeting and/or for a newcomer's meeting from WSO or to download from on-line.

- We tallied the WSO Questionnaires for items to come to the floor at the WSBC. Our results will be sent to WSO.

Thanks, Harriette, for taking minutes this month!

A Great Tool of Recovery:  
Meetings!!!!



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

**INTERGROUP MEETING FOR April**

**SATURDAY, April 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.**

## 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 Four

“In fact, we find that *how* we do the fourth-step inventory makes little difference. What counts is that we do it.”

- OA 12 & 12, p. 32



## Reach Out to Local Speakers and Sponsors

This list is currently being updated by the Triangle Intergroup. If you would like to add your name to the list, please contact Karen S. at 919-557-0864 or email [TriangleNCOANews@pobox.com](mailto:TriangleNCOANews@pobox.com).

Name	Phone	Best Time	Speaker	Sponsor
Karen	557-0864	any	no	yes
Scott P.	835-1410	any	yes	yes
Valerie R.	859-2832	before 9pm	yes	yes
Jim M.	272-0089	before 10pm	yes	yes
Becci	949-2238	any	yes	yes
Marcia W.	544-8734	any	yes	yes
Felicia	682-0870	any	yes	temp
Harriette	596-9543	any	yes	temp
Elizabeth C.	929-5936	any	yes	temp
Jim K.	303-8985	any	yes	no

## Looking for a newcomers meeting?

**Durham, Sunday, 10am at Structure House**

(See Back Page for Address)



**Other meetings marked with an “N” offer a newcomers meeting *during* the regular meeting time.**

(If your meeting has newcomer opportunities, please drop a line to [TriangleNCOANews@pobox.com](mailto: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](http://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](http://www.overeatersanonymous.org)

Registered OA service bodies may reprint individual articles from *Triangle OA Recovery News* for limited personal and group use, crediting *Triangle OA Recovery News* and Overeaters Anonymous.

## Triangle Intergroup (#09314) Overeaters Anonymous Meetings for Spring 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, <b>N</b> , HA	Bethesda Presbyterian Church 1002 N Sandhills Blvd.	Aileen (910) 295-1840
Cary 06494	Monday 7:30-9 pm	D, HA, <b>N</b> , S, T	Greenwood Forest Baptist Church 110 SE Maynard Rd. Room 6A	Carla S. (919) 467-3458
Cary/Raleigh 47262	Sunday 7-8:30 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, <b>N</b>	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	<b>N</b> , V	Westminster Presbyterian Church 3639 Old Chapel Hill Rd (Youth Hut)	Harriette B. (919) 596-9543
Durham 20756	Sunday 10:30am	V, HA <b>N</b> @ 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, <b>N</b> , 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, <b>N</b> , 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

<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: [TriangleNCOANews@pobox.com](mailto:TriangleNCOANews@pobox.com)*