

# TRIANGLE OA Recovery NEWS

A Publication of the Triangle OA Intergroup— Raleigh, NC

Volume 18, Issue 5

Donations Welcome

 **May 2004**

## Every Day, A New Start...Thank Goodness!

### Step Five

*Admitted to God, to ourselves and to another human being the exact nature of our wrongs.*

### Tradition Five

*Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.*

### Concept Five

### Consideration

*Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.*

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

**B**efore I came into recovery I was riddled with guilt and shame. It seemed like everything I did was one step forward four steps back. I couldn't forgive myself for all the mistakes I had made and because I was still in the food I couldn't make healthy decisions on which way to go next. Finally I was led to OA. In those rooms I was taught self-forgiveness, letting go, acceptance, listening to my HP, and learning to love myself all faults included.

Today I am genuinely happy with my life. No more guilt trips or binges. No more starving myself because I don't deserve to eat. No more hating myself because I'm not perfect. Every day I wake up and it's a whole new day. I know that

however the day runs its course I can always forgive myself and I don't have to carry that guilt with me. I am no longer ashamed when I make a mistake. I am not perfect and it is those imperfections that have taught me I still have growing to do. Accepting imperfections in myself also taught me to have compassion and empathy for others who struggle.

There was a time when I constantly judged other people. I would think they were weak because they were expressing emotions, something I wasn't capable of doing. Through

OA I have become aware of my emotions and how sharing those emotions with a trusting person is a healthy part of my recovery. In the past I also judged people on how they looked. I thought if I could just have the perfect figure like "her" my life would be so much better. However, I was not taking into consideration that a nice figure tells nothing about the person's life. Another comment I would make was that that person doesn't have any self control because they look like

"that". All the while I was actively bingeing, starving, and compulsively exercising! OA brought me to humility and acceptance. I now practice not comparing myself to others because we are all on different paths and who am I to judge

*"Every day I wake up and it's a whole new day...."*

what is right for someone else. (I spend enough time trying to figure out what is right for me!)

Just for today I am willing to follow the beautiful guiding light that is my Higher Power. When I stray off course I trust that I will be led safely back because I am willing to work my recovery program. Today is a whole new day to live the message, learn about myself, and be grateful for this 12 step program.

- J.M. Raleigh



### TOPIC FOR June

Topic for June: **Service and Recovery**. You can also write about the Sixth 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 May 6th.

## Writings for May

**B**eing one of those compulsive overeaters who still suffer, I am grateful that OA reminds me that I am not alone and by sharing with others like me, I can still recover. I have made great strides in my spirituality and emotional healing, but physical recover still eludes me. I am still chasing food plans trying to find the right one for me and my food plan changes often. One positive from this is that I can identify foods that give me trouble and have eliminated them from my diet - I guess you might call it a reverse elimination diet! I know that I have to maintain a certain amount of exercise or my body can't use the calories I consume. Couch potatoes just aren't fit and trim! And, most of all, I know that I must turn it all over to HP. My own inept struggles at trying to control this disease have gotten me no where except into a declining physical state. The beauty is that when I mess up, I can start over again and get back on the road to recovery. I can never get so far off the path that I can't begin again. With the support of HP and my fellow OAers, I have confidence that recovery can still be mine. Thank you HP for a place to go where I am loved and accepted just as I am while I become what you want me to be.

- Anonymous

**S**ometimes when I have a slip I get into a bad frame of mind and beat myself up for having to start over again. But recently I came across a writing that pointed out that God starts over all the time. Each time a flower blooms, or a blade of grass pushes up through the earth to the sunlight, or a new life starts in a woman's womb, that is God starting over again. All of creation involves new creation, including me. So each day, I start again. Thank you, OA, for being there to help me start my day.

- Karen, Holly Springs

**I** have been in recovery for a long time and life gets better every day - whether I realize it or not. It's usually when I take some quiet time and look back that I see the gifts of the days of my life.

I believe what I was told. God never give me more than I can handle in any one day. I know that's true because I am still alive despite some hard days when I

thought I couldn't go on. Nothing that has happened to me up to this point was too much to bear. That is the promise of the Program. If I draw near to God, all things are possible.

OA is so much more than a place I come to to get my body right-sized. My membership has changed every aspect of my life. It has touched each and every relationship. I have learned lessons I never set out to learn, but I am a better person for it. I respect myself today and I couldn't say that at the beginning. I have been given so many gifts as a result of just trusting in the principles of OA and showing up.

I recently changed jobs. I just spent the hardest work year of my life in a very difficult assignment. On my first day I knew that this wasn't the place for me, but it took over a year to find another position. If I had known at the beginning that I'd spend over a year at that Company I would have told you that I didn't have the strength to make it. But...one day at a time I made it through and even learned some critical life lessons. I am actually grateful for that job and that boss. I am better for it.

The moral of this story is one I hope to remember. Each day holds the gift of hope. I begin again each day.

- Anonymous

**I** thought it was unnecessary for me to do a formal 5th Step. After all, I had spent many previous years identifying and sharing my past life problems with a trusting therapist. However, my therapist gently guided me towards not skipping this Step.

After sharing my 4th step with a close OA friend, I was mostly relieved to be done with it! I also realized later that while I had not uncovered any unknown deep dark secrets, it was a bit uncomfortable sharing some of these secrets. It was reassuring that this OA friend does not seem to be bothered by what I shared.

The best part of completing my first 5th Step is that for the first time in this wonderful program, I am preceding forward in working the rest of the Steps.

- ms

## **SOAR 8 Meeting Report from Kathy R.**

I would like to begin this report with a message of gratitude to Triangle OA groups and the Triangle Intergroup for giving me the opportunity to serve as Region Rep this year and attend the Region meetings. This service is already helping my personal recovery (more about that below), and I hope will be useful to other recovering compulsive eaters as well.

The Southeastern OA Region 8 (SOAR8) meeting was held March 26-28, 2004, in Atlanta, GA. I am submitting a longer report to the Intergroup, but would like to let all the Triangle OA groups know about some of the highlights of the Business Assembly.

We have a new Region Chair and a new Region Treasurer. Sarah G., the new Chair, was chairing for her first time at this meeting. Sarah reported that she feels the Board (elected at the November meeting) is well-connected and unified, focused on helping us in recovery, and that her goals as Chair are to stay abstinent, stay open to anybody who needs hope for their recovery, and to help the Board present a united front to help our fellowship find unity. Ray from Florida was elected as the new Region Treasurer since the Treasurer elected at the November Business Assembly got sick.

Our trustee, Mary, thanked everyone and bid us farewell. We will have a new Trustee after the May World Service Business Conference. The Trustee will represent our region on the WSBC Board in making decisions for the entire fellowship in between the annual WSBC meetings every May, and will help keep us connected to the worldwide fellowship of OA.

There are OA cruises coming up, both a 4-day cruise and a 7-day cruise. More information about the cruises is available at the Region 8 website, [www.oaregion8.org](http://www.oaregion8.org). The Region newsletter is on the website and has lots of links and information for the entire region. The Region 8 newsletter is looking for a new logo and catchy name. Check it out online!

There is information about 12th Step Within work, relapse and recovery, available from World Service Office, and a committee at the region level that hopes to have more suggestions for intergroups and groups at the next business assembly.

The next Business Assembly and Recovery Convention will be July 9-11, 2004, in Orlando, FL. The Triangle Intergroup will join with the Triad and Piedmont areas to bid for hosting the July 2005 Region Business Assembly and Recovery Convention. I'm planning to be there and would love to have company. This service gives me a chance to connect to new OA members and be inspired by the recovery of others. Anybody who wants to come attend the Recovery Convention can be my roommate. Please contact me (Kathy R 919-401-6124 or [kroundtree@acmhdds.org](mailto:kroundtree@acmhdds.org)) if you're interested.

### **Intergroup Committees!**

### **Service Opportunities!**

<b>Committee</b>	<b>Chair</b>	<b>Phone</b>	<b>E-mail</b>
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 – March 20, 2003

## Who Was Present

Falecia, Chair; Karen, Raleigh MWF; Jenny, Chapel Hill Thurs; Judy, Fayetteville Tues/Sat; Judith, Chapel Hill Tuesday; Valerie, Raleigh Tues; Sue, Newsletter Liaison; Jim M., Newsletter Editor; Harriette, Secretary; Elizabeth, SOAR Rep; Cheryl, SOAR Rep; Corrine, Treasurer; Mary Ann, Vice Chair; Jim C., WSO Rep

## Treasurer's Report

- Contributions were up.
- \$75.00 was turned in for Special Event held after December IG meeting.

## Newsletter

- Updated Speaker/Sponsor list is now being included. Elizabeth C. will continue to provide updates to the Newsletter editor. As the list is updated, Sponsors will be asked to assist newcomers in finding a Sponsor if they are not available. Each IG Rep was asked to speak to their home group members about hosting Sponsorship events and Sponsoring.
- There was much discussion over whether people who are not IG Reps should be allowed to pick up newsletters for a Rep who is not present. This discussion will continue in April.

## Hi-Tech

- The website is currently under construction. Our web address is [www.TriangleOA.org](http://www.TriangleOA.org).

## WSO

- The WSO questionnaire was submitted by the deadline and all comments were forwarded.
- We are currently in the process of locating a printed or electronic copy of our current By-laws.

- Triangle OA can have 3 WSO delegates. If someone is willing to go to WSO meetings and share expenses, contact Jim C. (khoteth@hotmail.com)

## SOAR

- Kathy and Elizabeth have room for someone else to attend and represent the Triangle or just to sit in and attend the SOAR Assembly workshops. If interested, contact Kathy R. (Kroundtree@acmhdds.org)

## Retreat

- The fall retreat will be held Oct 29-31 at Topsail Beach. It will be a Big Book Study retreat with Charles and Susanne from Atlanta. Charles was the recent SOAR chair for our Region 8 and is currently seeming the position of Trustee for our Area.

## Special Events

- A special workshop focusing on Newcomers will be held (hopefully) in June at the Scout Hut in Durham. More details to follow.
- The Special Events Committee is also looking at hosting workshops around Sponsoring and/or Relapse. More information to follow.
- This committee was asked to look at scheduling a Serenity Day around Thanksgiving and Unity Day.

## Miscellaneous

- The Reps discussed members identifying as Food Addicts. Each group is autonomous and it is not a tradition break to identify yourself as a food addict. The Third Tradition states that the only requirement for membership is a desire to stop eating compulsively.
- For questions on copyright concerns and/or travel abroad, it is suggest to contact Sallen@OA.org.

Thanks, Harriette, for taking minutes this month!

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

**INTERGROUP MEETING FOR April**

**SATURDAY, May 15, 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.”

.....

### Wisdom of Step Five

“Nothing in us can be changed until we first accept it.”

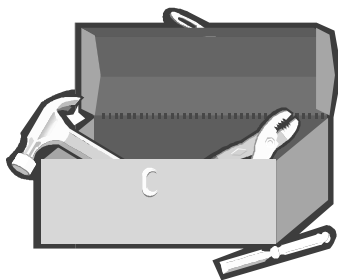
- OA 12 & 12, p. 48



## 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 Elizabeth C. at 919-929-5936 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



### The Eight Tools of Recovery:

A Plan of Eating, Sponsorship, Meetings, Telephone, Writing, Literature, Anonymity, Service

### 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

### **Aberdeen**

- Thursday, 8-9pm; Bethesda Presbyterian Church, 1002 N Sandhills Blvd; Aileen, (910) 295-1840 (S, S/D, N, HA) (#06494)

### **Cary**

- Monday, 7:30-9pm; Greenwood Forest Baptist Church, 110SE Maynard Rd. Room 6A; Carla S, (919) 467-3458 (D, HA, N, S, T) (#10387)
- Sunday, 7-8:30pm; Seventh-day Adventist Church, 4805 Dillard Drive (Corner Tryon/Dillard); Karen, (919) 557-0864 (V, HA, W) (#47262)

### **Chapel Hill**

- Sunday, 4:30-5:30pm; Holy Trinity Lutheran Church, 300 E. Rosemary St. (Augsburg Room); Lauren, (919) 967-8631 (S, T, HA) (#27355)
- Monday, 7:30-8:30pm; Same location as Sunday; Micaela, (919) 383-0937, Linda (919) 933-1355 (V, HA, N) (#02519)
- Tuesday, 6-7pm; Evergreen United Methodist Church, US 15-501 (1/4 mi S of Cole Pk Plaza); Elizabeth (919) 929-5963 (BB, HA) (#32098)
- Thursday, 7-8pm; Same location as Sunday; Mary Anne (919) 968-0304 (L, HA) (#12897)

### **Durham**

- Tuesday, 12:30-1:30pm; St Phillip's Episcopal Church, 403 E Main St (in Education Bldg Library); Robin A (919) 683-3013 (V, HA, BL, W) (#28531)
- Saturday, 10-11:30am; Westminster Presbyterian Church, 3639 Old Chapel Hill Rd (Youth Hut); Hariette B (919) 596-9543 (N, V) (#45514)
- Sunday, 10:00 Newcomer's Meeting, 10:30 Regular meeting; Structure House, Room 220, Second Floor, 3017 Pickett Rd.; Judith T (919) 542-6722 (V, HA, N) (#20756)

### **Fayetteville**

- Tuesday, 7-8pm; Westminster Presbyterian Church, 2505 Villiage Dr at Purdue Ave; Kristin (910) 257-8590, Mitzi (910) 423-2577 (S, D, HA, L, V) (#37188)
- Saturday, 11-12pm; VA Medical Center, 2300 Ramsey St (Appalachian Blessing); Suellen (910) 488-3349 (V, HA, S, T, D) (#33594)

### **Greenville**

- Thursday, 7-8pm; First Presbyterian Church, Corner of Elm and 14th St; Liz (252) 756-6629 (V) (#46226)

### **Hillsborough**

- Wednesday, 7:30-9pm; Hillsborough Presbyterian Church, Churton and Tryon Streets; Robin L. (919) 732-0936, Alisa (919) 490-5878 (S/D, T) (#33461)

### **Raleigh**

- Monday, 12:30-1:30pm; Grace Lutheran Church, 5010 Six Forks Rd Room 3; Cathy C. (919) 848-6963 (D, HA) (#32458)
- Tuesday, 7:30-9pm; Same location as Monday; Scott (919) 835-1410 (D, S, N, HA, S/D) (#04874)
- Wednesday, 12:30-1:30pm; Same location as Monday; Cathy C. (919) 848-6963 (S, T, HA) (#20285)
- Thursday, 7:30-9pm; Highland UMC, Class Bldg, 2nd Floor, Ridge Rd at Lake Boone Tr; Evelyn (919) 848-6798, Jim K. (919) 303-8985 (D, N, HA) (#08041)
- Friday, 12:30-1:30pm; Same location as Monday; Cathy C. (919) 848-6963 (L, HA) (#32459)
- Saturday, 9-10am; Holy Trinity Lutheran Church, 2723 Clark Ave, @ Brooks St enter Education Bldg, Rm 200; Jim C. (919) 773-0477 (S, T, C) (#16772)

### **Rocky Mount**

- Thursday, 7-8pm; Nextcare Specialty Hospital, 1031 Noell Lane; Dale (252) 407-8114 (D, L, HA, V) (#45038)

### **Newcomer's Meetings**

Newcomer meetings are available on meetings marked with an "N" above. Those meetings are Aberdeen Thursday, Cary Monday, Chapel Hill Monday, Durham Saturday, Durham Sunday, Raleigh Tuesday, and Raleigh Thursday.

Triangle meeting information: (919) 406-9300. See page 5 for additional meeting information.

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

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