

Recovery NEWS

TRIANGLE O A

A Publication of the Triangle OA Intergroup— Raleigh, NC

Volume 18, Issue 6
Donations Welcome

 **June 2004**

Every Day, A New Start

Step Six

Were entirely ready to have God remove all these defects of character.

Tradition Six

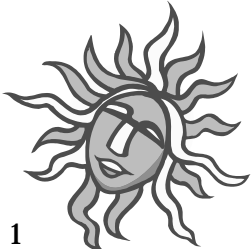
An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

Concept Six

Responsibility

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

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



One thing that I have appreciated the most about OA, has been this slogan, "Every day, a new start." My eating history, over my years in the Program, has been of periods of abstinence, followed by bad slips or relapses. However, the availability of OA to help me has made these

episodes brief. I can make a phone call, write about things that have been bothering me, or attend extra meetings. I can read appropriate parts of the OA and AA literature.

All it takes is willingness, which comes quickly when I realize how much my abstinence means to me and how much more complicated my life is without it. In a matter of days, I can be back on track.

Before I knew about OA, my life was one of constant overeating. Then, after a number of months, I would become horrified by how much

weight I had gained, and would begin looking around for some kind of fix: a new miracle diet, a new weight-loss doctor, or the latest scheme for taking off weight quickly and painlessly. Sometimes these would be successful for a time, but inevitably, as soon as my weight dropped to a less alarming

level, I would go back to compulsive overeating and self-loathing as my weight began to creep, or gallop, upward. This happened over and over, and I couldn't figure out any way to prevent it.

"I don't have to start looking around for another miracle cure..."

Now, OA and the people in it are always there to help me. I turn to them immediately, as soon as I know that I'm sliding into trouble. I don't have to start looking around for another miracle cure; I know I always have one in the steps and tools of Overeaters Anonymous.

- J. T.

TOPIC FOR July

Topic for July: **Service and Recovery**. You can also write about the Seventh Step or Tradition. We are **always** looking for writings to put in the newsletter. Please send your writings to newsletter@triangleoa.org by June 10th. Thanks!

Writings for June

When I first approached step 6 I was told that nature abhors a vacuum. I believe that this is true for me and for many of our fellowship when it comes to being entirely ready to part with our defects of character. If I am to give up a defect of character I must develop a positive character aspect to fill the void left by my departing character defects. In fact the best way to give up the defect is to develop the positive aspect to such an extent that it begins crowding the defective character aspect and pushes it out of my life.

If I am to give up people pleasing I must ask God to take away the people pleasing rather than just sitting back waiting for a miracle to happen. I must work to increase my self respect and to become more assertive. If I am diligent about developing these positive traits, when an opportunity to be a people pleaser comes along, I will have the tools that I need to help me do my HP's will: To be fair to myself and others, and to take care of my needs without taking advantage of another person or being taken advantage of myself.

- Anonymous

It is difficult to be entirely ready to part with my defects because I still use those defects to cope with life. In the same way I use food, I use defects as a tool to deal with life or not to deal with life. I use some defects as a shield to avoid feelings and situations.

My attitude toward change is that I find willingness to consider life without these defects, and to ask my Higher Power for the courage to be free of these defects. I feel that being entirely ready to have God remove these defects is to be

willing. For me, being ready and willing may not mean being enthusiastic or excited, but ready to be willing to live my life without these defects as God removes them in His time.

- Neil, Raleigh

Why is it hard to part with my defects? Because entangled in my defects are assets. I am my defects and assets. Who will I be without them? Will an unfamiliar way of responding work? Be more appropriate? Successful? There is a great fear that I might be

throwing out the baby with the bath water. Step 6 asks willingness, the humility to work with a Higher Power in examining better responses to life's challenges, responsibilities, and possibilities.

- Anonymous

Why is it so hard to be entirely ready to part with my defects? Sometimes it's hard to see myself without the defect. Sometimes it's hard for me to believe the defect can be removed. Sometimes it's that I feel like if I'm

not 100% sure or happy I want to let go of the defect, I shouldn't even talk to God about it. For me, the whole "entirely" business can feed into my perfectionism. With the help of my sponsor, though, I have realized that sometimes I just have to "fake it" till I "make it." And once I reached step seven and asked God to remove the defect, if it didn't go away in my time, that didn't mean it wasn't worth the effort. My abstinence is worth the effort. I'm worth the effort. So even when the "readiness" doesn't feel like it's all there, I continue to ask God for the willingness to let my defect go.

- Anonymous



Parting With the Defect

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



INTERGROUP MEETING FOR June

SATURDAY, June 19, 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.

Intergroup Committees! Service Opportunities!

If you are interested in doing service on one of these committees, please contact the committee chair. Note that the Hospitals/Institutions (HIPM) committee needs a chairperson. If you are interested, please attend the next Intergroup Meeting, or ask an Intergroup Rep for more information.

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	Position available!		
Public Information	Scott P.	919-835-1410	scottdavidphillips@hotmail.com
Special Events	Cheryl F.	919-493-8628	chfrazier@yahoo.com

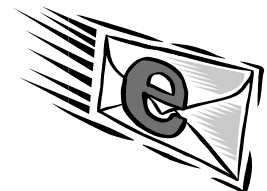


A new web site for the Triangle OA Intergroup:

www.triangleoa.org

A new e-mail for the Triangle OA Newsletter:

newsletter@triangleoa.org



TRIANGLE INTERGROUP MEETING - April 17, 2004

Who Was Present

Felicia, Chair; Mary Anne, Vice Chair; Harriette, Secretary; Corrine, Treasurer; Jim M., Newsletter Editor; Sue, Newsletter Liaison; Kathy R., SOAR Rep; Jim K., Hi Tech Chair; Cheryl, Special Events Chair; Karen, Outreach Chair; Jenny, Cary Mon., Ryan, Chapel Hill Mon., Judith, Chapel Hill Tues., Marsha, Durham Sat., Cheryl, Durham Sun., Judy, Fayetteville Tues./Sat.; Valerie, Raleigh Tues. p.m.; Karen, Raleigh Fri. noon; Liz, Raleigh Sat.

What We Talked About

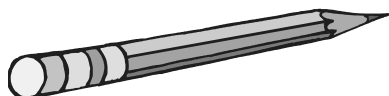
- Corrine reports that contributions are up! Funds have been forwarded to the SOAR and WSO reps for upcoming travels.
- Jim will put a box in the newsletter to remind groups of their upcoming commitments to write for the newsletter. Also, please note that an upcoming headline will note that the HIPM position is now vacant and is a great opportunity for service.
- Check out the website! TriangleOA.org is up and running! After two months the cost will be \$19.95 per month to maintain the site. There will be a new link soon to order materials from WSO.
- Kathy reminded us that the SOAR newsletter is available at www.oaregion8.org.
 - A Pocket size 12 & 12 will be available soon!
 - 2007 World Convention will be held in Pennsylvania.

- Group Outreach is working on a list of individuals willing to get late night phone calls or add their names to the Sponsor/Speakers list. If you are willing to do either one of these services, please let your IG rep know as soon as possible.
- Please note that IG is looking for a HIPM chair. Is this service calling your name?
- A special Newcomers' Meeting will be held on June 26th at the Youth Hut in Durham.
- The meeting will have 3 speakers during the 1 1/2hr. meeting. Look for a flyer coming to your meeting soon!
- There is also a Recovery from Relapse event tentatively planned for August.
- Groups... please continue sending reps to IG.
- New policies for picking up newsletters are as follows:
 - if an individual attends IG, that person may pick up newsletters for their home group;
 - if one lives beyond the 50 mile radius of IG, (i.e. Fayetteville), that person may pick up for other groups in that area;
 - for groups within the 50-mile radius, if someone does not pick up the newsletters, one will be mailed as usual;
 - for groups outside the 50-mile radius without IG attendance, IG will continue mailing the newsletters.

Thanks for the opportunity to serve, Harriette

Writing for the Newsletter!

The groups on the right have volunteered to contribute writings to the next newsletters.



Individuals can always send contributions to the newsletter at newsletter@triangleoa.org

Month	Group	Topic
July	Thursday Chapel Hill	Step 7, Tradition 7,
August	Saturday Raleigh	Step 8, Tradition 8,
September	Saturday Durham	Step 9, Tradition 9,
October	Monday Cary	Step 10, Tradition 10,
November	OPEN!!! Available for	Step 11, Tradition 11,

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

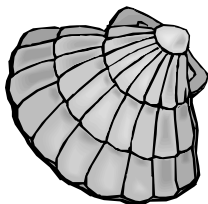
“God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

.....

Wisdom of Step Six

“It will be up to a Power greater than ourselves to remove [our defects] from us; we can't do it alone.”

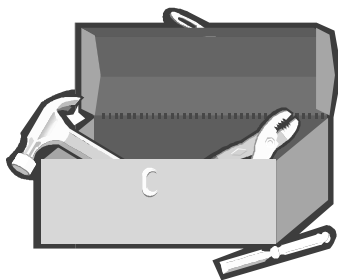
- OA 12 & 12, p. ??



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 newsletter@triangleoa.org.

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

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

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 Summer 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); Laureen, (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.

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: newsletter@triangleoa.org