



# Recovery

TRIANGLE OA

# NEWS



A Publication of the Triangle OA Intergroup— Raleigh, NC

Volume 18, Issue 7

Donations Welcome



## Independence, Self-Support, and Trust

### Step Seven

*Humbly asked Him to  
remove our  
shortcomings.*

### Tradition Seven

*Every OA group ought to  
be fully self-supporting,  
declining outside  
contributions.*

### Concept Seven

#### Balance

*The Board of Trustees  
has legal rights and  
responsibilities accorded  
to them by OA Bylaws,  
Subpart A; the rights and  
responsibilities of the  
World Service Business  
Conference are accorded  
to it by Tradition and by  
OA Bylaws, Subpart B.*

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

**W**hy do we need to pay rent if the church says they would be happy to give us the use of the room? Why don't we get local businesses to donate prizes for our Serenity Day raffles? Tradition 7 tells us that we ought to decline outside contributions.

This tradition, like tradition six, keeps OA free from the influence of any person or group except the will of our Higher Power, as expressed in the group conscience of our fellowship.

Is there a personal application for me as one person recovering in OA? I believe there is. This tradition teaches me that—though I am encouraged to reach out for help to HP and my fellow recovering compulsive eaters—I am to avoid inappropriate dependency. I support the group and “pay back”

the help I receive with both financial contributions and service. This allows the group to be self-supporting and me to form a healthy interdependence instead of a lonely isolation or an unhealthy dependence.

**“This tradition  
teaches me...  
to avoid  
inappropriate  
dependency.”**

Finally, Tradition 7 is about trust. I am learning to trust that I will be given the strength, skills and willingness I need to do service if I will make the commitment to serve, and that even when I

feel fear of economic insecurity, I can afford to support OA to a level consistent with my resources. I can also trust that HP is working through all of us to make sure that our groups can remain self-supporting and will continue to be there for me and for everyone suffering from our disease that wants our brand of recovery.



**TOPIC  
FOR  
August**

Topic for August: **My Hand in Yours.** 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](mailto:newsletter@triangleoa.org) by July 8th. Thanks!

## **I Hate Doing Service!**

**I** hate doing service. Why? When I commit to doing service, it means I have to show up. Well, I suppose I don't have to, but it's much harder to let my fellows down than it is to let myself down.

Much like my recovery, I've eased into service gradually over the years. About once a year, I volunteer to take the key, usually when the regulars aren't available. This past year, for instance, I took the key for our Thanksgiving meeting. What was I thinking? I had a house full of people coming over for dinner plus a nasty cold. I was full of resentment. A miraculous thing happened, however. I enjoyed my first abstinent Thanksgiving. I don't know whether my service commitment or my cold (or perhaps a combination of the two) prevented me from going down the usual road of incessant binging and purging. All I know for certain is that for that one meal, my HP granted me the gift of abstinence. Plus, I didn't have to do the dishes!

I don't know if I will volunteer for holiday key duty again, but last year's experience showed me that holiday "slips" are not a certainty but a choice. Thank you HP for providing me with a saner alternative.

- Anonymous

## **On Recovery**

**I** have now been in OA for 14 years. The 12th anniversary of my current abstinence was last month. That comes to 13,140 meals. It is also the same length of time between my first day at school and my graduation from high school.

Over the past year, I have begun to feel the serenity that comes with Recovery. It has arrived like a gentle breeze or a quiet rain. It is the feeling that I had as a little girl when I awoke in the morning, excited about what pleasures the day had in store. It is the feeling that I am surrounded at all times by a host of loving friends. Its voice is not loud but strong, powerful yet kind. It is the feeling of assurance that, no matter what life brings, I will be okay because I am not alone.

It is the feeling of an abstinent mind and an abstinent heart. It is the feeling of Recovery. There is no joy to match it.

Thank you, OA, for giving me this freedom. Thank you for giving me my life.

- Anonymous, Chapel Hill

## **One Person's Experience: The Seventh Step**

This 7th step is something to happen after taking stock of my faults, and admitting them to another person. I find that I sincerely ask God to forgive me often. But to actually remove the shortcomings, that means I've really owned them and become ready to release them. This, therefore, while a supplicant act, is an empowered act. I have owned the issue fairly and chosen to let a fault go.

I am well aware of my shortcomings (4th step). Sometimes I share them with another. It's the 6th and 7th step that are my challenge points. Owning my issues and being complacent about them is one thing. Being willing to change is another. Then actually offering them up - now that's powerful, often difficult. If I'm really sincere. It's one thing to by rote ask God to forgive me and even change me, but the depth of this program is that I get to be ready - and then truly let go.

When I've done those steps, the lifting of the burden may happen with the lift of the wind. It can be instantaneous. For the work of my Higher Power is love itself - and there is no end or beginning to the power of love.

Getting ready to have God lift away my flaws is much more than flogging myself for my faults. It's actually the opposite. It can happen only with the power of forgiveness and love - of myself to myself. When I castigate myself for my errors, I create a negation in myself - and my spirit necessarily rebels. But there is nothing to rebel against with Love. Love includes all, including my pain, my grief, my anger which arises from my pain and my non-helpful behaviors which harm myself or others.

I found friends and family to be much more loving and forgiving of me than I can be to myself. I often use them as models for how I must be towards myself. As I am to me, so my God is to me also.

Thanks for letting me share.

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



**INTERGROUP MEETING FOR July**

**SATURDAY, July 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.**

**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.

<b>Committee</b>	<b>Chair</b>	<b>Phone</b>	<b>E-mail</b>
Retreat	Jennifer M. Neill M.	919-532-4332 919-789-9402	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



**OA Beach Retreat: Oct 29-31!**

**Details and flyers coming soon!**

# TRIANGLE INTERGROUP MEETING - May 15, 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; Elizabeth, SOAR Rep; Jim C. WSO Rep; Cheryl, Special Events Chair; Donna, Aberdeen; Ryan, Chapel Hill Mon., Judith, Chapel Hill Tues., Virginia, Tuesday Durham; Judy, Fayetteville Tues./Sat.; Valerie, Raleigh Tues. p.m.; Steve, Raleigh MWF noon; Jenny, Chapel Hill Thurs.

## What We Talked About

- Secretary and Treasurers' reports were accepted.
- The treasurer did note that the prudent reserve we have is sufficient to cover any costs if we host SOAR in July of 2005. It was also noted that the increase in the phone cost was an across the board increase and since the price is still comparable to other agencies, we will keep the service.
- The Thursday before the second Saturday of the month is the deadline for the next newsletter contributions. Anyone can submit articles for the newsletters, so encourage members to keep them coming. A member asked if the High Tech committee could see if newsletter contributions might be submitted directly to the web site.
- WSO - The Dignity of Choice guideline was passed. At the conference, it was stressed that it is a guideline only. Groups are free to order or not, just as members are free to pick it up or not. The guideline states that the food plans listed are

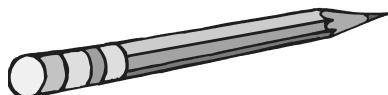
suggestions only and that each individual is encouraged to get with their physician or health care provider to determine what is right.

- Excerpts from Roseanne's talk will be submitted to the newsletter and the entire speech will be posted on the web site.
- SOAR Report - Elizabeth presented her summary of the last SOAR and thanked the group for allowing her to serve. During her summary, she spoke on the tradition violation of saying "God", for example, instead of reading the steps or traditions as they are. Some when reading are substituting the words "Him or Her", etc.
- In her absence, Kathy's update on submitting a bid for our area at the next SOAR event in Florida was presented. The co-chair for the Piedmont area is unable to continue in that capacity. Our reps have been asked to think on whether we can host this event solo, and are to ask members of their groups if anyone is willing to serve as treasurer or registrar for the event. The findings are to be presented at June IG. Others also provided information on other areas willing to help with the event if our bid is accepted. Western Carolina, High Point, Rocky Mt, and Coastal Carolina all have individuals willing to serve in some capacity.
- Our chair (I think Felicia said she'd do this) will be updating our group information and reps are asked also to provide information on groups w/o treasurers and/or on the verge of folding.

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](mailto:newsletter@triangleoa.org)

Month	Group	Topic
<b>August</b>	Saturday Raleigh	Step 8, Tradition 8, My Hand in Yours
<b>September</b>	Saturday Durham	Step 9, Tradition 9, Promises Come True
<b>October</b>	Monday Cary	Step 10, Tradition 10, Using the Tools
<b>November</b>	Tues Chapel Hill	Step 11, Tradition 11, My Favorite Slogan
<b>December</b>	Open!! Available for sign-up!	Step 12, Tradition 12, Gifts of the Spirit

## 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.”

.....

## The Seventh-Step Prayer

“My creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.”

(Alcoholics Anonymous, p. 76)

## Speakers, Sponsors, and Phone Buddies

If you would like to add your name to the list, please contact Elizabeth C. at 919-929-5936 or email [newsletter@triangleoa.org](mailto:newsletter@triangleoa.org).

Name	Phone	Best Time	Speaker	Sponsor
Alice H.	919-467-8786	before 9pm	yes	yes
Scott P.	919-835-1410	any	yes	yes
Valerie R.	919-859-2832	before 9pm	yes	yes
Neill M.	919-789-9402	before 10pm	yes	yes
Becci	919-949-2238	any	yes	yes
Marcia W.	919-544-8734	any	yes	yes
Felicia	919-682-0870	any	yes	temp
Harriette	919-596-9543	any	yes	temp
Elizabeth C.	919-929-5936	any	yes	temp
Jim K.	919-303-8985	any	yes	no
Tammy M.	919-303-1802	before 9:30pm	yes	no
Watson	919-571-8330	before 9:30	yes	yes
Liz	919-661-0183	any	yes	yes
Leilani	919-387-1859	M-F before 5pm	yes	no
Dianne A.	919-787-1337	before 9:30pm	yes	no
Julie B.	919-790-0692	before 11pm	yes	yes
Lisa B.	919-752-0213	any	no	no
Tricia S.	919-247-1067	any	no	no
Mike	919-749-5371	any	no	no
Evelyn	919-848-6798	any	no	no
Ava	919-481-4864	before midnight	no	no
Dannette	919-862-9118	any	no	no
Karen	919-819-6089	before 12:30am	no	no

## 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, 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, Blowing Rock)

(888) 889-8226 - Crystal Coast (Havelock, Greenville, Wilson)

(864) 282-0105 - Upstate South Carolina      (828) 258-4821 - Western NC (mountains)      (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 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); No contact person (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)

### **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: [newsletter@triangleoa.org](mailto:newsletter@triangleoa.org)*