

Recovery

TRIANGLE OA

NEWS

A Publication of the Triangle OA Intergroup— Raleigh, NC

Volume 18, Issue 8

Donations Welcome



August 2004

Thank God for the Traditions!

Step Eight

Made a list of all persons we had harmed and became willing to make amends to them all.

Tradition Eight

Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

Concept Eight

Delegation

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.

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

I am so thankful OA has traditions and that one of them is that we should remain forever nonprofessional. To me, professionals are paid to be experts in some area and the beauty of OA has been giving up the idea of there being a “right” answer for any decisions I make. This has given me a freedom to experiment and pay attention to what is working for me. When I first came into program, I agonized over what was the best, perfect decision – what were the perfect food plan, the perfect job, and the perfect way to “handle” my kids. OA has taught me through the example of the sharing in the group, the steps and traditions, to let go of perfection, of being an expert, what incredible freedom! Us all being non-professions makes us all equal no matter what our particular circumstances are at the moment. I don’t have to look up to the professional or put on a front as though I were the professional. I

am so thankful to get to know people in so many professions who share their experience, strength and hope with me in meetings, calls and one on one in interactions in OA.

I listened to a tape on a long car trip recently. The speaker, a

“I don’t have to...put on a front as though I were the professional....”

therapist, said there would be a lot less needs for therapists if people attended to their spiritual needs. Thankfully, due to tradition 8, we don’t provide psychotherapy.

We provide the opportunity to attend to our own spiritual needs.

- Anonymous

About Tradition Eight:

Others not getting paid - I can just pick up the phone when I need to.

Me not getting paid - I can be open about difficulties with life and eating. Keeps me from feeling hypocritical.



TOPIC FOR September

Topic for August: **Promises Come True.** You can also write about the Eighth Step or Tradition. We are **always** looking for writings to put in the newsletter. Please send your writings to newsletter@triangleoa.org by August 13th. Thanks!

Writings from Raleigh Saturday Morning

Traditions in OA are the way I am social about my groups. No question is irrelevant. No comment can be ignored.

One of my lunacies is wanting to get “it” right without labor or discomfort. Looking at my actions vis a vis traditions help me live with all my conflicts.

I don't wish to be eccentric; I require the feedback it generates. Seeking honest expressions of my experience promotes self-observation & discrimination among less-worthy attitudes about my day.

“**T**rying to hide?”... yes I'm guilty. I am often ashamed and I feel shamed when I do not measure up. Thinking I can keep it a secret is quite evident when the scale does not change or I do not lose weight because I'm not honest with working the program.

Why do I think I can create my own program or do it my way? Why do I think I can not follow the rules but still expect positive results? Thank God for a program of new beginning and starting over again. Thank God for volunteers willing to tell their story, who are willing to share how they achieve their results. - Anonymous

I spent many years keeping a small OA meeting going. That is how I viewed it for several years after doing a step 5 that I didn't work with a sponsor, rationalizing that there were no other people in my hometown who could be a sponsor (true, but there were sponsors in a town an hour away). However, an underlying theme was that I felt that since I was a “professional OA”, needless to say even though I kept coming to meetings, I was in relapse without truly recognizing this. The beginning of a shift in attitude occurred when my Higher Power revealed to me that I would keep coming to meetings, to be there, not out of any obligation or need for recognition, but because I needed the meetings for my recovery.

I'm non-professional alright! The first time I was a sponsor I listened for hours on the phone to my sponsee tell me all of her problems! Sometimes I'd be lying in the floor, phone to my ear, wanting to scream! With each opportunity to sponsor, I have learned through the years of my recovery, how to stop letting people “dump” endlessly, how to not give advice, how to listen patiently and trust HP to enable me to select exactly the right few words. A question

to ask, an assignment to give, a specific example of my recovery to share...what is most helpful right here and right now. Learning how to be useful and healthy as a sponsor has been a growing experience. But growth is what this spiritual program is ALL ABOUT! - S.J.

Tradition Eight regarding giving service in OA has helped me return to abstinence. After being abstinent for 5 months and reaching my desired weight, I returned to compulsive overeating. I started bingeing after breaking up a relationship with a loved one. My heart was “broken”. Loneliness set in and all I could do to fill the hole left by my feeling of emptiness was to fill it, to stuff it with junk food.

I finally called my sponsor and went to a meeting I was asked to meet with a newcomer to discuss the finding OA and to encourage her to use the tools. Amazingly, the emptiness lifted. I had a sense of well being as I discussed OA with this young woman. By reaching out to her and doing service in OA I filled my empty hole without needing to overeat.

From my personal experience, it is hard to be a “two hatter”, a professional therapist treating eating disorders and treating my “personal recovering” in OA.

There is the “I hear stuff all day and now I'm supposed to go hear some more at night”. This is where my sponsor has to remind me, “No, you go there because that's where recovery is”.

Sponsorship becomes problematical because I can be prone to give advice interrupt instead of listen and to be trusted when the sponsee “isn't doing it right – that is my way! So mostly I give back to program through service where I am simply “a trusted servant”.

Sometimes getting personal sponsorship has been an issue as members either believes I'm a “know-it-all” or “what do they have to offer me?”

I was glad OA unanimously, including all board members, voted not to have non-OA members on the World Service Board as “paid consultants” as this would have been a direct breach of Tradition 8.

And finally, since political correctness is the buzz word of the day, and trying to update gender and language issues to address “this generation of recovers” should not change “special workers” to “OA challenged workers”. That should help recruitment a whole lot more.

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



INTERGROUP MEETING FOR August

SATURDAY, August 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.

Intergroup Committees! Service Opportunities!

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

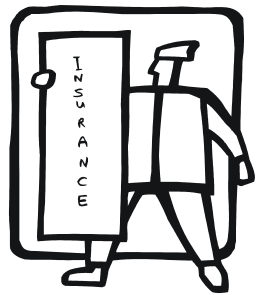
| Committee | Chair | Phone | E-mail |
|--------------------|-------------------------|------------------------------|--------------------------------|
| Retreat | Jennifer M. Neill M. | 919-532-4332 919-789-9402 | Spinning_stars4u@yahoo.com |
| Group Outreach | Karen S. | 919-557-0864 | ksmith2030@nc.rr.com |
| High Tech | Jim K. | 919-303-8985 | Jim.kerick@mindspring.com |
| HIPM* | Position available! | | |
| Public Information | Scott P. | 919-835-1410 | scottdavidphillips@hotmail.com |
| Special Events | Cheryl F. | 919-493-8628 | chfrazier@yahoo.com |

* Abbreviation for a Conference committee called Hospitals, Institutions, Professionals and the Military. The committee coordinates contact with institutions where OA meetings may occur and provides information about OA to health care professionals who may refer patients to OA.



OA Beach Retreat: Oct 29-31!

Details and flyers coming next month!



Have you seen the **Recover Insurance Policy**?

Check out the URL: <http://www.oa.org/pdf/RecoveryInsPolicy.pdf>

The Triangle Intergroup needs a new Treasurer!

Qualifications include:

- One year's current abstinence
- Maintain checking and savings account
- Submit monthly financial reports
- Prepare and present year-end report to IG
- Prepare and present annual budget for following year

Interested? Contact your IG representative or send a note to **newsletter@triangleoa.org**.



More Writings from Saturday Raleigh

Growing up in an abusive environment with a controlling mother – I learned a lot about manipulation, chaos, insanity, and mistrust. There was a lot of power playing – not a lot of independence, equality or choices. But a childhood full of fear, chaos, and insecurity. I was so busy trying to figure out what I could do, be and change thinking that would stop the anger, fighting, and abuse. I never knew who I was, what I wanted or what my needs were because I was too busy trying to be something else. I always thought my mom's moods shifts and outbursts were my fault – I wasn't good enough.

Then I found myself in recovery and finally began to understand why there were guidelines like the steps and traditions...anonymity. I've finally been given the opportunity to find out who I am and what was meant to be. I love the idea that I am equal to everyone in program – no better, no worse. It releases my ego, my insecurity. Tradition 8 helps me to keep it simple. The only thing that I have to give is my own experience, strength, and hope. What I give I get back 3-fold in my recovery. I cannot isolate in my disease. As long as I work in program I will always continue to receive many blessings and discoveries of what I need and how to have those needs met.

About Cary's Sunday Meeting...

I would like to plug the Sunday evening meeting in Cary! As of late no-one else has been there to my knowledge and I have stopped attending. But I have heard that people have come to the meeting and found no-one there. That is just one of those sad coincidences because I was attending every week as best as I could forever! Right now I am the only person with a key to the building who was regularly attending. I would be exceedingly happy to go if anyone else were to be there! Please call me and let me know you want to go before you come and I will meet you there. I still keep my Sunday evenings open! Thanks. Suzanne 919-779-1287.

Part 1 of "World Service Business Conference 2004: Cofounder's Address"

By Rozanne S.

Good morning my friends. My name is Rozanne, and I'm a compulsive overeater. Tonight I will have been coming back to OA meetings for forty-four years, three months, and twelve days. That's what I mean when I talk about "Keep Coming Back." Also, I do thank all the delegates who were here last year who signed that huge, beautiful, yellow card you all sent to me in Los Angeles. I was very touched by your love and caring, and I'm so happy to be back with you this year.

The theme for this year's Conference is "Unity: Together We Can." Keeping in mind that together we can do what we could never do alone, I want to start by taking you back to OA's earliest times. The year was 1966; we were six years old, and we had 100 groups across the United States. At that time Margaret P. was our national secretary, and I was helping her answer our ever-increasing mail.

"Rozanne," she said, "it's my job to reply to incoming letters, but I'm answering the same questions over and over. I wish we could send an experienced member to every meeting to share solutions to group problems and explain OA and our recovery program."

"Instead of a person," I answered, "we'll send a handbook to serve as a stand-in for that experienced individual." I envisioned myself and the older members physically reaching out to all those who came after us. As the idea took shape, that image became the theme for the new booklet, and the title of the booklet came from my visual image: "I Put My Hand in Yours."



"Remember, you are not alone," we said in the booklet. "We are all with you all the time, even though you may feel lonely and far away from other OA groups. We in OA have suffered as you have, we have been helped for many powers outside of ourselves, and we have been shown a new way to live. We say in all sincerity, 'come with us and let us show you the way,' and as we reach out to you, we truly hope that you will take heart...and put your hand in ours."

We were learning that we not only had to seek help for ourselves from another compulsive overeater, but in order to keep our precious abstinence, we had to give away what we had been given.

continued in the September issue

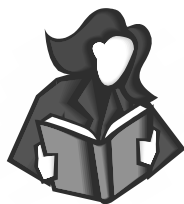
Need to Read?

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

TRIANGLE INTERGROUP MEETING – June 19, 2004

Who Was Present

Marcia, Sat Durham; Sue M, Newsletter Liaison; Valerie R, Tues PM Raleigh; Donna M, Thurs Aberdeen; Judy, Tues & Sat, Fayetteville; Sue, Fayetteville; Felicia, IG Chair; Jennie, Thurs Chapel Hill; Corrine, Treasurer; Kathy R, Region Rep; Jim M, Newsletter Editor; Judith T, Tues PM Chapel Hill; Steve M, MWF Raleigh; Lynn P, Mon Chapel Hill; Karen S, Group Outreach Committee; Virginia G, Tues Durham

What We Talked About

- Minutes from previous meeting reviewed and approved with the exception that Kathy R was not actually present.
- Treasurer's Report reviewed and approved. A new SOAR Treasurer has been named. Corrine can be contacted for the address.
- The Treasurer position will be vacant when Corrine leaves at the end of August. Treasurer requirements will be included in next newsletter.
- Newsletter articles were provided last month by Thursday night Chapel Hill. Sat Raleigh has signed up for July newsletter, but anyone can submit articles. Deadline is Thursday before the 2nd Saturday of the month (July 8). Rosanne's excerpts will be in the next newsletter.
- Jim presented the special events committee report. There was a conference call on Monday, June 24.
- Group outreach committee is looking for some guidance on requirements. Kathy R will communicate with Karen and Felicia will check with former chair for more information.
- The **fall retreat** will be Oct 29-31. There will be 50 spots available. More information will be in the September newsletter.
- Region has asked us to take the March 2005 bid for the **SOAR business conference**. We will be working with the Piedmont IG. They will be responsible for hotel, etc and we will be responsible for registration & treasury. Sue & Marcia have agreed to be treasurer and registrar respectively. The

Coastal & Western IGs will assist. If duties are split evenly, 50% of proceeds will go to Region & 25% to Piedmont & Triangle IGs. A hosting manual is available on the region website with timelines, etc. Kathy R will coordinate with Piedmont. We decide about abstinence requirements for all except the banquet speaker.

- Kathy recommended this as a good service to Region. Susan R is the Piedmont contact along with Heather. The month is fixed, but not the weekend. A motion was made to accept Region's request that we co-host the SOAR business conference and that the hotel will be in Charlotte. The motion was seconded and approved. Website is www.oaregion8.org.
- There is a recovery convention cruise planned for November for all interested. Valerie will attend the SOAR in Orlando from July 9-11 along with Kathy R.

Other business:

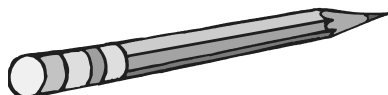
- A discussion of sponsorship followed. It was decided that the list in the Newsletter would be clarified to provide better understanding of "speaker", "sponsor" and "available". We were reminded that everyone is a potential sponsor and that experience, strength and hope can be shared up to the level of recovery.
- Action Item: Hitech Chair – determine possibility of a page that will support and develop sponsorship. Kathy R will check on a Service & Traditions Workshop provided by Region. Discussion of workshops was tabled until Felicia can check with Cheryl to determine if a sponsorship workshop is on the calendar. Donna will provide an article for the newsletter.
- **Nomination for Treasurer** will be on the agenda for next month's meeting.

Thanks to Judy for taking the minutes and providing service!,



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 |
|------------------|-------------------------------|--|
| September | Saturday Durham | Step 9, Tradition 9, Promises Come True |
| October | Monday Cary | Step 10, Tradition 10, Using the Tools |
| November | Tues Chapel Hill | Step 11, Tradition 11, My Favorite Slogan |
| December | Open!! Available for sign-up! | Step 12, Tradition 12, Gifts of the Spirit |
| January | Open!! Available for sign-up! | Step 1, Tradition 1, Just for Today |

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.”

.....

On Step 8:

“We will need to include the name of everyone we can remember having harmed, even those who hurt us first....It might help us to remember that our purpose in doing step eight is not to judge others, but to learn attitudes of mercy and forgiveness.”

(OA 12 & 12,
p. 69)

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.

| 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 |

Phone Buddies: A phone buddy is someone who is willing to take OA-related calls. Everyone on the list above is an OA Phone Buddy. Having a hard time or just need to talk? Give them a call!

Sponsor: A sponsor is someone who can work more closely with you as you work on your recovery. A “temp” sponsor is someone who can help you on a temporary basis until you find a permanent or long-term sponsor.

Speaker: A speaker is someone who is available to chair OA meetings.

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

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); Call Suzanne, (919) 779-1287, before attending. (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)

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