

Recovery

TRIANGLE O A NEWS

A Publication of the Triangle OA Intergroup— Raleigh, NC

Volume 18, Issue 9

Donations Welcome



September 2004

Step Nine and The Promises

Step Nine

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition Nine

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept Nine

Ability

Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

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

Step Nine says, "Made direct amends to such people wherever possible, except when to do so would injure them or others."

Making amends for me is such a good thing basically because after doing so, I can lay my head down at night and rest. Making amends gives me serenity, such a good thing.

I like Step 9 but even more than that, I REALLY like what comes after this step, the Promises, on pages 83-84 of the Big Book. Here it states, "If we are painstaking about this phase of our

development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and

outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

"I like Step 9 but even more than that, I **really** like what comes after this step, the Promises...."

Are these extravagant promises? We think not. They are being fulfilled among us -- sometimes quickly, sometimes slowly. They will always materialize if we work for them. "

Yes, I like working with newcomers and seeing that glimmer of hope in

their eyes. I even like sharing with a sponsor and getting garbage off my chest. But of all the steps, it is Step 9 that brings me the greatest rewards and joy. I even sometimes wonder if it was not this step that our founder had on her mind when she wrote the words, "beyond our wildest dreams", because I **HAVE** found by continually working the steps that the promises of step 9 keep coming true over and over and over. This I really like.

Harriette—Scout Hut



**TOPIC
FOR
October**

Topic for October: **Using The Tools.** You can also write about the Ninth Step or Tradition. We are **always** looking for writings to put in the newsletter. Please send your writings to newsletter@triangleoa.org by September 10th. Thanks!

PROMISES COME TRUE

You could sum up my whole life by saying fits and starts. I realize now that due to chronic low self esteem which has led to terrible feelings of unworthiness I have a hard time sticking to things that have to do with me. The split personality that I am finds it difficult to accept that I could have a successful career and yet fail so miserably at being me.

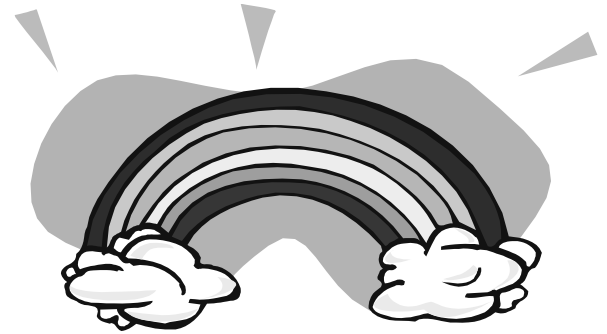
Finding OA has saved my life. Literally! My weight, over 300#, had affected my health to a great degree. My doctor could only sit there and shake his head and emotionally I was such a wreck all I could do is cry. Today with a weight loss of 90# my health is greatly improved and I feel like a new person, but the promises of this program are for so much more than the physical aspect. Emotionally and spiritually I can't begin to tell you all the benefits that I have been given. I will say that the serenity I have found is amazing and wonderful. I may become overemotional at times but now I can be assured that it is really honest emotions I am feeling. I am not living in a world of denial like I was. I could solve everyone else's problems but couldn't even allow myself to look at my own, let alone do something about them. Life was too painful.

Through OA I have learned that yes my H.P. could love even me. That he will help me, all I had to do was to ask for his help, and that I was someone who deserved to find his love.

This program offers me the promise of life and serenity. It has shown me that I was a person of worth after all. I still have problem with continuously accepting and trusting that these things can work for me. I repeatedly take back my old ways of thinking. Through the teachings of the program I now know that this is just "stinking thinking" and I have tools to use to save myself from a binge. Those times are getting fewer and farther apart and I have sanity in my life because of OA and all of you. You are my strength.

Marcia

Durham, sat. morning group



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

NEW RECOVERY OPPORTUNITY AND REGION REPORT

Thank you to Triangle Intergroup for giving me this opportunity to do service at the Region level again. As always, I find this service great for my recovery. I was especially pleased with the planning time we had with the Piedmont IG representative (Susan R.) and how excited both intergroups are about co-hosting this event.

Our big exciting news was that Piedmont and Triangle Intergroups were officially sanctioned by the Board to co-host the March 2005 Assembly/Convention and Susan R (Piedmont Region Rep and Assembly/Convention Co-Chair) and I answered some questions for the business assembly. Susan R and I had many good discussions, both between ourselves and with the Region Vice-Chair. The dates for the Assembly have been set for March 10-13, 2005, and Piedmont IG will arrange the hotel in Charlotte. Working with Susan, we divided the list of suggested committees to share responsibilities. Triangle IG will take on several committees, and we need OAers in the Triangle to give service in many ways through committees such as registration, registration packets, closing ceremony, meditations chair, name tags, program and workshops. There are complete tasks lists and a suggested timeline that I can share with anyone who is interested in serving on any of the committees. The Region has provided a great hosting manual; we just need bodies to do the work. please contact me by phone or email if you want to help. Committee chairs will be checking in at a more-or-less monthly meeting, probably right after the regular Intergroup meetings on Saturdays.

Highlights from the Business Assembly include the talks each Board member gave on the meaning of the 12 Concepts of Service that guide our service structure. If you're unfamiliar with these, you can find them on the OA World Service website (www.oa.org) or in a pamphlet (see you literature chair to get a copy for your group). Our new Trustee (Charles A.) gave his first report and the Atlanta Intergroup that hosted the March 2004 Assembly/Convention gave the final report. Charles highlighted several items from his written report (see me if you would like a copy of his written report): There is a "Dignity of Choice" pamphlet available that is good reading; WSO website flyer is available that gives a good description of information available on the website (I brought extra copies to this intergroup meeting); WSO is recommending a "Designated Downloader" for each intergroup and group who will check the WSO and Region websites for new information and bring it to meetings; and Charles recommends all groups and intergroups have a copy of the OA Handbook for Groups.

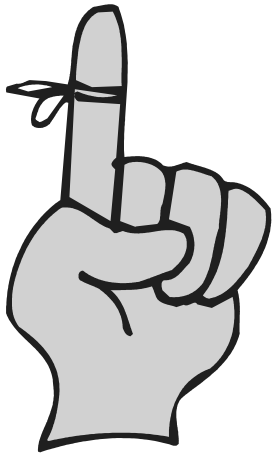
There will be a proposed addition to the Bylaws to address the removal of a Board member (see Valerie's report about Saturday afternoon business) or funded chair, a mechanism proposed to help choose the additional delegates Region 8 is now qualified to send to WSBC, and a small number of changes proposed throughout the existing bylaws for consistency. Bylaws changes will be sent by mail to all Region reps for groups to comment on. Groups and intergroups are encouraged to send comments by the deadline because the vote on the bylaws at the business assembly in November will be "up or down," ie, no amendments will be accepted, only a yes or no vote.

I am looking forward to working on the March Assembly/Convention and meeting folks again in November in Cocoa Beach, FL, when we will elect Board members.

Respectfully submitted, Kathy R., Triangle Intergroup Region 8 rep

Relating to Crafts: Please consider making hand-made craft items that you are willing to donate to be sold to those attending our March 2005 SOAR Assembly. The craft items could include bookmarks with OA sayings, cloth book covers for the AA Big Book or OA books, pins or jewelry, belts or belt buckles, butterfly items, magnets, wallet size laminated OA prayers and sayings, etc. Let your imagination go free. If you are interested please feel free to contact Sue M. at msuem@intrex.net.

Sue M. or Kathy R. may also be contacted in regards to volunteering for any of the committees Kathy mentioned above. Kathy R.'s e-mail is Kroundtree@acmhdds.org.



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

INTERGROUP MEETING FOR September

SATURDAY, September 18, 2003 10 A.M.—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,

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.

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**.

BACK TO BASICS

Fall 2004 Big Book study Sponsored by the OA Triangle Intergroup

Oct. 29-31, 2004

Featuring:

- Inspiring Married Couple with long term recovery - 15 years +
- Multiple workshops around the theme
- A peaceful Beach refuge

Registration includes 2-night stay and dinner Friday through lunch Sunday.

\$110 early registration (by Sept 15) or **\$120** (after Sept 15)

REGISTRATION DEADLINE IS October 15

*****REGISTER ASAP AS SPACE IS LIMITED!*****

For more information contact Evelyn @ (919) 848-6798, between 8 am and 9 pm

Please Print Clearly:

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Do you want your name and address made available to other retreat attendees?

Yes No

Please note that sleeping arrangements will be assigned at the retreat check-in.

A small number of partial scholarships are available for those **who would not be able to otherwise attend**; they will be awarded to the first 8 requests received with payment of \$50.

I wish to be considered for a partial scholarship and am sending a check for \$50.

I am willing to contribute \$___ to the scholarship fund.

I am willing to give **service** (check any that apply):

- Arrive early Lead a workshop or meditation Help out as needed
 Willing to sleep in a top bunk

Refund Policy: Full refund possible before October 15.

Mail check payable to OA Retreat to:

OA Retreat Committee, 3517 Regents Park Lane, Greensboro, NC 27455.

REQUIREMENT: INCLUDE A SELF-ADDRESSED, STAMPED BUSINESS-SIZE ENVELOPE WITH YOUR REGISTRATION!

Part 2 of “World Service Business Conference 2004: Cofounder’s Address”

By Rozanne S.

continued from the August issue

When we published our own OA Twelve Steps and Twelve Traditions, in the “Acknowledgement” section we said, “We of Overeaters Anonymous would like to express our deep gratitude to our great preceptor, Alcoholics Anonymous, without which our Fellowship and our program of recovery would not exist.”

Therefore, let’s find out what AA had to say about this year’s OA Conference theme “Unity: Together We Can.” In the “Foreword” to the second edition of AA’s Big Book, Alcoholics Anonymous, we read, “The broker had gone to Akron on a business venture, which had collapsed, leaving him greatly in fear that he might start drinking again. He suddenly realized that in order to save himself, he must carry this message to another alcoholic. That alcoholic turned out to be the Akron Physician.” We know that this broker was AA’s cofounder, Bill Wilson, and that the Akron Physician was AA’s other cofounder, Dr. Bob Smith. About Dr. Bob, the “Foreword” states, “He sobered, never to drink again up to the moment of his death in 1950. This seemed to prove that one alcoholic could affect another as no non-alcoholic could. It also indicated that strenuous work, one alcoholic with another, was vital to permanent recover.”

In case you still have doubts about the basic necessity of working together, let’s turn to “The Doctor’s Opinion,” also from the AA Big Book. It was written by Dr. William Silkworth who said, “In late 1934, I attended a patient who...was an alcoholic of a type I had come to regard as hopeless.”

“In the course of his third treatment, he acquired certain ideas concerning a possible means of recovery. As part of his rehabilitation, he commenced to present his conceptions to other alcoholics, impressing upon them that they must do likewise with still others.”

Now let’s turn our attention to OA. As years passed and we continued to learn our own lessons, we began to understand that together we could do what we could never do alone. Instead of living and bingeing in isolation, we joined with others who shared our obsession. In the OA groups we found love and acceptance. We discovered a sense of belonging and unity with other compulsive overeaters that satisfied us in a way food never could. In addition, we found that we could not keep this precious gift, this new way of life, unless we gave it away. None of us can survive unless we carry the OA message to other compulsive overeaters.



continued in the October issue

How's Your OA?

Hello again, Gerri here compulsive overeater abstinent since 05/15/93 and maintaining, through God's grace, a 100 plus pound weight loss. I picked up my For Today this morning (writing this on Sunday evening) and thought, "Woah! This is good stuff." If you got one, you need to read the whole thing. I understand that copyright protection prevents me from writing the whole thing but I will quote a line.

Page 214, August 1: "...Appearance is not everything, but it does tell the world how I feel about myself. As my days of abstinence increase, my appearance improves...."

Some people refer to this as walking the walk. I once went to a retreat in a northern city. I was a few years abstinent and in my current body size of 10. I had talked to a woman from this town and she were abstinent too for eight years, couldn't wait to meet her. I was visiting my parents and really could use the support.

I walked in and saw that most of the people there were morbidly obese. I thought, wow, recovery must be new here. You see, in the meetings in Central Florida, most people are at, or working toward a normal body size. We get to watch them shrink! LOL.

I introduced myself to one woman and asked for the girl who was my contact. She said that she was the woman. I was floored. She was huge, more than 100 pounds overweight. The shock must have been apparent on my face. She introduced me to several other portly women, all claiming 10, 12 years. It made no sense to me. I was very confused for in my three years of recovery, I just didn't see this sort of thing in our meetings.

So why, as their days of abstinence increased, did their appearance not improve? As I listened in the meeting, I heard them validating one another; talking about spirituality and emotional balance, but no mention of losing weight. Let me tell you what, if this was my first meeting, I'd have run as fast as I could in the opposite direction. I didn't come to OA for serenity about being fat -- I wanted to get that weight off. What I saw at that meeting would have scared me to death.

So what would a newcomer think when he or she came to your meeting? Would they find success stories to give them hope? Do you help one another in your groups to use the tool of a plan of eating to lose weight (or gain if that's your problem). Does your literature table have some of the new Dignity of Choice pamphlets so that people can get help with a plan of eating if they need it?

I have gently and lovingly confronted friends in the rooms who are not working toward physical recovery, because I care. And I would not be a candidate for a popularity contest with some. But unless I carry the message, my chances to continue with my own recovery are hampered.

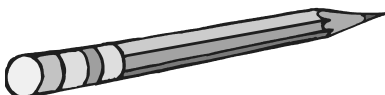
How's your OA where you live? Are you part of a problem or a solution? I hope you are part of the solution and enjoying the recovery you deserve -- emotional, spiritual and PHYSICAL.

Love, Gerri

trust God and buy broccoli (Provided by Harriette, reprinted from a SOAR publication)

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 |
|-----------------|-------------------------------|--|
| October | Monday Cary | Step 10, Tradition 10, Using the Tools |
| November | Tues Chapel Hill | Step 11, Tradition 11, My Favorite Slogan |
| December | Monday Chapel Hill | Step 12, Tradition 12, Gifts of the Spirit |
| January | Open!! Available for sign-up! | Step 1, Tradition 1, Just for Today |
| February | Open!! Available for sign-up! | Step 2, Tradition 2, ??? |

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

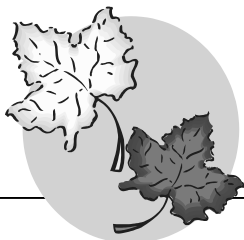
“God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

.....

On Step 9:

“...we don't make our amends anonymously simply to avoid embarrassment to ourselves, nor do we rationalize that making amends would injure us financially or damage our self-esteem.”

(OA 12 & 12,
p. 80)



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