



Recovery NEWS

A Publication of the Triangle OA Intergroup— Raleigh, NC

Volume 18, Issue 10

Donations Welcome

October 2004

Twelve Step Within

Step Ten

Continued to take personal inventory and when we were wrong, promptly admitted it.

Tradition Ten

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Concept Ten

Clarity

Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

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

The phrase "Twelve Step Within" means helping those within the program who still suffer. These people include both newcomers and members in relapse. When I returned to meetings in 2000, I had an incredible sense of shame. If someone rejected me on the basis of my long absence, then I would never be here (maybe even alive) today. No one wants to feel the pain of rejection if they are already feeling enough pain.

Some things you can do to help (reprinted from Twelfth Step Within Handbook):

1. Call a newcomer or returning member the day after their 1st meeting
2. Recall them 2 days later
3. Call them to invite them to return to a meeting
4. Tell them you will meet them there
5. Add a need a call column to the we care phone list
6. Designate someone to call the newcomers, returning members, and "need a calls"
7. Designate someone to review the phone list. Call people that haven't attended the meetings lately. You may save a life.
8. Set up a greeter before or after the meeting to welcome newcomers and welcome back returning members. Make sure they get a newcomer's package or a return from relapse*

package. This can be called Hospitality service.

* A return from relapse package could include: (a) list of relapse survivors and phone numbers willing to sponsor (b) copy of Lifeline or mail in form for 2 free issues (c) pamphlets: Members in Relapse, Recovery Checklist, Welcome Back.

Helpful Slogans for Relapsers (reprinted from p. 3 of Twelfth Step Within Handbook):

Relapse: stepping stone or stumbling block

How did I get into the food again?

Working the Steps to recovery from relapse.

A program of tools, not rules.

Positive actions strengthen recovery.

Relapse is not failure.

Relapse: an opportunity to begin anew.

If you slip, get up.

Recover in God's time, not mine.

Love yourself first.

I once suffered utter and complete powerlessness and despair over my eating and life problems. I never thought I would get long term abstinence (and I want it to stay that way). Recovery is possible for everyone and anyone. Even you!

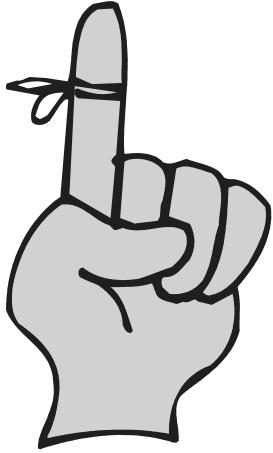
Valerie, Raleigh



TOPIC FOR November

Topic for November: **My Favorite Slogan.** You can also write about the Eleventh Step or Tradition. We are **always** looking for writings to put in the newsletter. Please send your writings to newsletter@triangleoa.org by October 8th. Thanks!

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



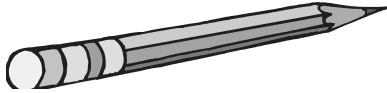
INTERGROUP MEETING FOR October

SATURDAY, October 16, 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,

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
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, ???
March	Open!! Available for sign-up!	Step 3, Tradition 3, ???

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 - August 21, 2004

Who Was Present

Marcia, Sat Durham; Sue M, Newsletter Liaison; Valerie R, Tues PM Raleigh, SOAR Rep; Donna M, Thurs Aberdeen; Judy, Tues & Sat, Fayetteville; Sue, Fayetteville and Treasurer Elect; Felecia, IG Chair; Mary Anne, Vice Chair Elizabeth C., Thurs Chapel Hill; Corrine, Outgoing Treasurer; Kathy R, SOAR Assembly Hosting Co-Chair; Steve M, MWF Raleigh; Karen S, Group Outreach Committee; Virginia G, Tues Durham; Alice, Newsletter Alternate; Jennifer M., Retreat Committee Chair; Lisa B., Tues Raleigh; Connie T., visitor; Jim C., WSO Rep.

What We Talked About

- Minutes were not available for review. The group conscience was that both July and August should appear in the next newsletter.
- The treasurer's report was accepted as presented and gratitude was expressed to outgoing treasurer, Corrine, for the outstanding job she has done. The report showed a balance as of 8/19/04 of \$3,681.34. Of this total \$2677.69 was in checking and \$1003.65 was in savings/prudent reserve.
- SOAR Rep Valarie distributed the script for the 12th Step Within Roadshow for any groups who wish to use it.
- Group Outreach Chair, Karen S. reported that she has begun systematically contacting meetings. Fayetteville meetings are growing, but they would welcome speakers for Monday and Wednesday meetings. Aberdeen and the new Tarborro meeting could also use support. Volunteers are sought to attend these meetings.
- Retreat flyers were distributed both in the newsletter and as separate handouts. There are only 50 available spaces so encourage those interested to register quickly. All applicants must enclose a self-addressed,

stamped envelope.

- WSO Rep. Jim C. spoke on the need for the interconnected work of the HIPM, Special Events, and 12th Step within committees in attracting and retaining members.

Actions/Decisions

- The group voted, on a one-time-only basis, to reduce the bylaws' abstinence requirement for the treasurer from one year to "more than 6 months." After this vote was passed, Sue from Fayetteville was elected to fill the remainder of Corrine's term as treasurer.
- Valarie, SOAR Rep and member of the SOAR 12th Step Within Committee will receive mailings from WSO on 12th Step Within and share them with the group until such time as there is an intergroup 12th Step Within Committee.
- There was a discussion of the distinction between attraction and promotion.
- Discussion of hosting the SOAR Assembly was postponed until September. A brief meeting of work group chairs and other volunteers was held immediately following the intergroup meeting.

Announcements

- Newsletter liaison Sue M. is stepping down at the end of her term. This opening should be announced in meetings along with currently unfilled service positions.
- Retreat, October 29-31 at Topsail Beach
- SOAR Assembly, March 11-13 in Charlotte

Thanks to Mary Anne S. for taking the minutes and providing service!.

Rozanne's address to the WSO Business conference, part 3, will be printed in the November newsletter!

Have an interest in working on the Newsletter?

At the end of the year, both the Newsletter editor and Newsletter liaison are stepping down to pursue other service opportunities.

To be the Newsletter editor, you need skills in Microsoft Publisher and Word. To be the Newsletter liaison, you need enthusiasm and some computer skills.

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



SOARing Happy, Joyous and Free

Our Triangle area groups are quickly moving forward to prepare to Co-Host the **March 2005 SOAR 8 Convention & Assembly in Charlotte, NC, March 2005**. We are actively identifying OAers who will offer their time in service to make this event be successful.

The Triangle Intergroup has already identified persons to serve as Chairs for :

<ul style="list-style-type: none"> • Program-Assembly • Program-Workshops (co-chairs) • Treasurer • Registration 	<ul style="list-style-type: none"> • Registration Packets • Flyer • Meditation • Name Tags
--	--



We need OAers to identify themselves as willing to serve as:

<p>Closing Ceremony Event Chair</p> <p>Program-Assembly – Co Chair</p> <p>Registration – Co-chair – This person ideally would live in Raleigh.</p>
--

We are also looking for persons to serve on these committees:

<p>Program Assembly</p> <p>Program Workshops</p> <p>Registration – [Ideally, we could use around 25 people to staff the registration tables, (in 2 hour shifts), during the actual event.]</p>	<p>Registration Packets</p> <p>Meditation</p> <p>Treasurer</p> <p>Love Notes</p> <p>Name Tags</p>
--	---

Please offer us the gift of service in one of the above areas. Providing service will most likely help to strengthen your own program and is a great way for us to reach out to those still suffering with this disease. It will also be lots of fun working with our local OAers in making this event a success.

*****DON'T FORGET*****

Keep making items to donate to the event like:

Bookmarks with OA sayings, Cloth book covers for OA & AA Books, Butterfly tie clips, pins, refrigerator magnets, Laminated OA sayings with prayers, any other items you think others may be interested in buying. All proceeds will go towards defraying the cost of hosting the event.

*****REMINDER*****

Save your used clothes “in good condition” that no longer fit you. Please consider donating them to the Boutique for us to sell at the event along with the “craft” items.

Contact Kathy T. to sign up for chair or committee service: 919-401-6124

Contact Sue M. for questions relating to crafts and used clothing: 919-676-2042.

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.

.....

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 10:

“An extensive tenth-step inventory might focus on one particular character defect, behavior pattern, or area of life.”

(OA 12 & 12, p. 88)



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
Jennifer	919-637-5355	before 10pm	yes	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

- Tuesday, 10:30am-11:30am; Aberdeen Bldg. Wilder Ave. Lisa (910) 315-5336 (S, S/D, N, HA)
- 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); 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.

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