

Recovery

TRIANGLE OA NEWS

A Publication of the Triangle OA Intergroup— Raleigh, NC

Volume 19, Issue 1

Donations Welcome

January 2005

Step One

We admitted we were powerless over food—that our lives have become unmanageable

Tradition One

Our common welfare should come first; personal recovery depends upon OA unity

The Eight Tools of Recovery

*A Plan of Eating
Sponsorship
Meetings
Telephone
Writing
Literature
Anonymity
Service.*

**- OA 12 and 12 and
The Tools of Recovery**

Although all it says is that we ‘admit’ our powerlessness and the chaos in our lives, I think of Step One as very much of an action step. The only way for me to work Step One is to get into action – and the only way to find out whether I am on track in terms of Step One is to review my actions. For me, the most important way to make Step One real in my life is to get to meetings. Every time I walk into the rooms, I remind myself of my powerlessness over food and my need for help – as well of my participation in a community of people who are likewise willing to admit that they need help. If I were powerful where food is concerned, then I wouldn’t need the program; since I’m powerless, I need to show up, listen, and do what others do to get better.

Going to meetings is also an expression of how unmanageable my life is when I am left completely to my own devices. I show up for OA because, when I do, my life feels manageable. I also show up because I remember all the times when I didn’t show up, tried to go it alone, and wound up feeling overwhelmed, stressed out, secretive, and resentful.

My actions speak more forcefully and honestly about powerlessness and unmanageability than any words I might say out loud, or even to myself or in prayer.

Felicia K., Durham

Our Common Welfare

It’s Tuesday, 12:30pm and we’re in the library at St. Philip’s church in Durham. We come here week-in, week-out, for our OA meeting. It’s cozy; it’s safe. It’s where we find what we need.

It just so happens that it’s the third week of the month – the week when we write during the meeting. For many of us, this writing meeting is the only way to get us to put pen to paper. We show up unsuspecting, then realize it’s the third week, the *writing* week. Some groan, but inevitably this helps, as we pour out onto the page what’s been holding us hostage.

But today, before we begin writing, someone randomly opens a copy of *Triangle OA News* and reads aloud. “It says here our group is supposed to write for the January newsletter. I guess that means we need to write on Step and Tradition One.” We *would have been* writing on Step Eleven, if not for Higher Power’s timely intervention.

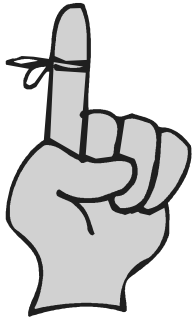
And so we set to work, busying ourselves with our assignment. I look up and see the faces around the library table. No other organization would have drawn together such a disparate collection of people, yet we are here. It is a miracle, for in OA we find an amazing unity, a source of strength beyond our own, and a peace that passes simple comprehension. I am glad to be here. I am even more glad to be writing.

Robin A., Durham Tuesday 12:30pm

**TOPIC
FOR
February**

Topic for February: **Conscious Living**. You can also write about the *Second Step* or *Tradition*. We are **always** looking for writings to put in the newsletter. Please send your writings to newsletter@triangleoa.org by January 7th. Thanks!

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



INTERGROUP MEETING FOR February

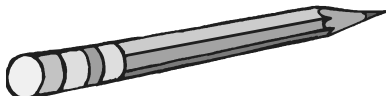
SATURDAY, January 15, 2003 10 A.M.—NOON

**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, according to our
Seventh Tradition.**

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
March	Open!! Available for sign-up!	Step 3, Tradition 3, Keeping It Real
April	Open!! Available for sign-up!	Step 4, Tradition 4, Sponsorship and Recovery
May	Open!! Available for sign-up!	Step 5, Tradition 5
June	Open!! Available for sign-up!	Step 6, Tradition 6

March 2005 Assembly/Convention Announcements!

- The SOAR Assembly will be at the Sheraton Charlotte Airport **March 11 – 13th, 2005.**
- Triangle IG and Piedmont IG are asking each meeting to donate a gift basket to be raffled off. Themes for baskets can include "Tool Kit", "Cleaning House (i.e. inventory)", and anything else the group comes up with, but recovery themes are appreciated, and at least some attention to including items that men might use as well.
- We are still seeking craft contributions to sell at the Hospitality Boutique.
- We are collecting back issues of Lifelines to put in each registration packet.
- We are now beginning to ask for volunteers to staff the registration table, hospitality boutique and PI table.

For information, please contact Kathy R. (kathytesh@yahoo.com) or Sue M. (msuem@intrex.net)



TRIANGLE INTERGROUP MEETING - November 20, 2004

Who Was Present

Donna M., Aberdeen; Jim K., Hi Tech Chair; Jim C., WSO; Valerie, SOAR Rep; Marcia, Durham Sat.; Sue M., Newsletter Liaison; Mary Anne, Vice Chair; Harriette, Secretary; Virginia, Durham Tues 12:30pm; Judy, Fayetteville Tuesday; Kathy R., SOAR Rep; Sue, Treasurer; Liz, Raleigh Sat.; Felicia, Chair

What We Talked About

Treasurer's Report

- Bank lost the signature card. Felicia and Sue are working on this issue.
- Groups are asked to submit funds promptly and insure that group number is on the check.
- Retreat Committee needs to submit funds from the recent Retreat and submit the advanced funds.
- Treasurer's report accepted.
- Group treasurers need to know that the correct address for IG is:
Triangle IG
P.O. Box 20356
Raleigh, NC 27619

Newsletter

- Jim M. is working with Megan in Durham to pass on Newsletter duties.
- Durham Tuesday 12:30pm is on track for submitting articles for Jan.'s Newsletter. Groups are asked to sign up for submitting entries for the Newsletter for Feb - Dec. 2005. See p. 2 of Newsletter for suggested topics.

WSO

- Registration form for WSBC has been received. \$95 is needed from treasurer to file application. Current By-laws or Statement of Purpose is needed.
- Region 8 Trustee felt that our By-laws need revision. Present By-laws will be submitted to WSO as is in order to meet timeline for attendance at the Conference, and to our Trustee seeking suggestions for revision.
- If groups are interested in motions being heard at Conference, the deadline for submission is Dec. 10.
- Our IG, based on the number of groups, is allowed 2 WSO delegates. Because of the cost, we have only sent one in the past. However, if a member meets the qualifications and has intentions of being in Albuquerque at the time of the Conference and desires to be in on the WSBC, please contact Felicia and Jim ASAP.

Hi-Tech

- Links were updated on the website. Newsletter can now be put on the site.
- Flyer for Spring SOAR will be posted as soon as it is rec'd.
- Sue agreed to create a copy of the Weekly Tools Checklist

and forward for posting on the site.

SOAR

- Kathy presented the Weekly checklist.
- The report from the last convention is in present newsletter.
- A file was presented that circulated at the last convention showing what worked/didn't work with PI-HIPIM. The report will be passed on to our rep.
- Valerie noted a concern for helping newcomers and stated what works in the Florida area. If a newcomer is present, the meeting automatically focuses on the newcomer. In the Raleigh area, groups are seeing many newcomers. The request is that groups consider receiving the contact information from some of these new members and put forth the effort to contact them and provide initial support. Valerie will continue working on this. All reps are asked to discuss this with their groups and contact Valerie if willing to help.

Additional Information

- **Structure House:** Sat. morning Raleigh agreed to commit to a one month term to host meetings at Structure House.
- **Literature:** Scott is asked to call Harriette and give the contact he spoke with at the Durham Co. Library about accepting program literature.
- **Meeting attendance:** If members are unable to attend IG, they are asked to send a representative and contact the Chair. Requirements for all IG positions were read.
- **Elections:** Elections for IG positions will be held in Dec. Members must be present for the elections. Nominations for the next term are as follows:

Chair: Felicia	Vice Chair: Mary Anne
Newsletter: Megan	Newsletter Liaison: Judith K.
Treasurer: Sue R.	Secretary: Harriette
Hi-Tech: Jim K.	PI: Scott

SOAR: Kathy, Valerie, Harriette
SOAR alternates: Jim and Felicia

Retreat Chair: Position Open

Special Events: Position Open

Group Outreach: Chair's position open - Karen wants to be on the committee.

Parliamentarian: Position open

- **Meeting cancelled:** The Cary Sunday 7-8:30pm at Seventh-day Adventist Church has been cancelled.
- **New OA Meeting:** "Recovery from Relapse/Relapse Prevention" has been established in Raleigh at Grace Lutheran Church, 5010 Six Forks Road, on Sat. at 4pm. It is a reading/writing meeting based on a model which Valerie got at the last SOAR meeting.

Thanks to Harriette for taking the minutes and providing service!

Easy does it.

Announcements



WANTED: All creative spirits willing to provide craft donations for the SOAR 2005 boutique. Some ideas include: bookmarks, book covers, magnets, blankets/quilts; all of which need to be program related. Please, no specific religious items. For questions or other suggestions, please contact Danette S. at 862-9118 OR danette4cats@yahoo.com. Items need to be collected by the beginning of March 2005. Stay tuned for planned sewing circles and craft afternoons for creating, sharing and SOAR-ing.....

NEW OA MEETING FORMING!!

Could you be going towards a relapse?

Have you ever experienced.....

“It can’t happen to me”

Argumentative

Cockiness

Complacency

Defiance

Denial

Depression

Dishonesty

Eating my binge foods

Exhaustion

Forgetting gratitude

Frustration

Grief

Impatience

Letting up on discipline

Self-pity

Use of mood altering chemicals

Wanting too much

Expecting too much of others



Maybe you should start attending the new Recovery from Relapse/ Relapse Prevention Meeting on Saturdays at 4 pm at Grace Lutheran Church (Raleigh). In future weeks, there will be a writing activity on this list of experiences.

How was this meeting designed? I participate in the regional twelfth-step within committee, and I found out about other successful relapse recovery/relapse prevention meetings. These meetings, like the new one, do reading/ writing activities from the “Been Slippin’ and Slidin’?” section of the OA Twelfth-Step Within Handbook. Additionally, all shares must end in a positive solution, because the meeting must remain healthy.

This new meeting, by far, is the most accepting OA meeting that I have ever attended. Additionally, I get a clear “wake up call” each week about my abstinence. The meeting is also a little later in the day for those who enjoy sleeping in on the weekends.

Thank you HP for giving me the information and the inspiration to start this new meeting. Also, thank you Triangle OA for allowing me to be a SOAR Rep.

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 1:

“...far from being a negative factor, the admission of our powerlessness over food opened the door to an amazing newfound power.”

(OA 12 & 12, pg. 5)



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 long-term sponsor.

Speaker: A speaker is someone who is willing to speak from their own experience and tell their story in 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 Winter 2005

Aberdeen

- Tuesday, 10:30am-11:30am; Aberdeen Bldg. Wilder Ave. Kaye (910) 692-1812 (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)

Chapel Hill

- Sunday, 4:30-5:30pm; Holy Trinity Luthern 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)
- Saturday, 4-5pm; Grace Lutheran Church, 5010 Six Forks Rd.; Valerie R. (919) 859-2832 ***See p. 6 for more info about new meeting*

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 7 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