

# Recovery TRIANGLE OA NEWS

A Publication of the Triangle OA Intergroup— Raleigh, NC

Volume 19, Issue 2

Donations Welcome

**February 2005**

## Step Two

*Came to believe that a Power greater than ourselves could restore us to sanity*

## Tradition Two

*For our own group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern*

## 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**

One of the odd things about the way I have worked Step 2 is that I have been **more** comfortable making a decision to turn my will and life over when things are **bad** than when things are good. When my life seems to be going well, then I figure it's in my control and my hands. I drag my heels and procrastinate about prayer and meditation. I stop asking for help. I practice my old character defects of pride, arrogance, and faithlessness.

In a way, I still need crisis, which is probably why I still have them in my life. It's when I am in crisis that I am able to make the fundamental decision of the program, the Step 2 decision, to turn my life over to God. In adversity, I see and feel my limitations. I don't hesitate (any more) to seek help. I confront my defective thoughts from the past, my long-standing defects of character, and remember that humility and faith are my only ways forward.

Maybe someday I won't need the crisis, but can make the decision on my own when things are as good as I truly want them to be.

-Anonymous

Sometimes I think the key to Step 2 is the little word "could." It doesn't ask me if I think a Higher Power definitely will restore me to sanity. Instead it asks: Is it possible? Of course, the OA workbook focuses first on the word "sanity." Besides the food history I wrote

in Step 1, answering the Step 2 questions helped me see how irrational, self-destructive, and, yes, insane I'd been, both with regards to food and, simply, with life. It's a good place to start, to smash home the idea that pure self-sufficiency has utterly failed me, time and time again. Next comes the definition of a Higher Power. I think it's the AA 12 and 12 that speaks of the "hoop" of spirituality that we "jump through," how it's wide enough for anyone, including agnostics and atheists. The Workbook questions about defining Higher Power are great for me. They bring into focus the different threads of spiritual awareness that I experience (however irregularly). Then, I come up on that word "could" again. I feel like I'm being asked for proof of just the possibility of a Higher Power's effectiveness. Well, here's all these miracles, these people who never won the battle of overeating in single-handed combat—but are winning today. If their HPs "could" do it for them, that's proof enough for me. But just in case I need more, there's always my story...

In OA, I lost 90 pounds and had 3 years of abstinence. Before OA, I was lucky to lose 15 pounds and keep it off for a month. How'd that happen? It wasn't me. Clearly a Higher Power, even if it's just the Steps and tools (and most of the time it is just that for me), was and is at work. This is how I came to believe.

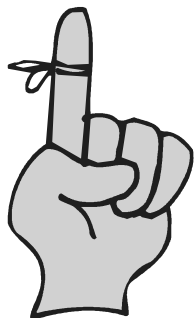
-Scott P., Raleigh

*See page 4 for additional writings on Step 2...*

**TOPIC  
FOR  
March**

Topic for March: **Keeping It Real.** You can also write about the Third 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 February 11th. Thanks!

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



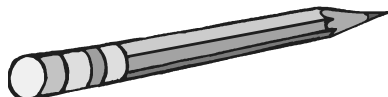
**INTERGROUP MEETING FOR FEBRUARY**

**SATURDAY, February 19, 2005 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**

<b>Month</b>	<b>Group</b>	<b>Topic</b>
<b>April</b>	Open!! Available for sign-up!	Step 4, Tradition 4, Sponsorship and Recovery
<b>May</b>	Open!! Available for sign-up!	Step 5, Tradition 5
<b>June</b>	Open!! Available for sign-up!	Step 6, Tradition 6
<b>July</b>	Open!! Available for sign-up!	Step 7, Tradition 7

**SOAR REGION 8 BUSINESS ASSEMBLY & RECOVERY CONVENTION**  
**MARCH 11-13, 2005**  
**SHERATON CHARLOTTE AIRPORT HOTEL**

**Do you love sharing your experiences with recovery with other OA members?**  
**Have you been wanting to provide a priceless service to your OA brothers and sisters?**

**WE HAVE THE PERFECT OPPORTUNITY FOR YOU!**

Our SOAR conference still needs speakers for the following topics:

- Individual workshops on the twelve steps
- OA and your family
- The Traditions
- New member orientation
- Recovery from Bulimia

If you are interested in being a presenter, please contact Joanne Scaturro at (919) 601-7835 or e-mail: [Joanne2653@aol.com](mailto:Joanne2653@aol.com)

**Come and SOAR with us!**

# TRIANGLE INTERGROUP MEETING - December 18, 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; Judy, Fayetteville Tuesday; Kathy R., SOAR Rep; Sue, Treasurer; Felicia, Chair; Steve, Raleigh MWF; Jim M., Newsletter Editor; Scott, PI Chair; Elizabeth C., Chapel Hill Tuesday; Judith T., Chapel Hill Tuesday; Sophia B, Fayetteville Tuesday; Jen, Retreat Chair

## What We Talked About

### Treasurer's Report

- Reps again asked to remind their treasurers of the correct P.O. #: Triangle IG  
P.O. Box 20356  
Raleigh, NC 27619
- Due to previous problems surrounding the incorrect P.O. #, getting the Retreat Report and funding; affirming correct group contributions; and other concerns, the proposed budget for '05 should be presented in January.
- The present Treasurer has done/is doing a fantastic job ironing out the problems.
- Each group is asked to check the current report of funds for their group for 2004 and let the treasurer know of any discrepancies.

### Newsletter

- To everyone's knowledge, Megan, who desires to serve as upcoming Newsletter Editor Committee Person, was not aware of having to attend the December IG for elections.
- Sign-up sheet for newsletter articles was circulated.
- Elizabeth agreed to pick up newsletters each month and see that they get to IG. Mary Anne and Jim M agreed to serve as back-ups.
- Reps were reminded to initial and list # of copies of the newsletters they pick up.
- Editor has been asked to see that the snail mail address for IG be posted on each newsletter.

### WSO

- By-laws have been typed and forwarded to the Trustee for Region 8.
- The check for delegate expenses was to be given to the REP at the end of the meeting.

### Hi-Tech

- New flyers for upcoming events will be posted over the weekend.
- Money budgeted for Hi-Tech last year was \$250.00. This amount should be sufficient for '05.

- SOAR flyer will be on the website by Monday, Dec. 20.

### Retreat

- There has not been a Retreat Committee Meeting since the fall retreat. Jen will work to have a meeting and have a report for January.
- Group members are asked to support and sign-up to serve on the Committee for upcoming events.
- Plans are in the works for a fall retreat and, at this time, a retreat for the spring is up in the air.

### SOAR

- Beyond 7th traditions letters are available for Reps to pick up. Money collected will be used by the Region to support the sending of group reps to upcoming SOAR assemblies if funds are needed.
- Flyer for Assembly in March was circulated and will be on the website by the first of the week. Mailings will go out by the end of December.

### PI

- Scott will contact the libraries who have agreed to accept OA literature and see if IG can place labels in the front of the books listing the website for the Triangle and for WSO and the local phone #.
- Members voiced concerns and wondered if it was possible for literature to be placed in other areas other than the immediate Triangle. Scott has asked all members to email any suggestions.

### Nominations and Officers for 2005:

Group Outreach:	Jim M.
Chair:	Felicia
Newsletter:	Megan
Newsletter Liaison:	Judy K.
Treasurer:	Sue R.
Secretary:	Harriette
SOAR:	Kathy, Valerie, Harriette
SOAR alternates:	Jim and Felicia
Retreat Chair:	Position Open
Special Events:	Position Open
Parliamentarian:	Steve
Hi-Tech:	Jim K.
HIPIM:	Position Open

- Committee Chairs are asked to not only contact Felicia if absence from IG is eminent, but to also send her the report or to another IG member.

Thanks to Harriette for taking the minutes and providing service!

# Keep coming back!

## Writings on Step 2 (continued from page 1...)

**O**ne thing's for sure: I'm not going to get sane on my own! Sure I would really like to get it all together on my own, without any help, but my time in program (and my life before program) has taught me that, by myself, my life heads toward chaos. It makes it even tougher for me to ask for help when I can be so good at appearing like I have it all together. But my life goes so much better when I just admit my powerlessness and turn it over to HP. I don't have to be good at appearing sane. When I really turn it over, I'm on my way to sanity.

These days, my Higher Power is many things: It's the meetings I attend and the unconditional love of the people in the program. It's the quiet feeling or voice in me that nudges me to healthy choices. And sometimes it's just something outside myself, a "sign" that jolts me back to reality and points me toward sanity. Being open to all that is what my program does for me, and I don't just get help with food. I get help for my entire life. -*Anonymous*

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**W**hen I first came to OA, I had no real relationship with a Higher Power. My old concept of a Higher Power came from my religious training as I grew up, and I had walked away from that 15 years ago. As I began to work the steps, I realized that I needed to believe in something besides myself, as "My Self" had not been very effective against my compulsive overeating.

I heard a speaker share that their old concept of a Higher Power did not work for them, so they fired their old HP and got a new HP! This was a radical notion to me, but one which really resonated with my soul. I began to imagine and conceive a Higher Power who loved me unconditionally, accepting me for exactly who I was, and exactly where I was in my life. My HP only wanted the best for me, a rich physical, emotional, and spiritual wholeness in recovery. This is the Higher Power that has been restoring me to sanity for 7 years, one day at a time. -*Neill*

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**M**y Higher Power can ALWAYS bring me to sanity. It's a matter of if I let Him. By admitting my powerlessness, He can get through and heal my mind. The second step clarifies my thinking, getting rid of the food fog or negative thinking about food. I can pray and move on to the next Step. Since I depend on my Higher Power (God), He is the only one that can bring me to sanity. His loving care gently guides me to better behavior regarding food. But He also guides my life in every other area. He can restore me to sanity with my other compulsions as well. I will admit, sometimes I wish I didn't have to be restored to sanity, but I'd rather be crazy sometimes and be a grateful recovering compulsive overeater than to not be one, and not have a loving great Higher Power and be on my own. -*Marjorie S.*

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**T**his past holiday, I have found some amazing and unexpected relief from my usual anxieties about going back to visit family. I found that I could be myself and still be patient, loving, forgiving and caring, yet still honor my boundaries around food and relationships. This time there were no strained defenses for what I could and couldn't eat. I just quietly made my abstinent choices and no one questioned me or objected. I set a limit on how long I visited and I was allowed to leave when I choose and I was not made to feel guilty or ungrateful. As I visited each of my relatives, instead of dreading them, I found myself enjoying their company and being present and real with them. What a gift this program has given me! -*Anonymous*

## Conscious Living

**A**wareness of what I'm doing is the key to conscious living for me. Awareness precedes change. Until I recognize my crazy behaviors or blocks to progress, I'm not going to grow emotionally and spiritually. I am so grateful this program allows me to be right where I need to be at whatever moment I'm in. If I had to reach some particular level of awareness in a certain period of time to be an OA member, I would have been gone a long time ago. Yet I keep coming back and I can see the growth I've experienced over the years and am everlastingly grateful for all the gifts I've been blessed with by being in recovery. I can look back and recognize the unconscious behaviors I used to stuff the pain – mindless eating, mindless anything! Old behaviors that still call me sometimes to bask in the comfort of their familiarity and entice me down a side road away from “the road of happy destiny”. Yet as my awareness grows, the danger becomes less and I recognize the pitfalls sooner and turn quickly back to my chosen path. Consciously trudging the “road of happy destiny” is where I want to be today. –*Anonymous*

**T**he concept of conscious living was pretty new to me when I joined OA. Most of my daily thoughts and actions were geared towards a more productive enjoyable future when in a positive frame of mind. In a more negative mood, I was determined to perform better than in the past. There wasn't much emphasis on being in the present, to do a Higher Power's Will with a willingness and satisfaction that conscious living provides.

When living consciously, I don't have to worry about performance. A right attitude will allow the best of my abilities at that time. As long as I'm doing the Will of my Higher Power, I don't have to spend a lot of time analyzing and criticizing my contributions. I already know that what I'm doing is good enough, important enough. Should the time spent not produce an expected positive outcome I will know that the activity was to be a learning experience, perhaps even a needed ego deflating experience. –*Anonymous*

**F**or me, I have to be always in remembrance of the tools to be living consciously. When my food feels funny, I run to the literature. When I'm in a panic I call my sponsor. Using the telephone to call my special OA friends helps me to be in a conscious state of living. I can always feel the miracle of the program when I hear someone pick up the phone and share their spiritual experiences of the program. Being in God's presence is my goal all the day. I try to meditate and to stand on His Word about what He might say to me about my program. He may be telling me to "Let Go and Let God" or, "Do your footwork!" I love to be spiritually fit...to pay attention to my Higher Power's precious presence and to be mindful. –*Marjorie S.*

**I**t took several years before really experiencing “letting go.” Once while raking leaves for several hours and nursing a huge resentment that someone inside our house wasn't helping, I became aware that the resentment was making me feel sick. The slogan “Let Go and Let God” came to mind. Each time I refused to give this resentment “mindspace” there was an absence of pain. By “letting go” I was also allowing God to help me focus on the beautiful fall weather, to enjoy the attractiveness of a well-kept yard, and the physical benefits of a job well-done. –*Anonymous*

**I**t's good for me to do good works quietly, and not have it known that <name removed> did that good thing. My ego likes to be fed every now and then, but sometimes my ego is as much a compulsive eater as I am. When I quietly pick up a piece of litter, or make an anonymous donation to charity, I am doing what I know is right and good, just for the sake of doing it. No reward, no fanfare, just my knowledge that I put some good in the world. And I often find that's enough. –*Anonymous*

*Continued on next page....*

## Gifts of the Spirit

A few weeks ago I celebrated 14 years in Overeaters Anonymous. To be honest, it's the longest commitment I've ever maintained and with all of the changes that I've gone through in those years, I wouldn't trade any of it for the tremendous gifts the program has given me.

For as long as I can remember, food was the center of my life. It was my comfort, my friend, my way to deal with the bewilderment, shame, terror and hopelessness I felt all the time. I binged, purged, starved, overate, you name it. But in my late teens I crossed that invisible line and until I came into OA, I couldn't stop eating. I remembered one of the old PSA's on TV and there I was at my first OA meeting. My only hope then was to manage to go 2 hours without eating.

My HP, thankfully, wanted so much more for me than I ever dreamed of for myself. It was so hard in the beginning, harder than words can describe. I definitely felt worse before I felt better. But frankly, I did what my sponsor and the program suggested—I had a food plan (I lied about what I was eating, but thank God kept coming back until I actually was given the grace to actually follow the plan), went through the steps, went to a lot of meetings, did service, and read like crazy. Basically, I was scared to death and it took a long time to start to feel better.

Mercifully, my HP never gave me more than I was ready for. First, friends in the program, then back to school, a job, then a scholarship for more school and the greatest gift of all—peace!

My food plan (and me) have changed over the years. I yearn for all the promises to continue to come true in my life. I'm so, so grateful for my family, my health, my friends, and my abstinence. I have hobbies I enjoy and I love to laugh. Yes, there are times when things are really hard, but there are no more "black holes." Everything passes, sorry and joy, but I seem to be living most of the time in the middle with contentment and gratitude.

Thank you HP, thank you OA. I've been given more than I could have ever dreamed!

-MML, Raleigh

## My Favorite Slogan

There are so many different "good" slogans in OA: Easy Does It, Do the Next Right Thing, Keep It Simple, and so on. When things get the most hectic for me, and life just seems to be getting too complicated, it's "One Day At A Time" that seems to really calm me down and helps give me some perspective. Oh, but what about that deadline I have next month! What about my job getting too complicated and stressful! I'll never get everything done! And my house is a mess, I'll never get it straightened up! And I'll never get to do anything fun because I have too much to do! And how did my life get to be such a waste anyway!

Geez, the noise in my head can get so loud and I can think so fast. I just get in a groove of worrying and feeling paralyzed. Then I talk to an OA buddy or my sponsor, and I'm reminded: One Day At a Time. One Moment At a Time. I just have to get from where I am to the end of the day. Or just to the end of that craving. Or just to the end of that fleeting anxiety. Once I have the realization (again), it's as if my world opens back up, and I can breathe again. I can move.

And I can feel a gentle Hand on my shoulder, God's hand, giving me the strength to make it though the day. -Anonymous

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I recently had a marvelous gift from HP. After all these years of guiding me through life's highs and lows I finally got the message -- I am a whole person. I am not defined by my gender, my occupation, my peer group or what other people think I should be. I make mistakes, but that's okay. I've made mistakes in the past, but after taking Step 9 I can let them go. I can walk with my head held high and a smile upon my face because I am me -- a whole person. I can accept life's challenges with many different degrees of strengths and weaknesses knowing I will be guided by HP through all of them. I can laugh, I can cry, I can feel uncomfortable, I can feel contented -- that's all part of being a whole person. And as long as I stay out of the food I am blessed with being able to feel all my feelings. -Anonymous

## 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

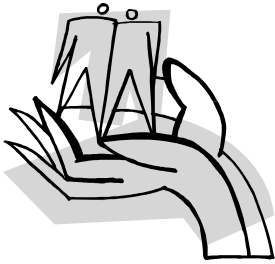
“God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

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## On Step 2:

“In OA, God’s healing power comes to us through a caring community of other compulsive overeaters.”

(OA 12 & 12, pg. 15)



## 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
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
Marjorie S.	336-286-3345	before 11:30pm	no	yes

**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](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.

**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 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); Harriette 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 (Room 184); Sue (919) 483-4049 (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) 961-1734 (Recover from Relapse/Relapse Prevention 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.

<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)*