

# Recovery

TRIANGLE OA

# NEWS

A Publication of the Triangle OA Intergroup— Raleigh, NC

Volume 19, Issue 3

Donations Welcome

**March 2005**

## Step Three

*Made a decision to turn our will and our lives over to the care of God as we understood Him*

## Tradition Three

*The only requirement for OA membership is a desire to stop eating compulsively*

## 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**

**T**he third step is, for me, the heart of the twelve step program. When I truly take that third step and turn my life, moment by moment, over to that which is greater than my small self, the quality of the day is so extraordinary that one would think that this would be a permanent state of affairs. But it is not. All too often, I take my small ego-centered will back, and self-centeredness, anxiety, and greed creeps back. I take heart from one of the quotes in the *For Today*, which reads something like “the only permanence Nature provides is repetition.” So I keep practicing turning my will over every time I think to do so, just like I keep coming back to the present (from inside my head) every time I remember to do so. The hopeful aspect of all this is that I seem to remember to act on the third step more and more often. And that is a gift! It is one of many gifts I have received from OA.

*-Anonymous*

**S**tep three, made a decision to turn my life and my will over to the care of God as I understand Him is inspirational. To think that God wants to handle everything is a blessing! I love to admit that He can handle everything better than I and to walk in His will is divine. Sometimes my attitude or my temper can get in the way of walking in His way, but He always reminds me that

as I understand Him (which is love), I can always come to Him and give Him my life and will all over again. Thanks HP!

*-Marjorie S.*

**T**he Third Step is very precious to me now. The first thing I do when I get up is to recite the Third Step Prayer, asking to do that day what God wants and to be freed from “the bondage of self,” which I define as following my own way, and not God’s.

One of the many wonders which following the Third Step is revealing to me as the years pass is that working to do God’s will brings me a sense of freedom and peace. This has now happened to me many times – I never feel like a slave, but more sometimes like a freed prisoner. I think it’s a basic fact that my freedom each day from my former total servitude to my crazy, self-destroying behavior with food comes from trying as hard as I can to be open to what my dear God wants me to do and asking God for the love and strength to carry God’s will out.

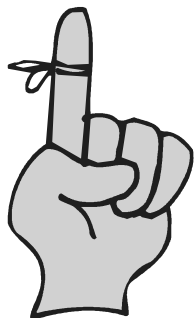
With all of the many things I am thankful for in my life these days, one of my greatest causes for gratitude is always the OA Third Step.

*-Anonymous*

**TOPIC  
FOR  
April**

Topic for April: ***Sponsorship/Recovery***. You can also write about the *Fourth 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 March 10th. Thanks!

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

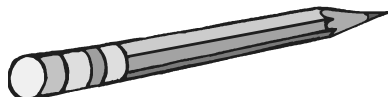


**INTERGROUP MEETING FOR FEBRUARY**  
**SATURDAY, March 19, 2005 10 A.M.—NOON**  
 Community United Church of Christ  
 (corner of Wade Av. and Dixie Trail—Raleigh)

**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**

Month	Group	Topic
April	Chapel Hill Thursday, 7pm	Step 4, Tradition 4, Sponsorship and Recovery
May	Fayetteville Tuesday, 7pm	Step 5, Tradition 5, Topic TBD
June	Hillsborough Wednesday, 7:30pm	Step 6, Tradition 6, Topic TBD
July	Open!! Available for sign-up!	Step 7, Tradition 7, Topic TBD

**SPONSORSHIP WORKSHOP**

**SPONSORED BY THE TRIAD OA INTERGROUP**

If you **are** a sponsor, if you **have** a sponsor, if you **want to be** a sponsor, or if you **want to get** a sponsor, this is for you!

A panel of sponsors will share their experience, strength, and hope, as well as workshops on getting a sponsor and on being a sponsor.

- When:** Saturday, February 26, 2005  
**Time:** Registration: 1:00-1:15  
 Program: 1:15-5:00  
**Where:** Main Street United Methodist Church, Kernersville, NC  
**Directions:** Take Business I-40 to exit 14 -- S. Main Street.  
 From Winston-Salem, turn left off of exit ramp and cross back over I-40.  
 From Greensboro, turn right off of exit ramp.

You will be going toward downtown Kernersville. Go approximately 1 mile. [you will have passed the Moravian Church on the left, then Korner's Folly on the right, then Main Street United Methodist Church on the left]. Go past M.S. United Methodist church and turn LEFT onto Tanyard Lane. Park in large lot on the right, across from the church.

# TRIANGLE INTERGROUP MEETING - January 15, 2004

## Who Was Present

Evelyn, Aberdeen Tuesday; Kaye, Aberdeen Thursday; Jim K., Hi Tech Chair; Jim C., WSO; Valerie, SOAR Rep; Marcia, Durham Sat.; Judy K., Newsletter Liaison; Harriette, Secretary; Kathy R., SOAR Rep; Sue R., Treasurer; Felicia, Chair; Steve, Parliamentarian; Megan., Newsletter Editor; Scott, PI Chair; Elizabeth C., Chapel Hill Thursday; Judith T., Chapel Hill Tuesday; Jim M., Group Outreach; Virginia, Durham Tuesday; Lisa, Raleigh Tuesday; Liz, Raleigh Saturday; Sue M., IG Contact List Keeper

## What We Talked About

Minutes were approved with the following exception, "Above 7th Tradition Funds" will be used by WSO to help finance attendance at the WSBC for WSO group reps who have never attended due to lack of funds.

## Treasurer's Report

- Treasurer is stepping down. Judy has agreed to maintain the position temporarily or until someone accepts. Please encourage members to accept this service and email Felicia of the desire to serve.
- No funds were returned by the Retreat Committee. Funds will be used by the committee for the Fall retreat.
- 2004 budget was accepted and approved. A motion was made for the steering committee to meet along with any interested members to discuss proposed budget for 2005 before February IG.
- Motion was also made for each IG Committee Chair to submit a proposed budget to Felicia between Jan.17-22.
- Jim K. agreed to check the P.O. Box each week and forward any treasurer related items to Judy.

## Newsletter

- Megan was approved as Editor.
- Megan made arrangements for some members to pick up newsletters for the month from the Saturday Durham meeting. Arrangements were also made for other groups in the Triangle. Groups outside the Triangle will receive regular mailings

## WSO

- Bylaws will be formatted electronically by Jim M. IG thanks Sue for formatting the 1st four pages of this document.
- Jim C. agreed to absorb the additional costs above the

budget for WSO expenses for the WSBC.

- A few of the motions to be presented at the upcoming WSBC were presented. Due to a lack of time, Jim K. agreed to see if the motions are listed on WSO's website and if so, will send out the link to members. Groups will then have just a few days to ponder the motions and give Jim C. any feedback prior to the deadline for submitting responses.

## Hi-Tech

- Software for the newsletter was passed on to Megan.
- Aberdeen Tuesday 10:30am will be added to the group list

## SOAR

- SOAR flyer is on the web.
- Crafts donations are needed.
- A reminder was given to groups to donate raffle items and consider all the volunteer opportunities for the upcoming SOAR which we are co-hosting.

## PI

- Phone line has been updated. IG has a credit on the phone bill.
- List of libraries to receive literature has been revised. Once the books have been received, the Scott will contact the libraries again and make arrangements to drop the books off.
- 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!

## Third Step & Third Tradition

**T**urning my will over to the care of my Higher Power means a lot more than just saying the words in the morning and throughout the day, though I do that. Turning my will over means aligning my will with my HP's. It might mean bending or shaping it in a different direction; it might mean doing nothing when my self will is pushing me to act. It also means trying to know what HP's will for me actually is, which means I have to get quiet enough to ask and listen and wait for an answer. Often I'm not sure that I know my Higher Power's will. But the other part of the Third step talks about our HP's care. So that means after coming to a decision, I move ahead with it, trusting in HP. I believe that my Higher Power will take care of me, even when my will or the decisions that I make are not quite in alignment with the Higher Plan. I also think that maybe it's HP's will that we DO make our own decisions and sometimes choose wrongly, because this hopefully teaches us lessons about! our need for HP. It also gives us the opportunity to ask for forgiveness and/or help, which improves our conscious contact with our Higher Power. Making the decision to turn my will over to HP's care shows me and my Higher Power what my intention and chosen pathway are, even if I'm not always able to sustain it. *-Anonymous*

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**I**'m a compulsive overeater. For me, that meant that before OA I tried desperately to do everything perfectly; and that I never felt that I really belonged anywhere. What an amazing opportunity Tradition 3 offered me! I didn't have to meet any high standards to keep my membership. All I had to do was want to stop eating compulsively. In fact, there were times that I didn't want to stop eating compulsively. I just wanted to lose weight – preferably without changing what I was eating at all. Even then, nobody said I didn't belong. Now, after many years in program and a large weight loss, I sometimes grumble to myself about “those people who won't get serious about their abstinence, and why are they bothering...” Through the grace of my Higher Power, I can do an immediate tenth step and make what living amends I can to my fellow sufferers. I am thankful that we have a tradition that kept me in program when I was losing to the disease; and that teaches me acceptance of the person just like me who needs to be reassured that she or he is a full member of this program, not because of any measure of success, but just because of a desire for healing. We are all members and we are all winners when we keep coming back and keep working those 12 steps of recovery. *-Anonymous, Chapel Hill*

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**L**ooking back over my dieting history, which began at about the age of 11, I don't think it ever occurred to me to want to stop eating compulsively. What I wanted was to find a diet, often in conjunction with pills from a doctor, that would take off about 35 pounds from my body so I could relax and go back to eating “normally.” A number of times I took off the weight, but what I consider normal eating soon brought it back. My life was lived on a seesaw. It wasn't until I came to OA that the concept of a sensible, moderate way of eating all the time broke through to me. I have been living this way for a number of years now, sometimes more successfully than others. At first I dieted because when I came into the program we were given one-size-fits-all diets and were expected to follow them. Gradually OA softened its approach and recognized that each person has her own dietary needs. We became free to pick our own plan of eating (no longer diets), and abstinence became a more comfortable, natural part of my life. Even now, I don't want to refrain from eating compulsively at all times. At such times, I have to call on all the tools and steps to help me recover my willingness. Finally, because of OA, I've left the seesaw behind. *-Anonymous, Pittsboro*

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**I**f there were any other requirements for coming to OA than the desire to stop eating compulsively, I would have been gone a long time ago. We all recover at our own pace, sometimes quickly, sometimes slowly, and having some standard that would have to be met by all would be just another method of controlling our food. So some of us have great physical recovery and some of us have great spiritual or emotional recovery and some have reached that happy state of all three. But no matter what, if we keep coming back, we are going to get more and more recovery. I'm not talking about fat serenity, I'm talking about that level of love and acceptance of self that allows us to quit eating compulsively. So we continue to come in varying sizes and to recover at different rates and in different ways. But if we keep coming back with that desire to stop eating compulsively and follow the suggestions we hear in the program, we will eventually see positive change. There is hope. The miracle is happening. I have to just remember to “keep coming back. It works if you work it” and keep on doing the next right thing. With the help of my HP and my fellow OAers, the freedom from the obsession with food is mine. *-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 3:

“We can confidently face any situation life brings, because we no longer have to face it alone.”

(OA 12 & 12, pg. 27)



## 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.	919-559-7679	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	yes	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) 559-7679 (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)

**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)*