

TRIANGLE OA Recovery NEWS

A Publication of the Triangle OA Intergroup— Raleigh, NC

Volume 19, Issue 4

Donations Welcome

April 2005

Step Four

Made a searching and fearless moral inventory of ourselves

Tradition Four

Each group should be autonomous except in matters affecting other groups or OA as a whole

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**

Sponsorship has been one of the major learning experiences in OA for me. One of the first things I discovered after I came into OA is that sponsors aren't perfect either. I had a very painful experience with a long-time sponsor that basically ended the relationship; and I couldn't understand why I was quite sad, but not devastated. That was a major lesson in the saving power of the Fellowship and my HP.

After that, I tried to go at it alone for awhile, but I was sponsoring myself – without a sponsor. I became more and more aware that I wasn't doing a very good job with my sponsees. I was forgetting how it felt to be a sponsee myself!

When I got a sponsor, I became more compassionate and understanding as a sponsor; but I didn't like what I was hearing from my new sponsor, or the lack of gentleness with which she sometimes spoke to me. Well, duh! I finally learned to listen to the content of her message and not focus on the tone of voice or choice of words. Then, both my program and my relationship with my sponsor began to improve.

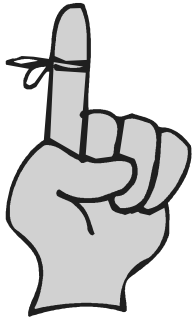
I think both being, and having, a sponsor are crucial for me in the program; I think if we were suddenly without them, I'd have to start them again myself. I believe they are essential to my abstinence. *-Anonymous*

Recovery has meant different things to me in the past two+ years since I was welcomed into the program by you all, my fellows. So far, I have found that at its heart, recovery is freedom. In the beginning for me, it was freedom from my denial that I had an "incurable" disease. Later, I found freedom from my fear that I would be a compulsive overeater for the rest of my life (a fear which my Higher Power removed after I gave my fifth step). I have also experienced freedom from compulsive food thoughts and cravings, rollercoaster emotions, and mean-spiritedness. All of these freedoms have been gifts from my HP, and it has been my laziness to acknowledge HP's presence and significance in my life (and the gifts that come with it) that has allowed my level of recovery, and thus my freedoms, to diminish and put my abstinence in great jeopardy. For my life, freedom is only found through HP, the steps, and the program. When my program is strong and committed each solitary day, the freedoms my spirit enjoys are able to grow and be nourishing. When I "forget" about HP/God my program suffers. I still feel so new to the powers of the steps and tools, and I'm slowly learning how "my life" and "my program" are one in the same- as one goes, so goes the other. Thanks be to the program for allowing me to have my life. *-Anonymous*

**TOPIC
FOR
May**

Topic for May: **Abstinence, Not Perfection.** You can also write about the Fifth Step or Tradition. We are **always** looking for writings to put in the newsletter. Please send your writings to newsletter@triangleoa.org by April 10th. Thanks!

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



INTERGROUP MEETING FOR FEBRUARY

SATURDAY, April 16, 2005 10 A.M.—NOON

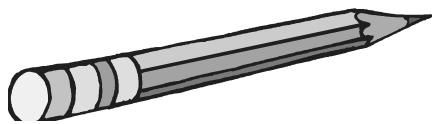
Community United Church of Christ

(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.**

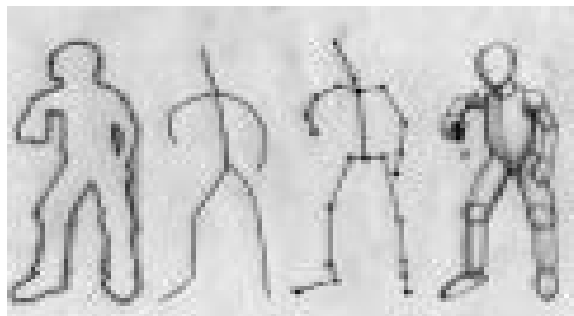
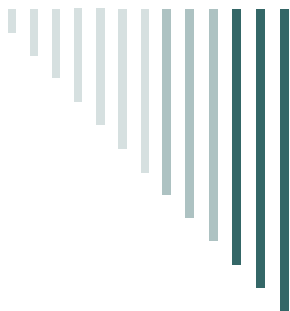
Writing for the Newsletter!

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
May	Fayetteville Tuesday, 7pm	Step 5, Tradition 5, Topic: Abstinence, Not Perfection
June	Hillsborough Wednesday, 7:30pm	Step 6, Tradition 6, Topic: Journey to Recovery
July	Open!! Available for sign-up!	Step 7, Tradition 7, Topic: You Get What You Give
August	Fayetteville Saturday, 11am	Step 8, Tradition 8, Topic: Perseverance



Serenity & Self Image

The Hillsborough OA Group Presents

“Serenity & Self Image”

An Interactive Workshop

Saturday, May 14th

1:00-4:00p.m.

Hillsborough Presbyterian Church

(Corner of Churton and Tryon Streets)

Contact: Robin, 919-732-0936

TRIANGLE INTERGROUP MEETING - February 19, 2005

Who Was Present

Jim C., WSO; Valerie, SOAR Rep; Marcia, Durham Sat.; Judy K., Fayetteville Tuesday & Acting Treasurer; Kathy R., SOAR Rep; Felicia, Chair; Steve M., Raleigh MWF; Scott, PI Chair; Elizabeth C., Chapel Hill Thursday; Jim M., Group Outreach; Virginia, Durham Tuesday; Lisa, Raleigh Tuesday; Liz, Raleigh Saturday; Sue M., IG Contact List Keeper; Jackie, Visitor; Valerie, SOAR Rep; Sophia, Fayetteville Saturday; Mary Anne, Vice Chair

What We Talked About

The minutes were accepted with the amendment that the funding assistance for representatives to attend SOAR is not limited to groups that have never attended, but only to groups that have not attended recently.

Treasurer's Report

- Treasurer's Report was presented and accepted.
- Felicia gave an overview of the board's discussion of the proposed budget. The group agreed that the budget would serve as a guideline that could be modified as needed. With that understanding, the budget was passed.
- It was then immediately amended to move \$50 from the software line, which the Hi Tech committee chair does not believe we will need, to a line for the PI committee.
- The question of whether we should set a minimum number to maintain in our prudent reserve was raised. Judy will check the group handbook about prudent reserve and report back at the next meeting.

Newsletter Liaison

- Judy will provide both Megan and Elizabeth with a list of those people who volunteered to pick up and deliver the newsletter in the event that Elizabeth is unable to do it.

WSO

- Jim C. has registered for WSO and will continue to serve on the 12th Step Within Committee unless he is requested to serve on another committee.
- Thanks to Jim M.'s hard work, the Bylaws have been brought into compliance with WSO guidelines, which is required before our delegate can be recognized. The new Bylaws were distributed and unanimously accepted.

SOAR

- Kathy will step down after the March meeting. Valerie will continue to serve as SOAR Rep through the end of her term.
- Kathy will help Valerie with the application for SOAR money to help defray expenses of the session in Miami.

PI

- Based on the limited budget and a review of the "What Works and What Doesn't Work" guidelines, the PI chair was tabling the plan for placing OA literature in local libraries. Instead, he will put notices in newspapers; make personal calls to physicians and clergy with the appropriate "Introducing OA" literature; post bulletin board "tear off" sheets; and place old *Lifelines* in high traffic areas. The IG chair asked that we revisit the library initiative after we see what the income from the SOAR convention in March will be.
- In the meantime, he has listed our hotline number and website

in the Friday *News and Observer* support group listings. He will need to renew this request monthly.

- Kathy pointed out that a three-panel display board will be available for \$15 after the March SOAR convention if PI would like to purchase it.

SOAR 8 Convention in March

- Kathy reminded the group to get in craft items and gift baskets for the raffle. Marcia is willing to take items for others and currently has room in her car for additional donations.

Group Outreach

- The chair was not in attendance. However, Jim C. pointed out that listings for OA telephone meetings are now available on the national website, as well as from Valerie and from our Regional Trustee, Charles. Jim M. will ask Megan to list some of these meetings in next month's newsletter.

Proposed Motions and Amendments for WSO

The group voted on the following proposed new business motions and bylaw amendments:

- Items A-H: Bringing written documents into line with current practice - passed unanimously.
- Item I: Allowing Regions to submit items to go directly to the floor at WSO - passed.
- Item J: Registering telephone meetings of OA as long as all standards for meetings were met - passed.
- Item K: Clarifying the process for submitting items for the WSO agenda - passed.
- Item L: Modifying the statement on abstinence to include "in a manner that reflects a desire to obtain and achieve a healthy body weight" - defeated.
- Item M: Setting aside resources to investigate the cost and copyright implications of changing God to Higher Power and using gender-neutral language - passed.
- Item 1: Amending bylaws to require that 12 steps and 12 traditions be read at every meeting - defeated unanimously.
- Item 2: Requiring regional bylaws to be registered with WSO - passed unanimously.
- Item 3: Submitting registration of National/Language Service Boards - passed unanimously.
- Item 4: Procedure for amending bylaws - defeated unanimously.
- Item 5: Limiting WSO motions to those proposed by regions or trustees - defeated unanimously.
- Item 6: Permitting the WSO parliamentarian to make editorial changes in the bylaws that do not affect the intent of the bylaws - passed unanimously.
- Item 7: Replace the word Him with the word God in the steps and traditions - passed.

Announcements

- Acting treasurer, Judy K, asks that we announce the need for a treasurer at every group meeting. Requirement is 1 year of abstinence and familiarity with Quicken would be helpful.
- Due to last year's reduced budget, all were encouraged to remind everyone at their meetings that the suggested 7th tradition donation is at least \$2.

October 2004. Topsail Beach, NC, early Sunday morning, last day of the Autumn OA Retreat.

Full moon, high in the west, eastern sky brightening, turning pink. I walk along the waters' edge, singing. Nineteen brown pelicans fly past in an undulating curve. I am inspired by the retreat leader's words of hope and possibility. Yesterday, I told him of my food failures, two Februarys in a row, at an annual storytelling workshop I like to attend. I told him I didn't think I could go again, it was just too difficult. "How much do you trust your Higher Power," he challenged. Not much, I realized. Not in this situation with sweet, sugary foods lying around all weekend.

Both Februarys, I'd sworn off the sugary foods, read recovery literature, made calls, and prayed; but year one, I'd started nibbling during the break Friday night, and year two, I'd lost it Saturday evening after supper. Then, of course, I'd supplemented my Sunday breakfast with sugary stuff, and driven home eating sugary leftovers for lunch. Both years I'd arrived home absolutely defeated, and filled with remorse.

Now this Sunday morning of the OA retreat, how much faith can I have in my Higher Power? Can I stretch my faith? Can I get more support? Can I try again? I turn to face the rising sun, knee-deep in Atlantic waters, feet akimbo. I stretch my arms out wide, breathe deeply and pray for help. Instantly I see movement in the water: a dolphin, two, three. Dolphins, messengers of the gods, truly my prayers must have been heard! Tears stream down the sides of my face, goosebumps prickle my arms, laughter shakes through my tummy.

With the inspiration from the OA retreat under my belt, I began to plan to attend my third storytelling workshop. I emailed the facilitators and told them about my struggles with food and my problem with the emphasis on sugary snacks. I got back a very supportive reply, thanking me for sensitizing them to the problem. When the information packet arrived, the sentence which had always read "bring desserts – think chocolate" had been changed to "bring a snack of your choice so you will have what you need."

This year I again prepared with my sponsor all the tools and steps I could use during the February storytelling workshop. When I arrived, the first thing I did was go for a windy stroll on the beach. I turned to the sea, closed my eyes and prayed to stay centered and abstinent this time. I opened my eyes. I could hardly believe it. There were my cheerleaders, my dancing dolphins, close, so close to me. I burst out laughing with delight. "Okay, third time lucky," I called to them. I felt remembered, joyful and optimistic.

The workshop was disappointing. I did not enjoy the leader, the sessions weren't participatory, and I didn't feel in sync with the material. But as everyone nibbled their way through the frequent breaks, I got a cup of decaf tea, walked around a bit, and thought of my beloved dolphins keeping watch, swimming playfully, cheering me on.

By Sunday noon, I'd had four abstinent meals and several planned, healthy snacks. One of the facilitators asked me how I'd been doing. "Fabulously," I enthused. "It helped me so much, telling you about it. There's no way I could have binged on sugary foods after 'coming out' to you guys."

"It helped me too," he announced. "I've been watching my cholesterol. This year I haven't had a single piece of high fat food all weekend– not one." "And I haven't had a crumb of sugary snack foods or overeaten," I thought.

Before I departed, I took one last walk to the beach. The sun was sparkling on the ocean. I called out "thank you" to the dolphins, to HP, and to all of OA. I turned to drive home, clean, abstinent and grateful. -JV

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I have just returned from a trip abroad, taken for professional reasons. While I was away, I reviewed many gifts from my Higher Power: good health, success in my professional presentations, introductions to friendly and intellectually stimulating new people. With help, I managed to make all the train, plane, and subway connections I needed to make- on time and with my luggage intact. Nonetheless, I stretched my abstinent food plan to its limits; I observed the "bottom line" of 3 meals a day, but only that. I think fear and tension and stress– fear that something would go wrong, that I would prove unequal to the tasks imposed upon me while abroad – drove me to eat more than I normally would. But whatever the reason, upon my return my disease instantly offered its usual counsel: "Find a new and militantly restrictive food plan! Shape up!" Fortunately, I called my sponsor instead; talking to her reminded me that I have never found the answer to compulsive overeating in a food plan, only in the steps, the traditions and the tools of the program. This morning the tool I needed most was sponsorship. My sponsor didn't judge or scold; techniques that have never kept me abstinent! She just reminded me, with her loving acceptance of my story and her encouraging words, that my Higher Power is always available to restore me to sanity. I'm grateful to have a sponsor who embodies HP's acceptance for me. -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 4:

“As we took an honest look at the past, at who we’ve been and what we’d done, we began to understand ourselves better.”

(OA 12 & 12, pg. 29)



Speakers, Sponsors, and Phone Buddies

If you would like to add your name to the list, please contact **Jim M.** at **919-272-0089** or to email **outreach@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.	919-961-1734	before 9pm	yes	no
Neill M.	919-789-9402	before 10pm	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
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

For a listing of online meetings and telephone meetings, please visit the main OA website at www.oa.org/online_meetings.html

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; Cindy, (919) 367-0308 (D, HA, N, S, T, L) (#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); 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 (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.

Telephone Meetings: Please see page 2 for telephone meeting list

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