

# TRIANGLE OA Recovery NEWS

A Publication of the Triangle OA Intergroup— Raleigh, NC

Volume 19, Issue 6

Donations Welcome

June 2005

## Step Six

*Were entirely ready to have God remove all these defects of character*

## Tradition Six

*An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.*

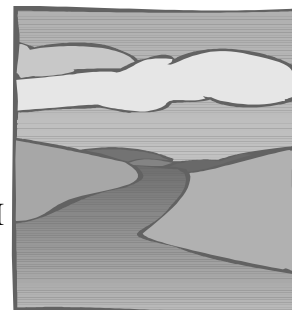
## The Eight Tools of Recovery

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

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

## Journey to Recovery....

My journey to recovery began with desperation. My God knew I needed help, but I was yet to find it. I was told of OA, but it took me a while to get out of denial and admit I had a problem. I finally went to a meeting. I saw fire in the eyes of two members at my home meeting who seemed to have that happy, joyous and free character that I love to have. I asked questions, took notes, and then began the journey. Doing the steps, reading OA and AA literature, and concentrating on the spiritual aspect of the program I began to live a sane and miraculous life. I also lost extra weight that I was carrying.



In 1999, I officially became an OA member. I got a sponsor and sunk my teeth deep in my journey to recovery! I'd say one of the things that has helped me the most is the relationship between my Higher Power (God) and I. He speaks to me and helps me to do my program. He uses many, many people from meetings to guide me and show me the way. I listen to what other OA members say and, sometimes, that's all I do at a meeting - listen. I use the tools. They are vital. Without them, I would not have a program. I read AA every day (that wonderful book!) and I journal every day. I call my sponsor every morning, sometimes more than once if I have a burning need. Those are some of my basics.

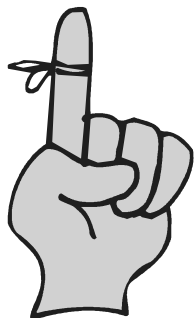
The heart of my recovery is simply to please God. I believe I was made by Him to be beautiful and acceptable by Him, without stuffing a [binge food] in my mouth. He gives all things, not to choose in excess, but to enjoy. I have learned that I will never leave this journey to recovery. I am a project in the making - not perfect or finished. Hope is what I have, including my experience and strength. Hope (God) keeps me going. It's the essence of my program. Knowing I am powerless, which I am, reminds me that there's hope, because my Higher Power is powerFUL. And I can depend on Him for recovery. The journey of recovery is glorious...no more binges! No more foolishness with food. Thank You Wonderful God.

*-Anonymous*

**TOPIC  
FOR  
July**

Topic for June: **You Get What you Give.** You can also write about the Seventh 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 June 10th. Thanks!

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



**INTERGROUP MEETING FOR FEBRUARY**

SATURDAY, June 18, 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
<b>July</b>	Durham Tuesday, 12:30pm	Step 7, Tradition 7, Topic: You Get What You Give
<b>August</b>	Fayetteville Saturday, 11am	Step 8, Tradition 8, Topic: Perseverance
<b>September</b>	Open!! Available for sign-up!!	Step 9, Tradition 9, Topic: TBD
<b>October</b>	Open!! Available for sign-up!!	Step 10, Tradition 10, Topic: TBD



**Telephone Meetings**



Procedure for Phone Meeting	Day and Time	Contact	Phone number
Call 641-594-7500, Pin Number: 79822#	Mon. 10am EST	Norma Jean	352-307-9720
Call 212-990-8000, Pin Number: 1067#	Tues. 8:30am EST	Nahama	718-575-1067
Call 641-594-7500, Pin Number: 59002#	Tues. 8pm EST	Carrie	978-827-6483
Call 212-990-8000, Pin Number: 1067#	Wed. 8:30am EST	Nahama	718-575-1067
Call 641-594-7500, Pin Number: 135103#	Thurs. 8pm EST	Liz	617-889-2801
Call 641-497-7200, Pin Number: 166936#	Fri. 12pm EST	Unavailable	Unavailable

# TRIANGLE INTERGROUP MEETING - April 16, 2005

## Who Was Present

Valerie, SOAR Rep; Louise, Durham Saturday; Gerrie, Raleigh Saturday; Sue M., IG Contact List Keeper; Mary Anne, Vice Chair; Jim K., Hi-Tech; Harriette, Secretary; Judith T., Chapel Hill Tuesday; Diane, Hillsborough Wednesday; Felicia, Chair; Judy K., Newsletter Liaison; Donna, Aberdeen Tuesday; Elizabeth C., Chapel Hill Tuesday; Sue, Fayetteville Saturday

## What We Talked About

Minutes were approved.

## SOAR

- There has been difficulty getting receipts from SOAR so we still do not know the profits. Though attendance at the banquet and luncheon were down there were 149 registered for the convention.
- Kathy stepped down as SOAR Rep. July SOAR will be in Jackson, Miss. Harriette agreed to serve as Rep for the Triangle.

## Treasurer's Report

- Treasurer's Report was accepted.
- This position is still interim. Judy is serving as interim, but lives in Fayetteville and is concerned about the distance. Reps are to ask continually at their groups if someone, with at least one year's abstinence, would consider serving as Treasurer or to help out in the interim.
- Someone from the Raleigh area is needed to collect the mail from the P.O. Box.
- Judy has been serving as interim treasurer, as well as the Newsletter Liaison. Someone is needed to help her to do this service. This only requires mailing newsletters to groups who do not have a rep present at the IG meeting and to subscribers.
- \$21.00 collected from IG for last month's 7<sup>th</sup> tradition was turned over.

## Hi-Tech

- Website and Newsletter will be updated. Judy will confirm that the Sunday Chapel Hill meeting has closed before the website is updated. The new 4pm Sunday meeting in Raleigh at Grace Lutheran in Raleigh will be added. It will be a Big Book Study.

## Outreach

- Though absent wants individuals to contact him with updates to the speaker/sponsor list and groups not sending reps to IG will be contacted.

## Retreat

- IG is still waiting for a response from the Retreat Committee and is looking for individuals to serve on the committee. Please ask members if they are willing to serve as Retreat Chair or help on the committee. To serve as a Committee Chair, the abstinence requirement is 30 days and 6 months in OA. A list circulated within IG for members willing to serve on the committee.

## New Business

- IG discussed what to suggest to groups that have closed as to the disbursement of funds and literature. It was suggested that the groups distribute the funds according to the 60-30-30 formula and give literature to groups just starting; or funds and items may be turned over to IG for distribution. IG will still follow the 60-30-10 formula with the funds.
- Tuesday 12:30pm and Sunday groups are to ask their members if they'd like to help repay the \$12 that was needed in order for each library in Durham County to have OA 12 and 12 and the OA main text. If collected, funds are to be given to Harriette, and anything over will be given to the treasurer.
- The "How To Avoid Cross-Talk" handout will be posted on the web page.
- On August 6<sup>th</sup> the Serenity Day, which will be held in Raleigh, will focus on Sponsorship and will be given by the Saturday a.m. group



**O**ne of the problems that made a bump on the road to recovery for me was surgery. I had just gotten back on my food plan after a wonderful retreat, and after having been on and off my plan for a time. Then, the need for surgery became necessary with pain medications and nausea, and more nausea.

Of course, I didn't want anything to eat for a while after surgery. As the nausea went away, some of the food and drink I wanted was not things I normally have on my food plan. The line between sick and well began to become blurred as I got my appetite back. I soon knew I was in trouble.

Because of my family, who were in my house to care for me, there were some things to eat that I don't usually keep around. It is very hard for me to throw away food; so, of course, I had to eat it up before I could get back on my food plan. Thank my Higher Power that no one who brought in food while I was sick brought in desserts. And now that I am back on my food plan, I hope I will remember that thin line between sickness and health. - *Anonymous, Hillsborough*

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**M**y journey to recovery began when I first came to OA about 7 months ago. I wish that I could say that the journey so far has been always smooth and uneventful. However, unlike a number of other OA members, I have found the journey to be rather a bumpy one. I have had good days and bad, victories and defeats. But I have persevered. When I stopped to figure out why I have kept coming back and why I have stuck with it, it quickly became apparent to me that one of the main reasons centered on the meetings and the fellowship that I have discovered in OA.

Because my fellow compulsive overeaters understand what I am going through, I can share my hopes and my frustrations without fear of being judged. Everyone's support and encouragement have made my journey much more bearable—I have been able to come to see things about myself and to understand my addiction much more clearly. And I know that no matter whether I have been abstinent or have hit one of the many detours along this journey, I am always welcomed back each week. - *Diane, Hillsborough*

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**S**tep 6: Were entirely ready to have God remove all these defects of character.

"But are you entirely ready?" my sponsor often asks me when I complain about a problem that just doesn't seem to be going away.

Being ready, I'm learning, sounds a good bit easier than it is. Sure, I think I'm ready to part with the challenges I struggle with; but when I'm honest, I can see how I'm ready to be bid farewell to the difficulties, but I'm rarely ready to accept the changes that their removal would necessitate.

For example, I'm tired of wrestling with my perception of myself as not good enough. But can I accept what my day might look like if I were willing to let go of that unproductive belief? What if I could see myself through the eyes of my loving Higher Power? Such a shift would require me to let go of my readymade excuse not to do service because I think I'm not skilled enough.

It would require me to turn some of the focus away from myself and aim it, instead, on the people I can be useful to. It would mean that I'm ready to act as if I no longer carry that defect – which I'm willing to see who I am without it. For me, the key to Step 6 is to cultivate a happy expectation of who I'll be when that defect is removed. - *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.”

.....

### On Step 6:

“No longer will we allow fear to keep us from doing what is best for us.”

(OA 12 & 12, pg. 57)



## 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](http://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](http://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**

- 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, Judy(910) 864-7483 (S, D, HA, L, V) (#37188)
- Saturday, 11-12pm; VA Medical Center, 2300 Ramsey St (Room 184); Sue (919) 423-4049 (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)
- Sunday, 4-5pm; Grace Lutheran Church, 5010 Six Forks Rd.; (BB)

**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:** See page 2 for more 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)*