

# Recovery

TRIANGLE OA

# NEWS

A Publication of the Triangle OA Intergroup— Raleigh, NC

Volume 19, Issue 7

Donations Welcome

**July 2005**

## Step Seven

*Humbly asked him to  
remove our  
shortcomings.*

## Tradition Seven

*Every OA group ought to  
be fully self-supporting,  
declining outside  
contributions.*

## 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**

## You Get What You Give....

I know when I am giving 100% commitment to HP and the OA program - when I am working the steps and using the tools like writing, prayer and meditation and staying in touch with my sponsor - I am getting 100% in return form HP and the program.



I have to give to receive. For every step I take toward my spiritual recovery and abstinence, I get so much in return. What do I get? I get an HP who loves and supports me; HP who wants me to do well and be healthy; wants me to experience peace and serenity; gives me a clean and clear perspective on life and the ability to enjoy myself and other people. Sometimes a smile crosses my face naturally! I have fond memories of my childhood because I have resolved issues, through the help of my HP, with my parents that used to keep me sad, angry and resentful, and in the food.

*Anonymous, Durham*

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I arrived at an OA meeting in late May with a sense of comforting nostalgia. I have been an OA'er for almost fifteen years, and my thirteenth year of current abstinence is just around the corner. However, I have been remiss in attending meetings for the past year.

In a quiet, yet devious, way, I had begun to think that meetings were no longer necessary to my recovery. But as the meetings became fewer and fewer, so did the phone calls, the reading of literature, the writing, and, of course, the giving of service.

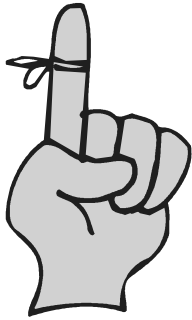
I arrived at this meeting, my first one in well over three months. I was greeted by old and new friends who, though welcoming, were not inquisitive. The first thing I heard was the topic for July's Newsletter: "YOU GET WHAT YOU GIVE."

*Anonymous*

**TOPIC  
FOR  
August**

Topic for June: **Perseverance**. You can also write about the Eighth 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 July 8th.  
Thanks!

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



**INTERGROUP MEETING FOR FEBRUARY**

**SATURDAY, July 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**

<b>Month</b>	<b>Group</b>	<b>Topic</b>
<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
<b>November</b>	Open!! Available for sign-up!!	Step 11, Tradition 11, Topic: TBD



**Telephone Meetings**



<b>Procedure for Phone Meeting</b>	<b>Day and Time</b>	<b>Contact</b>	<b>Phone number</b>
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 - May 21, 2005

## Who Was Present

Felicia, Chair; Louise, Durham Saturday; Gerrie, Raleigh Saturday; Mary Anne, Vice Chair; Diane, Hillsborough Wednesday; Donna, Aberdeen Tuesday/Thursday; Elizabeth C., Chapel Hill Tuesday; Sue R., Fayetteville Tuesday; Jim C., WSO Rep; Judy, Ad Hoc Treasurer; Virginia, Durham Tuesday; Chloe, Raleigh Tuesday; Veronica, Fayetteville Saturday

## What We Talked About

Minutes from the April 2005 meeting were approved.

## SOAR

- Harriette, our SOAR Rep., will be attending the Jackson, Mississippi SOAR Convention in July.

## Treasurer's Report

- The "To-date Treasurer's Report" was accepted.
- Our budget is improving, but still about \$300 off.
- We need a volunteer to pick up the mail from the P.O. Box in Raleigh. This includes bills for the Treasurer to pay.
- Judy will look into the possibility of creating a new report that can show new, or monthly, contributions and expenses as a way for members to compare and project.
- Each group should be reminded to put their Group number on all checks.
- SOAR monies have not been accounted for at this date.

## Hi-Tech

- Newsletters are now available on our website: [www.triangleoa.org](http://www.triangleoa.org). Website has now been updated.

## Retreat

- Gerrie was voted into the position of Retreat Chair.
- A financial report from last year's retreat was submitted.
- This year's retreat will take place at Topsail Beach, NC on September 16-18. Costs are yet to be determined.
- No seed money will be needed by the Retreat Committee.
- A Spring 2006 Retreat is also being planned (possibly in the mountains).
- Groups are asked to announce that any person interested in serving on the committee should contact Gerrie.
- A theme and a speaker are the first order of business.

Please submit your thoughts/preferences ASAP.

## Newsletter

- A newsletter liaison is still needed.
- Felicia is holding the materials for this position for the next volunteer.
- Duties include: mailing newsletters to subscribers and distant groups, and also to groups unable to attend the IG meeting.
- There is no abstinence requirement for this position.

## PI

- Jim C. will get the final report from HIPM.

## WSO: Recent Business Conference

- Jim C. will be submitting a report on the recent Business Conference. The Conference was well-attended; although, there were approximately 15-20 less reps. this year. Some of the OA groups around the globe that were represented included: France, Belgium, Germany, Sweden, Australia, and Brazil.
- All amendments to By-laws were passed.
- Groups that have specific food plans cannot deny people from speaking at a meeting who do not share the same food plan.
- The proposal to redefine Abstinence is still being studied.
- Neutralizing language of the Steps and Traditions, with regard to gender, is still being studied.
- Our By-laws were accepted.
- A Parliamentarian may suggest editorial changes.
- Telephone meetings that occur in real time can now register.
- There is a new pamphlet that speaks specifically to the needs of the Anorexic and Bulimic.

## New Business

- Discussion took place about sponsoring a PSA. There is a new meeting in Fayetteville that is applying for sanction.
- Gerrie announced that the Raleigh Saturday AM Meeting is having a Sponsorship Workshop on August 6th. Flyers were passed out. Please announce at your home group.
- Chloe announced that the Raleigh Tuesday meeting is going to host "Hope for the Holidays" on November 5th. Please announce at your home group.
- Harriette has binders for new reps, which include by-laws. Chloe, Gerrie, and Diane each requested a binder.

## New Living Space

My husband and I have been planning to renovate and add on to our current house. It's a fine house from 1920 full of old wiring and galvanized pipes; yet, constructed in the tradition of true craftsmanship. "That's when they built 'em to last," our contractor said, which makes me concerned about what he's planning to put up in its place. Apparently, his most difficult challenge will be to tie the new construction into the old - to graft the two parts together, seamlessly.

As I offer to God the old me, good parts and bad, I worry about what God plans to graft onto me - the new me, minus my shortcomings. Will this transition be smooth? Will anyone be able to notice the change? In this case, one hopes so - but of course, human nature bids that we not rush this, or give God too much latitude.

Yet, if I am willing to clear out my living space to make a way for new surroundings, I should also be willing to let God come in and do a little personal renovating, too.

My prayers will move in that direction, as I am reminded of the 7th Step Prayer, which reads:

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength as I go out from here to do your bidding. Amen

*Robin A, Durham Tuesday 12:30pm*



## ANNOUNCING A SERVICE OPPORTUNITY

Dear Trusted servants,

Our wonderful Webmaster for Region 8 has expressed a desire to rotate out of this service. Do you know of anyone who has been abstinent for 6 months, and has the technical skills needed for this position? Please help us to get the word out by communicating this need to your individual intergroups and contact the Publications committee with any recommendations.

Thank you,  
Living the OA Way and Loving It!  
Cheryl Soileau  
Region 8 Publications Chair



## 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 7:

“In OA we have discovered that humility is simply an awareness of who we really are today and a willingness to become all that we can be.”

(OA 12 & 12, pg. 60)



## 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; Holy Trinity Lutheran Church, 300 E. Rosemary St. (Augsburg Room); 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 Monday; 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> Study of the AA Big Book	<b>N</b> Newcomers' meeting available	<b>BL</b> Okay to bring your lunch
<b>D</b> Discussion of OA-related topics	<b>V</b> Format of meetings varies	<b>C</b> Closed meeting
<b>S</b> Study of the OA 12 steps	<b>T</b> Study of the OA 12 traditions	<b>L</b> Study of OA literature
<b>W</b> Meeting may include writing	<b>HA</b> Accessible to people with handicaps	<b>S/D</b> Speaker and Discussion

*Please send any changes to this list to: [newsletter@triangleoa.org](mailto:newsletter@triangleoa.org)*