

Recovery

TRIANGLE OA NEWS

A Publication of the Triangle OA Intergroup—Raleigh, NC

Volume 20, Issue 9

Donations Welcome

September 2005

Step Nine

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition Nine

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

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

Honesty

OA helps me in many ways. After hearing the inspiring story of a 20-year OA veteran this morning, our topic of discussion was “honesty.” Before program, I considered myself a very honest person, but because of the program, I realize that I tend to be in denial and dishonest about my food. Today I identified with much of others’ experiences. At times I have questioned if I am one of those people who is “constitutionally incapable of being honest” as I have often failed to follow through in my food plan with what I know is best for me. Those binge foods from the past still somehow get into my grocery basket at times; I tell myself that just one item won’t hurt. However, one usually leads to binging. The saying that insanity is doing the same thing and expecting a different results helps me focus on reality.

OA is helping me know it’s okay to desire intimacy in relationships. This I did not get in my family of origin and intimacy is not a strong point for my spouse. So, it is gratifying to know I can come to a meeting where I’m accepted with my flaws, where I am heard and not judged or shamed. Thanks be to H.P.

Anonymous, Durham



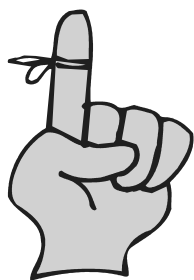
The Gift of Service

I make a phone call and I receive one back
I transport someone to a meeting--it helps me stay on track
I show up to a meeting and realize I'm the only one there--
And then a newcomer enters the room and is thankful that I share
I make contributions for the 7th Tradition--
grateful that the money spent did not support one of my binges
I send an email to the newsletter editor after being told that she has
received no stories to enter because somehow I know that my message will reach
another OA member And, every time I do something for someone else--I feel better
The Gift of Service has helped improve my program and life. I take the key
when I'm having a hard time. I lead at meetings when I'm feeling fine. I
help set up when I actually make it to a meeting on time. And all of these
acts of service have helped my life shine. -ReMona, Saturday Durham

**Topic
for
October**

Topic for October: **A New Beginning**. You can also write about the Ninth Step or Tradition. We are **always** looking for writings to put in the newsletter. Please send your writings to newsletter@triangleoa.org by **September 9th**. Thanks!

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



INTERGROUP MEETING FOR SEPTEMBER

SATURDAY, September 17, 2005 10 A.M.—NOON
 Community United Church of Christ
 (corner of Wade Ave. 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
October	Open!! Available for sign-up!!	Step 10, Tradition 10, Topic: A New Beginning
November	Open!! Available for sign-up!!	Step 11, Tradition 11, Topic: Gratitude
December	Open!! Available for sign-up!!	Step 12, Tradition 12, Topic: TBD
January	Open!! Available for sign-up!!	Step 1, Tradition 1, 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 - July 16, 2005

Who Was Present

Gerrie, Retreat Chair; Mary Anne, Vice Chair; Judith T., Chapel Hill Tuesday; Felicia, Chair; Virginia, Tuesday Durham; Suellen, Saturday Fayetteville; Steve M., MWF Raleigh; Diane, Hillsborough; Elizabeth, Thursday Chapel Hill; Valerie, SOAR Rep; Judy K., Tuesday Fayetteville/ Ad hoc Treasurer

What We Talked About

Minutes were accepted as submitted.

Treasurer's Report

- Treasurer's Report was accepted as amended to include two payments made in June for the Newsletter and Message Service. Currently, IG is solvent.

Hi-Tech Committee

- Contact Jim with any information you would like to have on the website.

Retreat

- The speaker has been changed to Janice from Louisiana.
- There are three scholarships left.
- There is a possibility of adding two more people per room; but, the group agreed to keep the number under 60 with anyone submitting their registration after we have 52 registrants being informed they will have to use an upper bunk.
- On Saturday, August 27, there will be a day trip to the mountains to review a retreat facility for possible use. It has sailing, canoeing, hiking, crafts, a ropes course, etc., and is fully accessible for handicapped. Anyone interested in joining this excursion should contact Gerrie for more information.
- Drivers are needed for the fall retreat to transport people flying in from other areas. The committee also needs volunteers to make 120 pompoms.
- This year, registrants can stay until Monday at no extra charge, but meals will not be provided after lunch on Sunday.

Newsletter

- Need writers and a newsletter liaison.

Other Business

- There is the possibility of more support for group outreach and/or an extra SOAR rep due to availability of funds in treasury. The next SOAR will be November 4-5.
- Raleigh Tuesday night will hold a Serenity Day (Hope for the Holidays) on Saturday, October 29, 2005 from 1-5pm at Grace Lutheran Church in Raleigh.

Meetings needing support:

- Durham Structure House 10am Newcomers, 10:30am Meeting.
- Sanford Group: Tuesday 7:30pm, contact Mary (919-721-4901) or Maria (919-770-6101)
- Raleigh Saturday will hold a Serenity Day on August 6th at the Friends Meeting House near Cameron Village. The focus is sponsorship. The flyer is available at our website (triangleoa.org).
- The September IG has been rescheduled to September 24th to avoid conflict with the retreat.
- After the meeting, there will be a get-together for an outside guided tour at the Art Gallery, and a walk from the Art Gallery to Meredith College.
- Bring a bag lunch. Judith T. will check on the availability of picnic tables and a tour guide.
- No 7th tradition was taken.



Welcome to Overeaters Anonymous, Welcome Home

**From the SOAR Assembly on July 24, 2005 in Jackson, Mississippi*

When I think of the gifts available from this new way of life, I also think of Home. Home is a mixed bag. For some of us, we come from homes with addiction, some homes have lots of chaos, and still others have love and nurturing.

At HOME, we
get **Hope** that it's not always going to be like this
get **Honest**, which a learned behavior
gain **Humility**
receive **Healing**
learn about **Harmony** and unity and how we have a common bond

At HOME, we
learn to operate **One** day at a time and realize we can not do all things perfectly. Perfection can be paralyzing. Perfection causes one to miss out on a lot.
We find **Openness** to God and to each other. I gain so much from the experience of sharing myself with another.

At HOME, one can
find **Meetings**, which are one of the most important aspects of ones program
find **Mentors** or Sponsors – We all have to find our way but isn't it great to have someone to follow?
learn to have a **Meal** plan. This is most important as I have never seen someone recover who did not have a meal plan.
find **Miracles** – sometimes I ask God why he showed me the program when there are so many out there who never have the opportunity. I don't know the answer to that but I do have a lot of gratitude.

At HOME, one can
find **Enrichment**
find **Experience** strength and hope from others – I also learn that relapse starts in my head and goes other places.
learn how to **Eat** sanely - Program gives me structure. Before program the only structure I had was to eat what I wanted.
find **Equality** – The tool of anonymity says we are all equal.
have **Expectancy** – I expect a miracle at HOME. There are 5 times more people who leave than those who stay. I have got to be relentless and go at this with all I have.
Realize I get to do this **Every** day – There is no vacation or break. All I have is a reprieve. The disease progresses. This really life and death but we do it every day to maintain contact with our HP, Higher Power.



FALL 2005 BIG BOOK BEACH RETREAT

September 16 – 18 at North Topsail Beach, NC

Sponsored by the OA Triangle Intergroup

Registration includes 2 night stay and dinner Friday through lunch Sunday. \$125 early registration until August 8; \$135 late registration after August 8. Registration deadline is September 5.

REGISTER ASAP, SPACE IS LIMITED!

Please note that sleeping arrangements will be made at time of check-in.

For more info; contact Gerrie at (919) 387-0345 from 8am - 9pm or by e-mail at Arevadino@aol.com

New to OA?

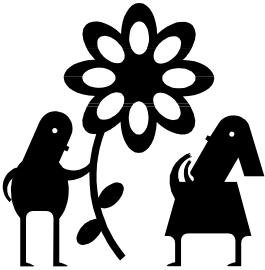
If you are having problems with food, we invite you to reach out and see if Overeaters Anonymous can be helpful for you. You are welcome to use the information in this newsletter to find a meeting, call a member, or receive literature.

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 Nine:

“As we have dealt lovingly with every person in our lives, our spiritual awakening has become a reality.”
(OA 12 & 12, pg. 81)



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
Cindy	919-367-0308	any	yes	yes
Jim C.	919-773-0477	any	yes	yes
Wayne	919-266-2256	10am-10pm	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 Fall 2005

Aberdeen

- Thursday, 8-9pm; Bethesda Presbyterian Church, 1002 N Sandhills Blvd.; Aileen (910) 295-1840 (S, S/D, N, HA) (#06494)
- Saturday, 9:30am-10:30am; AA Bldg. 504 Wilder Ave.; Kayc (910) 692-1812 (S, D, HA)

Cary

- Monday, 7:30-9pm; Greenwood Forest Baptist Church, 110 SE 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, HA) (#45514)
- Sunday, 10:00 Newcomer's Meeting, 10:30 Regular Meeting; 3017 Pickett Rd. (Structure House, Room 220, Second Floor); Judith T. (919) 542-6722 (V, HA, N) (#20756)

Fayetteville

- Tuesday, 7-8pm; Westminster Presbyterian Church, 2505 Village 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. (Church Library—to the right of the Sanctuary); 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, Ridge Rd. at Lake Boone Tr. (Class Bldg., 2nd Floor); 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. (Education Bldg., Rm. 200); Jim C. (919) 773-0477 (S, T, C) (#16772)
- Saturday, 4-5pm; Grace Lutheran Church, 5010 Six Forks Rd. (Room 3); Valerie R. (919) 961-1734 (Recover from Relapse/Relapse Prevention)
- Sunday, 4-5pm; Grace Lutheran Church, 5010 Six Forks Rd. (Room 3); (BB)

Newcomers' 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.

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