

Recovery

TRIANGLE OA

NEWS

A Publication of the Triangle OA Intergroup—Raleigh, NC

Volume 19, Issue 10

Donations Welcome

October 2005

Step Ten

Continued to take personal inventory and when we were wrong, promptly admitted it.80

Tradition Ten

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

The Eight Tools of Recovery

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

A New Beginning

After being in program a few years with grateful, but imperfect, abstinence, I relapsed. I kept coming to meetings, but I was eating more and more, and I was not really working my program. I added to my story for about six months, and then, thankfully, hit a kind of "bottom" that made me realize what I was doing and where I needed to go for help. I came back to my Higher Power and my program.

Back in recovery, I find that it is helpful to look at every day as a new beginning. One of the meetings I regularly attend uses a token system to denote periods of abstinence, and has a white chip, which is described as a "white flag of surrender." It symbolizes a starting, or a starting over, on any part of our program. I have taken a few of these over the years, but when I took one after my relapse, it seemed to have even greater significance to me. I've been carrying that token in my pocket every day since then, even when I theoretically could have "traded it in" for a yellow, a blue, and then a red chip. I did indeed pick up these 30-, 60-, and 90-day tokens, but I felt it was important to keep the white one in my pocket as well. Each morning, when I put that token in my pocket and say the Serenity Prayer, I remember a few things:

Today I will go through the first three steps with my HP and then do my best to practice the principles of the steps in all my affairs.

Today is a day of challenges and opportunities to learn and grow and serve.

Today can be an abstinent day.

Today, and every day that my Higher Power gives me, is a new beginning.

-Anonymous

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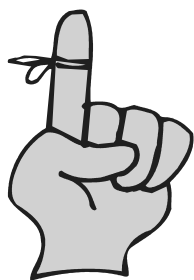
Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.

"When I was wrong, **promptly** admitted it." So often I find that I wish my friends and family were in a 12-step program and they knew this important part of the Tenth Step. I would love to help them promptly admit when they are wrong. The important thing I have to remember is that I **AM** in a 12-step program and **I do know** to promptly admit when I am wrong. I have even found that many of the aspects of my program that work for me have begun to rub off onto those closest to me. They see the changes in me and like them, so they change too. I see them promptly admit wrongs. So my goal for today is to see how fast I can admit I am wrong. -Wayne P, Raleigh

Topic
for
November

Topic for November: **Gratitude**. You can also write about the Eleventh Step or Tradition. We are **always** looking for writings to put in the newsletter. Please send your writings to newsletter@triangleoa.org by **October 7**. Thanks!

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



INTERGROUP MEETING FOR OCTOBER

SATURDAY, October 15, 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.



“Wondering why there was a hole in your September newsletter? A piece of clip art was inadvertently used that violated a tradition & IG voted to remove it.”

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
November	Durham Saturday, 10am	Step 11, Tradition 11, Topic: Gratitude
December	Durham Tuesday, 12:30pm	Step 12, Tradition 12, Topic: Gifts of OA
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 - August 20, 2005

Who Was Present

Judith T., Tuesday Chapel Hill; Felicia, Chair; Virginia, Tuesday Durham; Elizabeth, Thursday Chapel Hill; Valerie, SOAR Rep; Judy K., Tuesday Fayetteville; Harriette, Secretary/SOAR Rep; Jim C., WSO Rep/SOAR Alt.; Jim K., Hi-Tech; Scott P., PI Chair; Louise, Saturday Durham; Wayne P., M/W/F Raleigh/Newsletter Liaison; Chloe, Tuesday Raleigh

What We Talked About

Minutes were accepted with the correction that after the September IG, members would tour the Art Museum instead of the Art Gallery.

Treasurer's Report

- For the treasurer's report, \$36.00 was changed and listed as a contribution for the Raleigh Saturday 4pm meeting.

WSO

- No current news. WSO's final report should now be listed on the webpage of WSO.

SOAR

- Members were previously emailed the minutes from the recent SOAR assembly that met in Jacksonville, MS. If a hard copy of the minutes is needed by a group, please contact Harriette.
- Harriette let the group know of several PI suggestions and agreed to forward the audio PSA, public service announcements. Copies will be duplicated to be distributed to local radio stations.
- Harriette will represent the group for the Nov. SOAR assembly in Miami.

Newsletter

- The newsletter listed the upcoming IG meeting as "Intergroup Meeting for February Saturday, September 17..." This should have read "IG meeting for September will be Saturday, September 24..." The date was changed, as the weekend IG normally meets is the scheduled date for our area's fall retreat.
- A clip art was used that violated traditions.
- A motion was made to not distribute the newsletter for this month. One member voted for this motion, 11 members voted against it, and 1 abstained.

- A motion was made to cut out the clip art. Nine members voted for this motion and 2 voted against it.
- A motion was made to print an explanation in the next newsletter regarding the clipping of the clip art. Eleven members voted for this motion and 1 voted against it.
- IG voted that the following statement should be posted in the upcoming newsletter, "Wondering why there was a hole in your September newsletter? A piece of clip art was inadvertently used that violated a tradition and IG voted to remove it." Members unanimously voted for this statement.
- IG asked that dates regarding the next IG be corrected and that the clip art that was in violation be removed prior to posting the newsletter on the website.
- Wayne P. agreed to serve as a temporary liaison for the newsletter.
- All email updates and/or changes are to be mailed to Jim, our Hi-Tech Chair.

PI

- A budget will be presented next month and Scott wants to know how much money he has to work with for PI.
- Scott agreed to check with other areas to see if IG has a bill for listing the IG's contact number for meetings.
- Scott let the group know that he is periodically updating the information on the phone line for meetings and contacts.
- Scott was asked to forward the instructions for updating the information on the phone line to Hi-Tech so the information can be stored electronically for future use.



A New Beginning

My history over my years in OA has been one of periods of abstinence alternating with relapses of varying lengths. Consistent abstinence eluded me. Although, cumulatively, I was abstinent more than I was not, my record was very inconsistent.

And yet, although I often felt I was a failure, I never for a moment considered dropping out of OA. First of all, I had tried about everything else, unsuccessfully. I felt there was something special here; if only I could latch on to it. The second reason was, surprisingly, that I **was** having such a hard time with abstinence. If I had been immediately successful, as some people seemed to be, I might have felt I had “graduated” and dropped out. My Higher Power, however, chose not to give me the gift of abstinence for a long time, thus maintaining my interest. OA offered the first plan I’d tried where a slip did not have to mean a weight gain of fifty pounds. I could go to a meeting the day after a binge, tell the group about it, and make a new beginning. This has been one of the most wonderful things about OA for me. If I’m willing to try, OA will help and support me as I start again on the path to abstinence.

-Anonymous

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A New Beginning: That’s what OA has given me. In fact, it has given me an infinite number of new beginnings. In the “bad old days,” I saw things in sharp black and white contrast. Whether it was a food plan or a spiritual discipline, I either “took it seriously,” which meant adhering to it with rigid perfectionism, or I announced that I couldn’t do it and gave up. To make a commitment and fall short of fulfilling it perfectly was unthinkable so I didn’t make many commitments.

Today, I still want to take my commitments seriously—whether they are commitments in my work or personal life, to my sponsor, HP, or myself. However, occasional failure to meet a commitment is human; and I am human, despite my not-so-secret desire for super powers. When I fail to meet a deadline, miss a day’s meditations, or have an unplanned bite, I am sincerely sorry and I try to both make amends, and ask for help and the willingness to do the footwork to prevent it from happening again. I **don’t** beat myself up, put myself down, or give up on my recovery. I turn to my home group, my sponsor, and my HP for another new beginning.

I am grateful for new beginnings—from relapse, from despair, from mistakes and failed attempts. I am grateful that when it is needed a new beginning can start in the very next second. I don’t have to wait for tomorrow, Monday morning, or New Years Day.

-Anonymous, Chapel Hill Tuesday night

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I began a newsletter article on Step Ten a couple of days ago. I knew when I was writing it that I wasn’t being completely honest. In describing how I worked Step Ten, I was really trying to twist the truth around so that I’d look good. It felt bad at the time and sounded bogus when I read it over today. In addition, today I realized that a dishonest newsletter article certainly wouldn’t do anything good for anyone, including me! So, I did “the next right thing” – I thought clearly about how I obviously need to pay more attention to this very important Step. After that, I tossed out my Step Ten article and, right now, I’m thanking my HP for the ability to do that and for giving me an occasion to see clearly my big deficiencies in practicing this step.

I just realized that in starting again as I am doing, I’m bringing about “A New Beginning” in my life. This, together with the Tenth Step and Tradition, was our third suggested topic for articles this month.

I’m seeing that the day I joined OA nineteen years ago brought about a huge new beginning that has changed for the better in every area of my life. Also, there have been other very significant and wonderful new beginnings – my first day of continuous abstinence in September 1986, the day I first dared to take our incredible Third Step, and many more.

At the same time, I believe that many days my HP brings smaller new beginnings into my life as well – when I can move one degree further toward letting my loved ones live their own lives; when I can keep to myself a really choice bit of gossip, and sometimes not even **want** to share it; when I find myself just a little bit more willing to do my Higher Power’s will; and on and on.

The beginnings are all quiet miracles to me, great and small, and I’m so grateful to my HP and to each of you for every one of them.

-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.

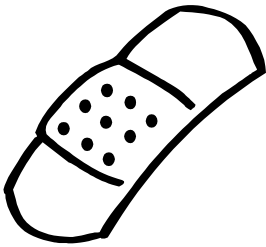
The Serenity Prayer

“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 Ten:

“We find we can save ourselves days of resentment and fear by resolving disputes as they arise, instead of allowing wounds to fester.”

(OA 12 & 12, pg. 88)



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
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