

Recovery

TRIANGLE OA NEWS

The Triangle OA newsletter can also be viewed on the website at: www.TriangleOA.org/newsletter

A Publication of the Triangle OA Intergroup—Raleigh, NC

Volume 20, Issue 12

Donations Welcome

December 2005

Step Twelve

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Tradition Twelve

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

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

"All of My Affairs"

Having had a spiritual awakening in the 12 step rooms of OA and my other program, I DO try to practice the principles in all my affairs. What this means to me most of all is that I focus on myself; my well-being; my physical, mental and spiritual health; and I allow others to manage their own lives, their own programs. The only way I can carry the message is to be well, feel well, and do well. Anything else I do in my life, including proselytizing OA to people who I think need it, is less important than the task of managing my own high-quality life.

My sponsor does a lot of service for the program; but, she insists that she ultimately doesn't care about anyone's program but her own. That doesn't make me feel like I'm unimportant to her. Instead, it makes me feel like I'm getting a great model from her in how to put myself first. This is the only way I can imagine maintaining my abstinence -- and it's the only way I can imagine having a great life.

When I'm sharing the message by practicing my program, and sharing the message so that I CAN have a program, I'm genuinely doing the work of Step 12. Everything else is a frill -- or a distraction. *-Felicia, Durham*

The Gifts of the OA Program

I so want to shout the gifts of the OA program, but always find the task daunting (there are too, too many), and my words always fail me. Nevertheless, I cannot not try. First, I now have genuine friends who know and understand my compulsive overeating. They are there for me when I need them (as I hope I am for them), because they, too, know the impossibility of success alone.

Second, I no longer have to be on an on-again/off-again diet, which always leads me to berating myself for my failure. 'Tis a nice gift not to be continually beating myself up.

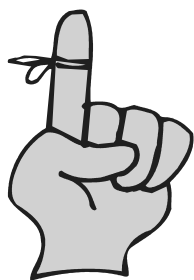
Third, I become ever more aware of my eating and coping behaviors. As I become more aware, I become ever more capable of dealing with life on life's terms without resorting to compulsive overeating and other negative coping mechanisms.

Fourth, the last gift of the OA program I will mention is actually a loss--- the loss of the overriding obsession with the next opportunity to eat. What a miracle. What a blessing. What a gift. I can think of no place I would rather be on a Tuesday at 12:30 PM than with my friends at an OA meeting. *-Anonymous*

**Topic
for
January**

Topic for January: **Willingness**. You can also write about the First Step or Tradition. We are **always** looking for writings to put in the newsletter. Please send your writings to newsletter@triangleoa.org by **December 8**. Thanks!

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



INTERGROUP MEETING FOR November

SATURDAY, December 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
January	Open!! Available for sign-up!!	Step 1, Tradition 1, Topic: Willingness
February	Open!! Available for sign-up!!	Step 2, Tradition 2, Topic: Love Thyself
March	Open!! Available for sign-up!!	Step 3, Tradition 3, 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 - October 15, 2005

Who Was Present

Mary Anne, Vice Chair; Virginia, Tuesday Durham; Harriette, Secretary/SOAR Rep; Jim K., Hi-Tech; Scott P., PI Chair; Wayne P., Newsletter Liaison; Jim C., WSO Rep; Valerie S., SOAR Rep; Laureen, Monday Chapel Hill; Louise, Saturday Durham; Judy, Tuesday Fayetteville; Janet H., Saturday Fayetteville; Amyla, Tuesday, Durham (visitor)

Treasurer's Report

Treasurer's report was accepted. Mail is picked up from the post office once a month.

Hi-Tech

- Software is needed to produce Newsletter
- Raffle tickets for the cruise voucher are on the website
- Flyer for IDEA Day is on the website

Newsletter Liaison

- Reps are asked to monitor the number of newsletters taken each month so we can determine if additional copies need to be printed.
- Jim K. will write a blurb stating that the newsletter can be viewed on the website.
- IG asked that the website (www.TriangleOA/newsletter.org) be printed each month just below the newsletter header and a note that it may be viewed on the website.

PI

- Outgoing message on phone line has been updated.
- Scott agreed to listen to message and compare messages on the phone line with the updated group information and contacts.
- Scott also asked for suggestions on checking listings in other phone books. Meetings are listed in 3 online phone books.
- The website address was added to the message on the phone line.
- Instructions for updating the phone line will be rewritten and passed on to Hi-Tech so that they may be stored electronically.
- Jim C. will provide a list of neighboring townships to Scott who agreed to get information about OA and the starting of new groups posted in those areas.

Retreat

- Chair needed ASAP. Mary Anne agreed to call a few individuals to see if they'd consider serving as Chair.
- Jim C. will check with Neill about his willingness to sign the contracts for upcoming retreats.

WSO

- The WSBC, World Service Business Conference, is being held in a new location in Albuquerque. The conference will be May 1-7. Our IG is entitled to 2 delegates based on the number of groups we have. Jim C. will represent us.
- If groups or individuals have motions they'd like the Conference to consider, they must be submitted by December 10. Please note that motions must be presented to IG no later than each November prior to being submitted to the Conference. Because December is almost here, motions can still be presented to IG and submitted for consideration next year.
- If individuals are interested in having an online group, contact Jim C.
- A soft copy of our By-laws are needed to be stored/or posted online. Sue will be contacted to see if she still has them.

New Business

- IG allocated \$300 to be spent for Jim K. to buy Publisher software.
- \$225 was budgeted to Scott to buy 4 Beta Max tapes of PSAs, Public Service Announcements, to be given to TV stations and to pay for a 6-week listing in the Independent and Fayetteville Observer to run over the holidays.
- Groups are reminded to try and plan something for November 19th IDEA Day.
- Harriette agreed to find out how the money collected from the raffle tickets for the cruise voucher will be used.
- The Garner meeting closed. Wayne shredded the old checks and brought in the financial records. IG agreed that these records be filed with our other records for a given period of time, and then destroyed.
- Judy will check with our bank to make sure the signature cards are signed.
- All Chairs and representatives are asked to get their proposed budget for next year to Judy by October 21.

IG wishes to extend their thanks to Megan for the exceptional job she has done as our newsletter Chair. Throughout the time she's served in this position, she has gone above and beyond the call of duty to assure that we have a high quality publication each month. At SOAR and WSO, our newsletters are extremely popular and well received. They represent Triangle OA well. Thanks for all your hard work, Megan. We really appreciate all you do.

Letter of Thanks

I recently got back from Miami Lakes, where I represented our area at the SOAR Assembly. Over and over I heard representatives speak of being able to stay abstinent because of service. They just were putting words to all I felt. It's because of your allowing me to do this service that I have another day to be thankful for.

You may have already read the minutes in full that I sent out and, if not, I am sure you will be able to find some in the last newsletter or on our website. To what has been written, I do want to let you in on a little of what I heard in some of the recovery sessions, so you might consider joining us in March in Jacksonville when the next event is held.

I started hearing on Saturday that one of the Sunday morning speakers was only 8 years old. They told the truth. Here, in this area, there are many young people. Not quite as young as the 8 year old, but were more in the range of 15-20.

The 8 year old spoke with her mom. The mom shared her history of bulimia and how her college coach took her to treatment, and from there, how she came into program. The daughter spoke of recalling, at the age of 4, seeing her mom balled up crying in the living room, and how soon thereafter, she'd always be leaving for some meetings and wanting to know what it was all about.

The young girl spoke of her binge foods and how her friends love her enough to not invite her to eating events, and are supportive of what she's doing. They both spoke of how they handle it when the mom wants to work the daughter's program and letting go. It was all quite inspiring.

I then heard Bernie, who is Long Time in program, and really enjoyed all he shared too. According to him, years ago, when he first got into program, he recalled the following: When How It Works was read and the individual got to the line that says, "What an order I can't go through with it," someone in the back corner would shout, "YES, you can!" We all need to remember this.

Something that helped him to start speaking up in meetings was having a long-timer tell him not to be nervous, and to just remember you're speaking to people who used to eat out of garbage cans. That got a lot of laughs, however true it is.

For Bernie, it was hard to ask for a sponsor, as he always felt he didn't need one because he was educated and could do it himself. And, as for a food plan, his train of thought was that he didn't need a food plan. He needed spontaneity in his life instead. After much running on self-will and failure, he found the easier, softer way by following the suggestions.

It was only after much defeat that he began to believe in God and was forced to his knees. It was there that he realized that, even though there may not be a God up or down here, he was definitely not it. It was through this period that he learned to depend on his Higher Power and began to realize that the more he depended on HP, the greater liberty and freedom he had. His opinion of God was summed up when he said, "If one is putting spouse, banker, boss, or any other physical thing or being before HP, then that individual is in grave trouble."

Action and service, according to Bernie, are the keys. According to him, "Talk does not cook rice. It takes action; and one can't think himself out of FEAR. One has to work at it."

We always say that the newcomer is the most important person in the rooms. It is for a selfish reason that we say this. In the Big Book, we read about altruism, which means selfless devotion to the welfare of others. We give and help the newcomer because it helps number one. It helps us.

Finally, as for service, it's important, according to Bernie, for us to remember that, "We don't have to be equipped to do service. God doesn't pick those who are equipped. HE picks those HE can equip."

Finally, again, thanks for the opportunity to serve, and I agree whole-heartedly with Bernie when he said, "Because you allow me to do this, I am a citizen again, living life to the fullest, one day at a time."

Thanks, Harriette

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 Twelve:

We gratefully follow in the footsteps of many others who have walked this way before us, and we're gratified to be making footprints of our own for others to follow.
(OA 12 & 12)



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