

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 21, Issue 1

Donations Welcome

January 2006

Step One

We admitted we were powerless over food—that our lives had become unmanageable

Tradition One

Our common welfare should come first; personal recovery depends upon OA unity

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**

Step One...

After over 15 years in this program, I look back and realize that I thought the term “unmanageable” was an overstatement. Sure, I was miserable about my weight, and my many weight loses and gains, and I was never really satisfied with my body – but, I felt pretty good about the rest of my life. I was a successful professional, was earning a higher degree, and had love and friendship in my life.

It is only in looking back, with a recent renewal and deepening of my commitment to abstinence and working these steps, that I can see how truly unmanageable my life was when I started in 1989 at the Chapel Hill Monday night meeting.

As the freedom of abstinence lifts the veil of obsession and the ongoing application of these steps of recovery keeps me focused, I know how much I don’t know. I’m excited at what I will learn each time I don’t use food when I am emotional or tired. With feet to the fire, life comes head on and I have tools and my spiritual source and my dear friends in OA to guide my recovery!

Elizabeth, Aberdeen Thursday

Many years ago, I admitted that I was powerless over food and that my life had become unmanageable. That was the beginning of a new freedom for me. Freedom from guilt; freedom from obsession about food; freedom from the binging and diet cycle; freedom from the endless tears about my weight; and freedom from self-recrimination, using my weight as the scapegoat for everything I didn’t like about my life. Even on good days, I still have to admit that I am powerless over food and that my life is unmanageable. The good days come a lot more often now, and my life is a lot richer now that I have mental and emotional space freed up from the pain of addiction. I have a caring husband and a beautiful daughter, both of whom give me my dream of a loving family of my own. To me, this is a miracle of the program and proof that it works. I work a very imperfect program, but it still works...

Rosalyn, Aberdeen Thursday

Reality saves me from myself.

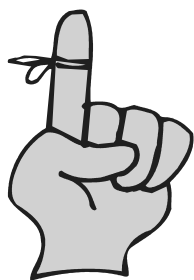
Food addict I admit before I can move on to recovery. I am totally powerless over all food. I thought some foods made my life unmanageable. Now I know it’s more than I thought. I am an addict. My drug of choice is food. I use excess food to keep me from feeling my emotions. I need to feel and accept those feelings, and not numb myself. To surrender my addiction each day to a higher power and know my life becomes unmanageable with that first compulsive bite.

Donna, Aberdeen Thursday

**Topic
for
February**

Topic for February: **Love Thyself**. You can also write about the Second Step or Tradition. We are **always** looking for writings to put in the newsletter. Please send your writings to newsletter@triangleoa.org by

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



INTERGROUP MEETING FOR JANUARY

SATURDAY, January 14, 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
February	Open!! Available for sign-up!!	Step 2, Tradition 2, Topic: Love Thyself
March	Open!! Available for sign-up!!	Step 3, Tradition 3, Topic: Continual Mindfulness
April	Raleigh, Saturday morning	Step 4, Tradition 4, Topic: Courage

Announcing a NEW Special Interest OA Group!!

Meeting is open to anyone who wishes to attend, but with an outreach to the gay, lesbian, bisexual, and transgender community. The meeting will be held on Wednesday evenings from 7:30-9:00pm in Raleigh at the Grace Lutheran Church (address on back page of newsletter). First meeting will be on January 11th!

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 - November 19, 2005

Who Was Present

Felicia, Chair; Mary Anne, Vice Chair; Amyla, 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, Mon. Chapel Hill; Judy, Tues. Fayetteville; Marcia, Thurs. Aberdeen; Anne, Mon. Cary; Judith T., Tues. Chapel Hill; Elizabeth, Thurs. Chapel Hill; Arielle, Thurs. Raleigh; Gerrie, Sat. Raleigh; Joanna R., Visitor

Minutes were accepted.

Treasurer's Report

- There may be an issue with the post office box if any mail was returned to sender. If so, please return to account. Treasurer's report was accepted.

WSO

- Flight has been locked in for next WSBC in May '06.
- There is a registration form for online meetings that will be posted on the web.
- The check to WSO and registration form are due by January 1, 2006. These will be done soon.

Newsletter Liaison

- Printer is having problem with bill. Information passed to treasurer.
- Wayne will do a count of newsletters after delivery to ensure our order is complete. Extra Newsletters are being collected and brought to SOAR and WSO Reps to be taken to the Assemblies and Conferences.
- Reps are asked to monitor the number of newsletters taken each month so we can determine if additional copies need to be printed.

Hi-Tech

- Software for Newsletter was purchased.
- Jim K. is looking for help to add content to website. If anyone has ideas and content, contact Jim.
- A "loop" to email newsletters to folks that want it will be set up. Jim will set up and test this, then send a note to Intergroup to start asking for people to sign up.

PI

- \$114.40 was paid on TV ads and \$8.84 went to mailing of information that was sent to 4 TV stations.
- An ad was placed in the Independent for 5 weeks at \$90 (with 20% discount) starting the day before Thanksgiving and the week after, then again for 3 weeks around Christmas and New Years. \$12.26 will be returned to the treasurer.
- CDs for radio ad were received.

- Fayetteville Report not responding. Rocky Mount sent their price. We may wait for next year's budget to post an ad there.
- 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.

New Business

- Budget for 2006 was approved with the addition of the groups not listed; an increase of \$40 to Hi-Tech for known expenses; and an addition to the Prudent Reserve. Groups no longer active will be deleted. Budget was approved as amended.
- A proposed amendment to the ByLaws, to put PI and HIPIM together, will be sent to all groups. If groups approve of the ByLaws change, it should be mailed to our Trustee and WSO.
- For all groups to receive information, please see that your correspondences are sent to IG@Triangleoa.org.
- Nominations for Offices for 2006
 - PI/HIPIM: Scott
 - Speaker/Sponsor Chair: _____
 - Ways and Means: _____
 - ByLaws: _____
 - Newsletter Editor: Megan
 - Retreat Chairs: Laureen, Sarah, Danette (co-chairs)
 - Group Outreach: _____
 - Literature Chair: Wayne
 - Hi-Tech: Jim K.
 - Parliamentarian: Jim C.
 - WSO delegate: Jim C.
 - SOAR Rep: Gerrie, Elizabeth
 - Treasurer: _____
 - Secretary: Harriette
 - Vice Chair: Felicia
 - Chair: Mary Anne
 - Special Events: Valerie
- Durham Tuesday 12:30pm wants to forward a motion to WSO for gender neutral literature. Since 9 at IG approved and 9 opposed, it's up to the Durham meeting to go forward if it chooses with presenting the motion to WSO without the backing of the majority of IG.
- As for any ideas or suggestions for resolving issues within a particular group, IG stand is that each group is autonomous

Step One

However honest my appraisal may be, I still slip into thinking I can deal with life through self-will; because I have to pretend to "know it all," rather than deal with honest admission of failure. I start and restart with Step One over and over again having to relearn the same lessons repeatedly. When will I ever learn that left to my own devices, I'd be dead, for this is a fatal disease? I thank my higher power each day for keeping me in Step One - "I am powerless over food, people, places, and things." It is only when I yield my will and become willing to admit powerlessness, that I become strong enough to survive. Thank God for OA. Food still presents itself as the answer, and I don't even know the question.

Anonymous, Aberdeen Thursday

Taking Step One opened up a new way of life for me. It seemed as though I'd always "stuffed" my feelings with excess food. Even as a child, I coped with my feelings with food, but was never overweight until I reached my mid-30's. That was when a 20-year cycle of dieting began. Always losing the weight, only to gain it back and then some.

Fast forward to age 53. I now had an extra 40 pounds on a small frame. Joint problems developed and the excess baggage made walking difficult at times.

When I saw an announcement in a doctor's office about an OA meeting, I immediately thought, "maybe that's what I need!" I called the contact number and, after speaking with someone in the program, I knew I'd found the solution to my problem with food.

Eventually I became willing to "go to any lengths" for recovery. I began attending meetings, even if it meant driving for an hour and a half. I found a sponsor, started emailing my food to her, and in time, I was free from the excess weight.

But more important than shedding the pounds was finding a new approach to life through the OA 12 Steps and Traditions.

By taking Step One, I realized that I was the one with the problem, not the rest of the world. I had to become willing to change and to learn; to follow the suggestions offered by my sponsor; to read and attend meetings; to use the tool of the telephone; and to give service.

I always come back to Step One. It keeps me humble to realize that I can't depend on my self-will alone. In fact, self-will kept me sick. It's easier to just eat, rather than to talk about what's bothering us.

Once we take the first step, we have the freedom to recover, with the guidance of our Higher Power.

Dana

The Disease Talks

The disease constantly said I was a loser and how much I sucked.

I was so incredibly overwhelmed and toppled over from a mind and concentration that was completely locked in surrender, submission, and obsession with food - all the time. There was never ever any relief except those few sick seconds in a binge where I pushed my incredibly painful reality further and further down. My life was all about food. When, how, how much. Nothing about me - my wants, needs, likes desires. All those hours of my God given life were painfully ripped away from me to this ridiculous sinister disease.

My life - think of that little girl running in the flowers hand and hand with her brother - to have her life and mind ripped away from her....

This disease is an evil that sucks the life out of people who so desperately deserve to see the good in this world.

We only have one life. It is hideous that the disease can force us into entire lifetimes in submission to food.

So sinister and so prevalent that our whole culture goes into denial and makes it out to be cute and funny and cool to have such easy access to such life destroying toxins. And everyone pretends it really is not all that bad.

Sick, isn't it?

Anonymous, Raleigh

New to OA?

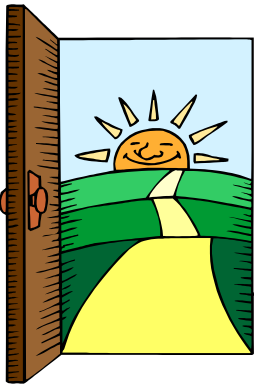
If you are having problems with food, we invite you to reach out and see if Overeaters Anonymous can be helpful for you. You are welcome to use the information in this newsletter to find a meeting, call a member, or receive literature.

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 One:

“...the admission of our powerlessness over food opened the door to an amazing newfound power.”
(OA 12 & 12, page 5)



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

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 Winter 2006

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)
- Wednesday, 7:30-9:00pm; Grace Lutheran Church, 5010 Six Forks Rd., Classroom #3; Danette (919) 862-9118 (S/D, L)
- 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