

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 2

Donations Welcome

February 2006

Step Two

*Came to believe that a
Power greater than
ourselves could restore
us to sanity*

Tradition Two

*For our group purpose
there is but one
ultimate authority—a
loving God as He may
express Himself in our
group conscience. Our
leaders are but trusted
servants: they do not
govern*

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*

Love Thyself

Today I had a visitor from out-of-town, an OA'er who had moved from Chapel Hill. She mentioned a saying that has stayed with me all day - "Self-discipline is doing what is necessary to get what you really want." That, I realized, is about really loving yourself. The follow-up question to that saying is, "What do I really want at my deepest level of being?" I want to learn to be present, to have faith in my ability to respond to life with awareness, compassion, and gratitude. What blocks this ultimate goal? Well, certainly addictions. For me, a foremost addiction is using food in ways other than for purposes of nourishment. By definition this addiction arises from a desire to block awareness because I don't have faith at that moment that I can handle whatever is going on internally. Fortunately, I can start with steps 1, 2, and 3. Recognizing my lack of faith in myself, I can have faith in something much larger than myself and turn over this fear to my higher power. Then I can risk being present with life as it is. This is most likely if I take time each day to commit to surrender to this self-discipline of self-love.

Anonymous, Chapel Hill

For me, learning how to love myself is an ongoing process. For a long time, my positive feelings for myself tended to manifest as pride and status-seeking. In program, I'm beginning to understand that love means acceptance. The kindest thing I can do for myself is acknowledge my defects, ask my Higher Power for the willingness to let go of them, and trust that my HP will take them away.

My life is not a speedboat for me to power around wherever I think I want to go. It's a sailboat, given to me by my HP and still entrusted to her care. I struggle only when I try to steer against my HP's plan for me.

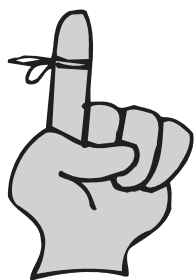
Of course, realizing this doesn't always prevent me from trying to force my will on myself and others. But, it means that even when I'm not showing love to myself, my HP is showing love to me. I feel humble and grateful when I think of how much love I have received. I hope I learn how to give it as freely, to myself as well as others.

Anonymous

**Topic
for
March**

Topic for March: **Continual Mindfulness**. You can also write about the *Third Step* or *Tradition*. We are **always** looking for writings to put in the newsletter. Please send your writings to newsletter@triangleoa.org by **February 10**. Thanks!

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



INTERGROUP MEETING FOR FEBRUARY
SATURDAY, February 18, 2006 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
March	Fayetteville, Tuesday 7pm	Step 3, Tradition 3, Topic: Continual Mindfulness
April	Raleigh, Saturday morning	Step 4, Tradition 4, Topic: Courage
May	Open!! Available for sign-up!!	Step 5, Tradition 5, Topic: TBD
June	Open!! Available for sign-up!!	Step 6, Tradition 6, 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 - December 17, 2005

Who Was Present

Mary Anne, Vice Chair; Harriette, Secretary/SOAR Rep; Jim K., Hi-Tech; Scott P., PI Chair; Wayne P., Newsletter Liaison; Jim C., WSO Rep; Valerie, Sat. Raleigh; Lauren, Mon. Chapel Hill; Judy, Tues. Fayetteville; Marcia, Thurs/Sat. Aberdeen; Anne, Mon. Cary; Judith T., Tues. Chapel Hill; Elizabeth, Thurs. Chapel Hill; Arielle, Thurs. Raleigh; Virginia, Tues. Durham; Joanna, Sat. Raleigh; Gerrie; Sara B.

Minutes were accepted with the correction that the email address for IG is intergroup@triangleoa.org.

Treasurer's Report

- Treasurer's Report accepted with a motion to carry \$12.20 PI has remaining over into the new year.

WSO

- Funds for the registration have been forwarded.

Newsletter Liaison

- Considering that there was a higher representation of reps last month, IG ran out of newsletters. Discussion on the possible printing of additional future copies was tabled until Elizabeth inquires on how much it will cost to print more (e.g., 325 copies each month, instead of the present 290); Wayne looks into the printing costs at other printers; and Judy checks receipts for the amount we are presently paying.

Hi-Tech

- Needs correct home emails for all reps and is asking anyone who has website design experience, and is willing to serve, to contact him.

PI

- A health conference will be held in Durham Feb. 23 – 25th at the Millennium Hotel. IG has agreed to man a table with literature, pamphlets, etc. WSO is covering the entrance fee and Scott will check with WSO to determine if they can assist with the cost of literature.
- Harriette will check with the Scout Hut to see if they would be willing to permit IG to use their display racks for the event. An article will be placed in the upcoming newsletter about the Conference.

New Business

- Elections were held and the following positions were filled. Several individuals willing to serve were unable to be present and IG agreed that these positions will be discussed in January. Thanks to all who were willing to serve!

Officers for 2006

- PI/HIPIM: Scott
- Speaker/Sponsor Chair: _____
- Ways and Means: _____
- ByLaws: _____
- Newsletter Editor: _____
- Retreat Chairs: Lauren, Sarah (co-chairs)
- Group Outreach: _____
- Literature Chair: Wayne
- Hi-Tech: Jim K.
- Parliamentarian: Jim C.
- WSO delegate: Jim C.
- SOAR Rep: Gerrie, Elizabeth
- Treasurer: _____
- Treasurer Ad Hoc: Judy K.
- Secretary: Harriette
- Vice Chair: _____
- Chair: Mary Anne
- Special Events: _____

Announcements

- A retreat will be held in January in Roanoke, VA. The speaker is from the Triangle. Several members from this area are planning to attend. If interested in carpooling, contact Gerrie.
- Groups are asked to look at what is done with the 7th Tradition if the treasurer for the group is absent. All agreed that it is important to at least know who has the funds. One suggestion mentioned is for individuals to write on the WE CARE PAGE for the day the name of who has agreed to hold on to the funds to forward to the treasurer, and for someone else to count the funds for that day. IG definitely agreed that leaving funds in the front of the book is not in the best interest of the group, especially considering that many other individuals and groups use the same facilities.

Love Thyself, cont'd...

I am writing this at an OA meeting during the week between Christmas and New Year's Day. I am traveling and visiting family over the holidays. My past behavior, even during times of good recovery, has been to put my program rituals and self-care behaviors on the back burner in order to accommodate my family's schedule and desires.

This year, with the encouragement of my sponsor, I am not taking a vacation from my program. While I have not been perfect, I have made much progress. I have spent most mornings in prayer and meditation along with some journaling and assigned OA reading. I have finished most days with my written 10th step. It is in these ways, with these concrete actions, that I best show love to myself. And, in loving myself with these program actions, I have much more love to share with my family. Thank you, God. And thank you OA for the best holiday visit I can remember.

Ethel, visiting from St. Louis, MO

When I came back to school from a break, I found myself receiving some attention for the change in my looks. It varied from "you look different" to "you've been looking real skinny lately." Even though I enjoyed the attention, it made me angry.

Angry? My sponsor told me that anger can be the less painful alternative to fear. So I asked myself, what am I afraid of? I'm afraid that I wasn't worth attending to when I was heavier. I'm afraid that my appearance is my only value.

This is bunkum. OA teaches me that I am a valuable person inside and out -- that my Higher Power loves me, and that my OA friends love me, even when I don't love myself. I can work the Steps and do service. I can learn and grow into a better person every day. Becoming that better person has nothing to do with my hairstyle or my clothes.

I want to weigh myself during the month, but I act as if I don't. I want to dress in a way that gets more attention, but I act as if I don't. I let my fragile ego run my life for many years. My life is much better when I give it to my Higher Power -- full of sane and happy usefulness.

Anonymous

Step 2

To work Step 2, I need a vision of what a sane approach to food and life would look like; awareness of how my current life needs to improve; and a strong belief that HP can, and desires, to help me bridge that gap. Coming to understand what a healthy food plan is has required trial and error. I have used nutritionists at different times, and also drawn from other OA members. Imagining a life that is balanced and healthy for me is also a challenge. It involves getting to know and value myself and my needs. Awareness of how my current life needs to improve comes with working Steps 4 and 10, as well as tools of writing, phone calls, and meetings. The pain of recognizing a new (or familiar!) character defect can trigger amnesia and a sense of discouragement about Step 2. It's important to re-focus on HP and HP's desire to help me get back to the business of being the person I was created to be - happy, joyous, and free.

Anonymous, Chapel Hill

12th Tradition

"For our group purpose there is one ultimate authority." Those words sounded right to me. Then I realized that it wasn't supposed to be me. I had always been the authority. Some fat children were class clowns, but I was the expert—the A student with all of the answers. I became more subtle about it as I grew older, but I still assumed that role at work, in my social life, and certainly at home. When I came into the OA rooms, though, they already had an authority and I had to find another way to work with others.

Thanks HP for relieving me of that job! Now I'm free to listen to others, to learn other and often better ways to do things. I've learned that the "self-evidently right way is not self-evident to everyone else. Further, it is not necessarily the only way for the best way to solve a group or personal problem.

I still face the occasional temptation to play "Miss OA," or to try to unduly influence the group conscience, but most of the time I am grateful to leave the job of "authority" to the loving God of my understanding.

Anonymous, Chapel Hill

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 Two:

“We were meant to open up so that we might learn to truly love others.”
(OA 12 & 12, page 16)



Speakers, Sponsors, and Phone Buddies

If you would like to add your name to the list, please contact **Wayne** at **919-266-2256** 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
Gerrie	919-387-0345	Before 9pm	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)
- 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