

# Recovery

TRIANGLE OA

# NEWS

The Triangle OA newsletter can also be viewed on the website at: [www.TriangleOA.org/newsletter](http://www.TriangleOA.org/newsletter)

A Publication of the Triangle OA Intergroup—Raleigh, NC

Volume 21, Issue 3

Donations Welcome

## March 2006

### Step Three

*Made a decision to turn our will and our lives over to the care of God as we understood him*

### Tradition Three

*The only requirement for OA membership is a desire to stop eating compulsively*

### 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*

### Continual Mindfulness

The topic for this month is Continual Mindfulness. After thinking about the topic, I realized that before OA, I continually had my mind focused on food and what it could do for me. Now, through the grace of my Higher Power and the OA fellowship, I have learned that willingness and open-mindedness keeps me continually mindful of what it takes to keep abstinent. Calling my sponsor daily, calling newcomers, going to meetings, and using all the tools available to me keep my mind full of willingness and not filled with thoughts of food. I am mindful that food is for body maintenance and fuel. Using the tools daily keeps my hands and mind busy and the food stays in its place until needed for nourishment.

*Anonymous, Fayetteville*

Because compulsive overeating is a cunning and baffling illness, I need to be continually mindful – hyper-vigilant. One of the best ways I've found to do this is to write out my plan of eating. I have a small notebook just for this. If I leave it on the kitchen counter where I can see it, I can stay mindful of what's on my plan. Since dealing with my feelings is the area of my struggle, I can talk over bothersome issues with my sponsor or another OA friend. They often can think of a good solution for dealing with feelings without eating. Each day at it's beginning, I ask God to help me to want and to do His will for the day. This helps keep me mindful.

*Anonymous, Fayetteville*

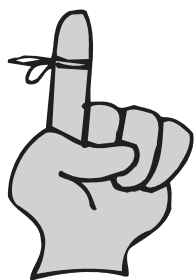
I am reminded daily that the disease of compulsive overeating is cunning and baffling. It can sneak up on me when I least expect it. It's there when I'm overwhelmed by all that I have to do, or when I'm feeling sad because my life is not going the way I think it should. It's there when I'm happy and celebrating with friends. It's there in the grocery store where it tries to convince me that if I bought the snack packs for my grandkids, I wouldn't eat them all. It comes to me in many disguises so that I have to continually be aware that it is waiting for me and may be hiding around any corner. I have to be vigilant when I'm dealing with my disease and cannot let down my guard. By turning it over daily (hourly, if necessary) to my Higher Power and leaving it there for Him to handle, I am able to make wise choices in my life. HP guides me if I only ask Him and keep Him first in my life. I don't obsess about my disease, but I do have to always be aware that it is lurking in the shadows just one compulsive bite away. I just have to remember to "Keep coming back. It works if you work it."

*Anonymous, Fayetteville*

**Topic  
for  
April**

Topic for April: **Courage**. You can also write about the Fourth Step or Tradition. We are **always** looking for writings to put in the newsletter. Please send your writings to [newsletter@triangleoa.org](mailto:newsletter@triangleoa.org) by **March 10**. Thanks!

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



**INTERGROUP MEETING FOR MARCH**  
**SATURDAY, March 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](mailto:newsletter@triangleoa.org)



Month	Group	Topic
<b>April</b>	Raleigh, Saturday morning	Step 4, Tradition 4, Topic: Courage
<b>May</b>	Open!! Available for sign-up!!	Step 5, Tradition 5, Topic: The Challenges of Today
<b>June</b>	Open!! Available for sign-up!!	Step 6, Tradition 6, Topic: Acting "As If"
<b>July</b>	Open!! Available for sign-up!!	Step 7, Tradition 7, Topic: Turning Burdens into Blessings



**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 - January 21, 2006

## Who Was Present

Felicia, Vice Chair; Jim K., Hi-Tech; Scott P., PI/HIPM Chair; Wayne P., Newsletter Liaison; Jim C., WSO Rep & Parliamentarian; Laureen, Mon. Chapel Hill & Retreat Co-Chair; Judy K., Tues. Fayetteville; Marcia, Thurs/Sat. Aberdeen; Judith T., Tues. Chapel Hill; Gabriella, Thurs. Chapel Hill; Arielle, Thurs. Raleigh; Tracy, Sun. Durham

## Officers for 2006

- Felicia was elected as Vice Chair (Assumed Chair position for meeting since Mary Anne was not present)

Minutes were accepted with the following amendments:

- 225 copies of newsletter instead of the present 190.
- Sara, Co-Chair of retreat, does not have an "h" on the end of her name.

## Treasurer's Report

- Amended report to add \$19.95 from cost of website. Report accepted as amended.

## Newsletter Liaison

- Treasurer has cost of newsletters for 2005. Average cost per month is \$120 for 190 copies.
- Wayne contacted two printers to compare our current costs. Printer #1 will do 225 copies for \$119, and 190 for \$109. Printer #2 will do 225 for \$90 and 190 for \$80 + 5 cents per newsletter if we increase length to 8 pages from current 6 and require stapling.
- Last month, all subscriptions were sent and all outlying groups had issues mailed.
- Need to get the tax registration that allows us not to pay taxes as a not-for-profit organization to the printer. This will save us NC state and local sales taxes, reducing our costs.
- Motion approved for Wayne and Judy to talk to our current printer about a better price for 225 issues. Judy will call.
- Reviewed policy that states that Intergroup Officers are not supposed to take newsletters for meetings.

## WSO

- Conference agenda #2 has been received by WSO, but has not yet made it to Intergroup.
- Intergroup has to respond about the Agenda to WSO by 3/2/06. Intergroup will need feedback from all groups regarding agenda items before the next meeting on 18 Feb. All groups are requested to bring this up at their next business meeting.

- Jim C. will forward copy of agenda to Jim K. for posting on the website ASAP.
- Last year only 28% of Intergroups responded to the agenda. Our input is vital. 80% of responses were from California, Mass., and Conn.
- If representatives need to print copies of the Agenda for distribution, they may turn the expenses into Intergroup for reimbursement.
- Outstanding cost for WBC is \$470 and will be incurred during the May Conference.

## Retreat Report

- Date of Spring Retreat is May 12-14 at Camp Harrison, north of Lenoir, NC.
- A speaker has been booked. The topic is "Living the Principles Day-by-Day."
- Contract deposit of \$500 is due by 01 Feb 06.
- Minimum people needed is 30.
- The camp will only hold approximately 48.
- The facility **is handicap accessible**.
- If attendees would like to camp at the site while paying the full price of the retreat, is that allowed?
- Trail guide, kayaking and canoeing are included in the price.

## PI/HIPM

- WSO has approved the expense and is sending a check to cover the cost of the booth at the NC Counseling Conference.
- The conference is 23 and 24 Feb at the Millenium Hotel, Durham, NC, 8 – 5 each day.
- Volunteers are being sought to man the booth, 2 or more at a time for the duration of the conference.
- Also being sent is 150 copies each of 6 different pamphlets.
- Asking groups donate 1 or 2 newcomer packets for display and handouts.
- Radio Public Service Announcements have been sent to NCSU and Duke radio stations. UNC will promote meetings in Chapel Hill area. The third PSA disk has been accepted by a station in Sanford.

## Hi-Tech

- There was a problem with the mailing list. The cause is unknown and the list has been updated.

## New Business

- Discussed changing the Newsletter Editor position from a committee chair to a service position. This would allow the Newsletter Editor not to attend IG meetings and not require a vote.

## ***The Third Step***

As the Twelve and Twelve of OA states on page 19, this step is simple, but it is not easy.

Well, I thought it was when I came into program 16 years ago. I felt I had a good grasp of whom God was and how our relationship operated. I prayed, haphazardly usually, and couldn't understand why my prayers weren't answered.

I am a slow learner. Thank HP that there are members and sponsors who are willing to work with those of us who take a while to "get it."

I now know that I have a special time set aside each day to share with HP what is good and bad in my life. HP continually gives me what I need and I know doing what HP's will is for me each day keeps me abstinent and in a good frame of mind.

*Anonymous, Fayetteville*

-----

Made a decision... An old timers OA joke springs to mind every time I focus on Step 3. It goes something like this..."If four birds are sitting on a wire and three decide to fly off, how many birds are left? Four." Because at this point they've simply made the decision to trust God or their Higher Power, but haven't moved on to the action step yet. My decision to trust my life to my Higher Power has to be made on a daily basis. Because when I don't confirm that decision, I lose balance in my life and then slowly or sometimes quickly lose myself. I don't always take this step perfectly, but when I have difficulty turning my will over a trusted OA friend reminds me to "pray for the willingness to be willing."

*Anonymous, Fayetteville*

## ***Tradition Three***

It is not easy to accept the fact that you haven't done what you have professed to do for years. Only after progressing through the steps of OA did I realize that I had not turned my will and my life over to the care of God, especially as far as food is concerned. It was an eye-opening, mind-boggling moment of truth. I had said to God, "I give you this, this and this, but oh, no, not my food. You can't really help me with my compulsive eating."

Now that I have turned over my food compulsion to God, I realize He does a much better job than I ever could. As a matter of fact, I could not be abstinent without Him and my friends in OA.

*Anonymous, Fayetteville*

-----

What a relief that tradition three was to hear, thinking back to when I was a newcomer to OA. Being overweight and a compulsive overeater as a child, I was dragged kicking and screaming by my mother through "hard boiled egg diets" and doctor's diet plans. Imagine a third grader carrying a lunch box to school filled only with two or three hard boiled eggs or whatever was the latest fad diet. Or being a prepubescent twelve-year-old with doctor's poking and prodding and weighing you in every week. I was one of the OAer's who hadn't tried every diet as an adult simply because I'd been forced to try them as a child. And the humiliation stayed with me for many years.

The comfort of knowing that I could show up to an OA meeting and take what I needed and not have to weigh in or be judged by anyone, slowly allowed me to trust others. The trust and love that I've found in the rooms of OA have helped me out of my shell of isolation and loneliness. And the support and non-judgmental love I find in these rooms helps me to see I can find and "trudge the road of happy destiny." ( AA Big Book)

*Anonymous, Fayetteville*

## 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 Three:

“We can confidently face any situation life brings, because we no longer have to face it alone.”

(OA 12 & 12, page 27)



## 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	no	no
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.	919-412-8615	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](http://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](http://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.

<b>BB</b>	<b>Study of the AA Big Book</b>	<b>N</b>	<b>Newcomers' meeting available</b>	<b>BL</b>	<b>Okay to bring your lunch</b>
<b>D</b>	<b>Discussion of OA-related topics</b>	<b>V</b>	<b>Format of meetings varies</b>	<b>C</b>	<b>Closed meeting</b>
<b>S</b>	<b>Study of the OA 12 steps</b>	<b>T</b>	<b>Study of the OA 12 traditions</b>	<b>L</b>	<b>Study of OA literature</b>
<b>W</b>	<b>Meeting may include writing</b>	<b>HA</b>	<b>Accessible to people with handicaps</b>	<b>S/D</b>	<b>Speaker and Discussion</b>

*Please send any changes to this list to: [newsletter@triangleoa.org](mailto:newsletter@triangleoa.org)*