

# 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 4

Donations Welcome

**April 2006**

## Step Four

*Made a searching and fearless moral inventory of ourselves*

## Tradition Four

*Each group should be autonomous except in matters affecting other groups or OA as a whole*

## 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 3...

The key to Step 3 for me is willingness - willingness to let go of self-will. Not an easy step for me to have taken, but having convinced myself that by working Steps 1 & 2 that my way was just not going to work, I was able to pray for the willingness to let go. When I do that, when I can let go of my self-will, I open myself up to God/my Higher Power setting the direction. Having failed miserably trying to (as it says in the Big Book) "be the director," it's a huge relief. I have learned to pray, not for what I think I need, but for God/ my Higher Power's guidance in leading me in the direction I need to travel. *Mike L. (visiting from NJ)*

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When I first came into program, I saw the 3rd step as an over-and-done, in-that-moment, checked-off-the-list, what's-next type event. I equated it to a one-time step, in the religion in which I was raised, of deciding to say yes or no to the acceptance of a particular God and doctrine into my life. I had issues with the 3rd step immediately. I had abandoned the faith I was raised to believe, and was reminded of it too much by what I understood to be the 3rd step. Subsequently, I became stuck, and only lasted in the program for 9 months. I did some "R&D" for about 15 months, and in my return to program, I was struck with the real meaning behind the 3rd step. It was not to be a one-time proclamation. The "moment" I decided to turn my will and life over to my HP was every moment that I felt powerless over something, especially food. Weeks after returning to OA, I left for a long vacation. While there, I had an amazing spiritual experience with my HP on a bike trail. I think about the serenity and clarity I was given in that moment; and in every moment where those things are lacking, I take the 3rd step. *Raleigh, Thursday morning*

## Tradition 3...

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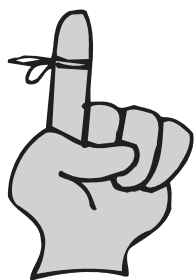
It's important for us to think of Tradition 3 when meeting newcomers. To be part of this fellowship, we need follow no specific food plan, or do anything else except desire to stop eating compulsively. We see what works for others and, with the help of our Higher Power, are guided to understand what will work for us. It's a program of attraction.

Other than following the instructions in the Big Book (and these are suggestions), there is no right or wrong way to work the program. We are all bound by this tradition; that we share the compulsion and want to stop. *Anonymous*

**Topic  
for  
May**

Topic for May: **The Challenges of Today**. You can also write about the Fifth 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 **April 8**. Thanks!

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



**INTERGROUP MEETING FOR APRIL**

**SATURDAY, April 15, 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
May	Open!! Available for sign-up!!	Step 5, Tradition 5, Topic: The Challenges of Today
June	Open!! Available for sign-up!!	Step 6, Tradition 6, Topic: Acting "As If"
July	Open!! Available for sign-up!!	Step 7, Tradition 7, Topic: Turning Burdens into Blessings
August	Fayetteville, Saturday 11am	Step 8, Tradition 8, 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 - February 18, 2006

## Who Was Present

Mary Anne, Chair; Felicia, Vice Chair; Harriette, Secretary/SOAR 8 Rep; Jim K., Hi-Tech; Scott, PI/HIPM Chair; Wayne, Newsletter Liaison/Mon. Raleigh; Jim C., WSO Rep/Parliamentarian; Laureen, Mon. Chapel Hill/Retreat Co-Chair; Judy K., Tues. Fayetteville; Elizabeth, Thurs. Chapel Hill/SOAR 8 Rep; Arielle, Thurs. Raleigh; Sara, Retreat Co-Chair/Tues. Raleigh; Janice, Sat. Durham; Amyla, Tues. Durham; Anne, Mon. Cary; Sue, Visitor

Minutes were accepted. Outreach position is vacant.

## Treasurer's Report

- Treasurer's Report accepted with the understanding that for now, we must continue to pay taxes.
- Report was amended to show that the NCAA event will be in Durham.

## Literature

- Nine month tokens were donated by a member and available for Reps to take 1-2 back to their groups.
- Reps are to ask their groups if they want IG to order literature at a discount and if they'd be willing to purchase the items from IG through the Literature Chair. To get a discount, some items must be ordered in quantities of up to 100.

## Newsletter Liaison

- Letters went out to all who have private subscriptions to our newsletter, so checks should be coming in soon.
- It costs about 16 cents for each newsletter to be printed. IG wants to increase the amount being printed to 225. Several printers will do it at a lower price than the company we have been with for years.
- Wayne will call the printer we are now using to negotiate a lower price for printing the 225 issues.

## Hi-Tech

- Pictures of events being held are welcome to be added to the IG website, and any other noteworthy information for our IG; for example, pictures from the upcoming NCAA medical conference, where members from our area will man a literature table.

## PI/HIPM

- WSO sent lots of material for the medical conference that will be held in Durham Feb. 23 - 24; several groups also contributed literature.

- The check for registration was received from WSO and given to our treasurer as reimbursement for a check that was written to cover the registration.
- The phone message was updated.
- Emails are periodically sent to the Daily Tarheel, and several other papers, regarding printing public service announcements about program. There has been no response at this time.
- Local paper for the Rocky Mount area gave a quote to have some information printed.
- PI will continue contacting papers.

## Retreat Report

- Packets were available for Reps to take to their local groups on the upcoming Spring retreat. If more fliers are needed, email Laureen. Additional copies may also be downloaded from our website, which is listed on the front and back pages of the newsletter.
- Presently there will be 5 - 6 individuals assigned to a room at the retreat. However, the option remains for up to 8 in a room depending on the registrations. Even with 8 to a room, no one would have to sleep on a top bunk unless they so chose to. Each bathroom in each cabin has 3 toilets, 3 showers, and several sinks.

## SOAR

- Elizabeth is ready for the upcoming Assembly in Jacksonville, FL. All are welcome to attend.
- There will be the business assembly and visitors may sit in, but will not have a vote. However, there will be lots of workshops covering different topics as the business portion is covered.
- Reps are again asked to bring any old newsletters to IG to give to our SOAR and WSO reps to be taken to the assembly and the WSBC, World Service Business Conference.
- IG went over and voted on all proposals sent out by WSO. IG voted yes or no for the proposals they wanted presented at the WSBC. Our decisions are to be forwarded to WSO by the first week in March.
- Jim K. will try and have a copy of the By Laws for our IG for next month.

## New Business

- IG voted for the Newsletter Editor's position to be a service position, as our editor at this time is unable to attend IG.
- Because of the time, some business items were tabled until next month. However, the pressing issues were covered.

### **Step 3...**

For the first few years in this program, I was still convinced I could do this alone. I may let God make a small decision, but I was going to do the big decision. I was going to do the big decision without any help.

The last year has, for today, broken me of that belief. Everything I grabbed hold of, and when I tried to correct the course I was on, things got worse. Still, I wanted to have everything work out as I knew it should. As time progressed, I made myself, and those around me, unhappier. Other people moved on and I was left with a greater mess than before. When I stopped and listened, I started to hear a message. Actions that had me terrified fell into place. Words spoken by a friend in program helped me through a dark place.

Acceptance of situations did not make the pain disappear right away. Acceptance allowed me to wake up and get moving the next morning. The pain faded as I accepted situations were beyond my control.

Turning my will and my life over, meant not ignoring situations. It required me to write the serenity prayer so I can get through a staff meeting. I have to remind myself, sometimes minute by minute, "this is how my life is; it is as meant to be." *Jim K.*

### **Tradition 3...**

— . . . . . —  
A desire to stop eating compulsively - first I had to recognize that I was, in fact, eating compulsively. After all, wasn't I hungry? Through program, I became aware that many of my so-called hunger pangs were nothing but life's frustrations. If I went shopping for shoes and couldn't find what I was looking for, boy, was I hungry! When I arrived home after a frustrating day at the office, I was starving! If conversations with certain family members took their usual path, I was famished. Program helped me sort out my feelings so I could tell what was physical need, and what was an emotional response. Then, I had to learn that feeding the emotional response was not helping me. Rather, I was just fogging up reality. Today, when hunger pangs start up way before meal time, thanks to Program, I can stop and do a quick inventory to see what's bugging me. Then, instead of masking the problem with food, I can talk to my Sponsor or talk to HP and find a solution.

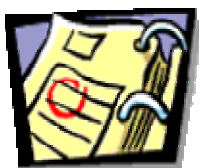
*-Anonymous*

— . . . . . —  
Since rejoining OA after many years of absence - no abstinence, I have found a peace that is new to me. The changes I have made since my early days in OA are many. Through psychotherapy and the school of hard knocks, I no longer feel inadequate. I don't hate myself. I love myself and feel a deep abiding connection to my Higher Power.

Prayer is the tool I use everyday. I also practice the 12 Traditions and am studying and practicing the 12 Steps. I give service and feel grateful to be in the position I am in - retired and free to live a peaceful life.

The overwhelming desire to eat compulsively is almost always in remission. I try to keep my life simple so I don't become overwhelmed. Sometimes when I am trying to live my prayer, to be an instrument of peace, I find myself resentful that others who have asked for my help aren't doing their part to make their life more peaceful.

So I ask God for guidance. "Please God, what is best for this family?" In another situation, I find that a couple I enjoy helping are immature regarding money. I've sometimes thought money will solve our problems. What happens to love? How does love lose out over material goods. This question is important. Food used to be my resource for feeling good. Abstinence is my resource for feeling self-love and good. Lord, make me an instrument of thy peace, Lamb of God who takes away the sins of the world - have mercy on me. *Anne*



### **Mark Your Calendars!**

The Scout Hut is having its annual special meeting the 2nd Saturday in June (June 10th). This time, it's on Sponsorship. For those of you who may have attended one of the special events in the past, you K-N-O-W there have always been lots of members present, goodie bags, a present or two, lots of fellowship, and of course, lots of fun.

## 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.*

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## 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.”

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## On Step Four:

“As we took an honest look at the past, at who we’d been and what we’d done, we began to understand ourselves better.”  
(OA 12 & 12, page 29)



## 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)*