

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 5

Donations Welcome

May 2006

Step Five

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs

Tradition Five

Each group has but one primary purpose -to carry its message to the compulsive overeater who still suffers

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 5...

Even though I had done a number of fifth steps in another 12-step program, I had never done one without hiding behind the safety of food. This was to be my first really “sober” fifth step. I was directed to do it the way the Big Book instructs: “We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past” (pg. 75). I was prepared to tell my sponsor things that I did not even want to tell myself. As we went through the process, talking about my resentments and fears, the load I had been carrying around began to feel just a little lighter. When we were through, she asked me if that was everything and I said yes. She left the room to get a drink of water, and when she came back, I said “There is one more thing” and I told her the one thing that I had rationalized and justified away in a previous Fifth Step and had decided that I never really needed to tell anyone. After I finally had told the truth, I felt transformed. I was finally right with “God and my fellows.” I could look the world in the eye. I never again had to hide behind mountains of food to try to get relief from the feelings of self-hate and self-loathing. I was free. I was “walking hand in hand with the Spirit of the Universe” (pg. 75). -Anonymous (from St. Paul/Minneapolis newsletter)

The Challenges of Today...

For the longest time, I made excuses as to why I wasn't able to live my life to the fullest. I put contingencies on my happiness by saying, “Once [I'm married or I've finished this research paper or I've cleaned the entire house], I'll be happy.” Regardless of how big or small the reason was, it was my excuse as to why I couldn't be happy or be free. Looking back, I realize that it was always something. Once one obstacle was cleared, another would pop up in its place. If I kept waiting for my life to be free of challenges in order to live it, it would just pass me by. What is life without its challenges? Pretty boring and eventless.

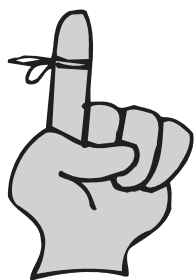
All of the challenges I've faced, including my eating disorder, have made me who I am today. While overcoming all of the obstacles in my life has been difficult, they have also given me a new perspective on life. I know that I would never marry an abusive alcoholic. I know that you shouldn't be so hard on yourself - everyone makes mistakes. I know the importance of friendship and family. I know that I am not alone in my obsession with food and body image. Without learning these things early on in life, I may have continued to struggle and miss out on a lot of things that are important to me. I value each challenge I am faced with knowing that good will eventually come of it.

-Anonymous

**Topic
for
June**

Topic for June: **Acting “As If.”** You can also write about the Sixth Step or Tradition. We are **always** looking for writings to put in the newsletter. Please send your writings to newsletter@triangleoa.org by **May 13**. Thanks!

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



INTERGROUP MEETING FOR MAY

SATURDAY, MAY 20, 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.

Please encourage your group to volunteer for a month of writing contributions. Your stories of successes and challenges are needed to make the Triangle OA newsletter a valuable tool for recovery!

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
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
September	Open!! Available for sign-up!!	Step 9, Tradition 9, 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 - March 18, 2006

Who Was Present

Mary Anne, Chair; Harriette, Secretary; Jim K., Hi-Tech; Scott, PI Chair; Wayne, Newsletter Liaison/Mon. Raleigh; Jim C., WSO Rep/Parliamentarian; Elizabeth, Thurs. Chapel Hill/SOAR 8 Rep; Arielle; Amyla, Tues. Durham; Anne, Mon. Cary; Gerri, SOAR 8 Rep; Marcia, Thurs./Sun. Aberdeen; Judith T., Tues. Chapel Hill; Kyra, Sun. Durham

- Minutes were accepted after changing “medical conference” to Counseling Conference.
- Outreach position vacant.
- Treasurer’s Report was not presented as the Ad Hoc Treasurer had an excused absence.

WSO

- The submitted materials to attend the WSBC were not received by WSO. Jim, our rep, and Sandy at WSO are working to straighten this out.

Newsletter Liaison

- Wayne to ask Megan what will work for her as far as receiving and noting any corrections for the minutes prior to posting in the Newsletter. Harriette will check with her also.
- The printer we currently use has agreed to print 225 copies of the newsletter each month for us for the \$118 we are now paying.

Literature

- A catalogue for AA literature has been requested. Reps are still encouraged to ask their groups if they would be interested in purchasing their literature from IG who could buy it in bulk and save group members from paying shipping and handling.
- A committee of IG reps was formed to continue looking at all aspects of IG’s purchasing, storing, and selling literature from OA, as well as some AA literature such as the Big Book.

Hi-Tech

- Pictures from the recently held NCAA Counseling Conference are posted on the website.
- IG agreed to allow a link to the LA IG to be posted on our website. Members can go to this link and hear OA speakers, if they so choose.
- Information regarding the special meeting on Sponsorship, which will be held in Durham at the Scout Hut on June 10th from 10 - 11:30am, has been posted.

PI

- Counseling Conference was considered a success. Lots of literature was handed out and members took remaining literature to distribute in their home groups.
- The phone/meeting list is current and groups/members/ reps are asked to keep IG posted on any address and/or

phone changes, especially if a group is sending a new rep.

Retreat

- Six have signed up for the Spring Retreat. There are 5 scholarships, and 4 have shown great interest in attending, but have not paid. Someone donated \$100 towards the scholarship fund.

SOAR

- Since Harriette is serving in a funded position for the Region, IG can select someone else to serve as SOAR Rep. Reps are asked to think about this and ask members of their groups to consider this service. It would require attendance at IG and, if possible, being willing to go, all expenses paid, to the assemblies which are held 3 times a year throughout the 8 Southeastern States. In July, it will be held in Nashville and Orlando in November. We are entitled to 3 Reps, but sometimes cannot afford to send all 3. SOAR Reps can then rotate going. As it is now, only 1 Rep will attend the Assembly that’s upcoming in Jacksonville, as the other Rep is not available at that time. Please consider this service work. Great way to stay abstinent and meet lots of others.

New Business

- **Upcoming Events:** Special Meeting on Sponsorship in Durham Saturday June 10th 10 – 11:30am.
- IG decided that the Secretary will copy/paste any votes/decisions made by IG to be kept electronically by Hi-Tech Chair so that information can be easily retrieved in the future when there is a question.
- **Policy Reminder for Picking up Newsletters:** If an individual (intergroup rep, visitor, committee chair/rep, or board member) attends IG, that person may pick up newsletters for their home group (with the assumption that each person has only one home group). However, those whose groups are 50 or more miles away may pick up newsletters for all meetings in their community. Otherwise, groups that did not have someone pick up newsletters will continue to be mailed a single copy unless they are outside the 50-mile radius of IG, in which case they will continue to be mailed their normal allotment.
- **Absences:** If an IG officer/committee chair/rep, etc. needs to be absent from IG, please notify the chair and preferably all IG members via Intergruop@triangleoa.org. A notification is considered an excused absence. Members are asked not to exceed two *unexcused* absences.
- Combining PI and HIPM is put off for a vote by IG until we get a copy of our current Bylaws.



Dear Friends,

I spent a very busy weekend on March 31-April 2 in Jacksonville, Florida at the OA Regional Assembly and Recovery Convention. I represented our Triangle Intergroup at the “assembly” part of the gathering, where about 40 representatives from OA Intergroups around the southeastern US get together and work to resolve issues that affect our region as a whole.

Here are some of the questions we tried to deal with this time: How do we reach out more effectively to young people? To avoid training our small Intergroup treasuries, would it be better if we met less frequently and stayed longer? Our regional committees help the local groups a lot. How can we strengthen them to do more still? How can we encourage our representatives to serve on the vital, but perhaps less glamorous, committees like Ways and Means and By-Laws?

I served on the Twelfth Step Within Committee and I heard exciting things. Here’s a brief sample: How about encouraging people to do email sponsoring? Would email sponsors be especially helpful to people who were suffering in relapse or who had drifted away from OA? And what about assembling “Welcome Back” packets? Would these be particularly good for relapse/recovery groups?

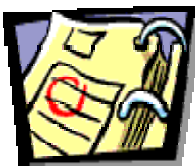
These are a small part of the interesting things I heard, and all of that was exciting for me. But I liked best meeting and talking to OAers from all over the southeastern US. We also had two young women from Costa Rica and Columbia. They were so thrilled to be with us and we were inspired by them. And everywhere was OA love and acceptance. I came home on Sunday exhausted, but very glad that I had gone. Thank you, every one of you, for sending me!

I truly heard this at least twice: “I love this program. This program has saved my life.”

You might want to go to the next gathering and see for yourself what it’s like. It will be in Nashville, TN on July 21-23. You can get more details at www.oaregion8.org.

Gratefully,

Elizabeth C.
Triangle SOAR Representative



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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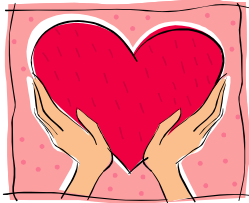
The Serenity Prayer

“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 Five:

“We willingly open our hearts so that a life-changing power can come in and heal us.”
(OA 12 & 12, page 46)



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

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 Spring 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) 412-8615 (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