

Recovery

TRIANGLE OA

NEWS

The Triangle OA newsletter can also be viewed on the website at: www.TriangleOA.org/newsletter

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Volume 21, Issue 6

Donations Welcome

June 2006

Step Six

Were entirely ready to have God remove all these defects of character

Tradition Six

An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose

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*

Tradition Six

An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

On a recent drive through Washington, DC, I did what I have trouble resisting - I turned on the radio, to C-SPAN, the station that covers Congress, government, literature and history. Even though the station is without political bias, those who happen to have the floor at the moment are biased, and on this most recent trip through DC, the debate was all about campaign finance reform - which groups should retain their right to contribute to their candidate of choice and at what spending limits. Both sides of the debate argued effectively and I found myself lost in the land of - What would I choose?

Thank goodness OA never puts before us such decisions. The most important decision we are asked to make is - Do we want to be abstinent from compulsive eating? If we do, we are then empowered by the Steps, Traditions, and tools toward that new life.

When I meet someone in OA who rubs me wrong, I sometimes imagine a like-minded alliance we might have outside of OA; but whether or not s/he and I actually share such beliefs is extraneous to working the program. The other side of this benefit is when I meet someone *outside* of program who bothers me, I imagine them being *inside* program where all our external allegiances melt away. Thank you OA for nonpartisan sanity!

-Robin A, Durham

Acting "As If"...

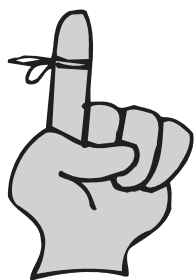
I "act as if" everyday and have from the first day I came into program. My sponsor told me to "act as if" when I expressed doubts about my food plan; when I questioned the meaning behind the steps; when I was afraid to do my 4th Step inventory; when I was unwilling to ask HP for help and unwilling to do whatever it takes to stay abstinent. My sponsor patiently repeated over and over again "act as if." Somehow in my recovery journey, I stopped questioning my actions and gradually came to believe that I was not alone and not in charge. When I doubted HP's existence, my sponsor quietly told me to "act as if" there is HP in my life. Today, I am willing to do whatever it takes to maintain my abstinence - go to meetings, work the steps, and have a relationship with HP I never believed possible.

-Anonymous

**Topic
for
July**

Topic for July: **Turning Burdens into Blessings.** You can also write about the Seventh Step or Tradition. We are **always** looking for writings to put in the newsletter. Please send your writings to newsletter@triangleoa.org by **June 12.**

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



INTERGROUP MEETING FOR JUNE

SATURDAY, JUNE 17, 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
July	Durham, Sunday 10:30am	Step 7, Tradition 7, Topic: Turning Burdens into Blessings
August	Fayetteville, Saturday 11am	Step 8, Tradition 8, Topic: TBD
September	Cary, Monday 7:30pm	Step 9, Tradition 9, Topic: TBD
October	Open!! Available for sign-up!!	Step 10, Tradition 10, 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 - April 15, 2006

Who Was Present

Mary Anne, Chair; Jim K., Hi-Tech; Scott, PI Chair/Tues. & Thurs. Raleigh; Wayne, Newsletter & Literature Liaison/Mon. Raleigh; Jim C., WSO Rep/Parliamentarian; Elizabeth, Thurs. Chapel Hill/SOAR 8 Rep; Arielle, Thurs. Raleigh; Amyla, Tues. Durham; Anne, Mon. Cary; Marcia, Thurs./Sat. Aberdeen; Judith T., Tues. Chapel Hill; Tracy, Sun. Durham; Laureen, Retreat Chair/Sun. Chapel Hill; Judy K., Ad hoc Treasurer/Tues. Fayetteville; Mark, Sat. Raleigh

Minutes were accepted after changing the meetings listed with Marcia's name from Sunday Aberdeen to Saturday Aberdeen.

Treasurer

- Report was accepted as submitted.
- Jim K. will explore alternate phone service possibilities. The current service has their price from \$10 to \$19.95 over the past two years.

Hi-Tech

- Everything is going well. Updates from last IG meeting are done on the website.

Literature

- One order has been placed and there are extra Big Books, small Big Books, and AA 12 and 12's available.
- The Literature Chair needs to step down for personal reasons.
- After reviewing the cost to order and store literature for groups to purchase, it will not be feasible at this time. The idea to stock literature is waived for the time being.
- Request that Hi-Tech post a note on the website instructing groups that want to combine orders to contact each other via the Intergroup mailing list. This will hopefully reduce shipping costs.

Newsletter Liaison

- Extra newsletters from last month given to Jim C. to take to WSBC in May.
- More groups are needed to sign up for writings for the newsletter. There are none signed up for any month going forward at this time.

PI

- Renewed N&O and Fayetteville Observer notices.
- There is literature for health care professionals from the NCCA conference in Feb. Diabetic clinics were suggested as a place to bring the literature, as well as members' health care providers.

Retreat

- April 28th is the last day to sign up at the \$130 rate; after that, the cost will be \$140.
- Only 19 people are signed up at this time.

- The camp sent a medical form that would need to be filled out by retreat attendees. After review, the group consensus was that this was against the contract as negotiated. The committee will call the camp and have further discussions.

SOAR

- Elizabeth submitted report from latest Conference. This included a SOAR budget and list of other activities in the Southeast.
- OA Cruise will be November 5 - 9 and will cruise from Florida to the Bahamas. Details are on the SOAR 8 website (<http://www.oaregion8.org/docs/cruise.pdf>)
- There are new stories on CD and cassette available from the OA catalog at www.oa.org
- Next Worldwide OA convention will be in Philadelphia from Aug. 29 - Sept. 1, 2007. For information, email sallen@oa.org
- SOAR 8 is focusing on reaching out to young people. This is an ongoing effort.
- Gerri stepped down as SOAR rep for personal reasons. The IG Chair may appoint someone or fill in for the SOAR rep for the upcoming conference on July 21-23 in Nashville, TN.

WSBC

- Registration for May's conference is done and Jim C. is ready to go.

Continuing Business

- The current by-laws are online. Printed copies have been passed out.
- Review of the by-laws indicates that the Newsletter Committee chair and the Editor are not the same position. Committee chair is currently empty, the Editor and Liaison are filled.
- Review of by-laws indicates that the HIPA and PI chairs may be held by the same person as it is currently .

New Business

- In the past, there was a facility in Rocky Mount that provided space for OA meetings and they would like to do so again. There maybe a meeting in Rocky Mount starting up. Scott will talk to member(s) in the area to see if there are existing meetings.
- IG is seeking a new SOAR rep for the meeting in Nashville, TN on July 21-23.
- The issue of what to do with the Intergroup's 7th tradition money was raised. A motion was passed to send the money that is above the cost of the meeting space to SOAR and WSBC after June. Next year, this amount will be incorporated into the budget.

WELCOMING HEALTH CARE PROFESSIONALS

Recently, several students from Duke University's School of Nursing attended my OA homegroup at the Scout hut, in Durham. The students were required to attend a self-help group of their choice, and the students that attended my homegroup decided to attend an OA meeting. I wonder why? The ones I spoke with indicated that they themselves had issues with food. I am grateful that this academic requirement provided the opportunity for them to hear the OA message.

There is a much larger issue, though, which is the opportunity to share the OA message with health professionals who are often the first source of help for individuals who need OA. Individuals struggling with weight and food issues who want help will often seek advice from a health professional; and for those who *need* help but do not yet *want* it, the warnings of a health care professional may be just the wake-up call they need. Additionally, people who have struggled with weight and food issues may be defensive when the subject is broached by a friend or family member, but may be more receptive to a discussion with a health care professional.

OA's purpose is not education, counseling, or medical treatment. OA's purpose is to carry the message of recovery to those who want it. Education, counseling and medical treatment do, however, fall within the scope of the professional's purpose, and all are necessary components in the effort to help the suffering compulsive overeater. Therefore, cooperating with health professionals is one of the vital ways that OA carries its message to the community and to the compulsive overeater who still suffers. Through education, the professional can be of aid by making the community aware that compulsive overeating is a disease, not weakness of character or willpower. And through counseling and treatment, the professional can help the compulsive overeater want help and direct him or her to OA meetings or contacts.

Health professionals can be informed about the OA message through literature describing the program of recovery; but the opportunity to experience a meeting and to hear the experience, strength, and hope of those in recovery is indispensable for helping the professional understand and empathize with the compulsive overeater. Deeper understanding will certainly result in more compassionate treatment of the compulsive overeater. Additionally, having experienced meetings, the professional can put people at ease who are nervous about going to their first meeting by describing what a meeting is like. Finally, individuals who are nervous about attending a meeting may feel more comfortable calling an OA contact with whom their health care provider has developed a relationship.

For all these reasons, I am very happy about the Duke University School of Nursing requirement and the opportunity to welcome these individuals into my homegroup and to share my experience, strength and hope with them. Just like with every newcomer I reach out to, reaching out and sharing with health care professionals is like throwing one stone and watching the ripples spread out to touch more people in need than I could ever reach on my own.

SPECIAL MEETING ON SPONSORSHIP AT THE SCOUT HUT

Join us on Saturday, June 10th from 10:00 - 11:30am in Durham at the Scout hut for a special meeting on Sponsorship. Three sponsors will share their experiences as a sponsor and being sponsored by others. The meeting will also feature a short skit, an ask-it-basket, and time for fellowship.



CHECK OUT THE NEWEST MEETING IN TOWN!!

There is a great new meeting in Raleigh that meets on Wednesday evenings at Grace Lutheran Church. Maybe you've heard that it's a special interest meeting and aren't sure if you're welcome?? EVERYONE is welcome because it is an OA meeting above all else! We are currently studying the OA Abstinence book and finding great recovery as we read and have discussions each week. But we NEED your support! Meetings only continue if people attend them. Stop by and check us out on Wednesdays from 7:30-8:30pm. For further information, please contact Danette at 862-9118.

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.”

.....

On Step Six:

“Only when we fully realize that they are costing us more than they are giving us do we become entirely ready to be rid of our defects of character.”

(OA 12 & 12, page 57)



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	daytime	yes	yes
Jim C.	919-773-0477	any	yes	yes
Gerrie	919-387-0345	Before 9pm	yes	yes
Amyla	919-682-7425	any	no	no

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, 7:30-8:30pm; 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