

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 7

Donations Welcome

July 2006

Step Seven

*Humbly asked him to
remove our
shortcomings*

Tradition Seven

*Every OA group ought
to be fully self-
supporting, declining
outside contributions*

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**

Seventh Step

My shortcomings are overwhelming. I hate exercising. I like to eat junk food. I don't really enjoy the three balanced meals a day program. I have little will-power. The only way I can see improvement in myself is through dependence on my Higher Power. These burdens brought me to a structured environment where I could join others in learning to be more disciplined. I have humbly asked Him to remove my shortcomings and I have worked daily in the structured program for three weeks. I have lost some weight, but more than that, I believe I can improve my attitude toward my diabetes and can begin turning that burden into a blessing for better health the rest of my life.

-Anonymous, Durham Sunday morning

Excuses. I'm full of them. I think that is what makes me uncomfortable about Step 7. If I ask God to remove my shortcomings, I won't have any excuses left. I can't eat because I'm selfish – God will make me self-less. I can't eat because I'm prideful – God will show me my value as a child of God. Step 7 seems to be another "Step One" – a step into a while new way of life and relationships. It's a big step for me. I have been too comfortable with my "excuses" in the past. They have, to some extent, defined me. Now I must become a new creation. My faith tradition tells me that we are all called to become new creations in God. I have had trouble understanding that solely in the context of my faith tradition. Perhaps God is working through OA to bring me home and make me whole. No excuses.

-Anonymous, Durham Sunday morning

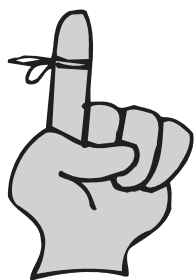
At first I thought this step would be simple – until I thought about it in depth. I realized that I wanted to hold on to my shortcomings because I used them to justify my actions and behaviors. Steps 6 & 9 require me to take responsibility for myself and the life I live – I can no longer play the victim and blame others. And, since surely I cannot remove them on my own, I must rely on HP to remove my shortcomings. Also, Step 9 allows me to become one with others. For many years I saw myself as less than, not really the same, as others – inferior; however, Step 7 teaches me that I am no better or worse than the next person. This is freeing...for I've learned that, even with all my faults, shortcomings, and character defects, in the sight of God I AM ENOUGH. The burden of having these shortcomings has been a blessing in disguise. I've leaned a lot about myself and others. I've started to accept responsibility for my life and I allow my HP to guide my life's purpose.

-Anonymous, Durham Sunday morning

**Topic
for
August**

Topic for August: **Forgiveness**. You can also write about the Eighth Step or Tradition. We are **always** looking for writings to put in the newsletter. Please send your writings to newsletter@triangleoa.org by **July 14**. Thanks!

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



INTERGROUP MEETING FOR JULY

SATURDAY, JULY 22, 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
August	Fayetteville, Saturday 11am	Step 8, Tradition 8, Topic: Forgiveness
September	Cary, Monday 7:30pm	Step 9, Tradition 9, Topic: Saying Yes to Life
October	Open!! Available for sign-up!!	Step 10, Tradition 10, Topic: Finding Strength Within
November	Open!! Available for sign-up!!	Step 11, Tradition 11, 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 - May 20, 2006

Who Was Present

Mary Anne, Chair; Felicia, Vice Chair; Jim K., Hi-Tech; Scott, Professional Outreach Chair; Jim C., WSO Rep/Parliamentarian; Elizabeth, Thurs. Chapel Hill/SOAR 8 Rep; Anne, Mon. Cary; Marcia, Thurs./Sat. Aberdeen; Judith T., Tues. Chapel Hill; Tracy, Sun. Durham; Laureen, Retreat Chair/Mon. Chapel Hill; Judy K., Tues. Fayetteville; Mark, Sat. morning Raleigh; Libba, Sat. Durham; Harriette, Secretary/SOAR 8 Rep; Mary Louise, Visitor; Gerrie A., Visitor

Minutes were accepted.

Treasurer

- Report was accepted as submitted.

Hi-Tech

- Hits to our website are up.

Newsletter Liaison

- Wayne has had to step down due to family situations. IG appreciates his service.
- This service position is now open. It entails mailing newsletters to groups that did not have a representative at the month's IG. Wayne did a fantastic job of getting the tasks simplified by creating a disk with the labels on it. All one would have to do is put the newsletters in an envelope, attach the label and a stamp, and mail. Please consider the position and what a fantastic way to give service.

Professional Outreach

- Since WSO changed the title of PI/HIPM to Professional Outreach in its Bylaws at the recent conference, the title for the same position in IG changed to be in line with WSO's.
- The phone line has been updated.
- Information/contact is needed on the Rocky Mt. meeting. Any information members had on past contacts was given to Scott.
- Literature from the counseling conference held in Durham in Feb. is still being distributed. Scott is seeking groups outside OA to contact to see if they'd like some of the pamphlets. Information for contacting the Duke School of Nursing was passed out by nurses who recently attended meetings in Durham.

Retreat

- Laureen and Sarah, and all who helped, are to be commended for all their service in planning the fantastic retreat that was enjoyed by many.
- IG agreed that a thank you card would go to the speaker with a note indicating that \$39 would be forwarded to the region in her honor to offer funding to groups who have never been able to send a rep to SOAR.

- Laureen agreed to contact Camp Harrison, the camp that hosted this past retreat, and confirm a date for next spring's retreat.
- Danette sent word of her desire to serve as co-chair of the retreat committee since Laureen is stepping down. Bylaws state that the individual must be present for the motion to go through. Scott agreed to contact Danette and see if she can come to the June's IG.
- Several members from the Charlotte area desire to be on a committee to help with a beach retreat this fall. IG agreed to forward the names to our co-chairs, but due to the fact that planning an event with a distant group would be difficult, the Triangle group will remain the sole host.

SOAR

- Elizabeth will be unable to attend SOAR in Nashville this July, but is willing to attend in Nov. when the event is held in Orlando. Jim C. agreed to represent the Triangle in Nashville. His willingness is appreciated and thanks to Elizabeth for her service.

WSO

- Jim gave a report of the recent WSBC, World Service Business Conference, and will submit a report to the newsletter soon.

Announcements/New Business

- Durham's Tues. 12:30pm meeting is interested in having a noon meeting in the area, but, for the time being, is meeting informally on Fridays from 12:30-1:30pm (OK to bring lunch) at St. Philips Episcopal church on East Main St. across from the Health Department. Meeting is held in the church's library.
- Saturday 4pm meeting in Raleigh at Grace Lutheran is struggling and is asking for support.
- Absences reminder: If IG board members are desiring an excused absence, just contact the chair or vice-chair before the monthly meeting. **The contact counts as an excused absence.** Two unexcused absences are grounds for removal. All board members are asked to try and find someone to take your place in your absence. For example, when the treasurer is absent, a report is sent; if the secretary is to absent, she simply asks someone to take the minutes and see that they are forwarded to her or the newsletter. If a rep is to be absent, the groups are asked to send someone in their stead.
- Speakers are needed for the Sunday morning meeting in Durham. Please contact Tracy at 919.423.4078 if you are willing to share your experience, strength, and hope.
- Anne agreed to make the newsletters for this month to groups that didn't send a rep.

Seventh Step

Today I am attending my first OA meeting. They have asked us to write for the newsletter. Because of my involvement in another 12-step program, and because I researched OA before coming, I am somewhat comfortable with doing this. I know from experience that it is helpful for my recovery to do what is asked of me.

This morning, oddly enough, I got on my knees and prayed that God remove the defect of character I have of feeling unworthy. It dawned on me, by the grace of God, that this feeling that I am unlovable and unworthy of a good life is a defect in my character. I told God in prayer that I was willing (and ready) for him to remove it.

In this action, I understand that now I have a responsibility to act as if it has been removed, regardless of how I feel. I now accept God's love for me. I know that when I feel otherwise, I need to pray again for God's help in my life. For me, it is one moment at a time.

How "coincidental" that I prayed for this the very morning before coming to my first OA meeting where the topic was the 7th Step. God shows me in simple ways that he is there for me and that he loves me.

-Megan P., Durham Sunday morning

Seven Tradition

I became aware, only recently, that the 7th tradition applies to a great many things other than money. This is a totally volunteer organization and without the support and contributions of our members, nothing would happen. We support this newsletter by writing for it. We support one another by making phone calls, attending meetings, sponsoring, and in many other ways. We work on committees without which serenity days and out twice yearly retreats would not happen. In other words, we support OA and our fellow members by giving of our time, intelligence, and energy to enable this organization, so important to so many of us, to flourish. The money we contribute keeps our doors open and our literature flowing, but that is only the beginning. Our real support is our contributions of service.

-J.T., Pittsboro

Turning Burdens into Blessings

The Chinese word "crisis" is made up of two symbols – one meaning "danger," the other meaning "opportunity." That is how I see my disease. At first, it was a crisis and all I saw was "danger." My weight was skyrocketing out of control. I had started wheezing for the first time in my life and none of my clothes fit anymore. Forget about my emotional state, it was disastrous and incredibly painful. Then, the blessing of "opportunity" appeared when I reentered the OA rooms after many years away. In this program, so many blessings in the form of opportunity surrounded me; my heart swelled with joy and hope. I now had the opportunity to reconnect with my Higher Power who I seemed to have lost trust in. It was the chance to connect with new people who understood and cared about me and what was happening with my food addiction even when I didn't care about myself. I found service opportunities that allowed me to feel useful again after many months of unemployment. My problems, which seemed overwhelming and hopeless, began to feel manageable and filled with potential.

All in all, the burdens in my life have now become the strengthening growth opportunities that are creating a more joyful, loving me. So, whenever you have a "crisis," remember the blessing of "opportunity," not the burden of "danger."

-Deb A., Raleigh

Two years ago, I felt that being a compulsive overeater and food addict was not only a burden, but a curse. "Lord, why this disease and not some other more acceptable disease like heroin chic?" But, after being in program for a year and a half, I see why – it has made me grow up and grow strong. I love Step 7 because it makes me feel like God is working to change me, and I don't have to change me alone. My character defects are no greater than the defects that my family and friends have; so I thank God from Step 7 because, like the step says, "I've cultivated the willingness to have any newly discovered fears, resentments and other shortcomings removed."

-Tracy, Durham Sunday morning

Turning Burdens into Blessings (continued....)

Since I was a child, I've always seen my weight and overeating as such a burden. Not only was it a burden on me, but on my family as well. My mother, not knowing the best way to handle my weight problem, constantly policed everything I ate and forced me to exercise. She thought this is what she needed to do; it is what the doctors told her to do. Finally, when I entered junior High School, she gave up trying to get me to eat healthy and to exercise. She said it was just too hard to do. I constantly wish and hope for the burden of being overweight to be lifted from me. I fantasize that my life would be so much fuller and happier if I were thin. Obviously, I'm still relatively new to the program and have not worked through all of the steps yet. There is one huge blessing I see from this burden of mine – I met my husband. It was my weight which brought me to the residential weight loss clinic in Durham, Structure House. It was at Structure House that I met, fell in love with, and married my husband. It is at Structure House that we attend OA meetings together. So, you see, there has been a great blessing to my weight burden after all!

-Marilyn, Durham Sunday morning

Only the green jelly beans are left. I don't like the green ones very much. But there they were calling me. When they are gone, I'll be able to be in control again. I tell myself this every week. I have to eat them so they'll be gone and out of the house. Week after week, month after month, lb after lb....

God can help me, but will he? I thank God everyday for all the blessings known and unknown in my life. Being overweight has taught me tolerance towards others; has made me sensitive to other's feelings. This compulsion has been a blessing for others around me. I can't recognize this as a blessing for me anymore.

I ate the last green jelly bean for breakfast this morning with my coffee and the newspaper. They are out of the house now. God, will you please save me from what will be next week's jelly beans and see your help as my blessing?

-Anonymous, Durham Sunday morning

I was a computer programmer until a few years ago when the computer industry collapsed and I, like so many others, became obsolete. I have no money and I can't get anything like the kind of salary I am used to. It is a real burden. I have to shop at the Goodwill Store. My wardrobe and furnishings are a whimsical and eclectic mix of styles. I can't afford the cost of living in town, so I live in an old farm house stuck between a tobacco field and a state park. I take whatever work I can get, mostly carpentry, creating a variety of structures for many different and fascinating people. At the end of the day, I am tired. Smiling at the thought of what I have built, I sleep. It is a real burden...Okay, I'm ready for my next burden.

-Anonymous, Durham Sunday morning

Being a compulsive eater is just one of the many burdens that I felt kept me buried in my anger, my fear, and my grief when I entered the doors of OA some sixteen years ago. Today, when I say aloud in an OA meeting that "I am a compulsive overeater," it is with a feeling of gratitude, happiness, and comfort.

I have learned so much about myself during these past 16 years, and the more that I learn, the more serene I become. I could not have done it alone, but only with the support of my OA family. I have now been abstinent for over 14 years. And, friends, is there any gift greater than to be abstinent from compulsive overeating? It is so true – "If you're given lemons, make lemonade!"

-Carla, Durham Sunday Morning

Acting “As If”

I was on a pink cloud for the first six months that I was in recovery. And that was gift from my Higher Power. But, gradually, my recovery became more of a challenge.

Instead of making every meeting, it became easier to pore myself into my work. “I’ll go to the meeting as soon as I finish this e-mail,” I told myself. “I’ll walk out the door as soon as I return this phone call.”

But then, I began to arrive later and later to meetings, often with me working straight through my 12:30pm lunch-time hour. How easy it was for me to substitute my addiction to food to my addiction to work.

It was easy to me to forget that Overeaters Anonymous was not a “me” program, but a “we” program. “I can do this myself,” I rationalized. “As long as I eat three healthy meals a day and one snack at exactly the same time every day, then I will be OK.”

I thought this program was about me losing weight. I forgot it was about working the 12 steps of OA. I forgot it was about me calling a sponsor. I forgot to use the other tools. I forgot I was suffering from a life-threatening disease – compulsive overeating.

You see...one of the serious side effects of my disease is bulimia. Before I got into recovery, whenever I would overeat, I would control my weight by forcing myself to throw up. I would start eating and I couldn’t stop. And whenever I felt full, I hated myself. It made me feel so fat and worthless. So I would purge those feelings from my body with bulimia. But I was dying a slow death. The acids from my stomach were destroying my teeth. My weight was like a yo-yo. I was beginning to have problems with my heart. I needed help and I found it in OA, where I was finally able to break the horrible cycle of overeating and purging, overeating and purging.

But, when I began to entertain thoughts of bulimia during the seventh and eighth month of recovery, I grew scared. I did not want to go back to where I had come from. Before, bulimia had always been my dirty little secret. I had kept it from my parents, my sister, and my husband. I was afraid to talk about it openly in OA, but then someone told me to act “As If...”

So, I decided to act “as if” I was perfectly OK. I decided to make every meeting I could, and I decided to get a sponsor. We talked about everything, but my bulimia. We talked about a plan of eating. We talked about the 12 steps. We talked about my trigger foods...and I always acted “as if.”

And then something strange happened. I took the cotton out my ears and I put it in my mouth. I began to listen to what other people were saying. I heard I wasn’t the only one with my problem and I got honest. I got honest with myself and I got honest with other people. I discovered that OA is a “we” program, not a “me” program and I began to share with others. Once I opened up about my bulimia, other people began to come forward and tell to me about their problem.

Yes, I have days where I don’t feel I am working the program to the best of my ability, but that’s when I “suit up and I show up.” I pray to my Higher Power to know His will and for the power to carry it out. I put one foot in front of the other and I act “as if” I am doing His will...and the next thing I know, I am!

-Lisa D.J., Durham Tuesday 12:30



UPCOMING EVENT
SOAR 8 Conference
“Tune in to Recovery”
July 21 –23
Nashville, TN



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 Seven:

“We pray to be made new, not for our own gratification, but so that we may be more useful instruments of our Higher Power.”
(OA 12 & 12, page 61)



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