

# 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 8

Donations Welcome

**August 2006**

## Step Eight

*Made a list of all persons we had harmed and became willing to make amends to them all*

## Tradition Eight

*Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers*

## 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 Eight

Step eight speaks to my willingness to make amends to all persons I have harmed. I have learned from being in OA for over 15 years, that I need to start to forgive myself first. I think that in forgiving myself, I will be able to see others as persons with struggles similar to mine and be more willing to forgive them.

Making amends without hurting others has to be well thought out. Writing letters that can be sent up in smoke when I would be hurting someone after a long period of time, symbolizes, for me, that I am willing and that I have changed and that I don't have to have a response. I am taking care of and being responsible for my part in the problem.

Being willing keeps me abstinent, and abstinence is the most important part of my life.

*-Anonymous*

Whenever I thought about Step 8, I was filled with a load of guilt over the way my behavior had affected the people I love, especially my children and grandchildren. Even though the character flaws that manifested as dysfunction were passed on to me from my parents, I somehow thought that I should have done better and not passed them on. I could forgive my parents for not raising me with better coping skills for life, because I knew they did the best they could; but I could not forgive myself for not doing better with my own children.

I always heard people say that when making your list of amends, you should include yourself; but for me, it just seemed like more self-centered behavior. After all, I was the one who had made the choices I did and I was responsible for them. I continued to beat myself up for not being a perfect parent when I obviously had done the best I could at the time and have no control over the choices made by my loved ones.

I am learning that Step 8 is really about forgiveness - forgiveness of myself for not being perfect and for even striving for something impossible to attain; forgiveness of my failures in relationships; forgiveness of my inability to take care of myself and consider me as important as others.

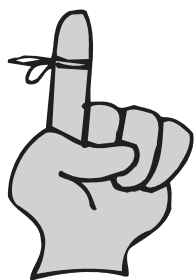
Now when I make my list, I've put myself at the top. When it comes to making amends, I have to treat myself as kindly as others. When I'm loving and forgiving me for not being perfect, I am freed to love and forgive others for their imperfections and to accept them just as they are.

*-Anonymous*

**Topic  
for  
September**

Topic for September: **Saying Yes to Life.** You can also write about the Ninth 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 **August 11.** Thanks!

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



**INTERGROUP MEETING FOR AUGUST**  
**SATURDAY, AUGUST 19, 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>September</b>	Cary, Monday 7:30pm	Step 9, Tradition 9, Topic: Saying Yes to Life
<b>October</b>	Open!! Available for sign-up!!	Step 10, Tradition 10, Topic: Finding Strength Within
<b>November</b>	Open!! Available for sign-up!!	Step 11, Tradition 11, Topic: TBD
<b>December</b>	Open!! Available for sign-up!!	Step 12, Tradition 12, 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 - June 17, 2006

## Who Was Present

Mary Anne, Chair; Harriette, Secretary/SOAR Rep; Jim K., Hi-Tech; Jim C., WSO Rep/Parliamentarian; Deb A., Thurs. Chapel Hill; Judith T., Tues. Chapel Hill; Tracy, Sun. Durham; Lauren, Mon. Chapel Hill; Mark, Sat. morning Raleigh; Danette, Wed. night Raleigh; AJ, Wed. Hillsborough; Esther, Wed. Hillsborough

Minutes were accepted.

## Treasurer

- Report was accepted as submitted. The Treasurer received a \$50 check, but needs to know the group or individual that submitted it to give credit.

## WSO

- The written report from WSBC was not presented due to computer failure.

## Newsletter Liaison

- Deb was nominated and voted in to serve as our new Newsletter Liaison. Thanks are definitely in order.

## Hi-Tech

- Artistic help with the website is still needed. Jim noticed that only the minutes from IG meetings are filed electronically in addition to each newsletter. To make it easier to retrieve the information desired, he will look into programming this area so information may be retrieved using a “word/phrase” search.

## Professional Outreach

- PI was recently changed to PO (Professional Outreach) at the World Service and our local area.
- There was continued discussion about the newspaper in Fayetteville wanting to do a piece on OA. The guidelines for anonymity and giving interviews are desired. Although the information is available from World Service, Scott is being asked to check his pamphlets to see if he has the information to forward to the Fayetteville area.

## Retreat

- Lauren spoke with the individual at Topsail Beach about our fall retreat. There are available dates, but there is concern that the facility will not be able to provide food as in the past. Danette will follow-up with the facility to see if the family who cooked in the past is available and what other options are available.
- Danette was voted in as new retreat chair.

## SOAR

- Neill was voted in as new SOAR Rep. For the July assembly, Neill and Jim C. will represent the Triangle in Nashville.

## New Business

- Jim K. will work with Megan to update our By-laws to indicate that PI is now Professional Outreach. Megan has the software, purchased by IG, to convert the by-laws from the pdf file on the website to a format that can be edited.
- Members are reminded to review the electronic minutes sent out by the secretary and forward her any needed corrections ASAP. There's a definite timeline to forwarding the final minutes to the Newsletter for publication.
- IG talked of ways to help the group of 3 members in the Smithfield area. Jim C. agreed to contact Sandy at WSO to see if Smithfield is in our IG or are a part of Coastal Carolina. Maryanne agreed to contact the ladies in Smithfield who sent the request to reassure them that we are looking into ways of offering assistance. Judith T. spoke of how the Sunday morning meeting started out with only one person keeping the meeting going. More attendees came as a result of other groups in the area adopting the Sunday morning meeting for a month. There are now at least 11 regulars who attend this meeting, in addition to the residents there at the facility who attend.
- Raleigh Wednesday Night needs support.
- Structure House is still seeking speakers. Please contact Tracy.
- Reps are reminded to bring old newsletters to IG in July so Neill and Jim C. can take them to SOAR.
- Camp Harrison is a “go” for next spring. Overall, the feedback was that the facility and grounds were great, excluding the desire for larger beds. The date listed for the retreat is May 4, 5, and 6 2007.
- IG voted to go ahead with plans for the fall retreat at Topsail and that Danette will continue discussions with the managers there.
- IG voted for the Retreat Committee to go ahead and look at booking a facility for fall 2007.
- IG, again, tabled the discussion about the food concerns at Topsail until next month until Danette can speak further with the managers of the grounds.



## ***Tradition Eight***

When I first started in OA, my youngest son asked me if I was the president of OA! I believe he did this because of how involved I was here locally and how many meetings I attended.

I know there are no professionals in OA. I am grateful that through others sharing their experience, strength, and hope I am slowly evolving as a recovering compulsive overeater one day at a time. I use my sponsors here in town, those folks I meet at retreats, and those I meet in other cities I visit when I travel. It is so good to know that there are fellow travelers on the road to happy destiny that are similar and different to me. I have learned something from everyone I have met.

-Anonymous

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## ***Forgiveness***

Forgiveness is like love in OA. My OA fellows loved me until I learned to love myself. Once I found that I truly loved myself, I was able to begin the process of learning to forgive myself.

It took many tears, notebooks, long walks and many turns around the yard with the mower as I contemplated what it means to forgive myself. For me, it meant that I had to be responsible for my part in any and all problems I had encountered. I was not responsible for the other side of the street, just my side.

Learning to ask for forgiveness was much easier than I thought it would be. Many of the people I had asked to forgive me were friends and family who cared about me, but did not know how to confront me. In the past, confrontations were met with bitterness and hatred. I learned in asking for forgiveness that I was already forgiven because most people knew I had a problem and that I might eventually "come around." Thank the Higher Power for placing these people in my life.

-Anonymous

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During my bingeing days, I hurt friends, loved ones, employers, myself, and most of all, God. He did not create me to be so unloving of myself and others that I had nothing to give to anybody, just absence of soul and self - a lingering emptiness that no food on earth could satisfy. I could not appreciate the beauty of sunrises, the laughter of children, or even feel the enthusiasm of being the person God created me to be - a participant in the joy and beauty of life, that vast circle of spirituality that upholds us all. After Step Seven, I was so willing to make amends, to forgive, but could not. From my childhood, I had learned that I was less than the rest of the world and worth not very much. I had to do a lot of praying before I could even face the abusive parental figure that haunted my waking and sleeping. At first, I did not believe that I could ever learn to forgive that person, but, as the program suggested doing, I prayed for her welfare, her happiness, and that she would have a good life. Whenever I spoke to her and the yelling and demeaning would start, I took responsibility for apologizing, not for who I was, but for the anger, hate and bitterness that was festering in me and between us. On holidays, I sent flowery cards that thanked and celebrated this individual's contribution to my life, even while feeling that it was not really true. Wonders of wonders, the program does not lie; soon, there was civility, then respect, followed by laughter, peace and even love. For in being willing to forgive and working at forgiveness, I was respecting and acknowledging those parts of me that were locked behind walls of hate and shrunk into wrappers and boxes of food that had disappeared as quickly as my self-esteem had. I was freeing myself through forgiveness and guiding my soul toward a Higher Power that truly knew who I was, a spirit who, not only had forgiven an devastatingly negative and abusive parent, but also who was showing that parent the power of the love she had never received and did not know how to express. It was only at the end of my parent's life, did I realize how much we had grown. I was able to take her in my arms and hold and comfort her, as she never could me. And it was all right, she was now the child and I had learned through forgiveness to love her and myself enough to let go of the pain and sorrow and embrace peace and happiness becoming truly and fully present in self and soul to her, in her time of need; to myself, my God, and a world more beautiful than any of the boxed and wrapped treats I used to worship. Forgiveness rocks.

-Pat, Saturday Fayetteville

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In view of all that God has forgiven me, I need to be forgiving of others. If I hold on to anger and resentment, it makes me bitter and harms me. If I can be forgiving, it sets me free. I am learning to forgive myself for mistakes I have made and hurts that I have caused others. God's forgiveness is the most precious thing in my life. It allows me to have a relationship with God that I couldn't have otherwise.

-Anonymous

## 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 Eight:

“Our grievances are only so big and no bigger. The hurt had a beginning, and it can have an end as well.”  
(OA 12 & 12, page 72)



## 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
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](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 Summer 2006**

**Aberdeen**

- Thursday, 8-9pm; Bethesda Presbyterian Church, 1002 N Sandhills Blvd.; Aileen (910) 295-1840 (S, S/D, N, HA) (#06494)
- Saturday, 10:00am-11:00am; AA Bldg. 504 Wilder Ave.; Aileen (910) 295-1840 (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)

**Smithfield**

- Tuesday, 7-8pm; Wilson Building (across from Post Office); Pam (919) 284-4967 (#49170)

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

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